

# WORKSHOP 6

## Acting and the Cultivation of the Compassionate Mind



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### Bio:

Korina Ioannou is a London-based Clinical Psychologist. Prior to completing her ClinPsyD in Manchester (UK) in 2008, she trained and worked in London, Cyprus and New York, with different clinical populations and in various settings. Korina has many years of experience working in the NHS, and has been interested in relational models of working, with specialist training in Cognitive Analytic therapy and Compassion Focused Therapy. She is co-director of Balanced Minds, a Compassion Focused Therapy private practice based in London. Korina only entered the world of acting as a hobby in the last five years, and discovered the potential wealth that acting techniques can bring to therapeutic work; particularly using physicality to work with emotion and access and develop different aspects of one's personal emotional experience. Over the last three years she has been running workshops for therapists aimed at using acting techniques and self-discovery to develop the 'compassionate self'.

### Abstract:

This workshop is designed to help CFT therapist understand how they can use techniques developed for acting training for the development and conservation of the compassionate mind.

Workshop participants will be guided through a series of warm up exercises to prepare the body, breath and voice and explore how the body can be a carrier of energy and tension. We will use mirror exercises to promote skills of observation, and body-empathy.

Participants will experiment with how different emotion systems can translate into a language of physicality, and how imaginative processes can enable access into different qualities and emotional experiences.

The latter part of the workshop will focus on using skills of physicality from earlier in the day, imaginative processes and visualisation, to move towards character creation work, with the aim of synthesising and embodying qualities of the compassionate self. This work will include self-discovery, small group work and guided improvisation. Although there will be certain reflection points where the application of the exercises can be discussed, this is mostly an experiential workshop.