The Compassionate Mind Foundation’s 6th International Conference

COMPASSION: INTEGRATING THERAPIES

Monday 16 October 2017 to Wednesday 18 October 2017
at BIRMINGHAM HOLIDAY INN

BOOK NOW

Monday 16th October 2017

08.30 REGISTRATION

09.30 Start

11.00 – 11.30 Refreshments

12.30 – 13.30 Lunch

15.00 – 15.30 Refreshments

16.30 Finish
**Full Day Workshops:**

1. **Dennis Tirch, Laura Silberstein and supported by Paul Gilbert**  
   Cultivating Psychological Courage and Flexibility from the Dynamics of Compassion and Prosociality

2. **Deborah Lee**  
   Compassion Focused Therapy for Trauma

3. **Darcia Narvaez**  
   Growing Morally to Build Compassion for Ourselves and Others  
   The Developmental Ethical Ecological Practice (DEEP) Approach

4. **Martin Bohus**  
   The Role of Compassion in the Treatment in PTSD

5. **Ernst Bohlmeijer**  
   Positive Psychology in the Context for CFT

6. **Korina Ioannou, Gareth Kennerley (National Acting Trainer)**  
   Acting and the Cultivation of the Compassionate Mind

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**Tuesday 17th October 2017**

08.30 – 09.30 **REGISTRATION**

09.30 – 10.00 **Welcome from Professor Paul Gilbert PhD, FBPsS, OBE**  
President of the Compassionate Mind Foundation

10.00 – 11.00 **KEYNOTE: Martin Bohus**  
The Role of Compassion in the Treatment in PTSD  
Chair: Paul Gilbert

11.00 – 11.30 **Refreshments**
11.30 – 13.00 SYMPOSIUM:
A Compassionate Mind Approach to Gender Identity, Diversity and Equality
Chair: Fiona Ashworth

11.30 – 11.50 Understanding Gender in the Context of Compassion
Laura Silberstein

11.50 – 12.10 Suffering, Gender Identities and Compassion
Hannah Gilbert

12.10 – 12.30 The Mobilisation of Women in Post-Conflict Peace Building:
A Gendered and CFT Perspective
Kisane Prutton

12.30 – 12.50 Not Ashamed to Love: A CFT Approach to Shamed-Based
Difficulties in Sexual Minorities. Insights and Research Data
from Cross-sectional and Interventions Studies
Nicola Petrocchi

12.50 – 13.00 Questions and Discussion

13.00 – 14.00 Lunch

14.00 – 15.00 KEYNOTE: Tashi Tsering
Compassion Can Be Cultivated by Everyone
Chair: Dennis Tirch

15.00 – 15.30 Refreshments

15.30 – 16.30 KEYNOTE: Darcia Narvaez
From Neurobiology to Culture: Fostering Sustainable Wisdom and
Compassion
Chair: Paul Gilbert

16.30 – 17.30 CONFERENCE ADDRESS: Ruby Wax OBE Patron:
Frazzled: Personal Reflections on Mindfulness and Compassion
Chair: Paul Gilbert

19.00 DRINKS RECEPTION / CONFERENCE DINNER & DANCE
08.45 – 09.15 **REGISTRATION**

09.15 – 10.00 **KEYNOTE:** Eleanor Longden and Charles Heriot-Maitland  
A Listening Ear: Compassionate Approaches to Working with Voices in Psychosis  
Chair: Deborah Lee

10.00 – 11.30 **SYMPOSIUM:**  
Compassion as an Integrating Psychotherapy Process  
Chair: James Kirby

10.00 – 10.20 Psychological Flexibility ACT and CFT  
Dennis Tirch

10.20 – 10.40 CFT in Relationship to Bereavement and Bereavement Support  
Martin Brock

10.40 – 11.00 Classical Conditioning and Body Processes in CFT  
Paul Gilbert

11.00 – 11.20 Which practice qualities are key for change in a brief CMT intervention? The importance of perceived helpfulness and embodiment of the compassionate self  
Marcela Matos

11.20 – 11.30 Questions and Discussion

11.30 – 12.00 Refreshments

12.00 – 13.00 **KEYNOTE:** Deirdre Fay  
Clinical Skills: Compassion and Body Focused Approaches to Working with Attachment and Trauma  
Chair: Hannah Gilbert

13.00 – 14.00 Lunch
14.00 – 15.30 **SYMPOSIUM:**
Groups Approaches
Chair: Chris Irons

14.00 – 14.20 Working in Partnership: Group Compassion Focused Therapy in an IAPT Setting
Darren Stevens, Sheena Chauda and Sharon Brennan

14.20 – 14.40 Compassion Focused Therapy (CFT) in a Community Mental Health Team Setting in NHS Ayrshire and Arran
Becky Dafters

14.40 – 15.00 Compassion Focused Group Psychotherapy. Enhancing Current Practice at the Anxiety Disorder Residential Unit (ADRU), Bethlem Royal Hospital
Lisa Williams

15.00 – 15.30 Compassion Focused Group Psychotherapy: Working at the Edge of Therapeutic Opportunity
Kate Lurce

15.30 – 16.00 Refreshments

16.00 – 17.00 **SYMPOSIUM:**
Innovation in CFT
Chair: Nicola Petrocchi

16.00 – 16.20 Motivational Conflicts in Children: Costs to Compassion
James Kirby

16.20 – 16.40 The Self Mirroring Technique (SMT): An In-Session Video-Feedback Procedure to Elicit Patient’s Self-Compassion
Piergiuseppe Vinai

16.40 – 17.00 Innovation in Working with Trauma
Deborah Lee

17.00 – 17.30 **Closing Comments and Open Forum**
Chair: Professor Paul Gilbert PhD, FBPsS, OBE