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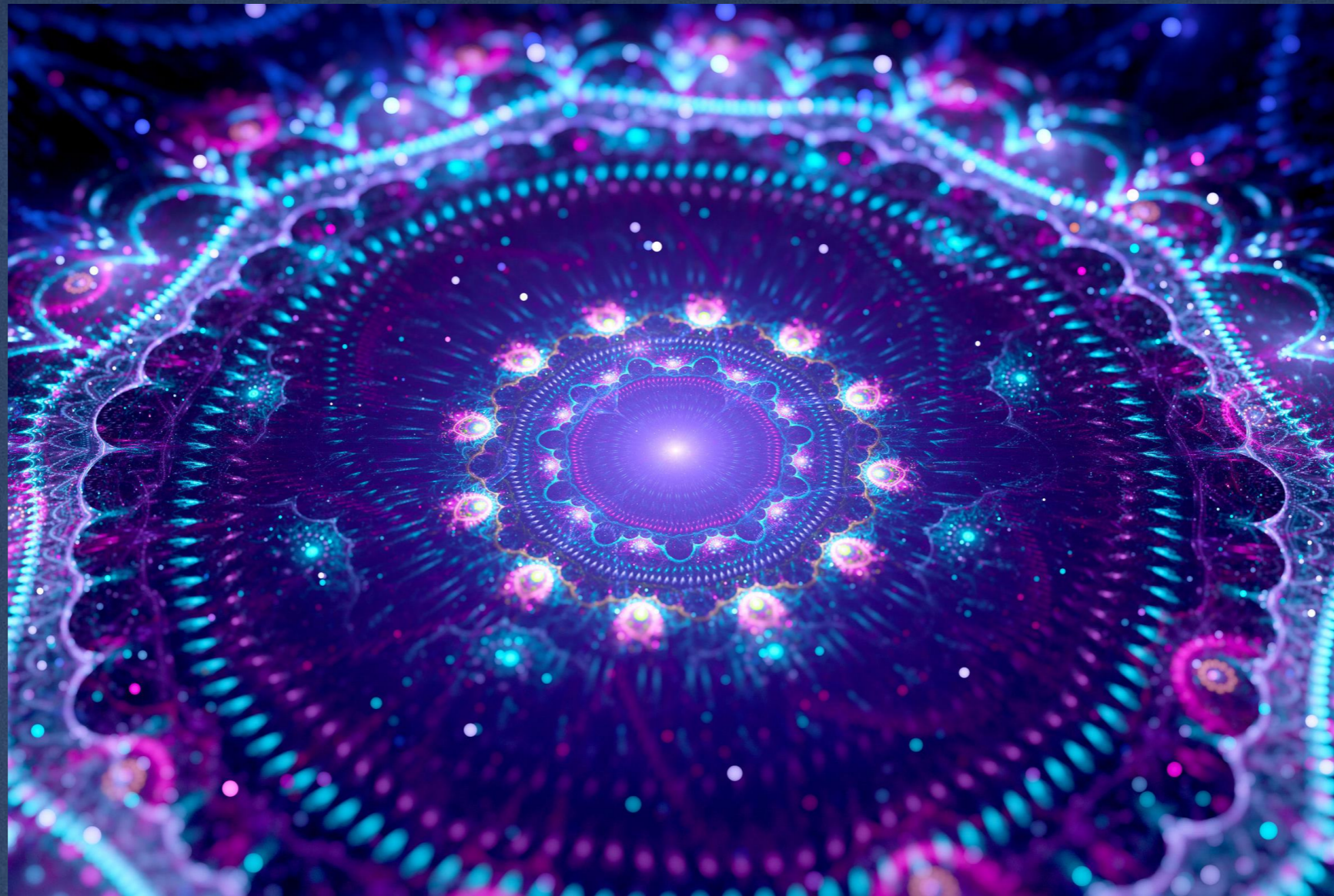
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Disclosures:

Dennis Tirch and Laura Silberstein Tirch maintain a private practice and training company in NYC, conduct trainings internationally, and receive royalties from books and videos on these topics from publishers (New Harbinger, Guilford) and training companies. Dennis is a faculty member of the Icahn School of Medicine, Mt. Sinai Medical Center, NY & Laura is a faculty member at Albert Einstein Medical College.

Russell Kolts is a Professor at Eastern Washington University and maintains a private practice in Spokane, WA. He receives royalties from New Harbinger and Guilford publications for books and conducts paid trainings on these topics.



Exploring a Process-Focused Approach to Understanding and
Practicing
Compassion Focused Therapy (CFT)

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With materials from
Dr. Paul Gilbert &
The Compassionate Mind Foundation



Consent is . . .

*Freely Chosen,
Reversible,
Informed
Enthusiastic
Specific*





Looking Within and Setting Our Aims

Why choose compassion?



The intention in compassion.

The freely chosen value in compassion.

The Scientific Wisdom of Process Based Therapies



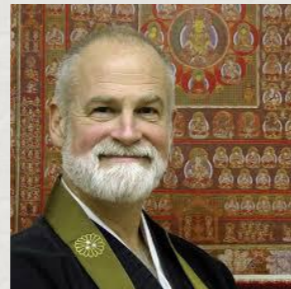
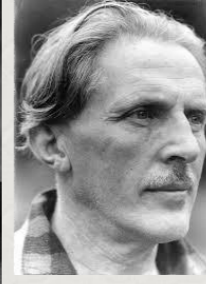
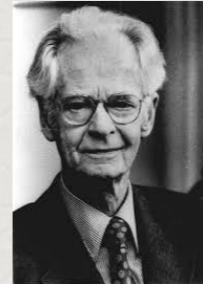
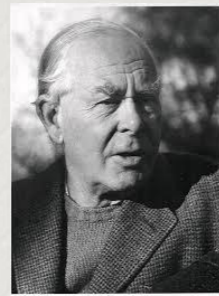
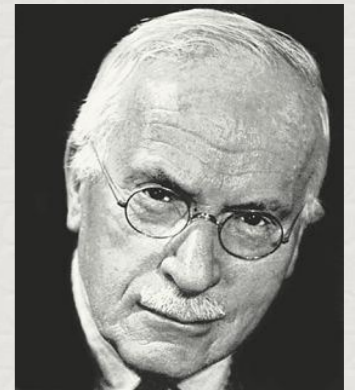
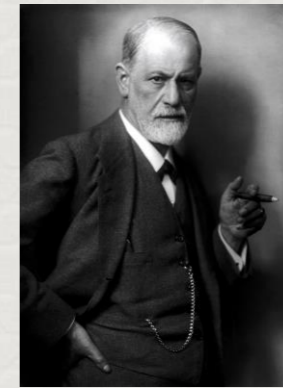
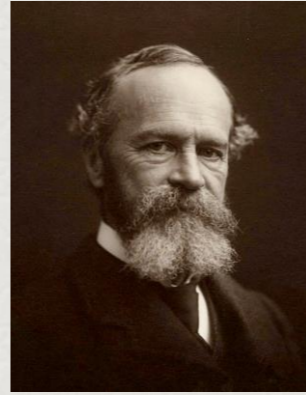
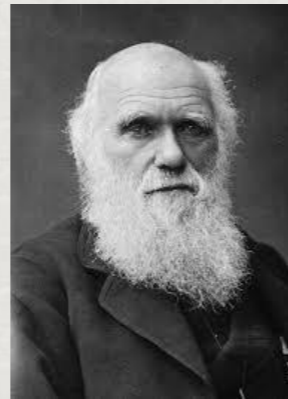
Contextualism and Compassion



HISTORIES



“New Circles Arise In Accordance With Need”



Compassion Focused Therapy

Founder – Prof. Paul Gilbert PhD, OBE



Compassion Defined

- ✿ *“...a deep awareness of the suffering of oneself and of other living things, coupled with the wish and effort to relieve and prevent it.” - Gilbert*



Compassion Defined

- ✦ *Compassion as a “multifaceted process” that has evolved from “the caregiver mentality” found in human parental care and childrearing. As such compassion involves a number of emotional, cognitive, and motivational elements.*



2 Psychologies of Compassion

✦ ENGAGEMENT



2 Psychologies of Compassion

- ✦ COURAGE AND DEDICATION



Biosocial Goals, Stimulus Detection & Response Repertoires



Social Mentalities

Gilbert 1989, 2005

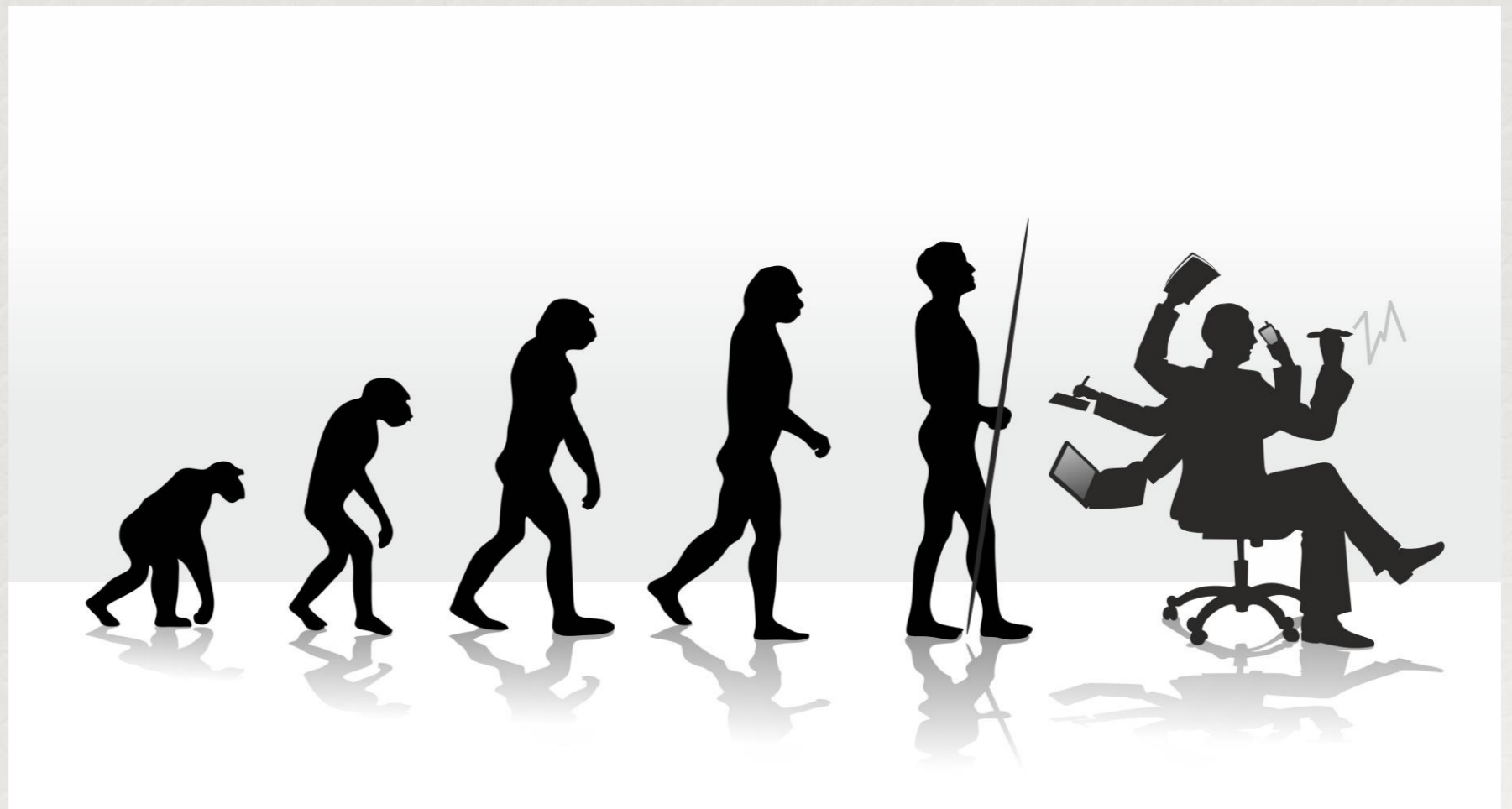
- Motive = bio-social goals that arise from inclusive fitness and multi-level selection theory
- Motives are related to expansive repertoires of behaviour that serve evolutionary functions



Social Mentalities

Gilbert 1989, 2005

- Evolved motives for social relating and role formation



Social Mentalities

Gilbert 1989, 2005

- Response repertoires involving pre-verbal, para-verbal and verbal behaviour



Social Mentalities

Gilbert 1989, 2005

- Involve heritable pre-birth tendencies and elaborated individual learning histories



Social Mentalities

Gilbert 1989, 2005

- Communicative signalling of states and intentions



Social Mentalities

Gilbert 1989, 2005

- Involve “interactional dances”



Social Mentalities

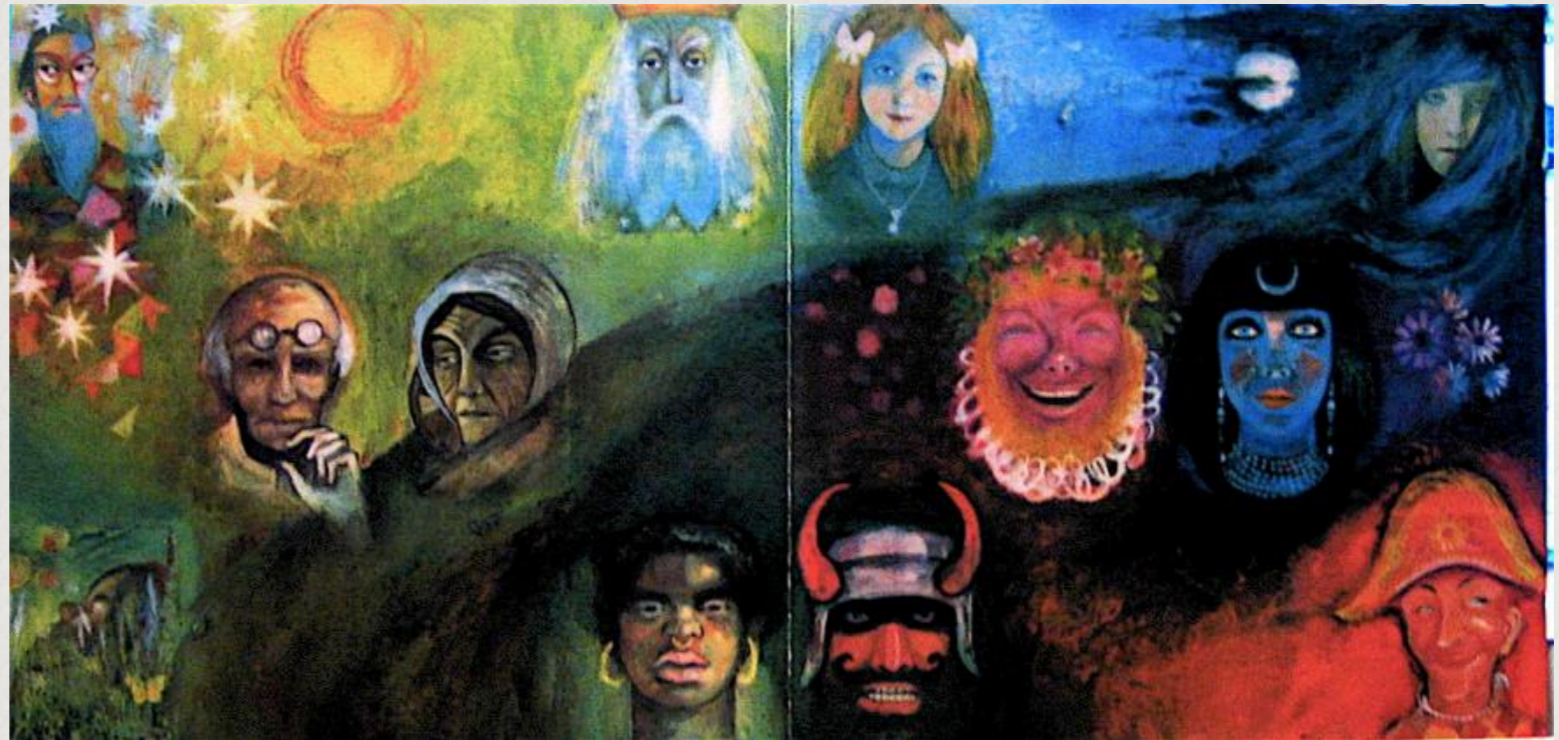
Gilbert 1989, 2005

- Co-regulating of minds and bodies within social roles

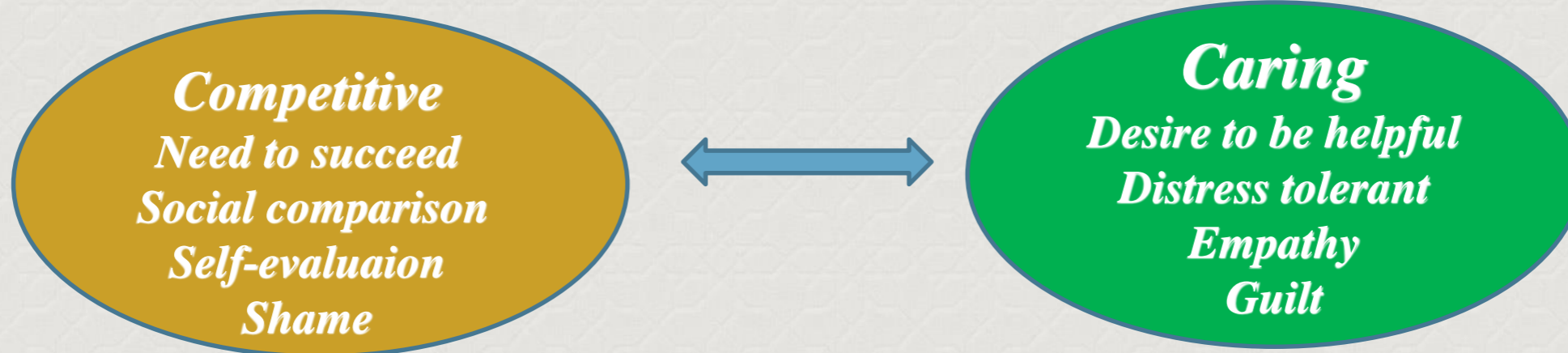


Examples of Social Mentalities

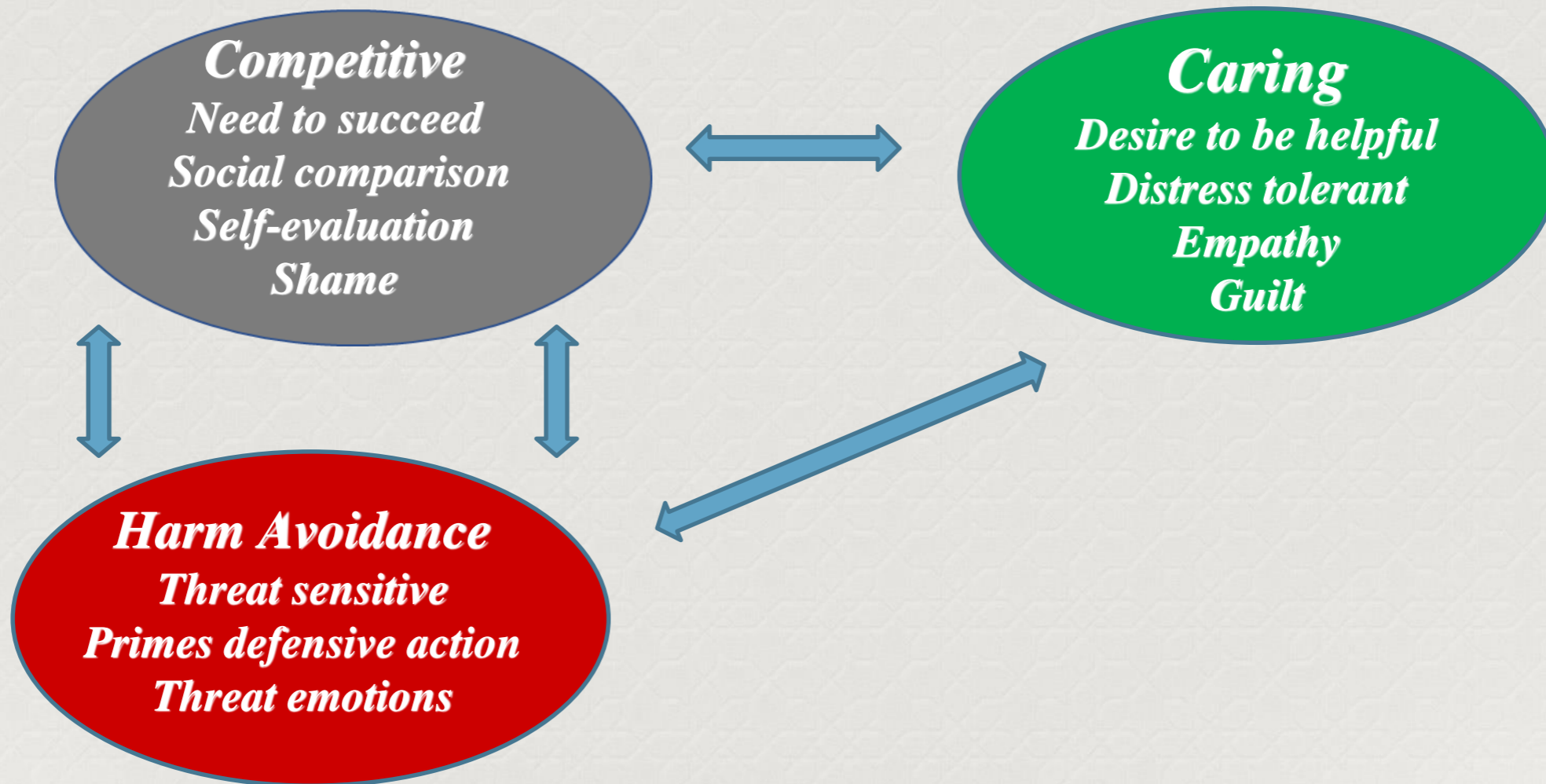
- Care Seeking
- Care Giving
- Cooperative
- Competitive
- Sexual



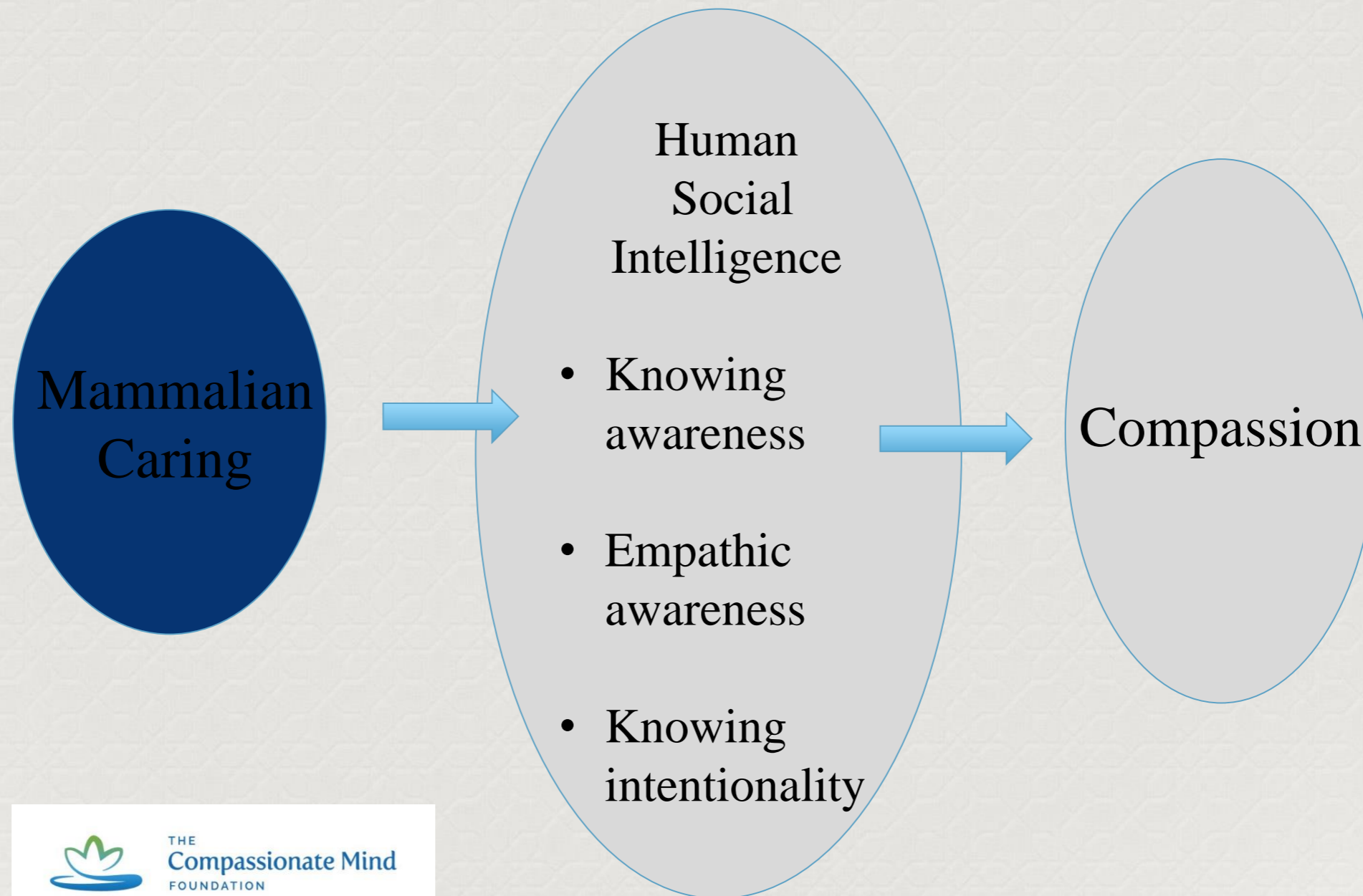
Compassion focused therapy is linked to motivation and Social Mentality switching



*Compassion focused therapy is linked to
motivation switching*

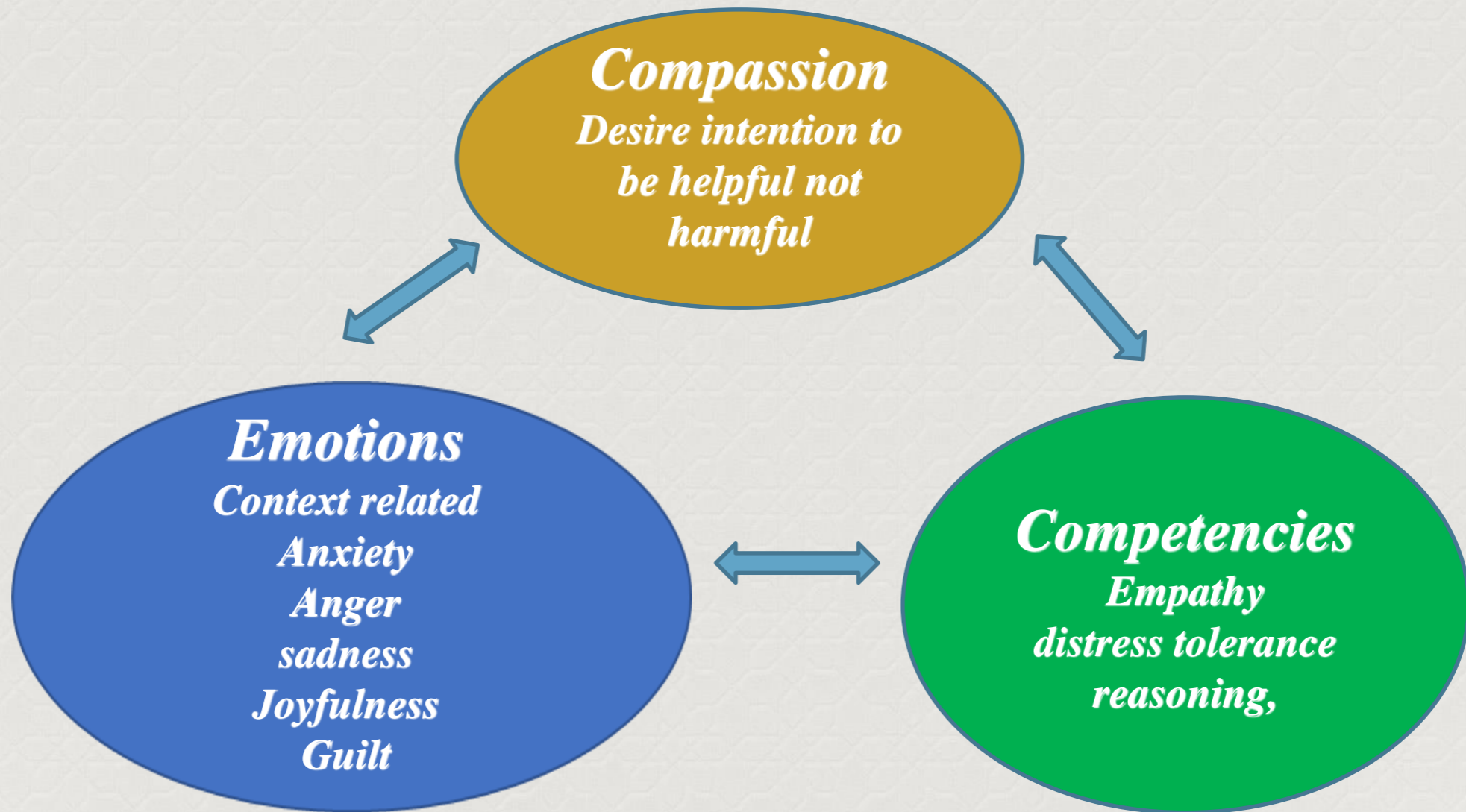


Evolution: From caring to compassion



THE
Compassionate Mind
FOUNDATION

Three core reciprocal interacting domains of functioning



Ecological and social contexts

Interacting Processes of Compassion

- Compassion involves a series of interacting processes



Interacting Processes of Compassion

- These processes can be trained



Interacting Processes of Compassion

- ✦ This training can involve deliberate practice



Interacting Processes of Compassion

- ✦ Shaping facilitates such practice



Core Experiential Aspects

- ✦ Wisdom
- ✦ Strength
- ✦ Commitment



Courage

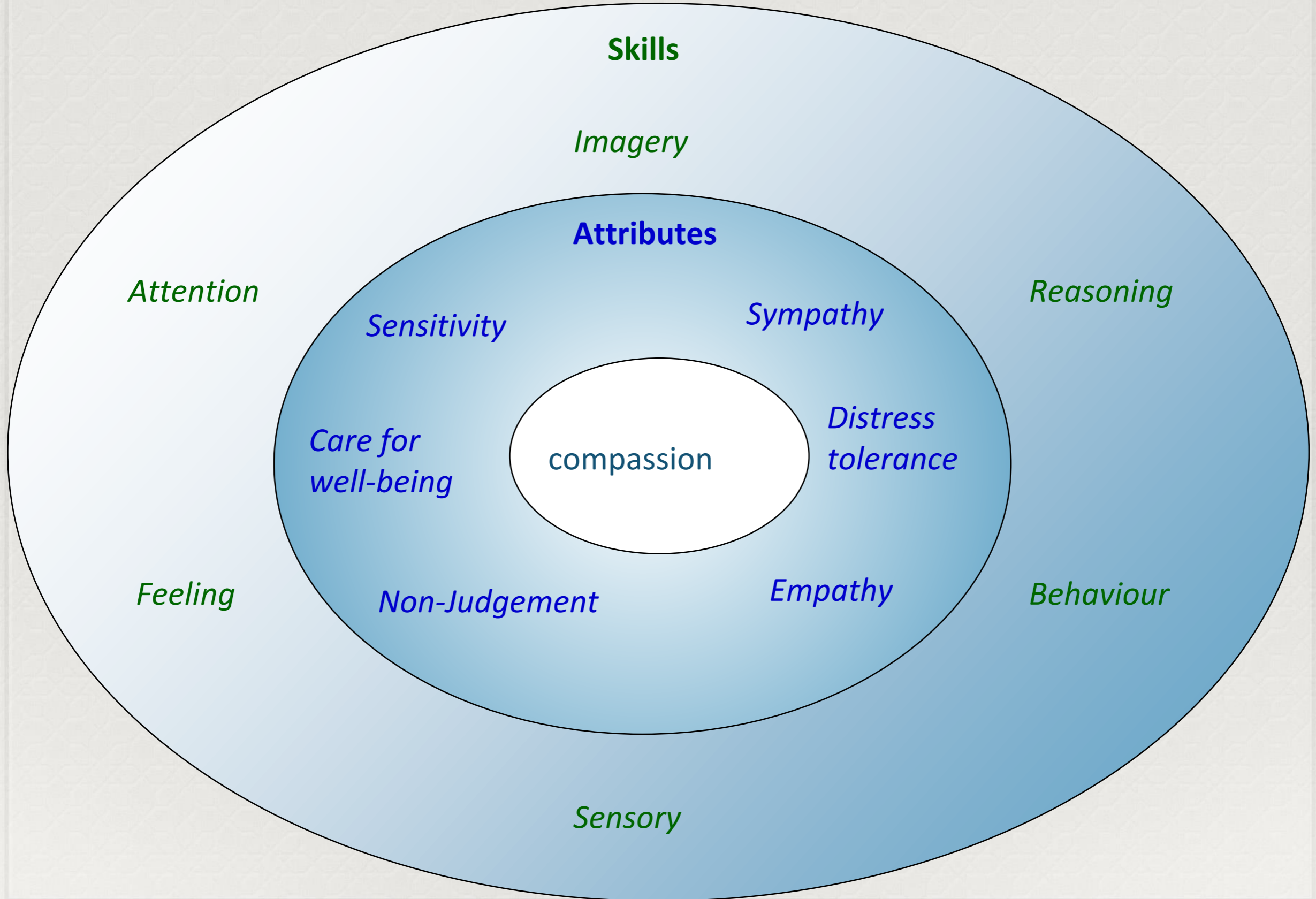
- ◆ *The mental or moral strength to venture, persevere, withstand danger fear or difficulty*
- ◆ *The ability to do something that you know is difficult or dangerous*



Courage

- ◆ *Because of great love one is courageous*
- ◆ *Being deeply loved gives you strength. Loving someone deeply gives you courage – Lao Tzu*





Skills

Imagery

Attributes

Attention

Sensitivity

Sympathy

Reasoning

Care for well-being

compassion

Distress tolerance

Feeling

Non-Judgement

Empathy

Behaviour

Sensory

Compassion in Action - Interacting Processes

- Courage
- Sensitivity
- Caring Motivation
- Sympathy
- Empathy
- Distress Tolerance
- Nonjudgment
- Differentiation
- Psychological flexibility
- Integration

Compassion Processes in CFT

How do therapists facilitate the cultivation of compassion processes in CFT?

- ✦ **Support** them
- ✦ **Model** them
- ✦ **Shape** them
- ✦ **Train** them



Layered Processes and Practices

- ✦ *In CFT, compassion comes about as a result of the interaction between various processes and experiences on the part of the patient:*
 - ✦ *Affiliative experiences with the therapist that model, demonstrate, desensitize, and acclimate the client to compassion.*
 - ✦ *Realizations about the human experience that foster compassion for self and others.*
 - ✦ *Mindful awareness of suffering and the ways that minds work – motives, emotions, thoughts, etc...*
 - ✦ *Purposeful cultivation and application of compassion.*

Layered Processes and Practices

1

• Therapeutic Relationship

2

• Compassionate Understanding

3

• Mindful Awareness

4

• Compassion Practices/Working

Interacting Layers of CFT

- ✦ *At its best, the content and process components of CFT deepen and reinforce one another.*
- ✦ *In this way, a course of CFT involves the client engaging in a **deeply affiliative relationship** with the therapist that fosters **increasing awareness** of their own suffering and **compassionate realizations** that increase the **motivation** and capacity for the **purposeful cultivation of compassionate strengths**.*

Weaving in the layers: the implicit and explicit practice of the CFT Therapist

✿ ***Therapeutic Relationship/Compassionate Presence***

- ✿ *Secure attachment figure (secure base/safe haven)*
- ✿ *Experience of Relational Safeness*
- ✿ *Model of Compassion/compassionate self*

✿ ***Facilitating Compassionate Realizations***

- ✿ *Guided discovery of evolutionary model, tricky brains, social shaping (Does it makes sense that you would struggle with this? Given that, what would be helpful?).*
- ✿ *Facilitating understanding of how emotions/motives work*

Weaving in the layers: the implicit and explicit practice of the CFT Therapist

★ ***Mindfulness Training***

- ★ *Formal training*

- ★ *“What just happened there for you?” “What feelings are coming up?” “What’s that like in the body?” - shaping awareness in **real time**.*

★ ***Compassion Practices***

The Therapeutic Relationship

- ✦ *The vehicle through which all of the other layers are facilitated.*
- ✦ *Continuously interwoven patterns of content and process...both what we do and how we do it.*
- ✦ *The relationship with the therapist can assist the client in developing the courage to face difficulty – via modeling and guided discovery.*

Process and the Therapeutic Relationship

Through the relationship with the therapist, clients can have many experiences that set the stage for compassionate self-relating:

- ✿ *A model of a healthy affiliative relationship.*
- ✿ *An experience of the flow of compassion from the other to the self, which can set the stage for self-to-self compassion.*
- ✿ *Desensitizing to compassion – for many clients, this is an ongoing exposure process.*
- ✿ *A model of compassion-in-action – how to work compassionately with challenges, difficulties, and relationship ruptures...leading to corrective emotional experiences.*

Roles of the Therapist

Teachers and Guides – teach the model, help clients identify the dynamics that govern the way threat emotions manifest in their lives.

Facilitators – of guided discovery using Socratic dialogue, thought experiments, and experiential exercises.

Models of Compassion – real human beings who experience, model, and express compassion and the skills of compassion – empathy, courage, validation, mentalization, distress tolerance...

Secure Attachment Figures – creating a ‘secure base’ from which clients can explore and work with suffering, and a ‘safe haven’ to which they can connect to regain feelings of safeness when dysregulated.

Helping our Clients Learn to Access Safeness

- ✿ *For clients with difficult attachment histories, the therapeutic relationship can be an extended series of exposure trials.*
- ✿ *Thawing the frozen shrimp.*
- ✿ *Empowering collaborative exploration.*
- ✿ *This applies to us as well – we're at our best when our safeness/soothing systems can be accessed.*

Exercise

- ✦ *Pair up with a partner.*
- ✦ *Embodying the compassionate therapist.*
- ✦ *Taking away the words.*
- ✦ *Listening with warmth and kind curiosity.*



Interacting Processes of Compassion

- ✦ Courage
- ✦ Sensitivity
- ✦ Caring Motivation
- ✦ Sympathy
- ✦ Empathy
- ✦ Distress Tolerance
- ✦ Nonjudgment



Exercise

- ✦ *Reflect and write for 5 minutes about obstacles or challenges you've experienced in embodying these compassionate processes with clients:*
 - ✦ *Your own experience (emotions, bodily experience) in response to them*
 - ✦ *Client types/behaviors that get in the way for you/triggers?*
 - ✦ *Other blocks and obstacles?*
- ✦ *Discuss these with your partner.*
- ✦ *Together, Consider what has helped/might help you work with these obstacles*

Why Do We Need Compassion?



Because life is hard.
And sometimes we get stuck



Contexts of Suffering

- ✿ *The Evolutionary Context*
- ✿ *Learning History Context*
- ✿ *The Present Moment Context*



Compassion Begins With A Reality Check

- ✦ *We are an emergent species in the 'flow of life' so our brains, with their motives, emotions, and response patterns are products of evolution, designed to function in certain ways*



Compassion Begins With A Reality Check

- ✦ *We move towards what might sustain and benefit us (appetitive stimuli) and away from that which may harm us (aversive stimuli).*



Compassion Begins With A Reality Check

- *Our lives are short (25,000-30,000 days), decay and end. We are subject to various malfunctions and diseases – in a genetic lottery. Everything changes – the nature of impermanence – the nature of tragedy*

Compassion Begins With A Reality Check

- ✿ *The social circumstances of our lives, over which we have no control, have major implications for the kinds of minds we have, the kind of person we become, the values we endorse, and the lives we live*

Compassion Begins With A Reality Check

- ✿ *So much in life that causes our suffering was not of our choosing and was not our fault.*

New Psychologies Enter The World with Evolution

1 million?

Extended caring

***Human
(2 million?)***

***Symbolic thought and
self-identity, theory of
mind, meta-cognition***

***Mammalian
(120 million?)***

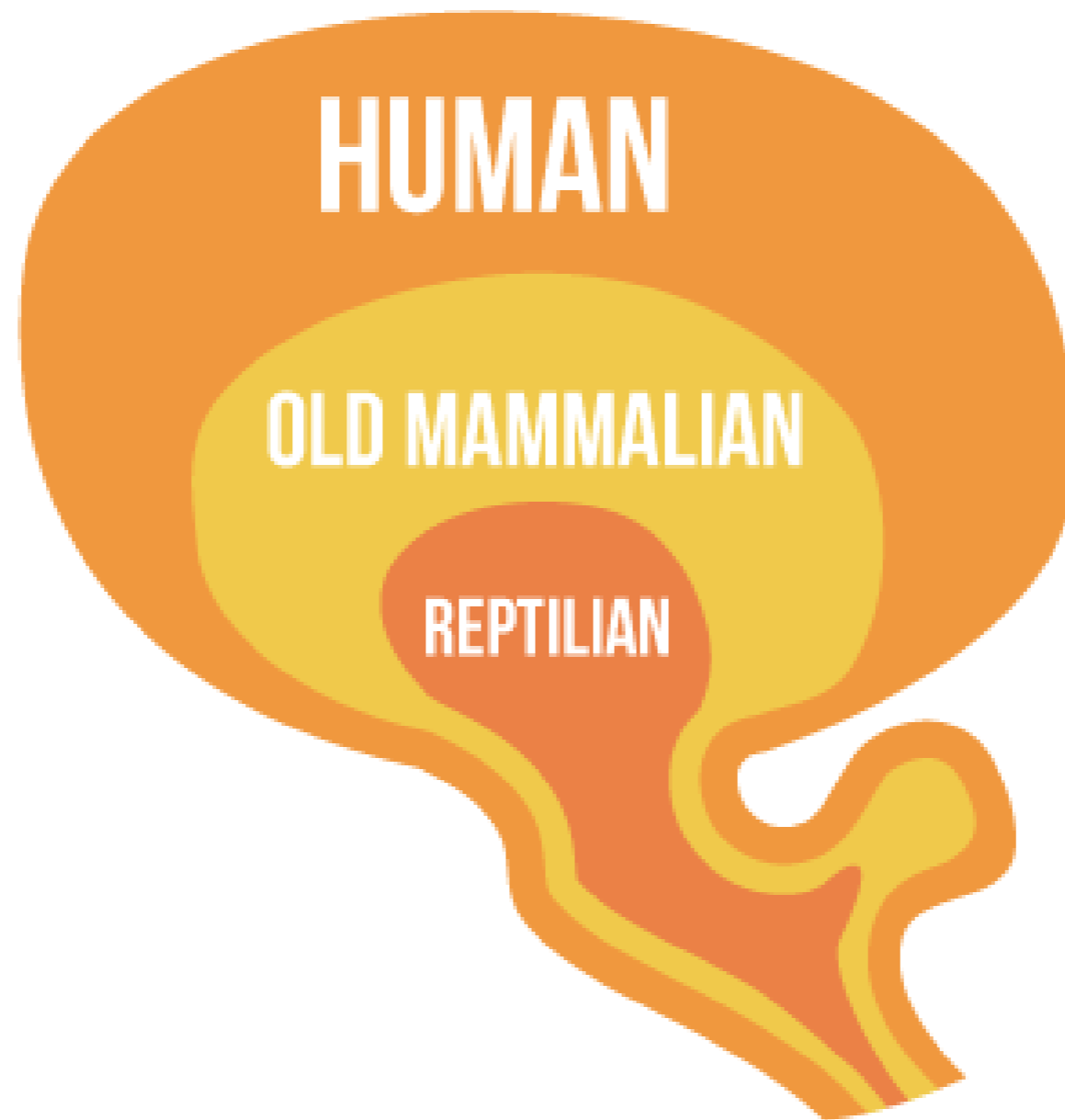
***Caring, group, alliance-
building, play, status***

***Reptilian
(500 million?)***

***Territory, fear, aggression,
sex, hunting***



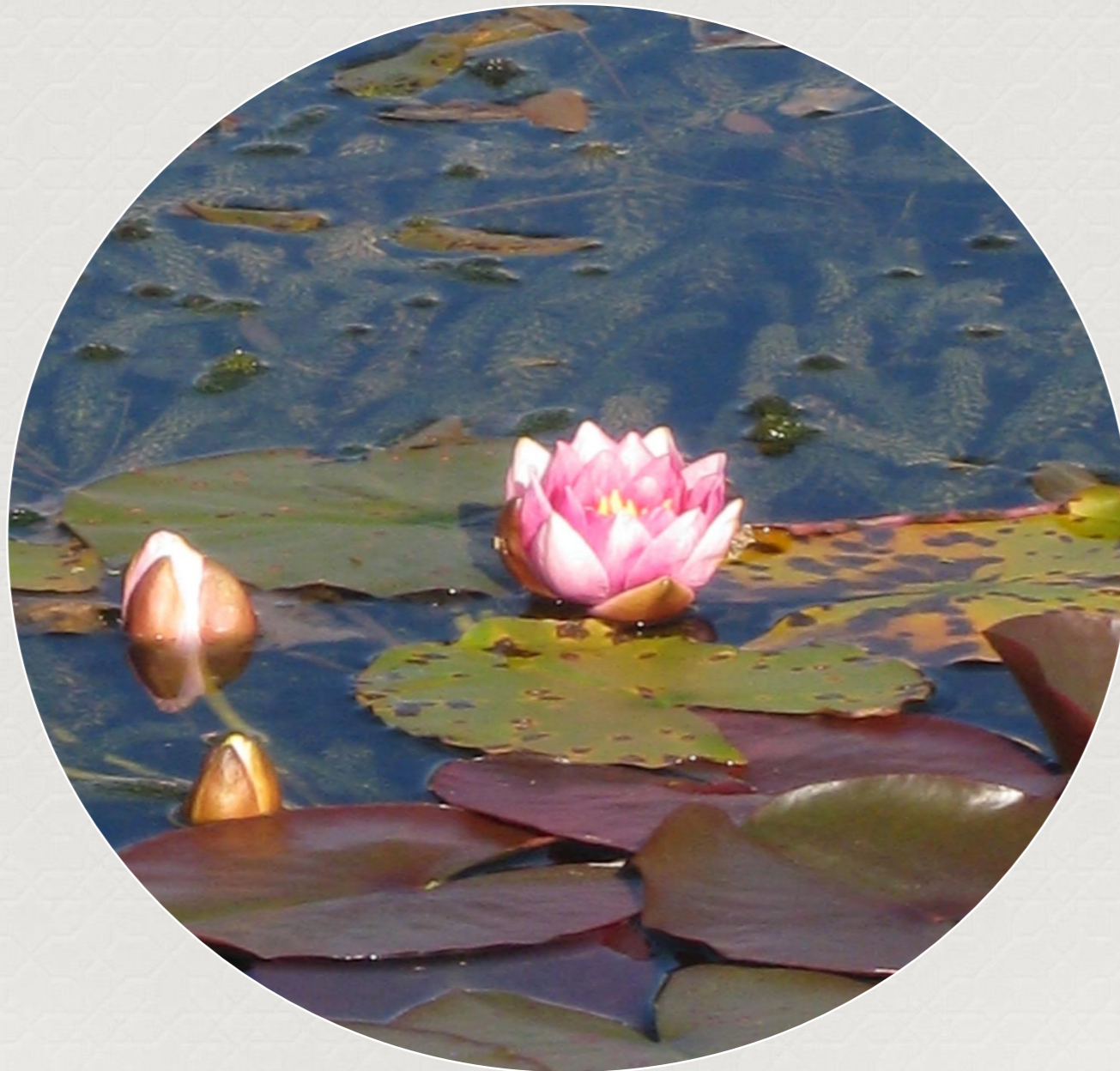
The Triune Brain



Built in Biases



Attention and Behavior



Homo sapiens sapiens



“Thinky Pain”



- ✦ Derived Relational Responding
- ✦ Fusion
- ✦ Avoidance, Control & Suppression

Need compassion for a very tricky brain

*New Brain: Imagination,
Planning, Rumination, Integration*



*Old Brain: Emotions, Motives, Relationship
Seeking-Creating*

Compassionate Realization: Tricky Old Brain-New Brain Loops

- ✦ *Emotions are implicit processes, occurring in response to inputs (and interactions between inputs) from the environment, new brain, and body*
- ✦ *The interactions between these factors can create emotional inertia, which we can be consciously unaware of (and thus become hijacked).*

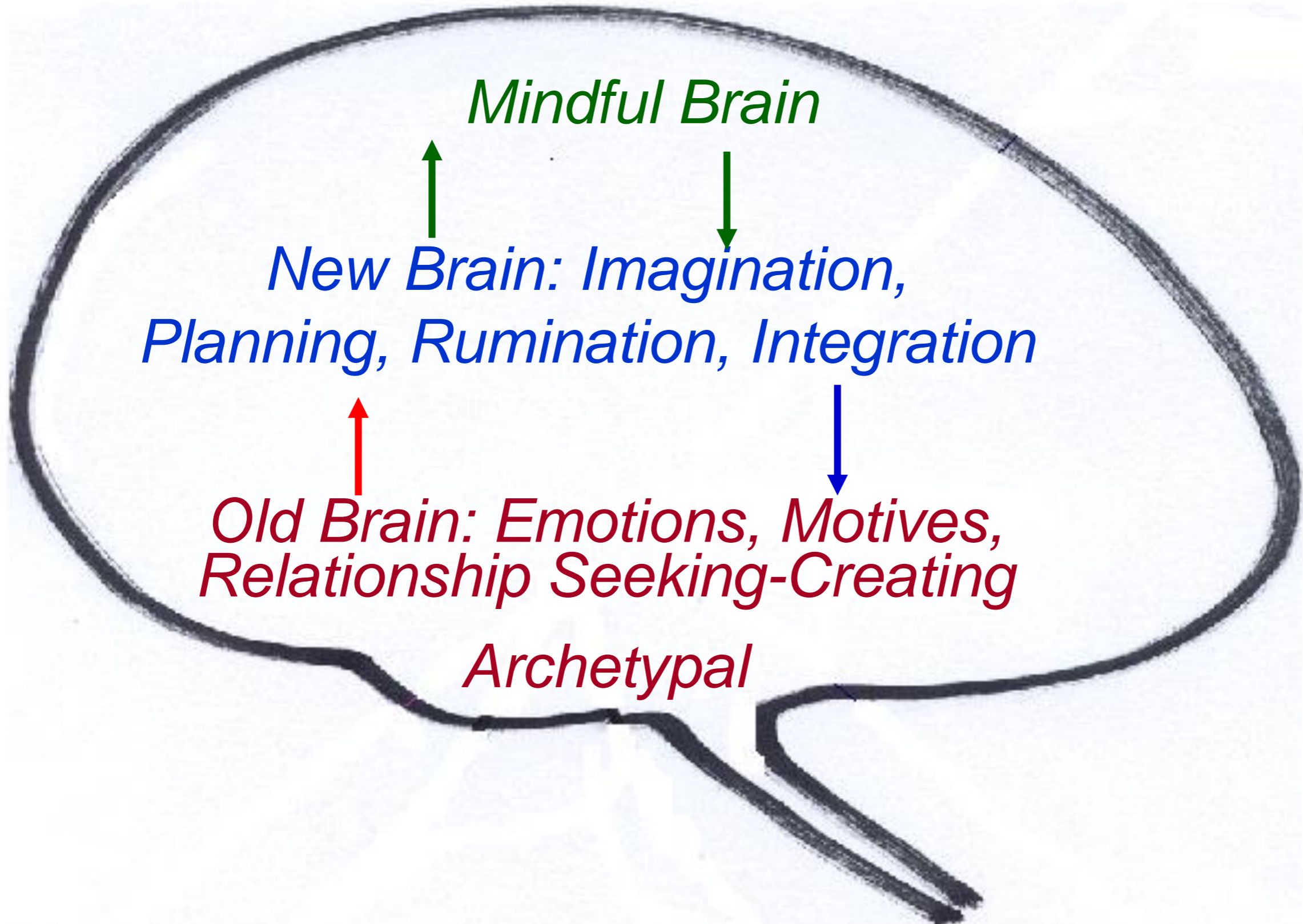
Our Emotional Brains are very powerful, but not very wise.

- ✦ *The emotional brain isn't good at distinguishing between input from environment and imagery, thoughts, and fantasies.*
- ✦ *This is why we stay angry for hours or days and our dogs don't!*

Therapy Suggestion

- ✦ *This is a great time to introduce soothing-rhythm breathing (and/or safe-place imagery).*
- ✦ *Introducing them in the context of these loops gives the client a context for understanding how these interventions (and those to follow) will impact the whole system.*

Mindful Awareness Can Help

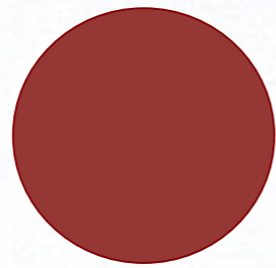


Sensory input from environment

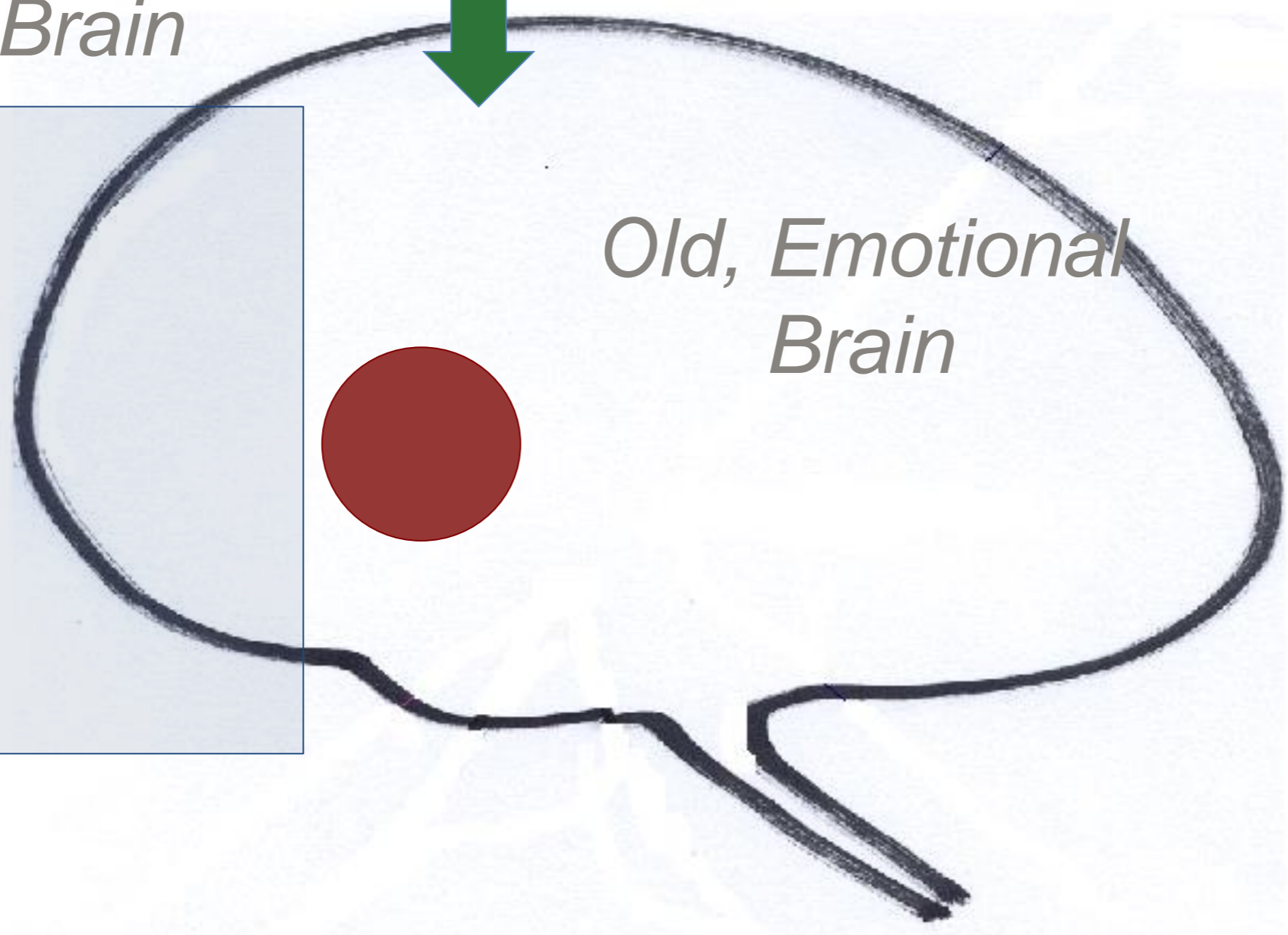
New Brain



*Old, Emotional
Brain*



Body

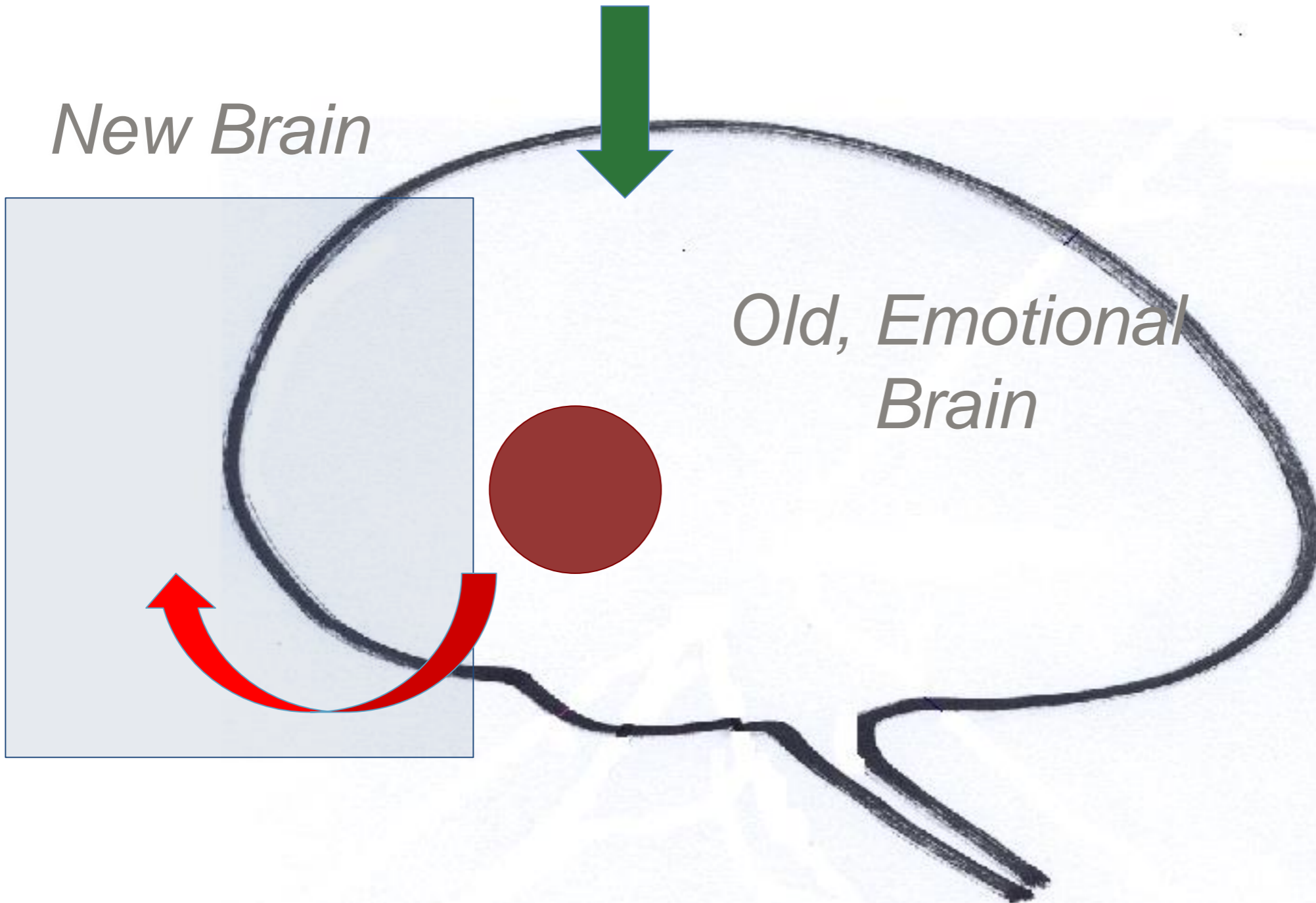


Sensory input from environment

New Brain

*Old, Emotional
Brain*

Body

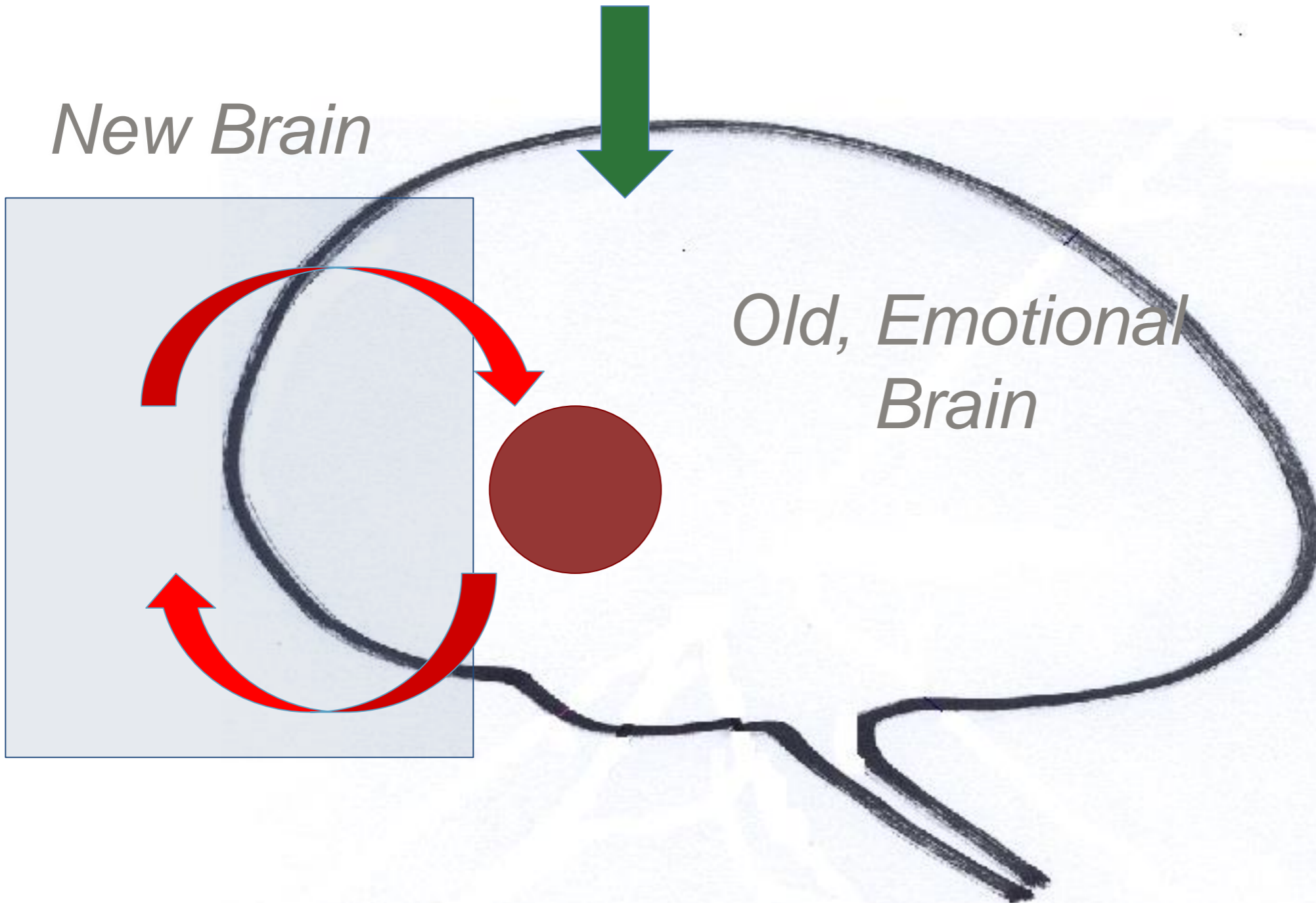


Sensory input from environment

New Brain

*Old, Emotional
Brain*

Body

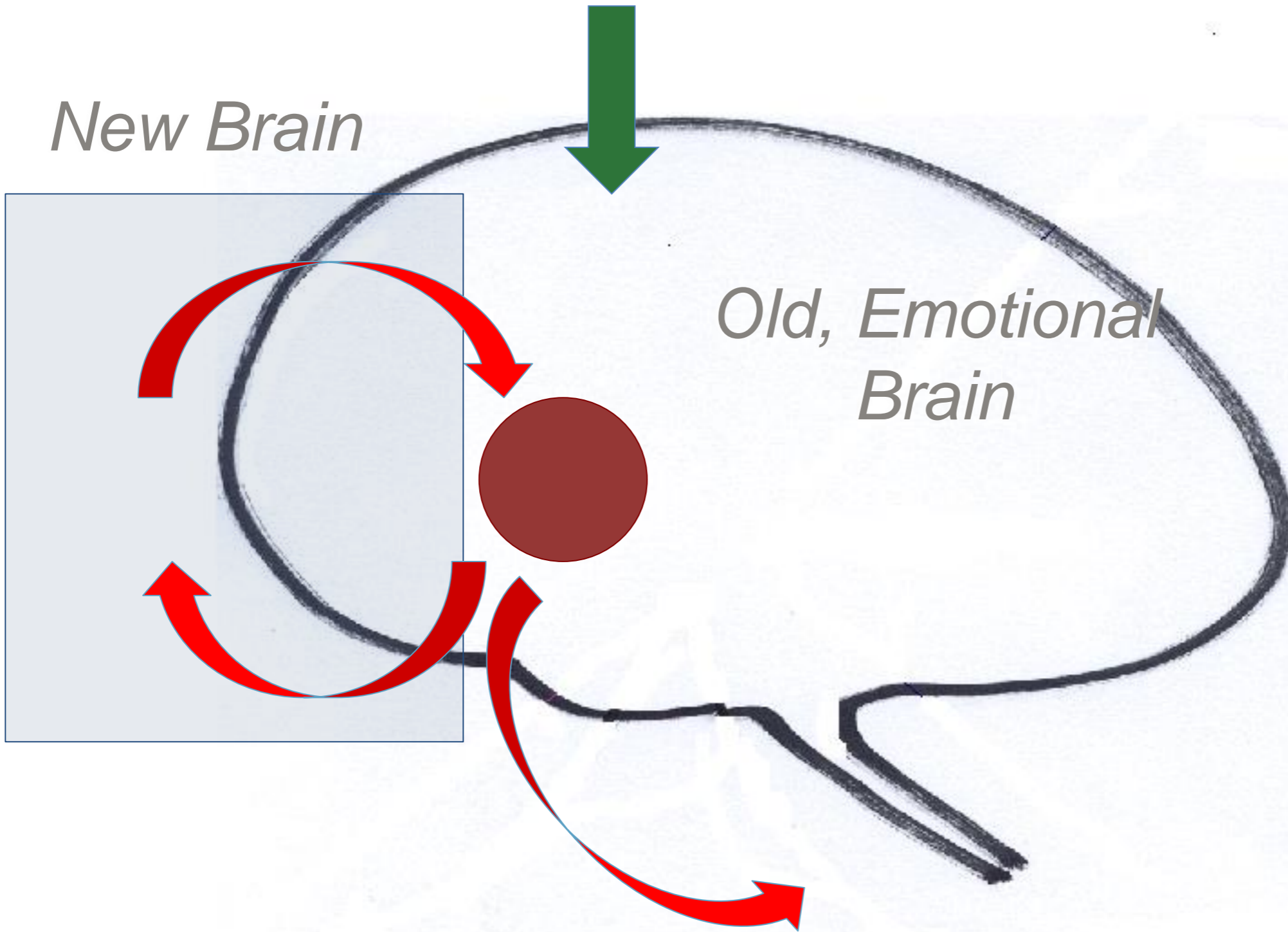


Sensory input from environment

New Brain

*Old, Emotional
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Body

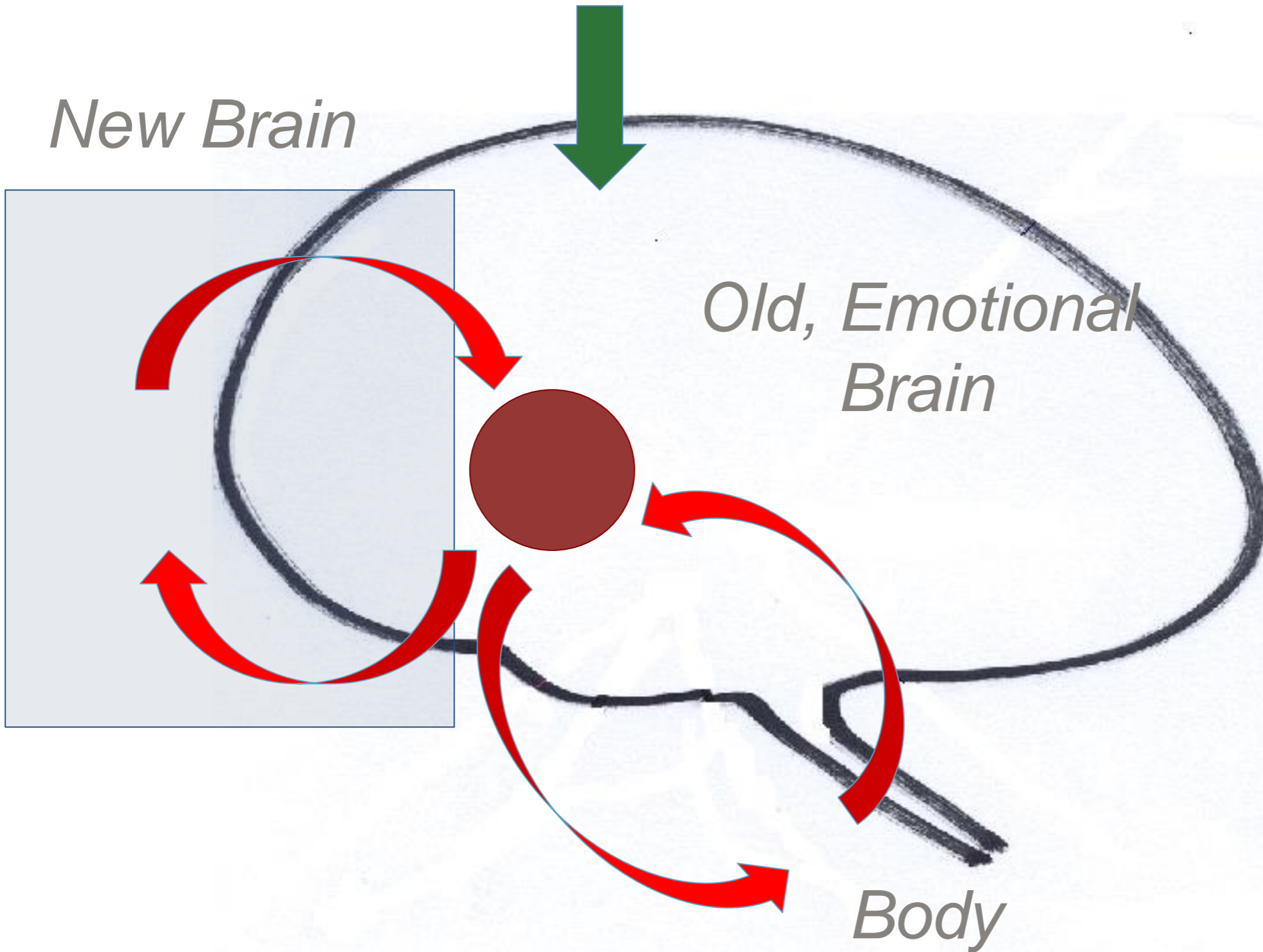


Sensory input from environment

New Brain

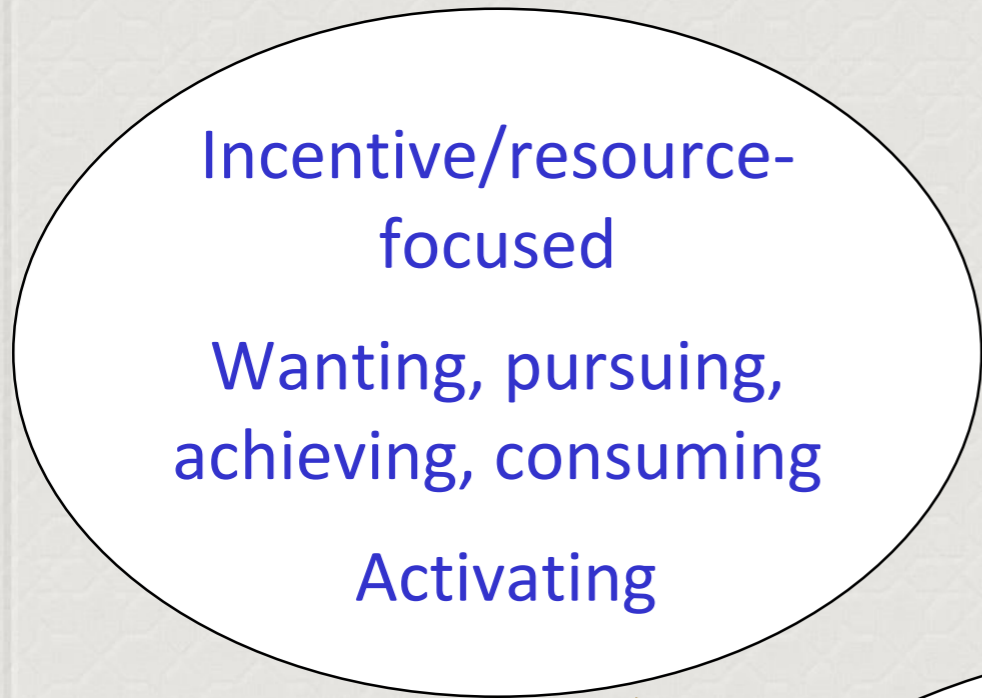
*Old, Emotional
Brain*

Body

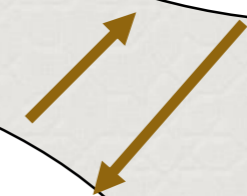


Drive, excite, vitality

Content, safe, connected



Anger, anxiety, disgust

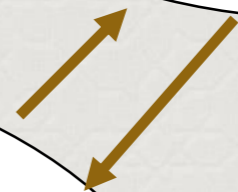
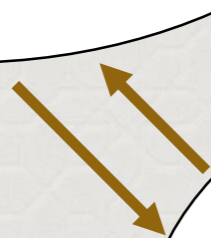
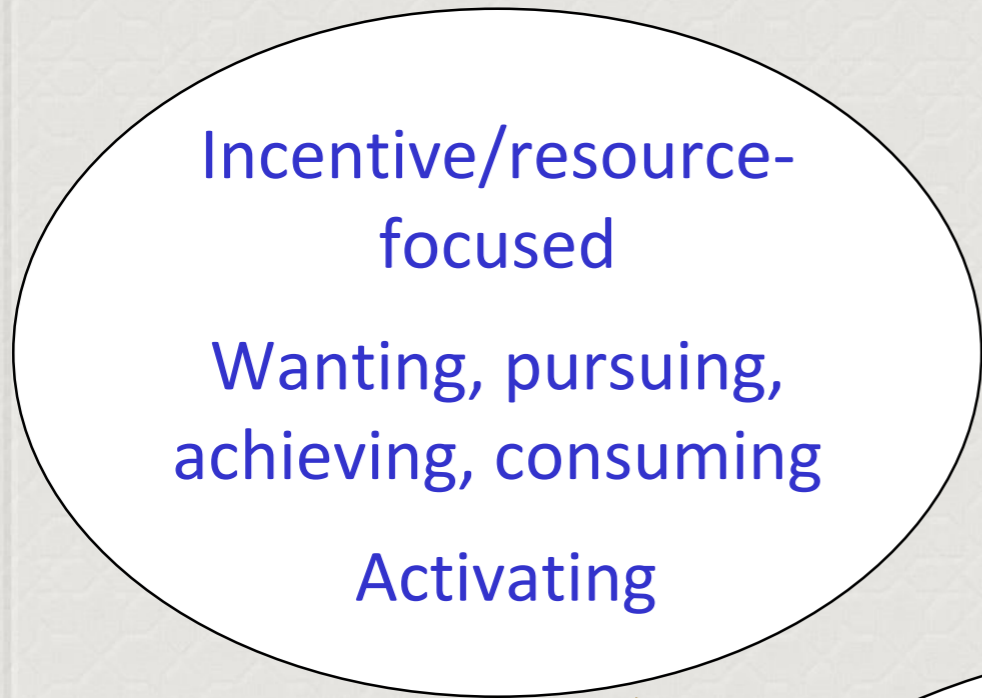


Our minds are organized by threat based motivations



Drive, excite, vitality

Content, safe, connected

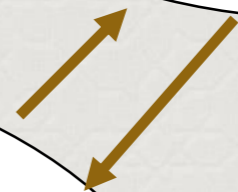
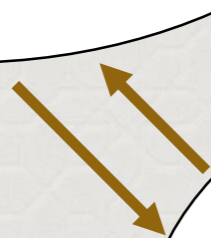
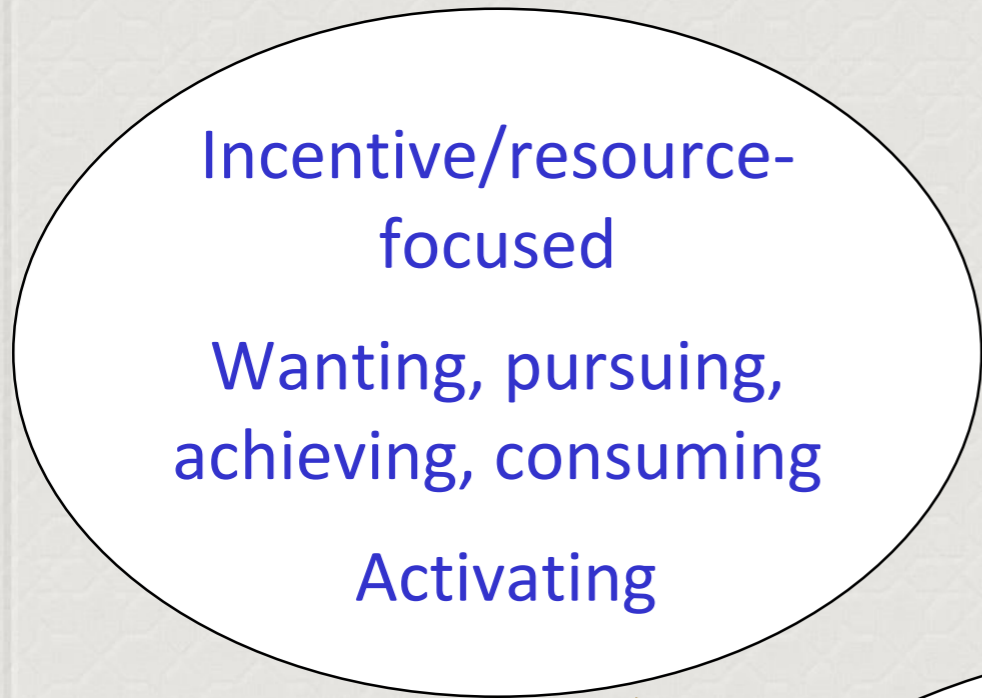


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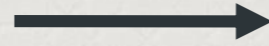


Anger, anxiety, disgust

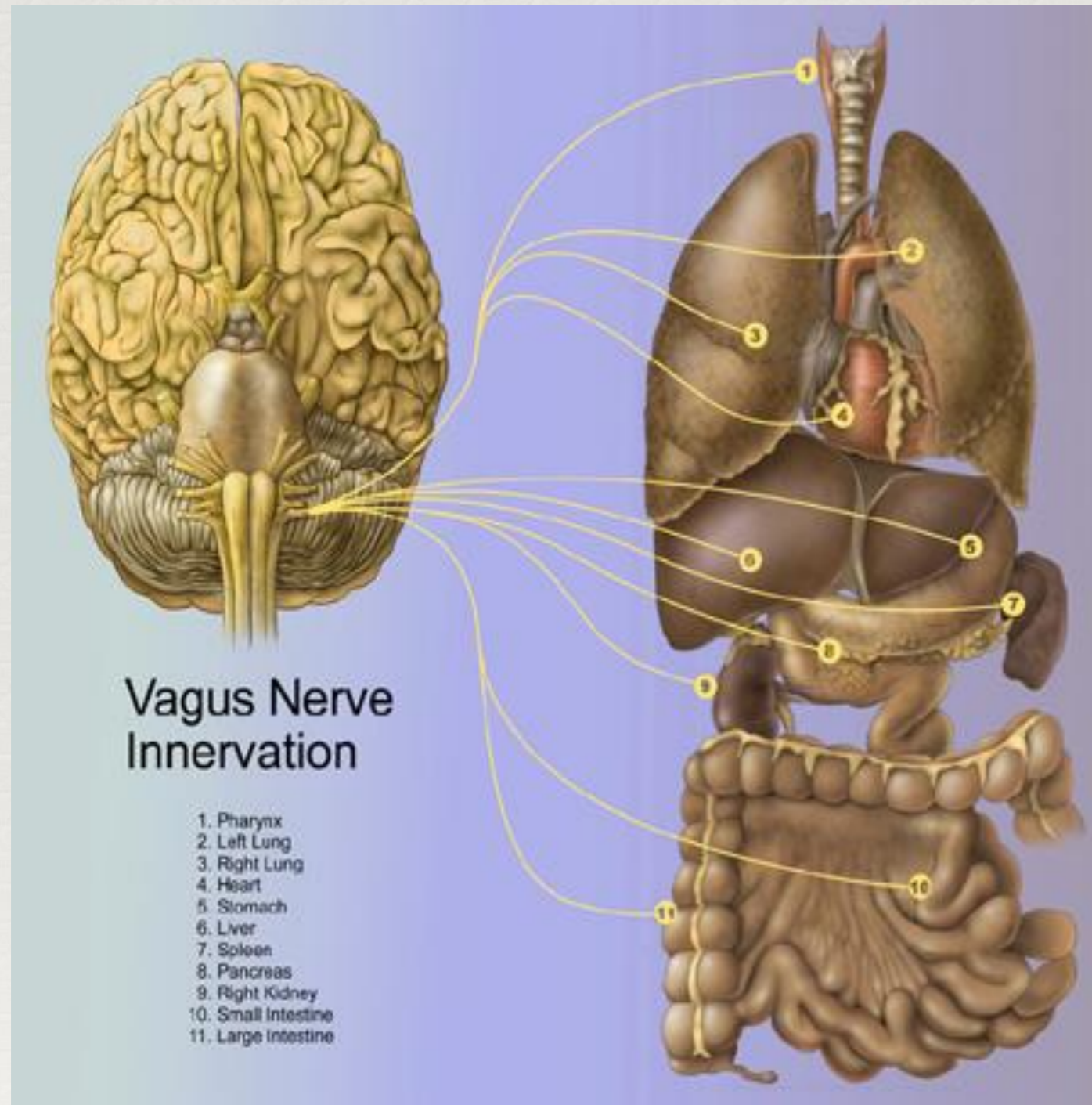


Dispersal and Avoidance





Safeness -connecting and the parasympathetic system: The Vagus Nerve



- PNS influence on heart rate – slows beat down during outbreath
- Associated with affiliation, tend & befriend, general positive emotional tone
- Sensitive to safeness













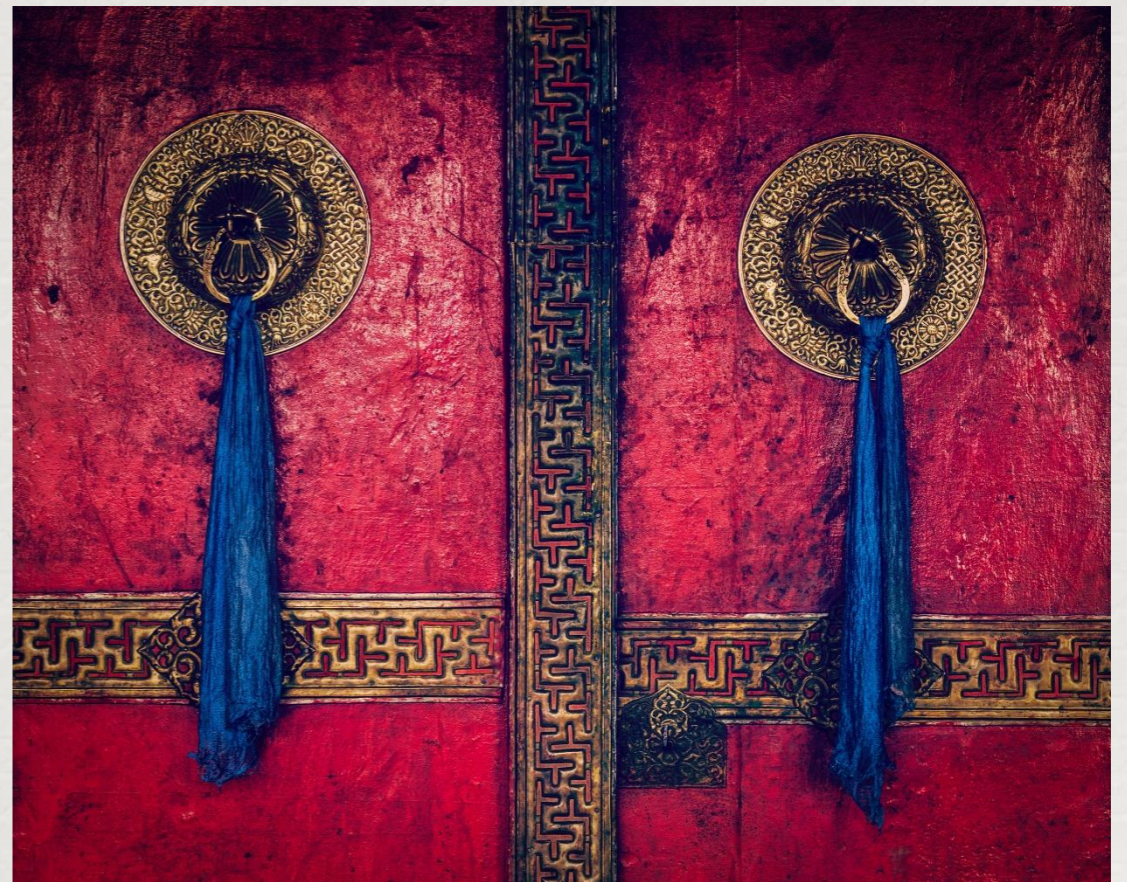


**What are the qualities of the
compassionate mind in action?**



Brahmaviharas - Immeasurables

- ★ *Karuna (compassion)*
- ★ *Metta (loving-kindness)*
- ★ *Mudita (sympathetic joy)*
- ★ *Upeekha (equanimity)*

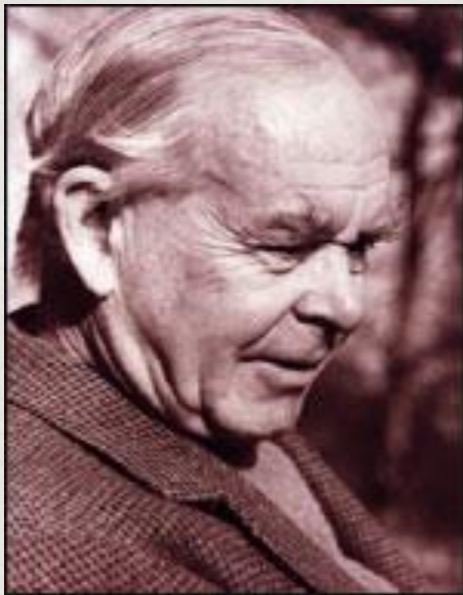


The Awakening Heart

- ◆ *The arising motivational imperative, known as bodhicitta (awakened heart) is a major foundation of Buddhist practice.*



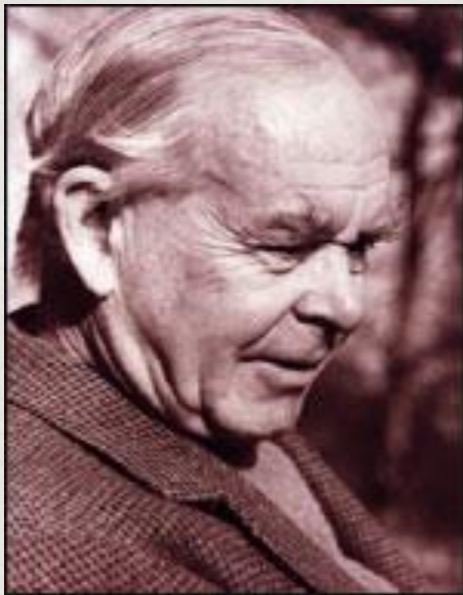
Bowlby & Ainsworth



- Attachment defined as "lasting psychological connectedness between human beings."

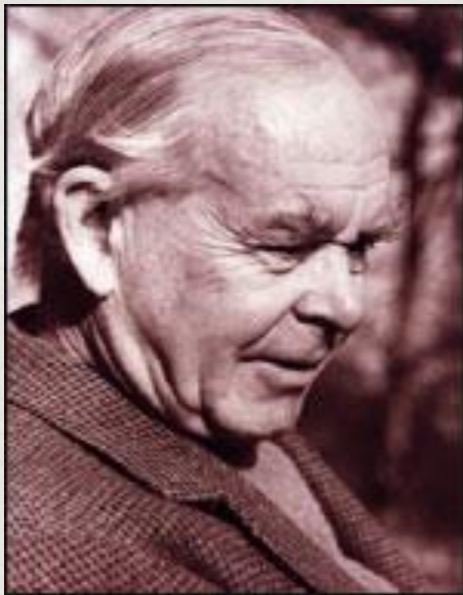


Bowlby & Ainsworth



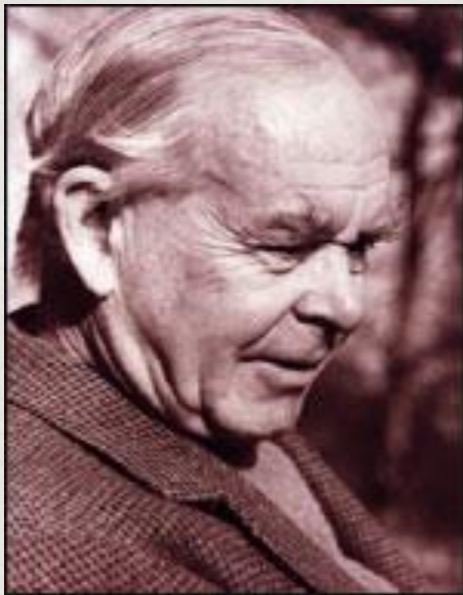
- Prosocial and affiliative behaviors related to self and others that emerge from our attachment history and dynamics are major regulators of threat processing and functioning

Bowlby & Ainsworth



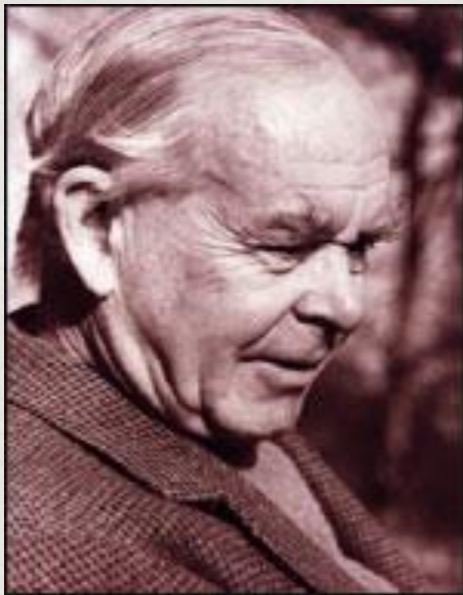
- ✦ A focus on literal “attachment” and style is, in a sense, a misnomer
- ✦ Set of behaviours that involve the coordination and action of multiple instinctive systems.

Bowlby & Ainsworth



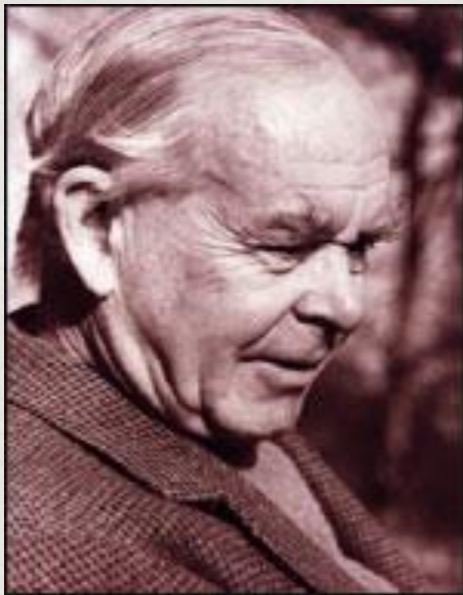
- ✦ The primary proximal function of each instinct is the maintenance of proximity to the child's primary caregiver. (Beks, Ljermzan & Tots, 2015)
- ✦ This develops into an ability to flexibly persist towards or break off from the pursuit of a goal based on homeostatic experiences that are related to survival likelihood

Bowlby & Ainsworth



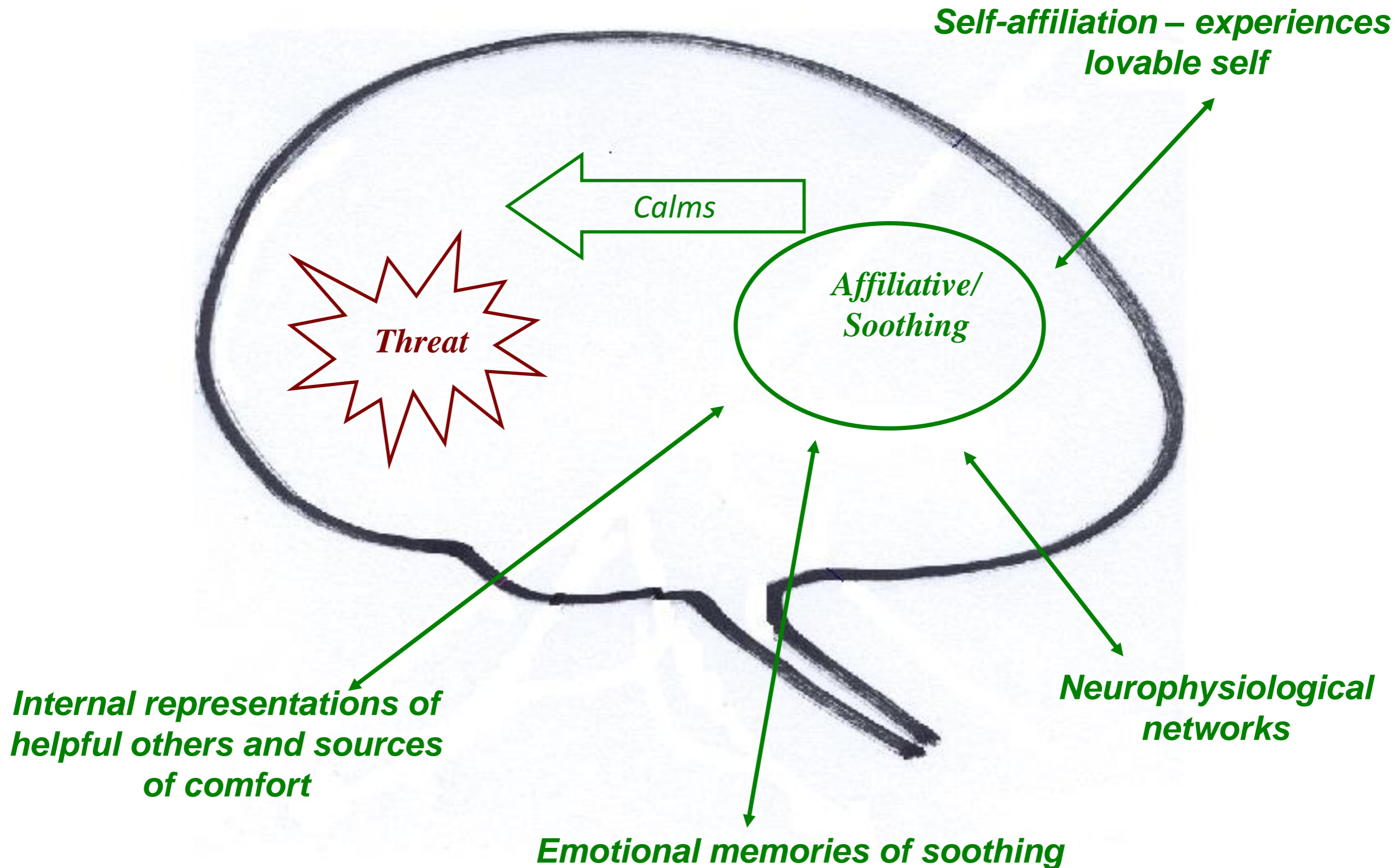
- Proximity seeking – desire closeness, to be with
- Secure base – source of security and guidance to go out, explore and develop confidence
- Safe haven – source of comfort and emotion regulation

Bowlby & Ainsworth



- Social signals are the drivers (social mentality)
- Lack of these in early life can seriously disrupt motivation, emotion and self regulation systems

Internal Threat and Soothing



Attachment and Response Flexibility - Seigel

- ✿ *“Attachment classification is not synonymous with pathology, but should be viewed as an organizational component of the mind that provides flexibility and adaptability with security.”*



Prefrontal Cortex Involvement in Secure Attachment

- *“An interface between automatic default-mode operations of the central nervous system and neural processes that allow for flexible adaptations to shifting contexts and perspectives.” Nobre et. al. 1999*



Attachment and Response Flexibility -Seigel

- *The prefrontal mediation of response flexibility involved in secure attachment dynamics involves a coordinated process . . .*



Attachment and Response Flexibility -Seigel

- ✦ *incorporating sensory, perceptual, and appraisal mechanisms and enabling new and personally meaningful responses to be enacted.*



Attachment and Response Flexibility -Seigel

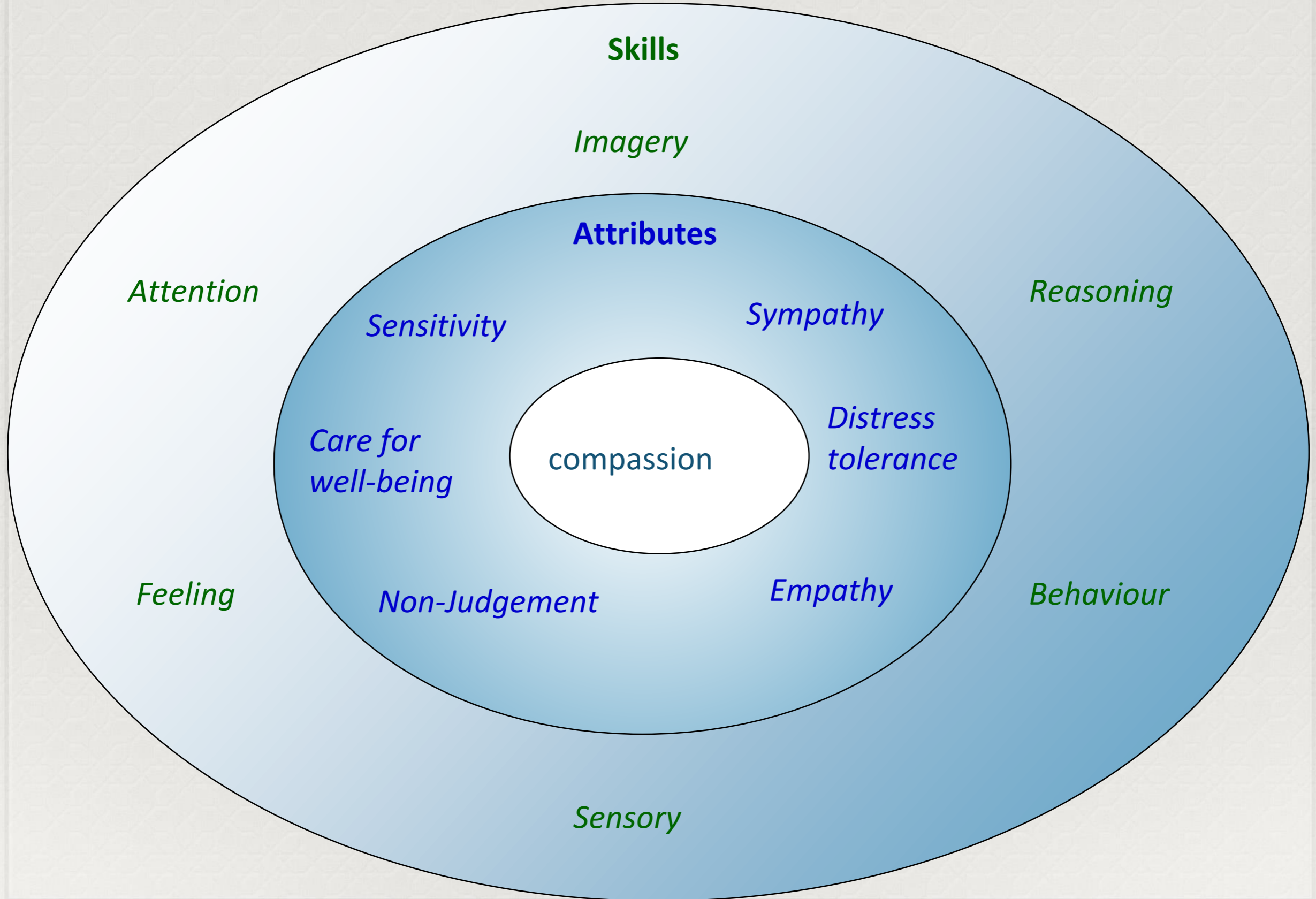
- ✦ *May allow us to approach life decisions, relationships, and narrative responses with self-reflection and with a sense of perspective on past, present, and future contingencies.*



Attachment and Psychological Flexibility

- ✦ **A radically embodied attachment dynamic influences physical homeostatis and capacity for adaptive responding without a need for a hypothesized activation of representational networks (Becks, Ljerman & Tops, 2015)**





Skills

Imagery

Attributes

Sensitivity

Sympathy

Reasoning

Care for well-being

compassion

Distress tolerance

Feeling

Non-Judgement

Empathy

Behaviour

Sensory

Attention

Compassion from a Contextual Behavioral Perspective

- ✦ *Compassion involves:*
 - ❖ *willingly experiencing difficult emotions;*
 - ❖ *mindfully observing our self-evaluative, distressing and shaming thoughts without allowing them to dominate our behavior or our states of mind*



Compassion from a Contextual Behavioral Perspective

- ✦ *Compassion involves:*
 - *engaging more fully in our life's pursuits with self-kindness and self-validation*
 - *flexibly shifting our perspective towards a broader, transcendent sense of self*
(Hayes, 2008a, Dahl, Plumb, Stewart and Lundgren, (2009)



Psychological Flexibility



- In more than 40 studies with nearly 10,000 participants, psychological flexibility accounts for 16 to 33% of most psychological outcomes

Psychological Flexibility



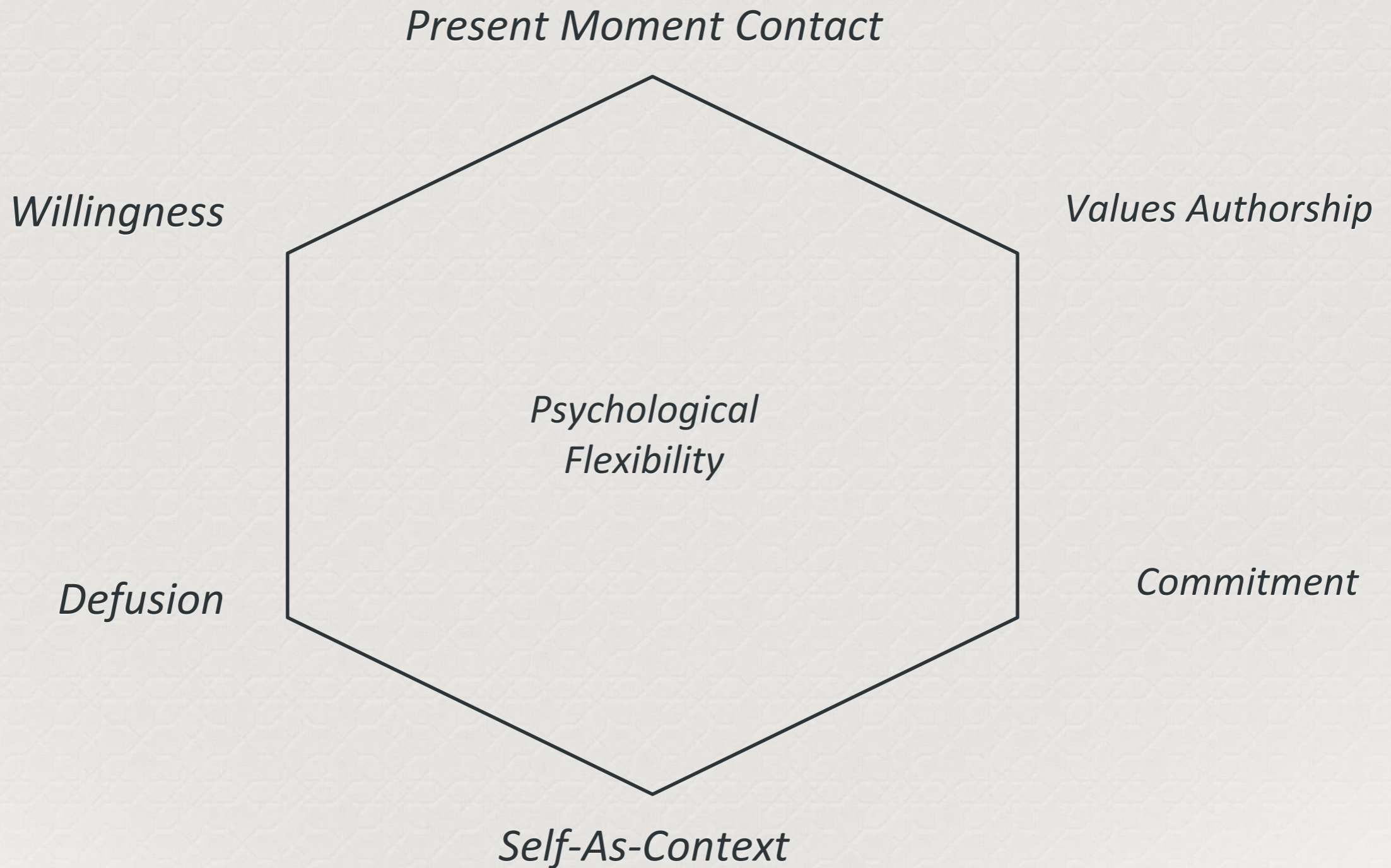
- There is evidence that the effects of negative thoughts, difficult feelings, maladaptive coping, emotional response styles, cognitive reappraisal, and perceived controllability, are all partially or fully mediated by psychological flexibility

Psychological Flexibility



- Over 200 Randomized Controlled Trials have demonstrated significant clinical outcomes for therapies based upon the psychological flexibility model

Psychological Flexibility



Compassionate Flexibility

Sensitivity

Distress Tolerance

Care For Well-Being

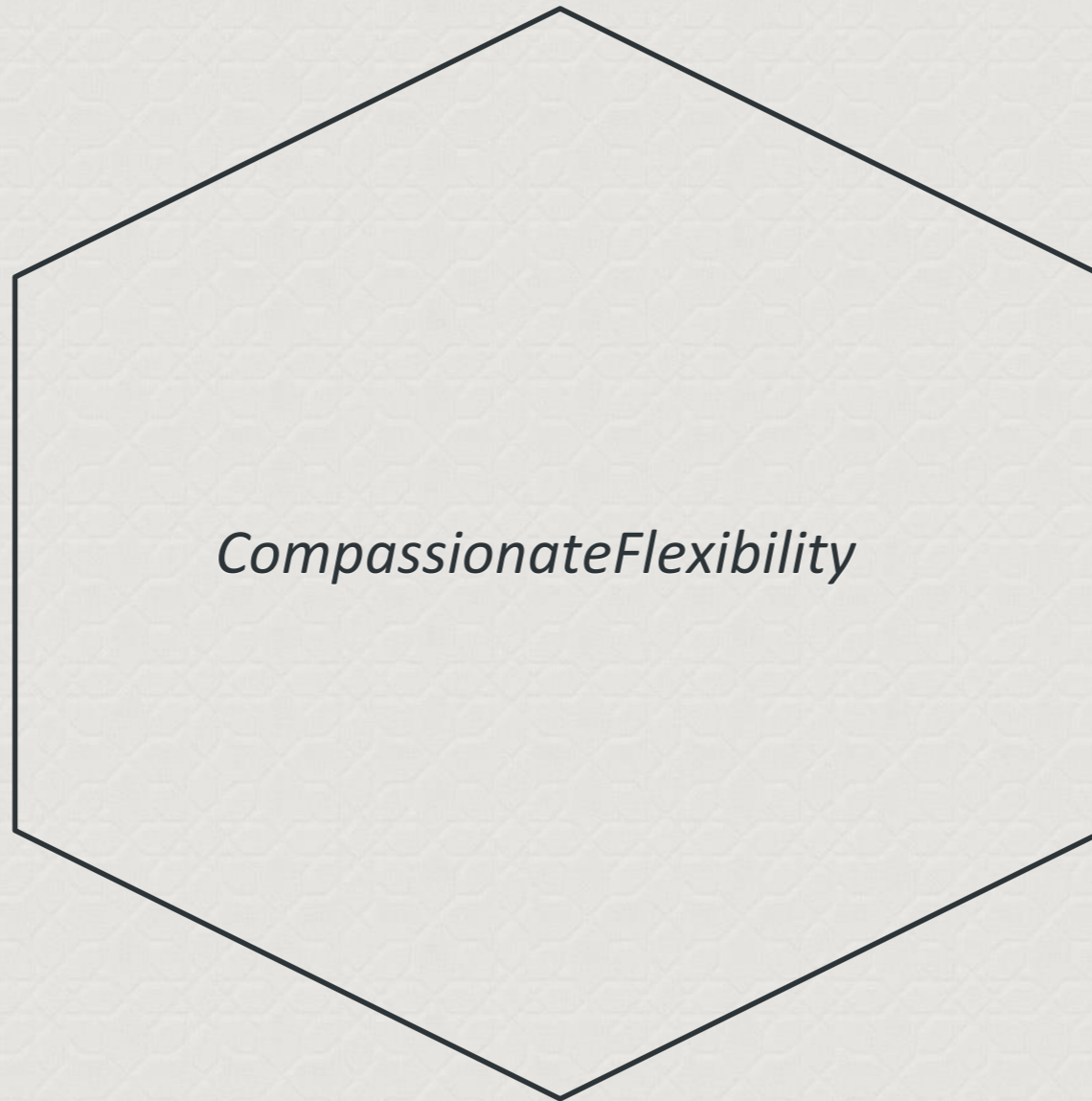
Compassionate Flexibility

Non-Judgment

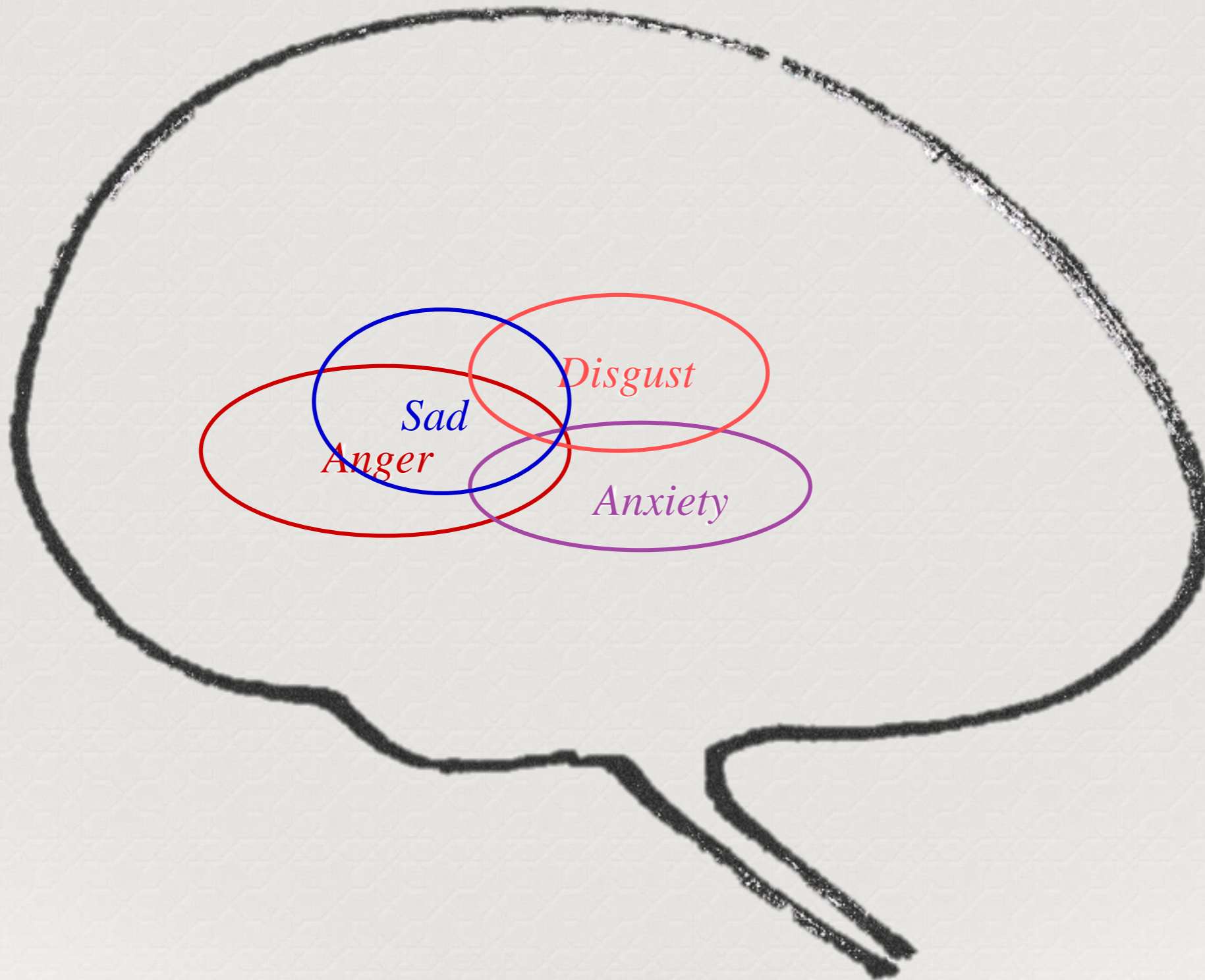
*Commitment to
Compassionate
Behavior*

Sympathy,

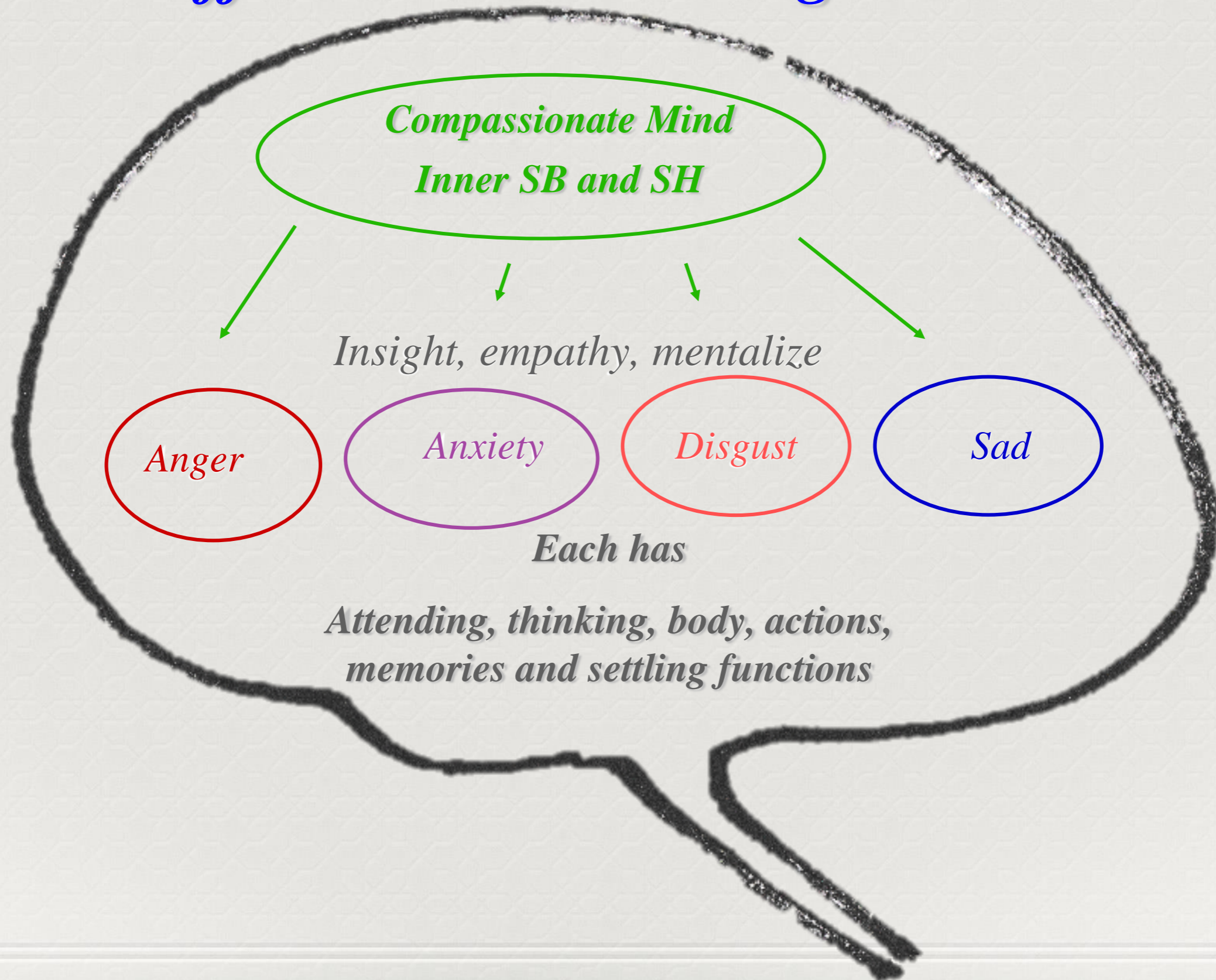
Empathy



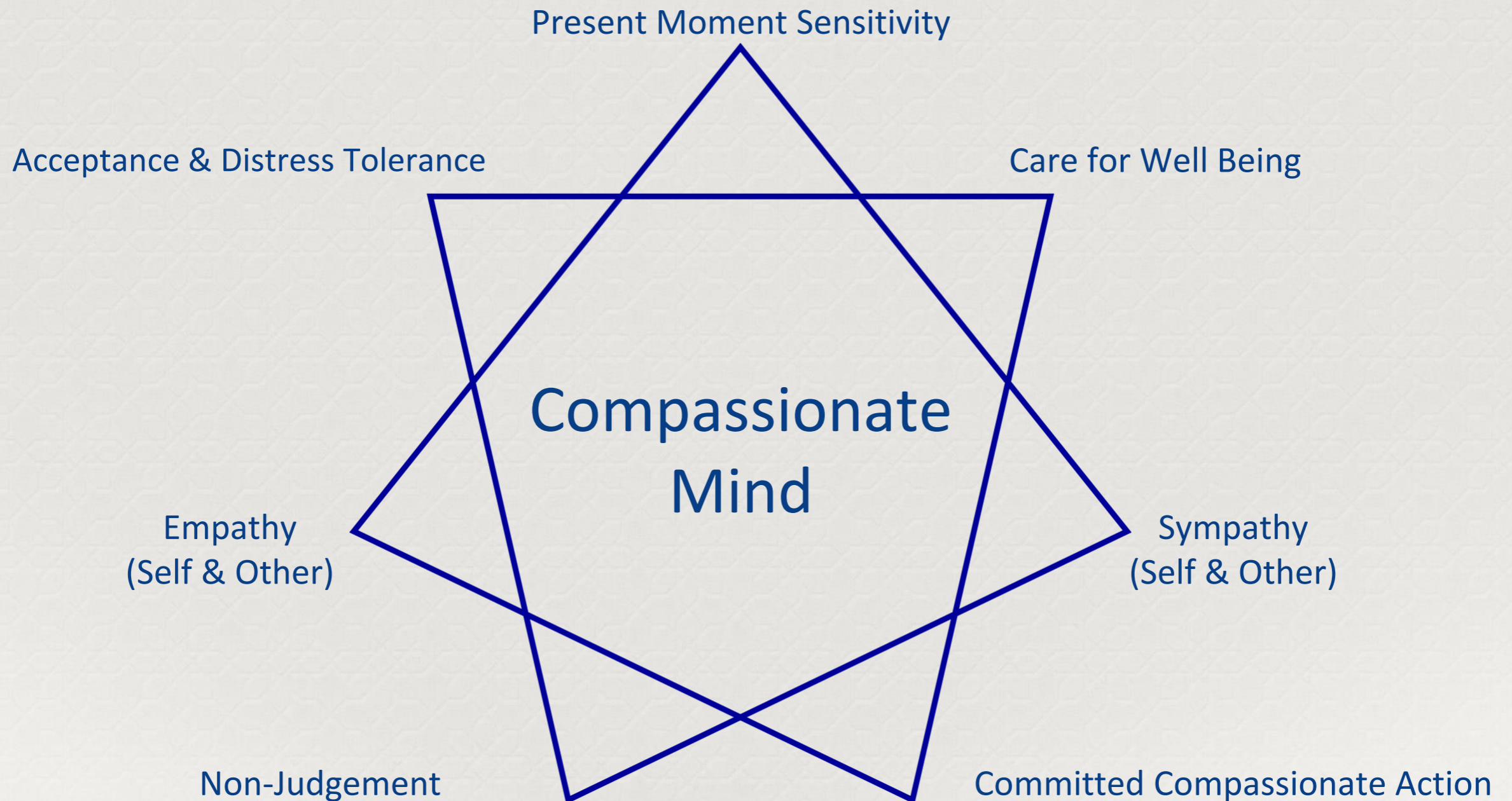
Unintegrated chaotic mind



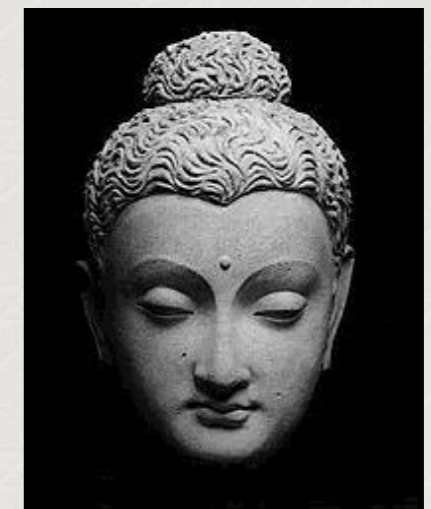
Differentiated and integrated



Compassionate Flexibility



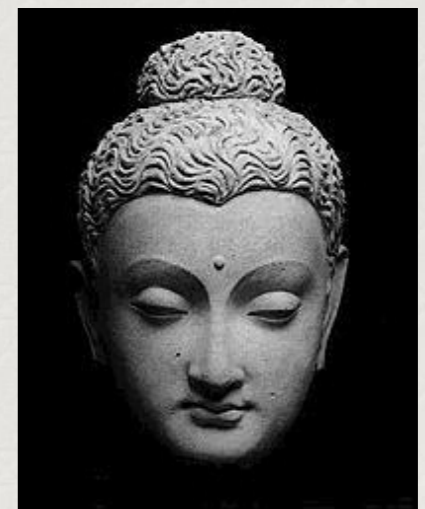
Compassionate Flow



Compassionate Flow

Self

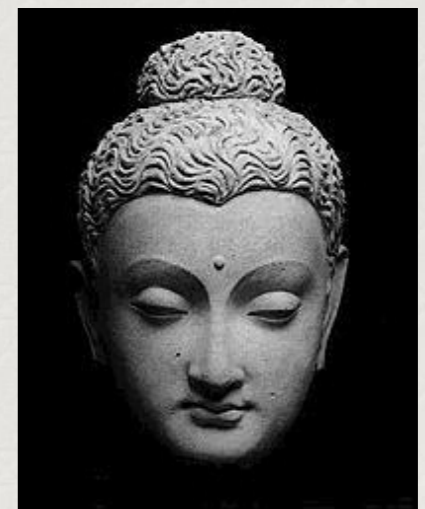
Other



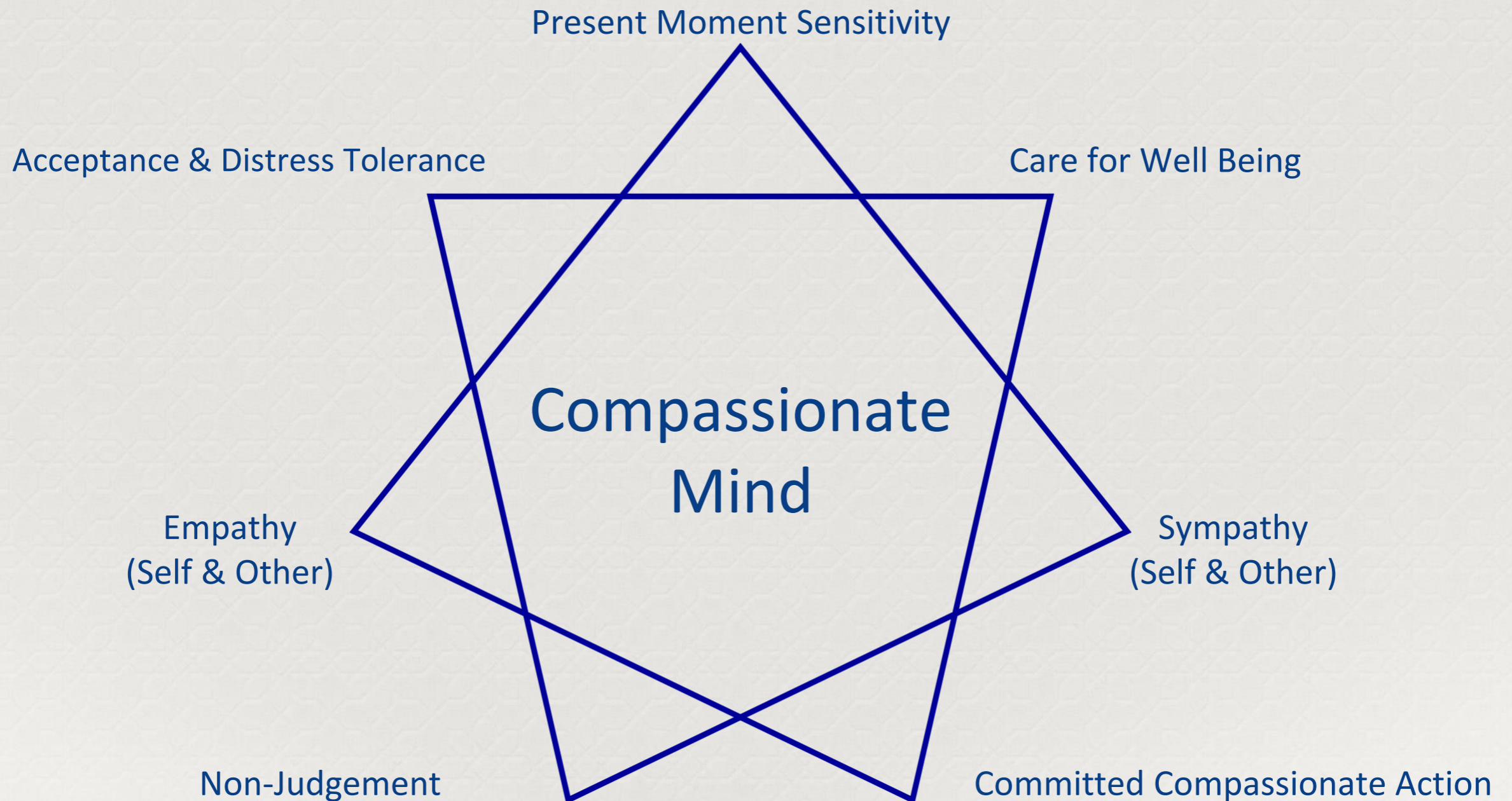
Compassionate Flow

Self

Self



Compassionate Flexibility



Training the Interacting Processes of The Compassionate Mind

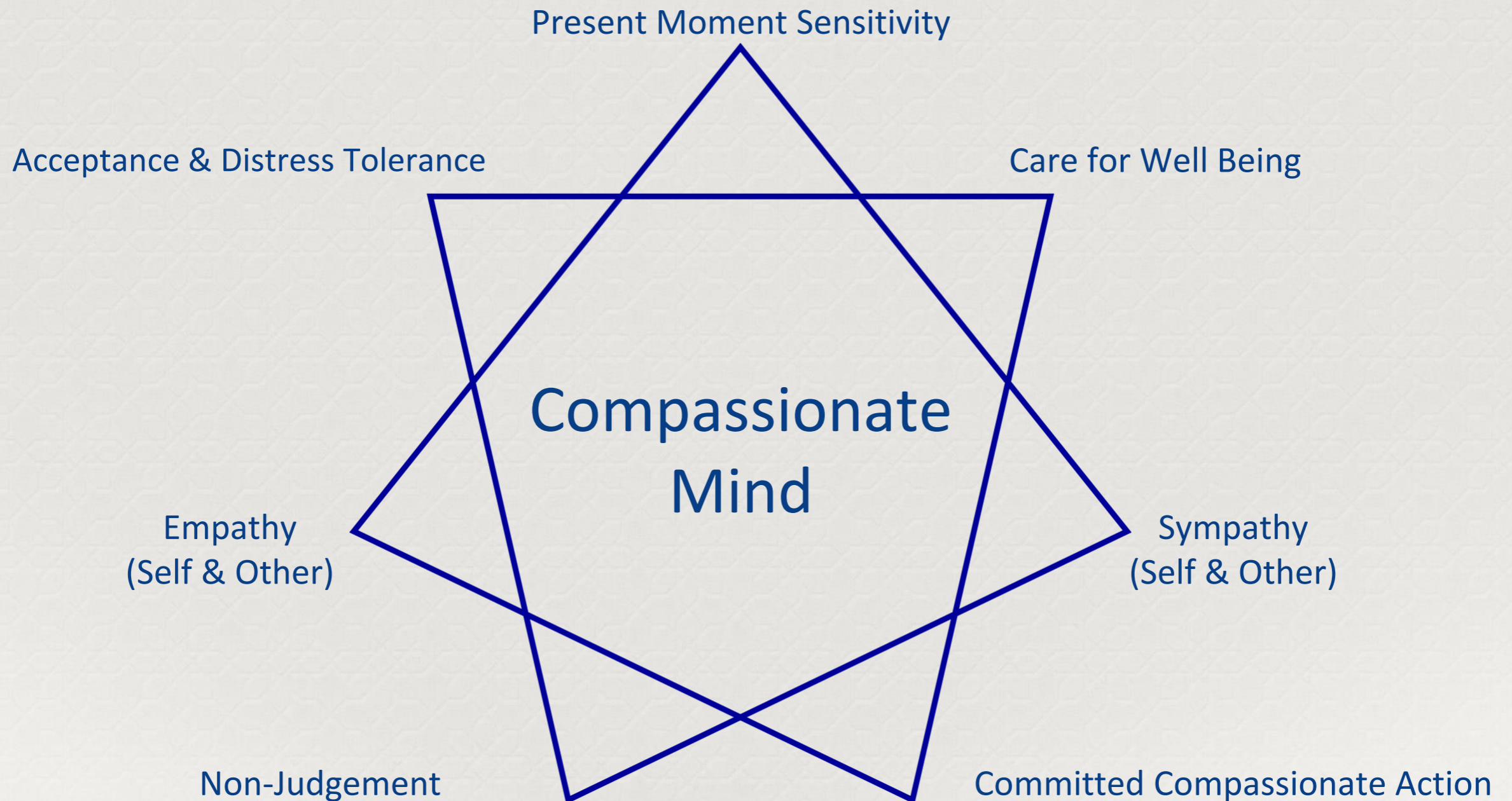


- ✦ *Training Compassion in The Therapeutic Relationship*
- ✦ *Therapist as social reinforcer*
- ✦ *Compassionate Mind Training*
- ✦ *Specific Techniques of The Psychology of Alleviation*
- ✦ *Self Therapy Practices*

Playing The Octave



Compassionate Flexibility



Compassionate Flexibility	Signals or Indicators	Guided Discovery or Transitions
Sensitivity	Narrow or inflexible attention	Where or how does that feel in your body? Where is your attention pulled?
Distress Tolerance	Avoidance Rumination	What part of this are you least willing to feel?
Non Judgment	Literality of private events “word prisons”	If that were true, what would be your biggest fear? If I could take that away what would you be afraid of happening? How old is that? What would your compassionate self say about this?

Compassionate Flexibility	Signals or Indicators	Guided Discovery or Transitions
Flexible perspectives (Sympathy Empathy)	Lack of presence or verbalizations re: perspective taking	If I were you and you were me, what would your be thinking/feeling about this? Imagining child self.
Care for well being	Reduced or lack of caring behaviors, lack of motivation to care	What would you have to stop caring about for this not to bother you? How would you treat someone you loved in this situation? Values authorship
Committed behavior to prevent or alleviate suffering	Impulsivity or stagnation, behavioral constriction	What is it that we are not doing that would move us in that direction? Could we come up with a practice that will help you embody and act on this? One small thing . . .

Attachment and Psychological Flexibility

- *Psychological Flexibility is negatively correlated with attachment anxiety and attachment avoidance (Salande & Hawkins, 2016)*



Attachment and Psychological Flexibility

- ✦ *Attachment anxiety and attachment avoidance are negatively correlated with mindfulness (Caldwell & Shaver, 2013)*



Attachment and Psychological Flexibility

- ✦ ***The evolution of mammalian caregiving involving hormones, such as oxytocin, vasopressin, and the myelinated vagal nerve as part of the ventral parasympathetic system, enables humans to connect, co-regulate each other's emotions and create prosociality. (Kirby, Doty, Petrocchi & Gilbert, 2017)***

Compassion and Psychological Flexibility

- ✦ **In a sample of 144 undergraduate students, psychological flexibility and self-compassion were significantly correlated with self-compassion demonstrating unique variance in predicting well-being beyond psychological flexibility (Marshall & Brockman, 2016)**



Compassion and Psychological Flexibility

- Psychological Flexibility and Self-Compassion in Gay and Heterosexual Men: How They Relate to Childhood Memories, Shame, and Depressive Symptoms (Matos et.al., 2017)



Compassion and Psychological Flexibility

- Results confirmed the mediating role of psychological flexibility and self-compassion. These findings suggest the appropriateness of promoting acceptance and self-compassion towards difficult memories in a therapeutic setting.



Compassion and ACT

- ✦ **Yadavaia, J. E., Hayes, S. C., & Vildardaga, R. (2014).**
- ✦ **Using acceptance and commitment therapy to increase self-compassion: A randomized controlled trial.**



Compassion and ACT

- **This randomized trial therefore compared a 6-hour ACT-based workshop targeting self-compassion to a wait list control. From pretreatment to 2-month follow-up, ACT was significantly superior to the control condition in self-compassion, general psychological distress, and anxiety.**

Compassion and ACT



- **Process analyses revealed psychological flexibility to be a significant mediator of changes in self-compassion, general psychological distress, depression, anxiety, and stress**

Compassion and ACT

- **HIV-related stigma and psychological distress decreased following combined ACT and Compassion-Focused Therapy intervention**
- **Skinta MD, Lezama M, Wells G, Dilley (2016)**



Compassion and ACT

- ✦ **In 34 new-to-care HIV patients. ABBT attendance was high and patient feedback was positive. Relative to TAU, ABBT had significant positive effects on retention, as well as putative mechanisms of action, including experiential avoidance of HIV, willingness to make and actual disclosures of HIV status, and perceived social support.**

Compassion and ACT

- ✦
- ✦ Investigating the effects of an ACT consistent compassionate imagery intervention for young women with body image concerns
- ✦ Hooper, Lee, Holley, and Tirch
- ✦ (in submission)



Compassion and ACT

-
- **48 undergraduate females in control group**
- **31 undergraduate females in intervention group**
- **Randomly assigned**
- **17 in intervention group failed adherence check**

Compassion and ACT

- **Results suggested that compared to the control group, intervention participants experienced significantly greater gains in self-compassion, body appreciation and interestingly body shame, significantly greater reductions in body dissatisfaction, and non-significant reductions in contingent self-worth based on appearance.**

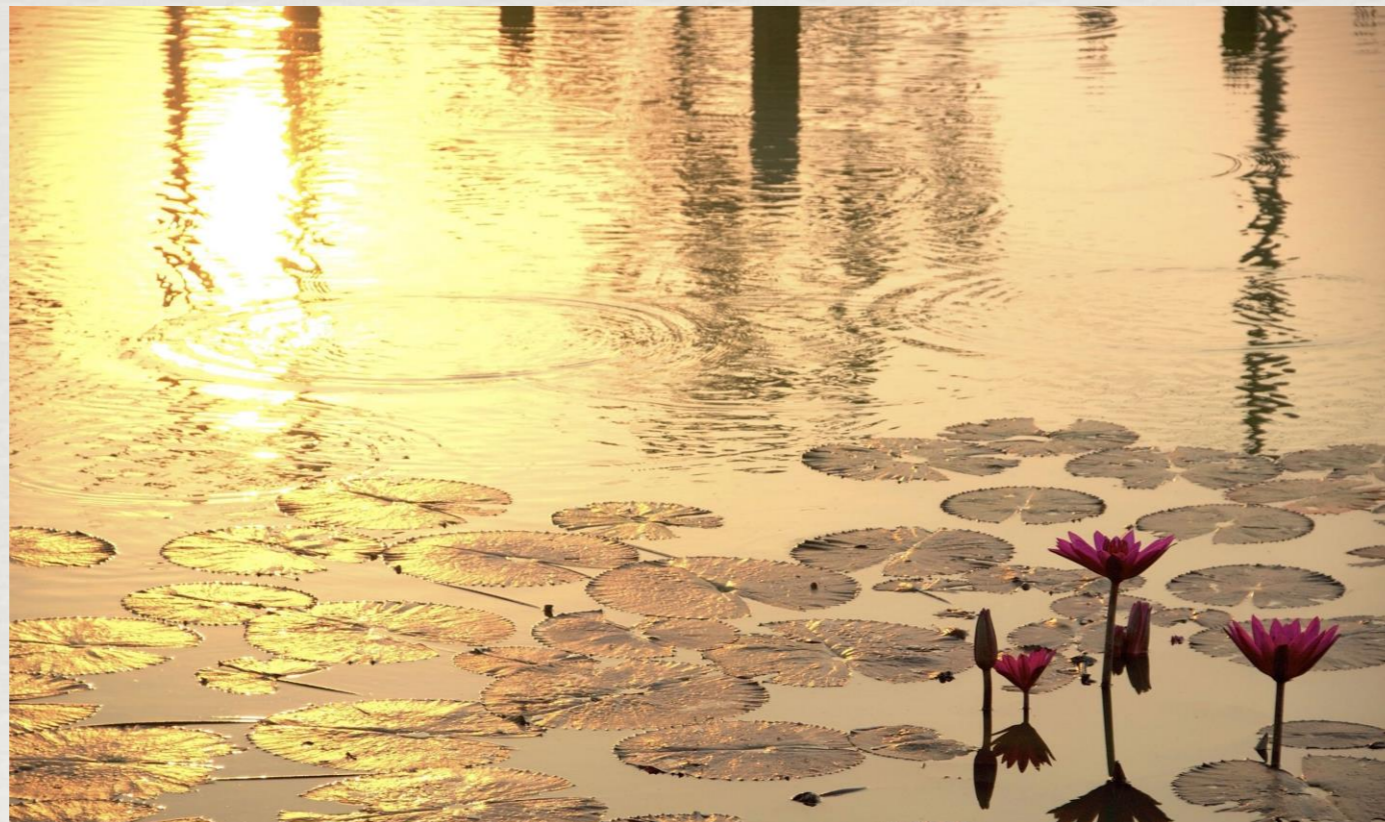
The Relationships Between Psychological Flexibility, Self-Compassion, and Emotional Well-Being

- ✦ Self-compassion significantly correlated with psychological flexibility in a sample of 144 undergraduates (Marshall & Brockman, 2016)



The power of loving kindness meditation

- Loving kindness meditation (compassion directed to self, then others, then strangers) increases positive emotions, mindfulness, feelings of purpose in life and social support and decreases illness symptoms (Frederickson et al, 2008, JPSP)



Neuroendocrine Responses to Stress

- Compassion meditation (6 weeks) improves immune function, and neuroendocrine and behavioural responses to stress (Pace, 2008, PNE)



Shame and Self-Criticism

- Compassion training reduces shame and self-criticism in chronic depressed patients (Gilbert & Proctor, 2006, CPP)



Social Connectedness

- **Hutcherson, Seppala and Gross (2008) found that a brief loving-kindness meditation increased feelings of social connectedness and affiliation towards strangers.**



Personality Difficulties

- ◆ Schanche and colleagues (2011) found that self-compassion was an important mediator of reduction in negative emotions associated with personality disorders and recommended self-compassion as a target for therapeutic intervention.



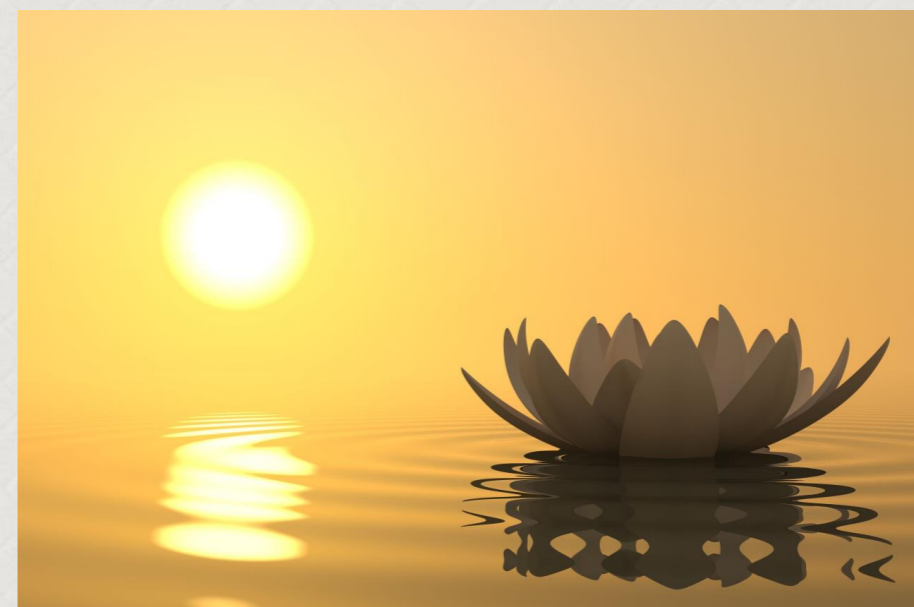
Supercharging Therapy

- A review of research concerning both clinical and nonclinical settings, compassion-focused interventions have been found to be significantly effective (Hofmann, Grossman, & Hinton, 2011).



Compassionate Thinking & Negative Emotions

- ✦ In a sample of 207 undergraduate students, participants who engaged in compassionate thinking and “cognitive reappraisal” (taking a family member’s perspective) reported significantly lower levels of negative emotions compared to those in the responsibility reattribution and control conditions. (Arimitsu & Hofmann, 2015).



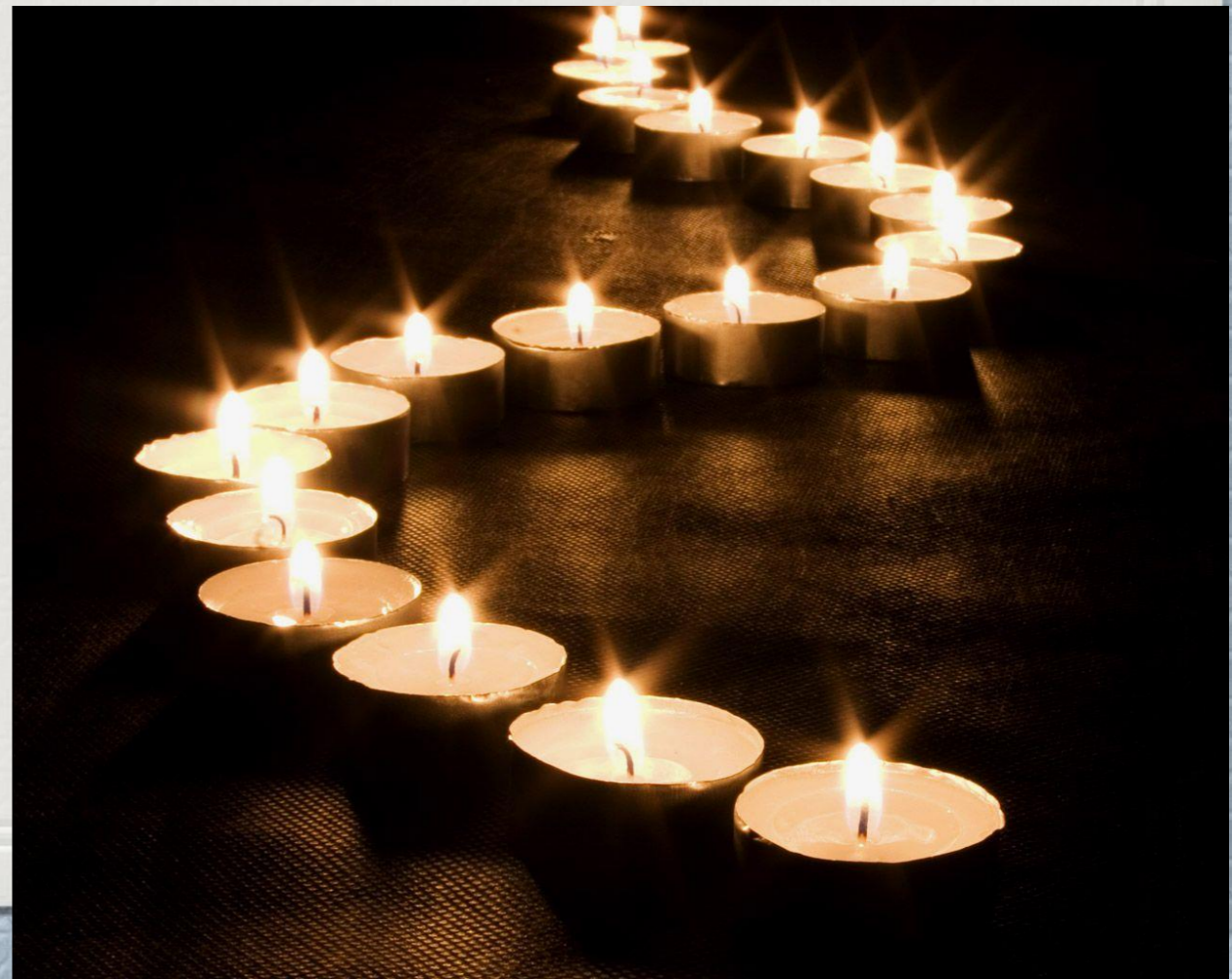
CFT Outcomes

- CFT has been found to be significantly effective for the treatment of personality disorders (Lucre & Corten, 2012), eating disorders (Gale et. al., 2012) and heterogeneous mental health problems in people presenting to community mental health teams (Judge & et.al., 2012).

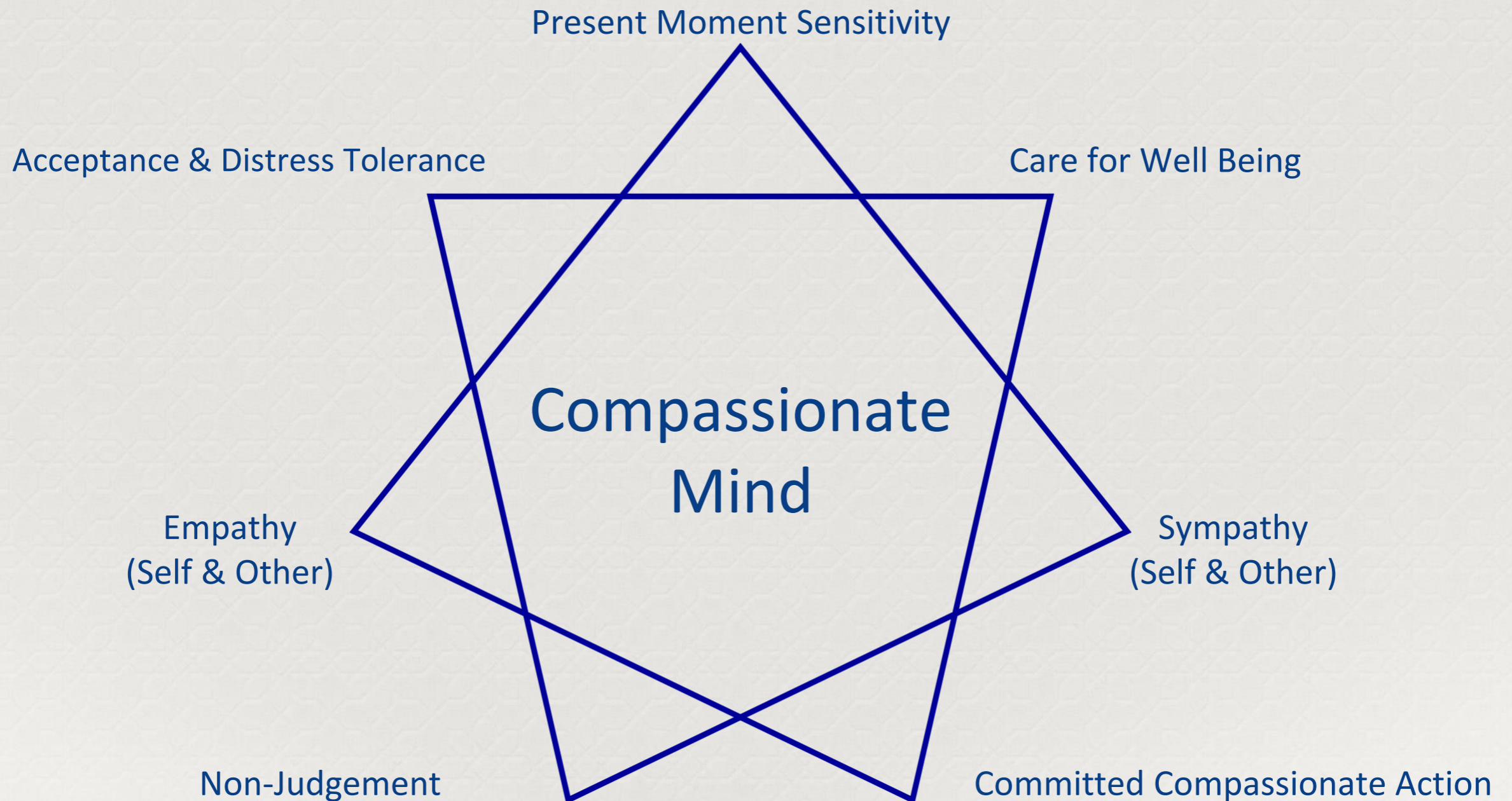


"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Nelson Mandela



Compassionate Flexibility



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