



THE
Compassionate Mind
FOUNDATION

The Compassionate Mind Foundation's 6th International Conference

COMPASSION: INTEGRATING THERAPIES

Monday 16 October 2017 to Wednesday 18 October 2017

at **BIRMINGHAM HOLIDAY INN**

BOOK NOW

Monday 16th October 2017

08.30	REGISTRATION
09.30	Start
11.00 – 11.30	Refreshments
12.30 – 13.30	Lunch
15.00 – 15.30	Refreshments
16.30	Finish

Full Day Workshops:

- 1. Dennis Tirch, Laura Silberstein and supported by Paul Gilbert**
Cultivating Psychological Courage and Flexibility from the Dynamics of Compassion and Prosociality
- 2. Deborah Lee**
Compassion Focused Therapy for Trauma
- 3. Darcia Narvaez**
Growing Morally to Build Compassion for Ourselves and Others
The Developmental Ethical Ecological Practice (DEEP) Approach
- 4. Martin Bohus**
The Role of Compassion in the Treatment in PTSD
- 5. Ernst Bohlmeijer**
Positive Psychology in the Context for CFT
- 6. Korina Ioannou, Gareth Kennerley (National Acting Trainer)**
Acting and the Cultivation of the Compassionate Mind

Tuesday 17th October 2017

08.30 – 09.30 REGISTRATION

**09.30 – 10.00 Welcome from Professor Paul Gilbert PhD, FBPsS, OBE
President of the Compassionate Mind Foundation**

10.00 – 11.00 KEYNOTE: Martin Bohus
The Role of Compassion in the Treatment in PTSD
Chair: Paul Gilbert

11.00 – 11.30 Refreshments

11.30 – 13.00 SYMPOSIUM:

A Compassionate Mind Approach to Gender Identity, Diversity and Equality
Chair: Fiona Ashworth

11.30 – 11.50 Understanding Gender in the Context of Compassion

Laura Silberstein

11.50 – 12.10 Suffering, Gender Identities and Compassion

Hannah Gilbert

**12.10 – 12.30 The Mobilisation of Women in Post-Conflict Peace Building:
A Gendered and CFT Perspective**

Kisane Prutton

**12.30 – 12.50 Not Ashamed to Love: A CFT Approach to Shamed-Based
Difficulties in Sexual Minorities. Insights and Research Data
from Cross-sectional and Interventions Studies**

Nicola Petrocchi

12.50 – 13.00 Questions and Discussion

13.00 – 14.00 Lunch

14.00 – 15.00 KEYNOTE: Tashi Tsering

Compassion Can Be Cultivated by Everyone

Chair: Dennis Tirch

15.00 – 15.30 Refreshments

15.30 – 16.30 KEYNOTE: Darcia Narvaez

**From Neurobiology to Culture: Fostering Sustainable Wisdom and
Compassion**

Chair: Paul Gilbert

16.30 – 17.30 CONFERENCE ADDRESS: Ruby Wax OBE Patron:

Frazzled: Personal Reflections on Mindfulness and Compassion

Chair: Paul Gilbert

19.00 *DRINKS RECEPTION / CONFERENCE DINNER & DANCE*

Wednesday 18th October 2017

08.45 – 09.15 REGISTRATION

09.15 – 10.00 KEYNOTE: Eleanor Longden and Charles Heriot-Maitland
A Listening Ear: Compassionate Approaches to Working with Voices in Psychosis
Chair: Deborah Lee

10.00 – 11.30 SYMPOSIUM:
Compassion as an Integrating Psychotherapy Process
Chair: James Kirby

10.00 – 10.20 Psychological Flexibility ACT and CFT
Dennis Tirch

10.20 – 10.40 CFT in Relationship to Bereavement and Bereavement Support
Martin Brock

10.40 – 11.00 Classical Conditioning and Body Processes in CFT
Paul Gilbert

11.00 – 11.20 Which practice qualities are key for change in a brief CMT intervention? The importance of perceived helpfulness and embodiment of the compassionate self
Marcela Matos

11.20 – 11.30 Questions and Discussion

11.30 – 12.00 Refreshments

12.00 – 13.00 KEYNOTE: Deirdre Fay
Clinical Skills: Compassion and Body Focused Approaches to Working with Attachment and Trauma
Chair: Hannah Gilbert

13.00 – 14.00 Lunch

14.00 – 15.30 SYMPOSIUM:

Groups Approaches

Chair: Chris Irons

14.00 – 14.20 Working in Partnership: Group Compassion Focused Therapy in an IAPT Setting

Darren Stevens, Sheena Chauda and Sharon Brennan

14.20 – 14.40 Compassion Focused Therapy (CFT) in a Community Mental Health Team Setting in NHS Ayrshire and Arran

Becky Dafters

14.40 – 15.00 Compassion Focused Group Psychotherapy. Enhancing Current Practice at the Anxiety Disorder Residential Unit (ADRU), Bethlem Royal Hospital

Lisa Williams

15.00 – 15.30 Compassion Focused Group Psychotherapy: Working at the Edge of Therapeutic Opportunity

Kate Lurce

15.30 – 16.00 Refreshments

16.00 – 17.00 SYMPOSIUM:

Innovation in CFT

Chair: Nicola Petrocchi

16.00 – 16.20 Motivational Conflicts in Children: Costs to Compassion

James Kirby

16.20 – 16.40 The Self Mirroring Technique (SMT): An In-Session Video-Feedback Procedure to Elicit Patient's Self-Compassion

Piergiuseppe Vinai

16.40 – 17.00 Innovation in Working with Trauma

Deborah Lee

17.00 – 17.30 Closing Comments and Open Forum

Chair: Professor Paul Gilbert PhD, FBPsS, OBE