

## „An introduction to compassion focused therapy“

Prof. Paul Gilbert, University of Derby, UK

Workshop in englischer Sprache

05. bis 07. Juli 2018, Schön Klinik Bad Bramstedt

### Workshop

Compassion Focused Therapy is rooted in an evolutionary model of human psychology. Participants on this course will be introduced to the difficulties that the human brain encounters as a result of its evolutionary history. We explore the way in which old motivation and emotional systems interact with newly evolved cognitive competencies and intelligences, causing difficulty and complexity in the mind.

This workshop enables participants to bring an evolutionary framework to the conceptualisation of mental health problems and their alleviation. Participants will learn:

- How the human ability to self-monitor can be a source of shame, anxiety and depression
- How the three-affect regulation system (threat awareness & coping, reward & resource seeking, and contentment & soothing) forms complex patterns within the mind
- How early life experiences can shape the organisation of our emotions and underpin mental health difficulties

We then explore the components of self-compassion and how its application can facilitate and promote wellbeing. The fears, blocks and resistances to self-compassion are also studied.

Participants complete the workshop with an understanding of compassion as flow: compassion to others, being open to compassion from others, and compassion towards oneself. The course is designed to encourage the use of practices that stimulate compassionate mental states and those that build a sense of the compassionate-self identity.

#### Termin:

Do, 05.07.2018 9 - 17 Uhr

Fr. 06.07.2018 9 - 17 Uhr Pausen: jeweils 15 Min. am Vor- und Nachmittag sowie 45 Min. Mittagspause

Sa. 07.07.2018 9 - 15 Uhr

**Veranstaltungsort:** Schön Klinik Bad Bramstedt, Birkenweg 10, 24576 Bad Bramstedt



Paul Gilbert FBP s PhD, OBE is Professor of Clinical Psychology at the University of Derby and was Consultant Clinical Psychologist at the Derbyshire Health Care Foundation Trust until his retirement in 2016 after 38 years in the health service. He has researched evolutionary approaches to psychopathology for over 40 years with a special focus on shame and the treatment of shame based difficulties - for which compassion focused therapy was developed. In 2003 he was president of the BABCP and a member of the first British Governments' NICE depression guidelines for depression. He has written/edited 21 books and over 200 papers and book chapters. In 2006 he established the Compassionate Mind Foundation charity with the mission statement *To promote wellbeing through the scientific understanding and application of compassion* ([www.compassionatemind.co.uk](http://www.compassionatemind.co.uk)). There are now international offices in a number of different countries

He was made visiting Prof to the University of Queensland in May 2017

He was awarded an OBE by the Queen in March 2011.

#### Teilnahmegebühr

400,00 Euro inkl. Verpflegung.

#### Akkreditierung

Der Workshop ist als Fortbildungsveranstaltung von der Ärztekammer Schleswig-Holstein anerkannt.

Für Ihre Teilnahme erhalten Sie

**19 Fortbildungspunkte.**

#### Anmeldung zum Workshop von Prof. Paul Gilbert:

Um Anmeldung bis zum 25.06.2018 wird gebeten:

- E-Mail: [ASick@Schoen-Kliniken.de](mailto:ASick@Schoen-Kliniken.de)
- Fax: 04192-504 55 7025
- Tel.: 04192-504 7042

Bitte beachten Sie, dass die Teilnehmerzahl begrenzt ist. Anmeldungen werden in der Reihenfolge des Eingangs berücksichtigt.

Bitte überweisen Sie den Betrag von 400,00 € nach Eingang der Rechnung.