

COMPASSION SPECIAL INTEREST GROUP

Helping to build shame resilience across the disorders

Facilitated by Tara O'Donoghue and Lisa Williams

Monday 25 September 2017

Venue: The British Psychological Society Office, 30 Tabernacle Street, London, EC2A 4UE

Timings: 9.30am – 4.30pm; Registration from 9.00am

About the Event

This workshop will aim to introduce participants to shame and its role in Anxiety Disorders. We will explore - from an evolutionary, attachment, neurophysiological and neuroscience perspective – an understanding of what may lead us to struggle with shame and self-criticism, and how the cultivation of affiliative feelings, along with the development of compassion, may facilitate and promote well-being.

We'll consider how shame and self-criticism can block affiliative feelings and we will explore how therapists may help their clients to develop a greater capacity to experience compassion (in particular, self-compassion) to reduce distress and suffering and how this can be best integrated into Cognitive Behavioural Therapy.

Shame is a deeply painful, self-conscious and painful emotion. It is often experienced as a wholly negative judgement leading us to feel worthless, small and often exposed. Shame is instrumental in causing many individuals to avoid rather than approach the meaningful life that many so wish to lead.

Shame often leads to poor access of treatment and often causes barriers within treatment due to difficulty in disclosing memories or cognitions related to shame experiences. When compared to guilt and embarrassment, shame appears to be more painful, more consistently correlated with psychopathology and more predictive of damaging outcomes.

Research has highlighted that shame and self-criticism are trans diagnostic (e.g. higher levels are found in people with depression, anxiety disorders, eating disorders, personality disorders and PTSD) and can accentuate and maintain these disorders.

High levels of shame and self-criticism have also been found to limit the effectiveness of standard therapy. One reason for such difficulties is that people may not have developed abilities to experience certain affiliative positive emotions such as safeness, reassurance and compassion. These individuals often come from abusive/bullying, neglectful and/or critical backgrounds.

Alongside more traditional CBT approaches to working with shame, participants will learn about the model underpinning CFT, rooted in evolutionary understanding of the development of mind, neuroscience, neurophysiological and attachment research helping to understanding the nature of our three basic emotions regulation systems, and our understanding the development and function of shame and self-criticism.

We will also explore how by developing a 'compassionate mind', using imagery, breathing techniques, compassionate flexibility, mirror work and building strength and courage we can help people to work with their shame and self-criticism and build their shame resilience.

Learning outcomes

- Recognising shame in anxiety populations
- Participants will learn about the model underpinning CFT, rooted in evolutionary understanding of the development of mind, neuroscience, neurophysiological and attachment research helping to understanding the nature of our three basic emotions regulation systems, and our understanding the development and function of shame and self-criticism
- Participants will learn skills and techniques to help build shame resilience
- Participants will feel more confident in their ability to integrate compassion approaches into Cognitive Behavioural Therapy (CBT) for anxiety disorders

About the presenters

Tara O'Donoghue is a senior CBT and CFT psychotherapist specialising in assessment and treatment of OCD at the national specialist unit for OCD alongside Dr David Veale; The Anxiety Disorders Residential Unit, The Royal Bethlem, South London and Maudsley. The unit was recently part of the channel 4 series 'Bedlam'. She has published an article with Dr David Veale focusing on behavioural change (featured in Behavioural & Cognitive Psychotherapy) and has presented about OCD at previous workshops.

Lisa Williams is a senior CBT and CFT psychotherapist who has worked in Mental Health for over 15 years. Lisa currently specialises in the assessment and treatment of OCD, BDD and PTSD at the National Specialist unit for anxiety disorders alongside Dr David Veale; The Anxiety Disorders Residential Unit, The Royal Bethlem, South London and Maudsley. She is also an honorary lecturer on the CBT Post Graduate Diploma Course at Canterbury Christchurch University and has taught CBT and CFT both nationally and internationally and is the current chair of BABCP South East Branch.

Registration Information

Fees:

Early bird: payments received up to 4 August 2017

BABCP Member: £80 Non-member: £90 Student*: £70

Full registration fee from 5 August 2017

BABCP Member: £85 Non-member: £95 Student*: £75

*Evidence of student status must be provided with application.

Registration close date – **Friday 15 September 2017**

Price includes lunch and refreshments. CPD certificates will be provided for 7 hours CPD.

Once your completed registration form and payment have been received you will be emailed confirmation of your booking.