



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

**WORKSHOP: Why wait till adulthood? A Compassion Focused Approach
to working with young people with Dr Mary Welford**

Compassion Focused Therapy was developed by Paul Gilbert as a means of addressing psychological difficulties underpinned by shame & self-criticism. The ^{LE}_{SEP} model draws on an array of important research fields such as social, neurophysiological, and evolutionary theory, attachment & developmental psychology to seek to understand ourselves & others. It then assists individuals to mindfully tune into & develop compassion, thus activating our 'affiliative/soothing system' & balancing our affect regulating systems, particularly in response to threat.

In recent years there has been a growing evidence base for the approach. It has been adapted & tailored for those experiencing trauma, eating related difficulties, psychosis, physical health conditions & work related stress.

So why wait till to use the approach in adulthood? How about using CFT with children & young people to prevent & alleviate problems sooner? This workshop will introduce delegates to the key ways CFT can adapted to assist children & their families. Five key aspects of CFT will be focused

on and tangible exercises will be practiced to ensure delegates leave with 5 ways in which CFT can influence their practice &, maybe, their own lives too.

Key learning points

- 1 A brief overview of Compassion Focused Therapy
- 2 The rationale for using CFT with Children & young people
- 3 Adaptations to, and developments of, the approach for this population

Useful Reading

Carona, C. Rijo, D., Salvador, C., Castilho, P. and Gilbert P. (2017) [Compassion focused therapy with children and adolescents](#), *BJPsych Advances*, 23 (4): 240-252

Welford, M. & Langmead, K. (2015) [Compassion based initiatives in Educational Settings: Universal Psychology and Systems Approaches to Service Delivery](#). *Educational and Child Psychology*, **32**(1): 71-80

Welford, M. (2016) [Compassion Focused Therapy for Dummies](#). Wiley

Workshop Leader



Dr Mary Welford is a Consultant Clinical Psychologist. She was Chair of the Compassionate Mind Foundation for a period of 4 years and is the author of [*The Compassionate Mind Guide to Building Self Confidence*](#) and [*Compassion Focused Therapy for Dummies*](#).

Mary has been developing a Compassion in Schools program and trains a range of individuals in Compassion Focused Therapy both in the UK and overseas. She is currently writing two books for children and young people