

# Professor Paul Gilbert presents :- A compassionate approach to self-criticism:

a personal practice workshop

This workshop will explore with participants the nature and functions of self-criticism, distinguishing them from guilt and other self-conscious emotions. Participants will then be introduced to some of the basic compassion focused mind training practices such as breathing and grounding, cultivating the compassion mind and self, functional analysis of self-criticism and using the compassionate self to address self-criticism and compassionately engaging with self-criticism. We will explore the distinction between shame based self-criticism and compassion-based self correction. Participants will be given opportunities to work with their own material. But participants should be aware however that this is a practice workshop and not personal therapy workshop and are responsible for their own well-being during the workshop.

**Paul Gilbert** is Professor of Clinical Psychology at the University of Derby and Head of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust. He is a Fellow of the British Psychological Society and has written, taught and researched extensively in the areas of mood disorders and shame. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He has published over 150 academic papers and 20 books. he 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](http://www.compassionatemind.co.uk)) and was award an OBE in March 2011.

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

It will contribute six hours Continuing Professional Development

18<sup>th</sup> January 2022 1000 – 1600  
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