



THE
Compassionate Mind
FOUNDATION

**The Compassionate Mind Foundation's
8th International CFT Conference**

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

Tuesday 8th October to Friday 11th October 2019

Royal College of Physicians, Edinburgh

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. Prof Paul Gilbert & Dr Chris Irons**
An Introduction to CFT and Social Mentality Theory
- 2. Prof Deborah Lee**
The Compassionate Mind Approach to Recovering from Complex PTSD
- 3. Deirdre Fay**
Embodied Underpinnings of Compassionate Motivation
- 4. Dr Russell Kolts**
Layered Processes and Practices: Using Implicit and Explicit Strategies to Help Clients Cultivate their Compassionate Minds
- 5. Dr Mary Welford**
Why Wait Till Adulthood? A Compassion Focused Approach to Working with Young People

Wednesday 9th October 2019

Today's theme: **Processes of developing our compassionate mind**

08.30-09.30 REGISTRATION

09.30-10.00 **Welcome from Prof Paul Gilbert**
President of the Compassionate Mind Foundation

OPENING ADDRESS
Prof Jim Doty

10.00– 11.00 **SYMPOSIUM: Compassion focused therapy and the contemplative traditions**
Chair: Dr Dennis Tirch

11.00-11.30 Refreshments

11.30-12.30 **KEYNOTE: Prof Mick Cooper**
Directionality: Implications for Compassion Focused Therapy
Chair: TBC

12.30– 13.30 Lunch

13.30- 14.30 **SYMPOSIUM: Compassionate Technology**
Chair: Prof Ernst Bohlmeijer
Embodied sensor technology for emotion regulation - *Dr. Matthijs Noordzij*
Development of a CMT app for people with cancer - *Judith Austin*

14.30 – 15.30 **SYMPOSIUM: Therapist Reflections on Compassion Focused Therapy**
Chair: Dr Hannah Gilbert
Dr Hayley Quinn
Runa Dawood
Dr Charlie Heriot Maitland

15.30- 16.00 Refreshments

16.00-16.45 **Clinical Panel and Discussions: Fears, Blocks and Resistances: Obstacles to Developing the Compassionate Mind**
Chair: Prof Paul Gilbert
Prof Deborah Lee, Prof Mick Cooper, Dr Hayley Quinn, Dr Dennis Tirch

Evening: choice of TOURS AND WHISKEY TASTING events

Thursday 10th October 2019

Today's theme: **Compassion and the body**

08.30-09.15 Practice session with Deirdre Fay

09.15-09.30 REGISTRATION

9.30-11.00 **SYMPOSIUM: Helping the body: Compassion Focused Therapy in physical health settings**

Chair: Dr Zoey Malpus & Dr Doug Crix

11.00-11.30 Refreshments

11.30-12.30 **KEYNOTE: Prof Julian Thayer**

Innovations in understanding Heart Rate Variability and its implications for Compassion Focused Therapy

Chair: Dr Nicola Petrocchi

12.30- 13.30 Lunch

13.30-14.30 **SYMPOSIUM: Understanding the body in compassion focused therapy**

Chair: Prof Julian Thayer

Dr Nicola Petrocchi

Dr Cristina Ottaviani

Dr Jos F Brosschot

14.30-15.30 **SYMPOSIUM: Compassion in Organisations**

Chair: Dr Chris Irons

Vibeke Lunding-Gregersen & Henrik Tingleff

Dr Angela Kennedy

15.30-16.00 Refreshments

16.00-17.00 **KEYNOTE: Prof Andrew Gumley**

Chair: Prof Paul Gilbert

19.30-late

DINNER, CEILIDH AND DISCO

Dress code: Smart/cocktail or Scottish attire

Friday 11th October 2019

Today's theme: **Social context and culture**

08.30-09.15 **The actors of the mind**
Practice session with Prof Paul Gilbert

09.00-09.30 **REGISTRATION**

09.30-11.00 **SYMPOSIUM: Compassion focused therapy with harmful others**
Chair: Dr Kerensa Hocken
Why is CFT relevant to Forensic work? *Dr Jon Taylor & Dr Sunil Lad*
CFT and sexual offending *Dr Jamie Walton & Dr Kerensa Hocken*
CFT for anger and aggression *Dr Russell Kolts*
CFT with young offenders: Changeability of psychopathic traits after a 20-session individual intervention program - *Prof Daniel Rijo & Diana Ribeiro da Silva*

11.00- 11.30 **Refreshments**

11.30- 12.30 **KEYNOTE: Prof Jennifer Crocker**
Social Motivation in the Egosystem and the Ecosystem
Chair: Prof Paul Gilbert

12.30- 13.30 **Lunch**

13.30- 14.30 **SYMPOSIUM: Compassion and Ego Goals: Data and Therapy**
Chair: Prof Jennifer Crocker
Dr James Kirby
Dr Kirsten McEwan
Dr Marcela Matos

14.30- 15:30 **SYMPOSIUM: The Role of Culture in Compassion Focused Approaches to Living**
Chair: Dr Stan Steindl
Prof Dawn Edge
Jennifer Nadel
Dr Hannah Gilbert

15.30- 16.00 **Refreshments**

16.00- 16.45. KEYNOTE: Prof Paul Gilbert
From the Body to the World and Back Again
Chair: Prof Deborah Lee

16.45- 17.00 Closing Comments