

COMPASSION-FOCUSED THERAPY (CFT) FOR PSYCHOSIS

With international presenters:
Dr Eleanor Longden and Dr Charlie Heriot-Maitland

DATES

Monday 19 March – Tuesday 20 March, 2018.

VENUE

Abbotsford Convent (Community Room),
1 St Heliers Street, Abbotsford VIC

COST

Early Bird – \$650 by 31/01/2018

Health Care Card (HCC) – \$550 by 31/01/2018

Standard Fee – \$695 by 1/3/2018

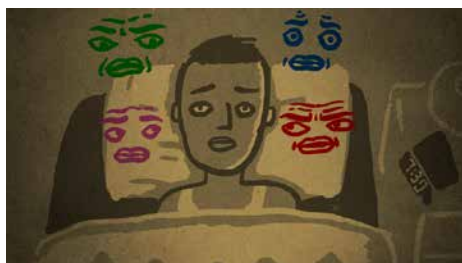
Last Minute – \$730 by 16/3/2018

Price includes morning tea, afternoon tea,
and lunch.

REGISTER

For further information please go to:

[monash.edu/medicine/scs/psychiatry/
research/southern-synergy/cft-2018-
psychosis-workshop](http://monash.edu/medicine/scs/psychiatry/research/southern-synergy/cft-2018-psychosis-workshop)



OBJECTIVES

This workshop is designed for mental health practitioners who are interested in learning about the Compassion-Focused Therapy (CFT) model of compassion, how to apply this model to support clients with psychosis-related difficulties, and the developing evidence base for this approach. It is open to practitioners with or without prior training in CFT.

Participants will learn:

1. how to help clients establish a bodily experience of safeness through direct CFT practices such as soothing rhythm breathing, mindfulness and imagery exercises.
2. how to support their clients to develop a 'compassionate self', which is a self-identity that organises the mind and provides a secure base (or grounding) from which to do the therapeutic work.
3. how to encourage their clients to use these compassionate qualities and skills to manage internal conflicts. This is achieved through techniques such as voice dialoguing, imagery, chair work, and letter writing.
4. about the current nature and level of evidence for the CFT approach and how this evidence-base may be developed.

ABOUT THE PRESENTERS



ELEANOR LONGDEN

Eleanor is a research psychologist with lived experience of psychosis who has lectured internationally on recovery-orientated approaches to complex mental health problems, including TED and WHO events. She works at the Psychosis Research Unit in Manchester, and coordinates the research committee of Interoice.



CHARLIE HERIOT-MAITLAND

Charlie is a clinical psychologist, researcher and trainer at King's College London. He is researching the social context of anomalous experiences and the application of CFT for people experiencing distress in relation to psychosis. He provides psychological therapies in National Health Service psychosis services, and in private practice, and runs compassion training workshops.

KEY RESOURCES

'Compassion for Voices' (<https://www.youtube.com/watch?v=VRqI4IxuXAw>)

A 5-minute film which outlines a compassion-focused approach for relating to voices.