

Professor Paul Gilbert presents :- Working with the dynamics of shame - 5 top insights

We asked international expert Professor Paul Gilbert, Head of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust, to give us his top 5 insights into working with clients who have high shame.

Based on his extensive clinical work, research and publications in the areas of mood disorders, Paul has put together a 90 minute webinar in which he will talk through these insights, and how they translate into practical skills for therapists. This will be set up as a zoom meeting, so that delegates may interact with the presenter and each other, either on or off camera. The webinar will be available for 30 days after the 19th January for those who want to revisit the content, or who were unable to join us in person.

Paul Gilbert is Professor of Clinical Psychology at the University of Derby and a Fellow of the British Psychological Society. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He has published over 150 academic papers and 20 books, and is a series editor for the "Compassion Mind Approaches to various psychological difficulties.

He set up the charity The Compassion Mind foundation in 2006 (www.compassionatemind.co.uk) and was awarded an OBE in March 2011.

The workshop is suitable for all those who are engaged in therapeutic interactions with clients.

It will contribute 1.5 hours Continuing Professional Development

19th January 2021

1030 - 1200

£30 plus vat

Rapid fire interactive webinar

On Zoom

(recording available for 30 days)

For more information or to reserve a place visit :-

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