

# Compassion Focused Therapy

## 26 - 28 February 2024

### Introduction

The 3-day training will cover the core evolutionary model underpinning **Compassion Focused Therapy**, the way in which old motivation and emotional systems interact with newly evolved cognitive competencies and intelligences, causing difficulty and complexity in the mind, and the role of the affiliative/soothing system in threat regulation. From this standpoint, the course will guide participants towards a discovery of the multi-component dimensions of compassion.

### Course Objectives

This course aims to enable participants to:

- Understand the flows of compassion: compassion to others, being open to compassion from others and compassion to self
- Understand how CFT may be applied to clients with different problems in which there is a non-affiliative relationship with self and/or others (e.g. anxiety, depression, shame, etc.)

### Course Outline

- Evolutionary functional analysis advances our understanding of mental health difficulties and in particular, the importance of the evolution of attachment, caring and affiliation as part of the human affect motivation and regulation system.
- Three system affect regulation model (threat, drive and affiliative-soothing) which informs compassion-focused interventions.
- Key compassion-focused skills including the use of the breath and body postures, the practice of compassion focused imagery, the use of compassionate mind training to build the "compassionate self", employing the "compassionate self" to engage with areas of personal difficulty and building supportive social relationships.

### Target Audience

Allied Health Professionals, Pharmacists, Doctors, and Nurses

### Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar](#)

### Course Details

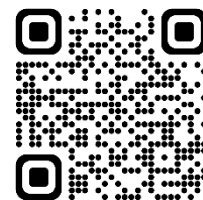
Date	: 26 - 28 February 2024, Monday - Wednesday
Duration	: 3 full days (Total 21 hours / 7 hours per session)
Time	: 9.00 am - 5.00 pm
Class Size	: 30 participants
Device	: Laptop / Desktop
Required	(with microphone, speaker and webcam)
Platform	: Zoom Cloud Meeting App
Fee	: S\$1,130 (SingHealth) S\$1,250 (Regular) (inclusive of 9% GST)

### Teaching Faculty

**Dr Stan Steindl** is a Clinical Psychologist in private practice at Psychology Consultants Pty Ltd and an Adjunct Associate Professor at School of Psychology, University of Queensland, Brisbane, Australia. He is co-director of the UQ Compassionate Mind Research Group. He has over 20 years of experience as a therapist, supervisor and trainer and works with clients from a compassion focused therapy perspective. His research interests are in the areas of motivation, compassion and compassion-based interventions and especially the role of cultivating compassion and self-compassion in the context of trauma, shame, self-criticism and clinical disorders, as well as promoting psychological wellbeing.

### Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **22 January 2024, Monday (Extended to 20 February 2024, Tuesday)**.



<https://form.gov.sg/654c48f1469bda0012176521>

Upon registration, you agree to the following [Terms & Conditions](#).