

UNIQUE OPPORTUNITY

PAUL GILBERT LECTURE INTRODUCTION TO THE PRINCIPLES OF COMPASSION FOCUSED THERAPY.

Open to all:

Friday May 18th

U150 from 9 to 12



This talk will outline the early origins of compassion focused therapy (CFT) and also its basic evolutionary and biopsychosocial principles. We will explore the evolution of mammalian social behaviour and in particular caring- attachment behaviour, how that modified a range of physiological systems and how those physiological systems play a significant role in the regulation of threat and the promotion of well-being. We will highlight that compassion is a motivational system rooted in evolved caring functions with the core focus being, *sensitivity to suffering itself and others with a commitment to try to alleviate and prevent it*. In addition, in regard to one's self-identity, compassion seeks to not carelessly or purposely cause harm. When these principles are adopted within a psychotherapy and become a focus for clients, they have the potential for radical change and shifting people out of more self- focused competitive self-harming motivational processes. People will have the opportunity to explore and practice one or two the key interventions of CFT.

Biography

Paul Gilbert, FBPSS, PhD, OBE is Professor of Clinical Psychology at the University of Derby and honorary visiting Prof at the University of Queensland. Until his retirement from the NHS in 2016 he was Consultant Clinical Psychologist at the Derbyshire Health Care Foundation Trust and has been a practising clinical psychologist for over 40 years. Throughout this time, he has researched evolutionary approaches to psychopathology with a special focus on the roles of mood, shame and self-criticism in various mental health difficulties for which Compassion Focused Therapy was developed. He was made a Fellow of the British Psychological Society in 1993. In 2003 Paul was president of the British Association for Behavioural and Cognitive Psychotherapy. 2002-2004 he was a member of the first British Governments' NICE guidelines for depression. He has written/edited 21 books and over 250 papers and book chapters. In 2006 he established the Compassionate Mind Foundation as an international charity with the mission statement *To promote wellbeing through the scientific understanding and application of compassion* (www.compassionatemind.co.uk). There are now a number of sister foundations in other countries. He was awarded an OBE by the Queen in March 2011 for services to mental health. He is now in the Director of the Centre for Compassion Research and Training at Derby University UK. He has written and edited many books on compassion. His latest Book is *Living Like Crazy*.