

## LIVERPOOL BRANCH

# Compassion Focused Therapy from the Inside Out: A self-practice, self-reflection workshop

Presented by Toby Bell

Wednesday 6<sup>th</sup> February 2019

**Times:** 10.00am to 4.30pm (Registration from 9.30am)

**Venue:** Crosby Lakeside Centre, Cambridge Rd, Waterloo, Liverpool L22 1RR

### About the workshop

Research over the past 15 years has shown that one of the best ways for therapists to learn and refine their therapy skills is through self-practice and self-reflection (SP/SR). This workshop offers participants the opportunity to learn compassion-focused therapy (CFT) from the 'inside out': practicing the therapy interventions on themselves and reflecting on the experience. The practice of SP/SR has been shown to develop a three-dimensional experience of therapy: providing greater empathy and insight into client experience; enhancing interpersonal and reflective capabilities; and integrating the conceptual and technical skills in the therapy of focus. This workshop gives participants the chance to learn, practice and experience key CFT interventions in this unique, evidence-based format, facilitated by a co-author of the new publication: *Experiencing Compassion-Focused Therapy from the Inside Out (A Self-Practice/Self-Reflection Workbook for Therapists)*.

The workshop is focused on self-experiential learning and participants will be asked to focus on their choice of 'therapist issues'. Such issues will be explored via CFT formulation and interventions, guided by the workshop facilitator, and reflected on individually, in pairs and as a group.

The workshop will include interactive teaching, practical exercises, structured written reflections and group discussions. Whilst the workshop is open to people new to CFT, participants will benefit from some prior knowledge of the therapy.

### In this workshop participants will:

- Formulate their own experiences using a CFT framework
- Undertake key CFT interventions to develop compassion for self and others
- Use their own experiences of CFT exercises to gain insight into the process and nature of CFT therapy
- Work with personal blocks to compassion
- Use compassion to work with conflicts of emotion and motivation
- Engage in structured reflection to link personal learning to professional practice
- Gain experience of the self-practice, self-reflection format to support future development

## **About the presenter**

Tobyn Bell is a psychotherapist specializing in Compassion-Focused Therapy and Cognitive-Behavioural Therapy. He is part of the training executive for the Compassionate Mind Foundation and is the co-author of the book: *Compassion Focused Therapy from the Inside Out: A Self-practice/Self-reflection Workbook for Therapists*.

Tobyn has published research on imagery and compassion and delivers national and international training on these subjects. Tobyn is a cognitive-behavioural therapy trainer, supervisor and programme-lead at the Greater Manchester West CBT Training Centre (NHS, UK) and is a trained mindfulness teacher.

## **Registration Information**

BABCP Member: £75            Non Member: £95

All BABCP events are VAT free.

Lunch and refreshments at breaks will be provided. A CPD certificate for 6 hours will be issued.

**Closing date for registrations is Monday 28<sup>th</sup> January 2019**