

Compassion Focused Therapy for psychosis for Family Members and Peers with Dr. Charlie Heriot-Maitland

SAVE THE DATE

Sunday, October 13, 2019

10:00 A.M. – 5:00 P.M.

Registration Starts at 9:30 A.M.

Stanford University Tresidder Memorial Union
Cypress North and South Rooms
485 Lagunita Drive
Stanford, CA 94305-2072

Training Objectives

This 1-day training is designed for family members and peers who are interested in learning about Compassion Focused Therapy for psychosis. Learn how to apply this model to support someone with psychosis-related difficulties, and the developing evidence-base for this approach. It is open to everyone with or without prior training in Compassion Focused Therapy for psychosis.

Participants will learn:

- how to help someone establish a bodily experience of safeness through direct CFT practices such as soothing rhythm breathing, mindfulness and imagery exercises.
- how to support someone to develop a 'compassionate self', which is a self-identity that organizes the mind and provides a secure base (or grounding) for recovery.
- how to encourage someone to use these compassionate qualities and skills to manage internal conflicts. This is achieved through techniques such as voice dialoguing, imagery, chair work, and letter writing.
- about the current nature and level of evidence for the CFT approach and how this evidence-base may be developed.

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Register at [Stanford Online Registration](#), or Visit

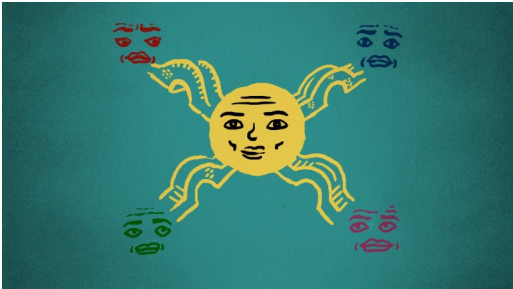
<https://www.onlineregistrationcenter.com/register/222/page1.asp?m=4365&c=2>

Limited Seating

• **FREE** Training • **FREE** Parking • **FREE** Snacks & Refreshments

Website www.southbayprojectresource.com

Website http://med.stanford.edu/psychiatry/patient_care/inspire.html



BIO Charlie is a clinical psychologist, researcher and trainer—University of Glasgow; Balanced Minds. He is currently researching the social context of anomalous experiences

and the application of CFT for people experiencing distress in relation to psychosis. He provides psychological therapies in NHS psychosis services, and in private practice. He also runs various compassion training workshops for practitioners and the general public.

KEY RESOURCE

"Compassion for Voices: A Tale of Courage and Hope" <https://balancedminds.com/videos/>

A 5:12 min. short animated film which outlines a compassion-focused approach for relating to voices.

Psychosis Summit interview and other useful links: www.psychosissummit.com/charlesmaitland