

Organizer:



聯合情緒健康教育中心
United Centre of Emotional Health and Positive Living

隸屬於基督教聯合那打素社康服務

Sub-organization of United Christian Nethersole Community Health Service

Co-organizer:



Department of Psychiatry
United Christian Hospital

One-day Workshop on Compassion Focused Therapy (CFT)

26 Jan 2015 (Monday)

Compassion Focused Therapy (CFT) was developed by Professor Paul Gilbert to work with people with severe and enduring mental health problems, many of whom had high levels of shame and self-criticism and struggled to make progress with standard psychotherapy. One reason for such difficulties is that people may not have developed abilities to experience certain affiliated positive emotions such as safeness, reassurance and compassion. These individuals often come from abusive/bullying, neglectful and/or critical backgrounds. Compassion Focused Therapy (CFT) was developed with, and for, people from such backgrounds who find it difficult to stimulate certain types of positive emotion.

Key Learning Objectives:

- 1) To learn about CFT's roots in an evolutionary understanding of the development of mind, and in neuroscience, neurophysiological & attachment research;
- 2) To explore various definitions and components of compassion and how by developing a "compassionate mind" we may help people to work with their shame & self-criticism;
- 3) To learn the key skills and approaches used in CFT to develop a 'compassionate mind', including mindfulness, soothing breathing and compassion based imagery that might help alleviate distress.



Dr. Chris Irons

*Clinical Psychologist
National Health Service, UK
Co-Director
Balance Minds Ltd.*



- Date** : 26 Jan 2015 (Monday)
Time : 9:30am – 5:30pm (registration starts at 9:10am)
Venue : Room 201, Christian Family Service Centre, Headquarters Building,
3 Tsui Ping Road, Kwun Tong, Kowloon
Fee : ● Standard Fee - HK\$1,200
● Full-time Student - HK\$600
● Staff of Dept. of Psychiatry, United Christian Hospital – HK\$600

(full-time student – student who is studying undergraduate or post-graduate program at the university in a full time mode)

Registration Deadline: 19 Jan 2015

Accreditation from Professional Bodies (In progress)

Enquiry: 2349-3212

Email: info@ucep.org.hk

Website: www.ucep.org.hk



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Co-Organizer: 
Department of Psychiatry
United Christian Hospital
UNited CHRISTIAN HOSPITAL

One-day Workshop on Compassion Focused Therapy (CFT)

Trainer

Dr. Chris Irons
*Clinical Psychologist
National Health Service, UK*

*Co-Director
Balanced Minds Ltd.*

26 Jan 2015 (Monday)

Compassion Focused Therapy (CFT) was developed by Professor Paul Gilbert to work with people with severe and enduring mental health problems, many of whom had high levels of shame and self-criticism and struggled to make progress with standard psychotherapy. One reason for such difficulties is that people may not have developed abilities to experience certain affiliated positive emotions such as safeness, reassurance and compassion. These individuals often come from abusive/bullying, neglectful and/or critical backgrounds. Compassion Focused Therapy (CFT) was developed with, and for, people from such backgrounds who find it difficult to stimulate certain types of positive emotion.

Key learning objectives:

In this workshop, participants will learn about the model underpinning CFT. This will include:

- CFT's roots in an evolutionary understanding of the development of mind, and in neuroscience, neurophysiological and attachment research which guides our understanding of the nature of our three basic emotions regulation systems.
- We will also explore various definitions and components of compassion, and how by developing a 'compassionate mind', we may help people to work with their shame and self-criticism.
- Participants will learn about some of the key skills and approaches used in CFT to develop a 'compassionate mind', including mindfulness, soothing breathing, and compassion based imagery, and how these might help to tolerate and alleviate distress.

Workshop approaches:

1) Didactic teaching 2) Small & large group discussion 3) Individual experiential practice

About the Trainer:

Chris Irons, Ph.D

*Clinical Psychologist
National Health Service, UK*

*Clinical Psychologist & Co-Director
Balance Minds Limited*



Dr Chris Irons is a Clinical Psychologist working for a mental health team in the *National Health Service (NHS)*, in London, UK. In his clinical work, he uses Compassion Focused Therapy (CFT; Gilbert, 2009; Gilbert & Irons, 2005) in working with people suffering from a variety of severe and enduring mental health problems, including persistent depression, PTSD, OCD, bipolar affective disorder, eating disorders and schizophrenia, along with a variety of personality disorders. Alongside Professor Paul Gilbert and other colleagues, Chris has been interested in the theoretical and clinical developments and adaptations of CFT as a science based psychotherapeutic approach.

Chris is a board member of the Compassionate Mind Foundation, a charitable organisation aiming to: “Promote wellbeing through the scientific understanding and application of compassion”. He regularly presents to academic, professional and lay audiences on CFT and more broadly, the science of compassion. He is interested in how compassion may improve individual well being, relationship satisfaction, and facilitate positive group and organisational change. Amongst other things, he is currently researching the role of compassion and rumination in depression; the role of compassion and shame in psychosis; and the role of self and other compassion in relationship quality.

Details of the 1-day Workshop (Compassion Focused Therapy):

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Time: 9:30am – 5:30pm (registration starts at 9:10am)

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Accreditation from Professional Bodies (In progress)

Registration Deadline: 19 Jan 2015

Registration: (Compassion Focused Therapy)

Please return the completed form with a cheque made payable to United Christian Nethersole Community Health Service and mail to United Centre of Emotional Health and Positive Living (Kowloon Bay), 2/F, Block A, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon, Hong Kong

Enquiry: 2349-3212	Email: info@ucep.org.hk	Website: www.ucep.org.hk
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Title: Prof. Dr. Mr. Ms. Miss Other (pls specify) _____

^Name: _____
(Last name) (Given Name)

^Please give your name you wish to be printed on the "Attendance Certificate"

Occupation: Psychologist Social Worker Counselor Doctor
Nurse Teacher Researcher
Full-time Student Others: (pls specify): _____

Job Title: _____

Organization: _____

Address: _____

Phone: _____ Email : _____

Fees: HK\$1,200 (Standard Fee) HK\$600 (Full-time Student)
 HK\$600 (Staff of Dept. of Psychiatry, UCH, HA)

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