



Compassion Focused Therapy Group

6 Week Course



IS THIS GROUP FOR YOU?

- *Do you tend to relate to yourself harshly, critically and with judgement? Do you struggle with anxiety and low mood? Do you find it hard to be kind to yourself and blame yourself when you are going through difficult times?*
- *Do you want to engage and commit to developing skills to help you become more compassionate with yourself?*
- If so, this experiential group will support you with your tendency to criticize and shame yourself.
- We will explore fears, blocks and resistances to compassion and learn practices that support you to move from self-criticism to compassion for self and others.





What is Compassion Focused Therapy

“Compassion is about the courage to turn back to and not away from suffering” (Professor Paul Gilbert)

CFT is an evidence-based talking therapy designed to encourage compassion towards self and others.

Research shows that the ability to show compassion supports good mental health and that the way we treat ourselves can:

- Improve Mood and overall Wellbeing
- Reduce anxiety
- Increase self-esteem
- Strengthen resilience
- Lead to an improved relationship with ourselves and those around us.



WHAT WILL HAPPEN IN THE GROUP?

We aim to create a safe group setting where we will help and support you to;

- Understand the meaning of **compassion** and to develop your compassionate thinking
- Understand how the **brain** works in response to perceived threats and situations where you may feel anxious and distressed
- Become more aware of your thoughts and feelings, and develop the skills to cope with **difficult emotions**
- Understand your **inner critic** and explore ways to assist you in moving from self-criticism to **compassion** for self and others.
- learn techniques to help you to **tolerate, soothe, and regulate distress** and develop a healthy way of relating to yourself.

Improve the relationship you have with yourself by using **creative therapy and compassionate mindfulness techniques**

Fiona Eccleston
Senior Wellbeing Practitioner (Counsellor)



Niamh Terry
Senior Wellbeing Practitioner (Counsellor)



Hi,

We will be facilitating the Compassion Focused Therapy group and throughout the duration of the group we will strive to make the environment feel safe and comfortable. In the group:

- You can share as much or as little as you feel able and willing to do
- There will be up to 12 participants, and you will be working individually, in pairs and within the whole group.
- You will also be encouraged to test things out between sessions, so it gives you the opportunity to review, reflect and evaluate how they went within the group.

We look forward to working with you:

Warmest Wishes.

Fiona and Niamh