



Associates of the Compassionate Mind Foundation

United Kingdom

Anthony Beech, PhD is a Professor of Criminological Psychology at the University of Birmingham in the U.K., and a Fellow of the British Psychological Society. Over the last 10 years he has been the lead researcher of the STEP (Sex Offender Treatment Evaluation Project) team. He has been involved in treatment evaluation and the development of systems to look at treatment need and treatment change in sex offenders. He has written widely on these and other related subjects. He has a major interest in understanding the role of attachment difficulties in the emergence of offender behaviour (see Beech, T & Michell, I.J (2005) A neurobiological perspective on attachment problems in sexual offenders and the role of selective serotonin uptake inhibitors in the treatment of such problems. *Clinical Psychology Review*, 25, 153-182). He is interested in the link between attachment and compassion and the potential role of compassionate focused therapy for offenders.

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Michelle Cree, is a Consultant Clinical Psychologist working at the Derbyshire Childbearing and Mental Health Service. Prior to this Michelle worked with inpatient and outpatient clients at a mental health unit in Mansfield, working with many individuals diagnosed with a personality disorder who had often experienced severe childhood environments. This prompted the move to working with mothers who had experienced such environments and were struggling to prevent the continuation of this cycle to their newborns.

Michelle has a long-standing interest in attachment, and evolutionary and biological bases for psychological difficulties hence the attraction to Compassionate Mind Training.

Michelle has been using CMT with her client group of pregnant or postnatal women experiencing psychological distress. She is interested in developing research investigating the impact of CMT on this client group, particularly looking at whether CMT has an influence on the mother's bond with her baby. Another area of interest is with regard to the evidence that antenatal maternal stress has a long term impact on the foetus. This is thought to exert influence via the HPA axis. The current challenge is to find an effective intervention. CMT has promise as such an intervention as it has been developed to "damp down" the activation of the HPA axis.

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Tom Farsides, PhD., is a social psychology lecturer at the University of Sussex. His principal research interest is the psychology of altruism (broadly conceived) and he has for several years taught and published on this topic. He also has a Master's degree in counselling psychology and volunteers as a couple counsellor. He also teaches communications skills in Brighton and Sussex Medical School. The link between these seemingly disparate activities is an interest in the various ways that people can become concerned about others' welfare and the effects that this has on their own welfare. Email: T.L.Farsides@Sussex.ac.uk

Paul Gilbert PhD is Professor of Clinical Psychology at the University of Derby, with an affiliate Professorship at the University of Fribourg, Switzerland. He is a fellow of the British Psychological Society. His research interest has focussed on the way that various evolved mechanisms and systems, such as the human need for attachment, group belonging and concern with social position/rank, become activated in mental health problems. Over the past 30 years he has developed research in the social rank theory of depression, and particularly in shame and self-criticism. He has suggested that self-criticism acts as an internal hostile signal that can stimulate submissive depressive responses. Based on a theory that we have various 'social mentalities' for co-constructing roles led to the idea that helping patients to internally create self-focussed compassion could be a powerful antidote to shame and self-criticism. This has led to developing therapeutic interventions based on helping people develop self-compassion. A recent uncontrolled study found self-compassion to be valued and effective for some patients with chronic mental health difficulties. He is currently engaged in trying to explore various physiological processes that may underpin self-compassion. He believes that self-compassion is also key to genuine compassion for others. He hopes the Compassionate Mind Foundation will foster communication between people researching compassion and how to facilitate compassion in the world.

Publications include Gilbert, P (2005,ed) *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London: Routledge; Gilbert, P. (2005b). Social Mentalities: A biopsychosocial and evolutionary reflection on social relationships. In, M.W. Baldwin (ed). *Interpersonal Cognition*. (p. 299-335). New York: Guilford
Gilbert, P. (2000) Social mentalities: Internal 'social' conflicts and the role of inner warmth and compassion in cognitive therapy. In, P. Gilbert & Bailey K.G (eds.) *Genes on the Couch: Explorations in Evolutionary Psychotherapy* (p.118-150). Hove: Brenner-Routledge.
Gilbert, P., Baldwin, M., Irons, C., Baccus, J. & Clark, M (in press). Self-criticism and self-warmth: An imagery study exploring their relation to depression. *Journal of Cognitive Psychotherapy: An International Quarterly*.
Gilbert, P & Irons, C. (2004). A pilot exploration of the use of compassionate images in a group of self-critical people. *Memory*, 12, 507-516.

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Chris Gillespie, PhD is a Consultant Clinical Psychologist and until recently the Director of Clinical Psychology Services, Derbyshire Mental Health Services NHS Trust. His research has included the psychology of the healthcare consultations and he has spent twenty years introducing healthcare professionals to the microskills of the active listening process. The key role played by empathy in the psychotherapies depends on the consistent and appropriate use of these microskills. In order to co-create or co-generate a health alliance with a person (the transactional or interpersonal dimension of psychotherapy), microskills are needed to influence the process. Throughout this time he has been a close friend of Professor Paul Gilbert who has supported the vital contribution of microskills to compassion focused therapy since microskills hold the key to creating safe and gentle practitioners when working with shame and self-criticism.

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Ken Goss is a Consultant Clinical Psychologist, Head of Coventry Eating Disorder Service, Coventry Primary Care Teaching Trust. Ken has been interested in the role of shame in development and maintenance of psychological distress since my first Clinical psychology placement with Paul Gilbert in 1990. Ken has been researching in this area for a number of years with more recent work focusing the relationship between shame and eating disorder beliefs and behaviours.

Ken have gradually expanded my Cognitive Behavioural Therapy and Systemic Therapy backgrounds to develop a more encompassing model directly addressing the role of shame explored the importance of a functional analysis approach to eating disorders as a cornerstone of any effective treatment (Goss and Gilbert 2002). His group based treatments for eating disorders and social phobia have always included an element of compassionate minding training, primarily as an adjunctive treatment to standard CBT. Many clients felt the compassion focus was highly helpful. His eating disorder recovery program is part of a retrospective outcome audit of outcomes. Given the preliminary evidence on the value of developing self compassion Ken is now developing, (in collaboration with Paul and Corrine Gale), interventions focused more directly on the link between eating behaviours as ways of coping with threat and developing self compassion as a way to reduce and cope with threat. This will be the subject of a three year research program.

Goss, K. (2002). In Paul Gilbert & Jeremy Miles, *Body Shame: Conceptualisation, Research and Treatment*, (2002). London: Brunner-Routledge, , England.

Goss, K., Gilbert, P. & Allan, S. (1994). *An exploration of shame measures: 1. The 'Other as Shamer Scale'*. *Personality and Individual Differences*, 17, 713-717.

Allan, S., Gilbert, P. & Goss, K. (1994). An exploration of shame measures: II: Psychopathology. *Personality and Individual Differences*, 17, 719-722.

Gilbert, P., Allan, S. & Goss, K. (1996). Parental Representations, Shame, Interpersonal Problems and Vulnerability to Psychopathology. *Clinical Psychology and Psychotherapy*, 3, 23-34.

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Chris Irons has just submitted his Ph.D. which explores the role of attachment and social rank in adolescent depression and anxiety. He is also currently completing his Doctorate in Clinical Psychology at the University of Sheffield. Before clinical training he worked for four years on the Mental Health Research Unit as a research psychologist with Professor Gilbert. During this time he was involved on the research and therapy development of compassionate mind training. He has worked on research on the role of attachment and early experiences in the development of self-critical and self-compassionate relating styles, the role of self-critical and self-reassuring imagery in relation to depression symptomology in students, and the role of self-compassionate imagery in self-critical depressed patients.

Chris is currently researching the role of different early attachment experiences in the development of self-compassionate and self-critical relating styles, and how these might convey protection or risk to depression in students. He is also working on the development and provision of compassion focused psychotherapy, in both individual and group format.

Irons, C & Gilbert, P. (2005). Evolved mechanisms in adolescent anxiety and depression. The role of attachment and social rank systems. *Journal of Adolescents*, 28, 325-341

Irons, C., Gilbert, P., Baldwin, M.W., Baccus, J. & Palmer, M. (in press). Parental recall, attachment relating and self attacking/self-reassurance: Their relationship with depression, *British Journal of Clinical Psychology*

Gilbert, P & Irons, C. (2005). Focused therapies and compassionate mind training for shame and self-attacking. In, P. Gilbert (ed). *Compassion: Conceptualisations, Research and Use in psychotherapy*. (p. 263 – 325). London: Routledge.

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Deborah Lee is a Consultant Clinical Psychologist based in Oxford, UK. She has expanded the use of compassionate mind to those suffering from PTSD and other painful consequences of trauma and abuse. She specializes in the treatment of PTSD and complex trauma, is a founding member of the first Traumatic Stress Service in the UK, and consultant for those traumatized by last year's subway bombings. She is an honorary lecturer in Clinical Psychology at University College London, and co-runs the Oxford Cognitive Therapy Trauma

Service, where she provides within a CBT framework expert and specialist psychology services for traumatized individuals and asylum seekers. She has contributed numerous book chapters and journal articles on PTSD and sexual assault. Through her writing, teaching, supervising, research and clinical work on shame-based PTSD and compassion-based treatments she continues the development of the field.

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Ian Lowens, PhD, is a Consultant Clinical Psychologist. He is currently the leader of an early intervention team (for people with first episode psychosis) in Salford. His background interests include the interpersonal aspects of cognitive therapy, and the use motivational interviewing to complement cognitive therapy for people with psychosis who are experiencing problems with substance misuse. In addition to these therapeutic approaches, he is developing compassionate mind focused therapy with people with psychosis. This involves working with positive symptoms and focusing upon self-attacking as a psychological vulnerability factor to relapse.

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Sophie Mayhew is a Chartered Clinical Psychologist working with complex, severe and enduring mental illness in Plymouth Teaching Primary Care NHS Trust. She has started to integrate a compassion-focused approach into her therapeutic work, building upon her experience of cognitive, behavioural and systemic approaches. She has a special interest in working with people with psychosis and has recently completed an uncontrolled study exploring Compassionate Mind Training with people who hear malevolent voices. A fascinating outcome from this study was that this approach appeared to transform participants' hostile voices into becoming more reassuring, less persecutory and less malevolent. In addition participants felt less inadequate in relation to their malevolent voices and experienced a decrease in their depression, psychoticism, anxiety, paranoia, OCD and interpersonal sensitivity. Sophie has a special interest in further developing compassion-focused therapy for people with psychosis. Relevant publications:

Mayhew, S. and Gilbert, P. (2006) Compassionate mind training with people who hear malevolent voices: A case series report. *Schizophrenia Research*, 86 (suppl), s60. Mayhew, S. L. & Gilbert, P. Compassionate mind training with people who hear malevolent voices: A case series report (in submission), *Clinical Psychology and Psychotherapy*.

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Thomas Schröder, PhD is Director of the Trent Doctoral Training Programme in Clinical Psychology at the University of Nottingham, and a Consultant Clinical Psychologist within Derbyshire Psychotherapy Services. He is a founder member of the UK Chapter of the

Society for Psychotherapy Research and his main research interest is in the areas of therapist development and personal experience, especially in relation to difficulties in therapeutic practice. For the past decade he has been on the steering group of a large international collaborative study of the professional development of psychotherapists (see *Psychotherapy Research*, 9, 2, 127 -153).

As a therapist, Thomas is interested in trans-theoretical concepts informing and improving clinical practice. As a trainer, he is invested in helping clinicians manage and utilise the emotions engendered by their work. As a researcher, he is engaged in investigating therapists' self-relatedness and coping when encountering problems in their practice. He is currently engaged in research project (with Paul Gilbert) looking at shame in therapist descriptions of difficulties. He has a special interest in therapist compassion as an antidote to shame and as a healing process.

He can be contacted at thomas.schroder@nottingham.ac.uk

Michael Townend RN; BSc; MSc; PgCert, is a BABCP Accredited and UKCP Registered Cognitive Behavioural Psychotherapist; BABCP Accredited Supervisor, BABCP Accredited Trainer, ILTM (Registered Practitioner – Higher Education Academy). He is the Programme Director for the Msc in Cognitive Behavioural Psychotherapy and PGCert in Clinical Supervision at the University of Derby UK. He has led and been involved with clinical research in PTSD in psychosis and anxiety disorders, he has also been involved with educational research in supervision, electronic web based delivery of training and reflective learning. He is interested in the link between attachment and compassion and the potential role of compassionate focused therapy for perpetrators and survivors of domestic abuse.

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Mary Welford is a Consultant Clinical Psychologist working in Greater Manchester, with people with psychosis and borderline personalities difficulties. She has been involved with BABCP for many years, in various roles including Magazine Editor and European Scientific Committee Member. She has had long-term interest in how shame can act a major block in psychotherapy and has been working with patients to explore how compassion focused therapy can be helpful to them. She has liaised with Professor Gilbert over many years and is on the Executive committee of the Foundation, helping to set up the web site, training and development.

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