

Dr Chris Irons presents :- An Introduction to Compassion Focused Therapy for Depression



This workshop will introduce participants to the basic ideas and interventions used in Compassion Focused Therapy (CFT) with a particular focus on how the model can provide a useful way to understand and work with depression. CFT was initially developed to work with presentations high in shame and self-criticism, we will explore how these experiences can be common in depression.

Participants will also have the opportunity to consider how key aspects of psychoeducation in CFT – such as old brain/new brain and the three system model - can be used to formulate different presentations in depression. We will go on to explore how developing care and affiliative-focused motivation can be a powerful way to support clients struggling with depression to develop a more compassionate stance to their difficulties. Key skills include the use of compassion focused imagery, building the compassionate self and using the sense of a compassionate self to engage with common difficulties that arise with depression. The workshop will involve teaching, small group discussions, videos and experiential practice. We will also consider some of the common blocks or difficulties that people struggling with depression may have in trying to cultivate a more compassionate perspective towards their difficulties.

Dr Chris Irons is a Clinical Psychologist based in London and is Director of Balanced Minds, a London based organisation providing compassion-focused psychological services in London. He has been working alongside Professor Paul Gilbert and other colleagues in the development of CFT (CFT; Gilbert, 2009; Gilbert & Irons, 2005; Gilbert & Irons, 2014) as a science based psychotherapeutic approach. Chris has authored many research papers and book chapters on CFT, and is currently writing three books on CFT. He regularly presents to both professional and lay audiences on CFT and more generally, the science of compassion.

The workshop is suitable for all those who are engaged in therapeutic interactions with clients. It will contribute six hours Continuing Professional Development

6th Nov 2020 0930 - 1630
Interactive Webinar on Zoom

Prices include all course materials
£120 plus vat

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