

## An Introduction to Compassion-Focused Therapy

**Friday, Nov 17, 2023**  
**8:30 am - 4:30 pm**

### Schedule

**8:30 am**

Virtual Rooms Open, Technical Check

**9:00 – 10:30 am**

Introduction; What is compassion and why is it important in psychotherapy?

**10:30 – 10:45 am**

Break

**10:45 – 12:00 pm**

Roles of the Therapist in CFT; Compassionate Realizations in CFT

**12:00 – 1:00 pm**

Lunch

**1:00 – 2:30 pm**

Compassionate Realizations cont.; Compassionate Awareness: Mindfulness

**2:30 – 2:45 pm**

Break

**2:45 – 4:30 pm**

Introduction to Compassionate-Self work

### Learning Objectives

Following the workshop, participants should be able to:

1. Articulate the layered processes and practices targeted in CFT, and how they work together to set a context for the cultivation of self-compassion.
2. Describe the roles of the therapist in Compassion-Focused Therapy.
3. Describe the three-systems model of emotion.
4. Guide clients in exploring the ways that different motives and emotions organize their mental experience.
5. Describe the acting approach taken to compassionate-self work in CFT



**PRESENTER**

**Russell Kolts, Ph.D**

Russell Kolts, Ph.D., is a clinical psychologist and Professor of Psychology at Eastern Washington University, where he has taught for over 20 years. An internationally-recognized trainer in Compassion-Focused Therapy (CFT) who regularly conducts CFT trainings around the world, Dr. Kolts is the author of a number of books applying CFT, including *CFT Made Simple*, *Experiencing Compassion-Focused Therapy from the Inside Out*, and *The Compassionate Mind Guide to Managing Your Anger*.

Compassion-Focused Therapy (CFT) is a form of cognitive-behavior therapy that draws upon evolution science, affective neuroscience, contextual behavioral science, and attachment theory in assisting individuals who suffer with emotional difficulties. Utilizing mindfulness, the purposeful cultivation of compassion, and a host of treatment strategies such as imagery, chair-work, breath-body work, and behavioral and thought experiments, CFT was developed to assist clients who struggle with issues of shame and self-criticism. Because its theoretical basis draws from multiple bodies of science, CFT can sometimes be challenging to grasp initially. In this one-day training, participants will learn a way to organize CFT into a set of layered processes and practices that will allow them to systematically understand, train, and begin to implement the practices of CFT. Additionally, participants will gain exposure to a number of core CFT concepts and will explore how to implement them through experiential practice.

This workshop is appropriate for mental health professionals, including Psychologists, Licensed Mental Health Counselors, Psychiatrists, Social Workers, and Psychiatric Nurse-Practitioners.

A recording of the event will be available to all registrants for 6 weeks after the workshop and CE credits can be verified through our Learning Hub.

**REGISTER ONLINE**

**[mps.ca/fall23](https://mps.ca/fall23)**