

Compassion Focused Therapy for Psychosis

With **Charlie Heriot-Maitland** and special guests
Rufus May and **Elisabeth Svanholmer**

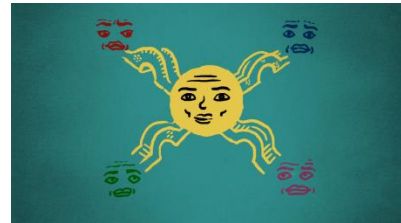
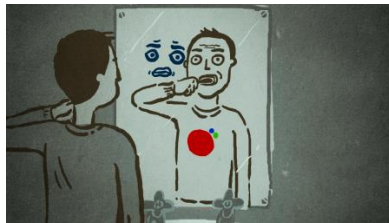
Compassion Focused Therapy PGDip, University of Birmingham

10th – 11th March 2016



UNIVERSITY OF
BIRMINGHAM

2-day CPD workshop
Edgbaston Campus, B15 2TT.



Objectives:

Workshop participants will be introduced to the CFT model of compassion and how to apply this model in interventions for clients with psychosis-related difficulties.

Participants will learn how to help their clients establish a bodily experience of safeness through, e.g.: i) practice of soothing rhythm breathing, which activates the parasympathetic system; ii) learning to recognise what postures and activities ground and centre the person; and iii) using mindfulness and imagery exercises.

Participants will learn how to help their clients develop a 'compassionate self', which is a part of them with the qualities required to explore and engage with their fears and dissociated parts; essentially, a self-identity that organises the mind and provides a secure base (or grounding) from which to do the therapeutic work.

Participants will learn how to help their clients use these compassionate qualities and skills to manage internal conflicts and to initiate supportive internal dialogue between different emotional parts. This is achieved through techniques such as voice dialoguing, imagery, chair work, and letter writing. Participants will particularly benefit from the wisdom and experience of Rufus and Elisabeth in this area, who have been key in promoting creative communication techniques for voice-hearers.



Charlie Heriot-Maitland

Charlie is a clinical psychologist, researcher and trainer at King's College London. He is currently researching the social context of anomalous experiences and the application of Compassion-Focused Therapy for people experiencing distress in relation to psychosis. He provides psychological therapies in NHS psychosis services, and in private practice. He also runs various compassion training workshops for practitioners and the general public.



**Rufus May and
Elisabeth Svanholmer**

Rufus has worked as a clinical psychologist in the NHS since the late nineties. He has been facilitating Hearing voices groups since 2001. He has an interest in voice dialogue, communication skills and mindfulness. Elisabeth has been working with and disseminating the Hearing Voices approach since 2005. She is a keen promoter of using bodywork, voice dialogue and creativity to work with voices and similar intense experiences.

Fee £230. To book online, please go to:
www.shop.bham.ac.uk (School of Psychology)