

An AACBT National Workshop Series

An introduction to compassion-focused therapy



Come and hear from two experts in CFT, with these interactive and practical workshops. The workshops are suitable for therapists from any theoretical background and are highly recommended.

GUEST SPEAKERS

PROFESSOR JAMES BENNETT-LEVY & TOBYN BELL

These workshops will introduce the core principles and practices of compassion-focused therapy (CFT) which include an evolutionary functional analysis of emotions, a formulation of threat-based experiences and protective behaviours, the use of compassionate imagery to stimulate soothing and affiliation, and the development of the 'compassionate self'.

Participants will be guided in experiential exercises with a focus on developing compassion for both themselves and their clients. The workshops will also provide participants with an opportunity to formulate and address self-criticism using CFT interventions.

CFT is an integrative psychotherapy model that focuses on the cultivation and application of compassion for both self and others. CFT integrates cognitive-behavioural therapy techniques with evolutionary, developmental and social psychology; affective neuroscience; and Buddhist psychology.

- **When** Wednesday 24 October 2018 @ 9am-5pm
- **Where** Chislehurst Room @ The Women's College, University of Queensland
- **When** Friday 2 November 2018 @ 9am-5pm
- **Where** Adelaide @ The Rockford
- **Tickets**
- AACBT Early Bird Members \$295 (*then AACBT Members \$325*)
- AACBT Student Members \$110
- Non-Members \$455

James Bennett-Levy is Professor of Mental Health and Psychological Wellbeing at the University of Sydney's University Centre for Rural Health in Lismore. Over the past 20 years, he has developed and researched a self-experiential approach to therapist training known as self-practice/self-reflection (SP/SR).

Tobyn Bell is a psychotherapist specializing in CFT in the UK. He is a trainer, supervisor and program-lead at a CBT Training Centre (NHS, UK), and also a trained mindfulness teacher, and registered nurse.



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