



# Workshop: Compassion focused therapy for psychosis

## When

**Friday 11th December 2015 - 9.45am - 4.30pm**  
Registration at 9.15am

## Where

**Theatre Lecture Hall, St Patricks University  
Hospital, James's Street, Dublin 8**

## Cost

**€100.00**

**Organised by:** Dr Edel Crehan, Senior Clinical Psychologist, Living Through Psychosis Programme, Department of Psychology, St Patrick's University Hospital.

### **Who is this workshop intended for:**

This workshop is intended for mental health professionals including psychiatrists, general practitioners, occupational therapists, psychologists, therapists and researchers in the area.

### **The workshop:**

Dr Charlie Heriot-Maitland is a clinical psychologist and researcher in the area of compassion focused therapy for psychosis based in the UK. Dr Heriot-Maitland will present on the principles of CFT which emphasise three brain-body systems of threat, drive and safety. This 5 minute video developed by Dr Heriot-Maitland and others is a good introduction to CFT for psychosis:

**[www.compassionforvoices.com](http://www.compassionforvoices.com)**

Dr Heriot-Maitland will talk about how the field is developing and how CFT can be integrated into case management, case conceptualisation and compliments in particular cognitive behavioural therapy for psychosis. Emerging evidence of the effectiveness of CFT in both individual and group interventions for psychosis will be reviewed. CFT aims to help people regulate threat processing by building internal feelings of safeness and affiliation. The workshop will cover how to achieve these aims in clinical practice.

### **For more detail on the workshop and how to book:**

**<http://www.stpatricks.ie/cft4psychosis>**