**Compassion Focused Therapy for Shame based PTSD and Trauma**

**A phased based treatment approach**

**3 Day Workshop**

**Date: 16,17, en 19 april 2019**

**Teaching times: Start: 9.00a.m.**

**Coffee: 10.30a.m.**

 **Lunch: 12.30p.m.**

**Tea: 2.45p.m.**

**Finish: 4.00p.m.**

**Facilitator: Dr Deborah Lee, Consultant Clinical Psychologist, Honorary Senior Lecturer University College London**

**Compassionate Mind Foundation, Derby**

**www.compassionatemind.co.uk**

**Contact: DrDeborahlee@me.com**

**Aim for the Workshop**

The workshop aims to provide a clinical model to help those who have been hurt and harmed by others, develop the capacity to tolerate experiences that make them feel deeply shamed about who they are and what they have been through.

**Abstract for workshop**

Shame-based trauma memories are highly distressing and disturbing for most people. High levels of self-criticism appear to maintain the sense of current psychological threat. The personal meaning conveyed in the fragmented images and flashbacks is often painful, condemning and shaming. Those who have been repeatedly traumatised at the hands of others have many challenges to face as they discover a version of themselves that can live life without being defined by trauma - how to live in a mind that not just survive but thrive.

Part of this journey involves learning how to deal with predominant issues of self- blame, self- loathing, lack of trust, interpersonal difficulties and struggles to regulate threat-based emotions. So is there a role for Compassion focused therapy in effective treatments of traumatised minds? Compassion can help us discover what we don’t know, can help us develop a humanitarian and evolutionary perspective on our lives and help us feel what we might not have ever felt? Perhaps this could offer a vital precursor to change the emotional context of minds and allow clients to think differently about their traumatic experiences, in a way that allows them to hold themselves in mind with kindness, understanding, wisdom and live their lives with moral courage.

This 3day workshop will introduce the use of a compassion focused Therapy (Gilbert 2009) as a way, to work with shame in the context of trauma experiences. It will explore the clinical development of compassionate resilience as a core experience in recovery from trauma and use theoretical and practical understanding of using compassionate images to work with these flashbacks in order, to enhance feelings of self- soothing, safeness in the memories and reduce self- critical maintenance cycles.

Who is this workshop suitable for?

The course will assume that all attendees have a working knowledge of the basic CFT model approach through attending an introductory workshop in CFT. If no workshop has been attended, then it will be assumed that the following books have been read:

Key References

**Gilbert. P. (2009**). The Compassionate Mind. A New Approach to the Challenges of Life. London: Constable & Robinson

**Gilbert. P. (2010**) Compassion Focused Therapy. Distinctive Feature. London: Routledge.

**Lee, D.A. (2013**). Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear New Harbinger, New York.

**The Presenter**

Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and South Central Veterans Service. She is also an honorary Senior Lecturer at University College London. Dr Lee has worked in the field of trauma for 24 years and specialises in the treatment of PTSD and complex Trauma. Her particular area of clinical and research interest is in shame based PTSD and self-criticism. She has developed the use of compassion - based treatments including the use of compassionate imagery in shame based flashbacks to enhance clinical practice in this field. She has pioneered the use of developing compassionate resilience as part of a phased based treatment approach to complex PTSD. She has widely contributed to the dissemination of her clinical knowledge through writing and delivering over 100 clinical workshops and talks in North America and Europe

**Outcomes of Learning**

* Understand how to apply CFT to those that suffer from shame based trauma.
* Understand how to develop trauma focuses compassionate insights.
* Develop clinical skills to work with compassionate minds in order, to increase window of tolerance and develop more helpful perspectives on trauma experiences.
* Develop clinical skills to work directly with trauma memories and shame based experiences.
* Develop ways to explore values based living to shape life after trauma

**Ways of learning**

* Didactic teaching
* Self- practice
* Group exercises
* Video
* Role play
* Facilitator demonstration

**Please bring with you a nice smell – an essential oil, perfume, cut grass, fresh coffee- something you love.**

**Please bring an open mind**

**Outline of 3 days**

**Day One: Introduction to CFT for Trauma**

* Setting scene to Complex PTSD
	+ Clinical issue and evidenced based practice
	+ Summary of Key tasks using CFT in shame based trauma
* Developing trauma timetimes and
	+ Formulation of trauma history and
	+ Treatment plans
* Psychoeducation in CFT for Trauma
	+ Trauma memories
	+ Attachment
	+ Evolution
	+ Human nature
	+ Tricky brain
	+ Self- criticism
	+ Affect Regulation and the 3 circles

**Day Two: Developing Compassionate Minds**

* Compassionate mind training
	+ Mindful Attention
	+ Soothing Rhythm breathing
	+ Compassionate Flow imagery
	+ Fears and blocks
* Compassionate problem solving
	+ Increasing window of tolerance
	+ Developing Knowledge Understanding Wisdom and Strength (KUWS)
	+ Using KUWS to develop mentalising, empathising, meta perceptions of life events
* Developing a Trauma time line and planning memory work.

**Day Three: Using compassionate minds to develop new meaning to traumatic experiences**

* Working with trauma memories and emotional sates
	+ Multiple selves
	+ Compassionate rescripts
	+ Flashback updates
	+ Visceral rescripts
* Developing a compassionate version of self
	+ Using compassion informed values to develop the compassionate self
	+ Values based living
* Living beyond trauma
	+ Rules for living
	+ Commitment to self
	+ Compassionate first aid box