

Introduction to Compassion Focused Therapy

Understanding more about our tricky brains and ways to manage them.

Friday 16 October 2020

Holiday Inn Express, Holiday Inn Express, Armouries Dr, Leeds, LS10 1LE
9.15am Registration, 9.45am Welcome and 4.45pm Close

Based on the work of Prof Paul Gilbert (OBE) this interactive introductory workshop aims to help you learn more about CFT and understand more about our tricky brains and ways to manage them. Starting with developing a clear understanding of compassion what it is and why it is so important we will consider some of the blocks to compassion and ways to work with these blocks. Using compassionate mind training practices in the workshop and we will consider and experience how they may be used to support our own well-being and the well-being of others.

After attending this course delegate will be able to:

- Understand more about compassion and why we need it.
- Learn more about how our three systems of emotional regulation work and use them when thinking about ourselves and others
- Experience some compassionate mind training exercises personally and consider how we might use them clinically.

About our speaker:

Maria Law—After many years of working clinically with predominantly adults, I became a lecturer teaching CBT at The University of York, training clinicians to become CBT Psychotherapists it was only on leaving this and returning to clinical practice that I gave myself time to fully engage with Mindfulness and Compassion Focused Therapy. I have benefitted hugely from this and over the last six years this self-practice using compassionate mind training has become a vital part of my life and well-being. I continue to use CFT clinically within individual therapy, group therapy and through the training and supervision of other clinicians. Over the last four years I have been project lead for the compassion in schools project which is based on DR Mary Welford's pioneering work using CFT as a whole school approach. Mary has supervised me in this work. More recently I have been using CFT with organisations going through change and this has been a whole staff approach offering compassion training and meditation sessions within the workplace.

Course Feedback:

"Learning about the basic principles of CFT which I feel are really relevant to the patients I work with"

"Excellent delivery – content, interactive, good use of examples and practice"

Other Upcoming ASC Courses:

Essentials: Endocrinology and the Mind

Tuesday 20 October
£105

Student Mental Health

Wednesday 18 November
£185

Course Fees:

£185.00

All learning materials, lunch and refreshments are included.

Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

This conference is suitable for:

Health professionals who are new to CFT or may want to revisit an introductory workshop which will involve the use of compassionate mind training practices.



Andrew Sims Centre Reservation Form

Course Title: **Introduction to Compassion Focused Therapy**

Date: **Friday 16 October 2020**

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

..... Postcode

Work Telephone Mobile

Email

Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick []

COURSE FEES

[] One Place £185.00

Promotional Code Making Course Fee £

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with credit or debit card
- TELEPHONE:** 0113 855 5638 with credit or debit card
- POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC161020-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
- LYPFT Internal Transfer:**
Budget Holder Name

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

THE VENUE

The Holiday Inn Express Leeds City Centre Armouries hotel is five minutes' walk from the city centre, and 10 minutes from Leeds Central train station. The M621 motorway, with connections to Liverpool and Manchester, is less than a mile away. Car parking in multi-storey CitiPark Leeds Dock, please use postcode LS10 1LE for Sat Nav

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []