

Applying Compassion Focused Approaches to Trauma – ONLINE December 8 & 9, 2023

Applying Compassion Focused Approaches to Trauma

with Paul Gilbert, Ph.D., FBPsS, OBE

December 8 & 9, 2023, 11:00am – 2:30pm (ET)

Online via Zoom

We hope you will join The Centre for MindBody Health (CMBH) and immerse yourself in this extraordinary opportunity to learn from the esteemed Dr. Paul Gilbert as he guides us through the transformative realm of Compassion Focused Therapy for clients dealing with trauma.

About the Workshop

This training will be in two parts. The first part of session one will explore the evolution and biopsychosocial model of compassion that was developed to be used as a psychotherapeutic orientation. Participants will explore how the four basic functions of mind (motives, emotions, competencies and behaviours) can all be textured by compassion and can also support compassion. We will explore how compassion can affect our physiological and psychological processes, such as capacities for empathy, mindfulness, and a sense of identity and how compassion can impact our social behaviour. Because of its important physiological effects, compassion can create experiences of safeness and connectedness. Participants will be introduced to some body-based and imagery-based practices for compassion activation and cultivation. The second session will look at how to apply compassion focused therapy that can help people with trauma while also exploring the challenges different types of trauma create.

Target Audience

This workshop is intended for all health care professionals seeking to develop skills to offer Compassion Focused Therapy interventions in a safe, effective way for their clients dealing with trauma.

For more information and to register, visit our website [HERE](#).

Please contact us with any inquiries at cmbhworkshops@gmail.com.



The banner features a dark grey background. On the left is a portrait of Paul Gilbert, an older man with grey hair and a mustache, wearing a blue shirt. To his right is an orange rounded rectangle containing the text 'Paul Gilbert, FBPsS, PhD, OBE'. Further right, the title 'Applying Compassion Focused Approaches to Trauma' is written in a large, white, serif font. Below the title, the dates and times 'December 8 & 9, 2023 11:00am – 2:30pm (EST)' are listed, followed by 'Online via Zoom' and 'THIS EVENT WILL BE RECORDED' in a smaller white font. In the bottom right corner is the 'CENTRE FOR mindbody HEALTH' logo, with 'mindbody' in a stylized lowercase font and 'HEALTH' in a smaller uppercase font below it.