



THE
Compassionate Mind
FOUNDATION

8th International Conference

*The Compassionate Mind in Its Social
Context: From the Body to the Social
World*

8-11 October 2019 in EDINBURGH

**SYMPOSIUM: Working with the dark side: Compassion Focused Therapy
for people who commit serious offences**

1) Why is CFT relevant to Forensic work? – *Dr Jon Taylor & Dr Sunil Lad*

People cause harm to people. As a basis for psychological understanding, CFT recognises that this is one aspect of our common humanity. We all have the capacity to cause harm as much as we have the capacity for compassion. Drawing on evolutionary and epigenetic frameworks CFT enables us to understanding that the balance between these competing motivations may be influenced by adversity and trauma alongside biological biases. In the context of harmful early experiences the evolution of criminogenic challenges (i.e. those aspects of functioning that increase the likelihood of harmful behaviour) can be understood as survival strategies.

As an introduction to the forensic application of CFT this talk explores a compassionate understanding of the origins of hurtful behaviour and considers the task of forensic practice to be that of facilitating guilt in the context of compassionate motivations.

2) CFT and sexual offending – *Dr Jamie Walton & Dr Kerensa Hocken*

This presentation will cover the biopsychosocial influences of offence-related sexual paraphilia, the history of sexual offending treatment, and ideas and efforts to integrate compassion and acceptance work. It will include a brief evaluation of a group based CFT intervention for people with sexual offences and intellectual disabilities.

3) CFT for anger and aggression – *Dr Russell Kolts*

There will be a brief presentation of a theoretical model for different pathways seen in anger/aggressive behaviours and a discussion of why CFT is a good fit for the treatment of such problems.

4) CFT with young offenders: changeability of psychopathic traits after a 20-session individual intervention program – *Prof Daniel Rijo & Diana Ribeiro da Silva*

This paper will provide an introduction to understanding psychopathic traits and antisocial behaviour from an evolutionary perspective. It will discuss the treatment of psychopathic traits in juvenile detainees using CFT via the The PSYCHOPATHY.COMP program, and we will discuss the efficacy of the PSYCHOPATHY.COMP in reducing psychopathic traits. There will be a preliminary findings from a clinical trial; and presentation of clinical case examples.

Key learning points

1. To understand the development of traits that might lead to offending from an evolutionary perspective (e.g. psychopathic traits/antisocial behavior, aggression, paraphilias).
2. To learn about specifics of delivering CFT to different offending populations (young, sexual, violent and intellectually disability)
3. To learn about the outcomes for CFT interventions with people who offend

Compassion Focused Therapy for Forensics Special Interest Group

You can join the discussion list for this special interest group by emailing hannah.gilbert@compassionatemind.co.uk

Useful Reading

Gilbert, P. (2017). Exploring compassion focused therapy in forensic settings: An Evolutionary and social-contextual approach. *In* Davies, J. & Nagi, C. (eds) [*Individual Psychological Therapies in Forensic Settings*](#). London: Routledge, pp. 59-84

Kolts, R.L. (2011). [*The Compassionate Mind Approach to Managing Your Anger: Using Compassion-Focused Therapy*](#). London: Constable & Robinson.

Walton, J.S. & Hocken, K. (2019). [*Compassion and Acceptance as Interventions for Paraphilic Disorders and Sexual Offending Behaviour*](#).

Symposium speakers



Dr Sunil Lad is a Registered Counselling Psychologist employed by Northamptonshire Healthcare Foundation Trust who works in several prisons within their mental health teams and is the Clinical Lead for Mental Health Treatment Orders in Northamptonshire. He also helps probation officers to understand and formulate people who are at high risk of reoffending with complex needs. He has been using CFT when working with men who have convictions for both violent and sexual offences with complex trauma. He has recently completed a Masters in Forensic Psychology.



Dr Jon Taylor is a consultant forensic psychologist and psychotherapist who has worked in range of prison, secure hospital and community forensic settings for almost 30 years. With a keen interest in developing a rich understanding of the role of trauma in the lives of those who develop offending behaviours, Jon is committed to promoting and modelling a compassionate and co-operative approach to all aspects of forensic service provision. Jon is a member of the Compassionate Mind Foundation and co-founder of the forensic special interest group.



Dr Kerensa Hocken is a Registered Forensic Psychologist. She has worked with people convicted of sexual offences for 19 years and has responsibility for the strategic development of custodial sexual offending services in the Midlands region of the UK. In 2016 she was the winner of the prestigious Butler Trust award for excellence in correctional services, presented by Princess Anne. Kerensa is a trustee and co-founder of the Safer Living Foundation (SLF), a charity which sets out to prevent sexual abuse by working with those who have offended or are at risk of, committing a sexual offence. Kerensa is co-founder of the forensic special interest group in the

Compassionate Mind Foundation.



Dr Jamie Walton is National Specialist Lead and Senior Forensic Psychologist in HM Prison and Probation Service. He is a Registered Practitioner Psychologist with the Health and Care Professions Council (HCPC) and an Associate Fellow of the British Psychological Society (BPS). Since 2006, Jamie has worked in prison and healthcare settings predominantly focusing on supporting individuals with convictions for sexual offending to live safer and healthier lives. His research interests are primarily in the causes of harmful paraphilia, and in the evaluation of clinical interventions aimed at reducing sexual recidivism.



Dr Russell Kolts is a professor of psychology at Eastern Washington University. His research, clinical, and training focuses are on the dissemination and application of CFT in clinical and nonclinical settings, particularly in addressing problems of anger, oppression and privilege, and challenges in educational settings. He has authored or co-authored several books on compassion and CFT, including [*CFT Made Simple*](#), [*Living with an Open Heart*](#) (with Thubten Chodron), and [*Experiencing Compassion-Focused Therapy from the Inside Out*](#) (with Tobyn Bell, James Bennett-Levy, and Chris Irons).



Prof Daniel Rijo, PhD, is a full professor at the Faculty of Psychology and Educational Sciences, University of Coimbra. He is also a researcher at the CINEICC - Center for Research in Neuropsychology and Cognitive Behavioral Intervention. His research addresses personality disorders, disruptive behavior and the efficacy of cognitive-behavioral programs in the treatment of prison inmates and juvenile offenders.



Diana Ribeiro da Silva is currently concluding her doctoral degree in forensic psychology at the Faculty of Psychology and Educational Sciences, University of Coimbra. She is a researcher at the CINEICC (Center for Research in Neuropsychology and Cognitive Behavioral Intervention). Her research and clinical interests include the study of disruptive disorders and psychopathic traits in children and adolescents, testing the efficacy of CFT in the treatment of juvenile detainees.

