

Compassion focused therapy

Introductory and advanced workshops

with

Nicola Petrocchi, Ph.D., Psy.D.

on 1.-3.6. 2018 and 30.11.-2.12.2018

at Faculty of Social and Economic Sciences at Comenius University in Bratislava



Nicola Petrocchi, Ph.D., Psy.D, is a licensed CBT psychotherapist and Compassion Focused therapist and trainer. He is Adjunct Professor of Psychology at John Cabot University (Rome, Italy). After more than 6 years of direct training and supervision with Prof. Gilbert, he is now accredited Compassion Focused Therapy (CFT) therapist and trainer in Europe. He has been leading many CFT experiential retreats and workshops with Paul Gilbert. He also established *Compassionate Mind Italia*, the Italian association for the research, training and dissemination of CFT in Italy. His research focuses on the physiological correlates of prosocial motivations, and the activation of compassion towards ourselves and others to overcome pathological self-criticism and improve psychophysiological well-being. He is the author of several national and international publications and book chapters.

Contact and registration:

For more information, please email Julia Halamova at julia.halamova@gmail.com

Conditions:

Good command of English language is necessary for participation in workshops as it will be held in English.

Certification and credits:

The participants will receive international certificates of attendance, and the training is accredited by 48 credits for continuous professional education (in case you are interested in receiving credits let us know prior the training).

Date and time:

June 1st - June 3rd, 2018, 9.00 -17.00/ November 30th – December 2nd, 2018, 9.00 -17.00

Location:

Faculty of Social and Economic Sciences, Comenius University, Mlynské luhy 4, Bratislava, Slovakia

Cost of the six days training:

400 euro per person until March 30th 2018

450 euro per person after March 30th 2018

IBAN: SK1083605207004203579575, SWIFT (BIC) code: BREXSKBX

Variable symbol: CFT your name and surname

The number of participants is limited, so it is important to register and pay as soon as possible. Please, first contact Julia Halamova for registration and confirmation of a free place. In the case of non-payment after the deadline, we will prioritize participants from the waiting list. In case of cancellation until May 1th 2018, a 50 euro cancellation fee will be applied. After this date, there will be no opportunity for reimbursement.

Navigation:

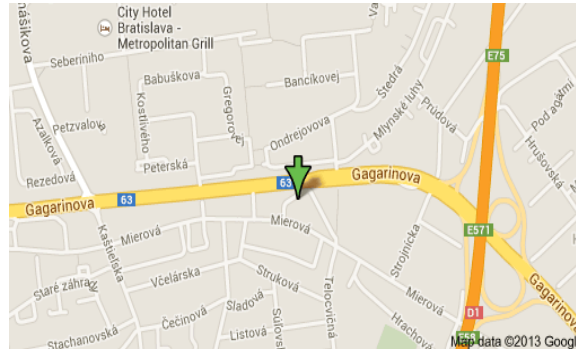
Bus 75 stop Ondrejovova

Trolleys 201, 202 stop Brodná

Trolley 212 stop Strojnícka

Car - Highway exit Center/ Komárno

Free parking in an adjacent parking lot or nearby streets



What is Compassion Focused Therapy?

Compassion Focused Therapy (CFT; Gilbert, 2005, 2014) is a rapidly emerging system of psychotherapy that integrates techniques from cognitive behavioural therapy with concepts from evolutionary psychology, social psychology, developmental psychology, and neuroscience. CFT was developed to address difficulties with shame and self-criticism, which are seen as transdiagnostic factors that can contribute to and maintain a range of mental health problems. It is suggested that people who are self-critical may not have access to memories of being cared for and soothed and can have problems accessing feelings of warmth, compassion, and reassurance. Thus, CFT seeks to de-pathologize adaptations to difficult environments and aims to develop the affiliative system (via compassion for self and others) as a means of regulating threat-based negative emotions, usually overstimulated in self-critical individuals. This is done through utilizing a number of practices and psychotherapeutic interventions such as CBT (compassionate thought balancing, Socratic dialogues, compassion focused psycho-education, structured formulations, mindfulness, imagery and chair work) aimed to increase an individual's felt sense of compassion.

Efficacy of CFT:

Research has shown CFT to be effective in the treatment of specific mental health difficulties such as psychosis, anxiety, eating disorders, as well as mood and personality disorders. Other research has shown CFT to be effective in reducing general levels of psychopathology and distress. Furthermore, a recent systematic review indicated that CFT may be more effective than treatment as usual for people who are markedly self-critical.

The CFT workshops will cover the following materials:

- ✓ The origin of Compassion Focused Therapy
- ✓ Introduction to the evolutionary model of human psychology and vulnerability to mental health difficulties
- ✓ Understanding an evolutionary approach to affect regulation and affect dysregulation – the three emotion regulation system and how to use the model with clients.
- ✓ The role of attachment and early secure base and safe haven for development and compassion cultivation.
- ✓ The *social mentalities*: how they shape our “brains and bodies” and how to use this knowledge to generate change in the client.
- ✓ How our motivation impact on the heart: Heart Rate Variability and its link with compassion cultivation. Using HRV biofeedback with clients

- ✓ Compassion as a social mentality: two psychologies of compassion, its 12 constituent elements and their link to the care - giving and receiving motivational systems
- ✓ Compassion as flow: compassion to others, been open to compassion from others and self-compassion – introducing Compassionate Mind Training
- ✓ Compassionate Mind Training: practices that stimulate compassionate mental states and build a sense of the compassionate self-identity:
 - Soothing rhythm breathing
 - Mindfulness in the context of CFT
 - Creating a compassionate place
 - Creating a compassionate image
 - Developing a compassionate self (using imagery and acting)
- ✓ Case Formulation in CFT – how to make sense of client’s problems
- ✓ Shame and self-criticism:
 - Functional analysis of self-criticism
 - distinguishing shame, guilt and humiliation - Responsibility vs. self-critical blaming
- ✓ How to using compassionate mental states and the sense a grounded compassionate self to address problems such as self-criticism and shame
- ✓ Distinguishing compassionate self-correction from shame-based self-attacking
- ✓ Using mirrors and video to increase self-compassion
- ✓ Compassionate chair work
- ✓ Compassion letter writing
- ✓ Fears of compassion (how to assess and address them in a clinical setting)

Material used:

The workshops are highly experiential. All the topics covered are presented using frontal lectures, clinical vignettes, video and audio recording, group discussion and moments of personal reflection. Role playing and practices in pairs will be extensively used to facilitate the implementation of the practices with clients. **No previous knowledge is needed.**

Who might attend?

Psychologists, psychotherapists, psychiatrist and other mental health professionals as well as students of the mentioned specializations who are motivated to introduce the principles and practice of Compassion Focused Therapy in their work with clients and with themselves. International participants are welcomed too.

More information:

For more information about CFT see the websites <https://www.compassionatemind.co.uk/> or <https://www.emocie.online/>

Readings:

- Gilbert, P. (2009). *The compassionate mind*. London, UK: Constable & Robinson.
- Gilbert, P. (2010). *Compassion focused therapy: Distinctive features*. London, UK: Routledge.
- Kirby, J., Doty, J., Petrocchi, N. and Gilbert, P. (2017). The Current and Future Role of Heart Rate Variability for Assessing and Training Compassion. *Frontiers in Public Health*, 5.
- Petrocchi, N., Ottaviani, C. and Couyoumdjian, A. (2016). Compassion at the mirror: Exposure to a mirror increases the efficacy of a self-compassion manipulation in enhancing soothing positive affect and heart rate variability. *The Journal of Positive Psychology*, 12(6), pp.525-536.
- Gilbert, P. (2017). *Compassion: Concepts, research and applications*. New York, NY, US: Routledge/Taylor & Francis Group.