



THE  
**Compassionate Mind**  
FOUNDATION

**8<sup>th</sup> International Conference**

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

8-11 October 2019 in EDINBURGH

**WORKSHOP: Layered Processes and Practices: Using Implicit and  
Explicit Strategies to Help Clients Cultivate their Compassionate Minds  
with **DR RUSSELL KOLTS****

CFT contains many compassion practices and techniques, but the process of CFT involves much more than techniques - the goal of CFT is help shift our clients' entire orientation towards suffering, facilitating the creation and deepening of compassionate mental patterns that infuse all aspects of their lives. At its best, the process of CFT can involve a powerful synchrony between the implicit-emotional and explicit-declarative layers of the therapeutic interaction. In this workshop, we will draw upon experiential and interactive exercises to explore a variety of ways to facilitate the arising of compassion in the therapy room and in the lives of our clients through purposeful attending to both the implicit and explicit aspects of therapy: Utilizing the therapeutic relationship and the facilitation of compassionate realizations to soften shame and support the natural arising of compassion in our clients; cultivating self-care and a therapeutic presence in which we continually model the compassionate characteristics we seek to help our clients cultivate; utilizing the therapeutic interaction to elicit and shape

compassionate habits in our clients; and facilitating the purposeful cultivation of compassion through the skillful introduction of targeted practices and interventions. We'll explore the linkages between attachment processes, the evolutionary model, psychological flexibility, and the cultivation of compassion processes in therapy, and how the therapist can use themselves (and virtually all aspects of the therapeutic interaction) as a vehicle for the arising of compassion in their clients.

### Key learning points

- 1) Attendees will be able to identify different implicit and explicit strategies for bringing compassion into therapy.
- 2) Attendees will be able to articulate ways that compassion can be facilitated, modelled, shaped, and trained in CFT.
- 3) Attendees will be able to describe the linkages between attachment processes, evolved emotion-regulation systems, and the arising of compassion, and how the therapeutic interaction can utilize these linkages in setting the stage for compassion in our clients.

### Useful Reading

Kolts, R.L., Bell, T., Irons, C., & Bennett-Levy, J. (2018). [\*Experiencing Compassion-Focused Therapy from the Inside Out: A Self-Practice/Self-Reflection Manual for Practitioners\*](#). New York: Guilford.

Kolts, R.L. (2016). [\*CFT Made Simple: A Straightforward Guide to Learning and Applying Compassion-Focused Therapy\*](#). Oakland: New Harbinger.

Gilbert, P. (2010). [\*Compassion Focused Therapy: The CBT Distinctive Features Series\*](#). London: Routledge

## Workshop Leader



**Dr Russell Kolts** is a licensed clinical psychologist and Professor of Psychology at Eastern Washington University, where he has taught for over 20 years. Dr. Kolts has authored or coauthored numerous books and scholarly articles, including [\*The Compassionate Mind Guide to Managing Your Anger\*](#), [\*CFT Made Simple\*](#), and [\*Experiencing Compassion-Focused Therapy from the Inside Out\*](#). Dr. Kolts regularly conducts trainings and workshops on compassion and CFT. He has also appeared in a TEDx talk entitled “[\*Anger, Compassion,\*](#)

[\*and What it Means to be Strong.\*](#)”