Developing Compassionate Resilience To Help Recovery from Complex PTSD: A workshop to explore therapeutic ways to work with the effects of interpersonal trauma and shame.

A Phased Based Treatment Approach

2 Day Workshop

Facilitator: Dr Deborah Lee, Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress and South Veteran Services

Honorary Senior Lecturer University College London

Compassionate Mind Foundation, Derby

[Website Link]

Outline of 2 days

Day One: Introduction to CFT for Trauma

- Setting scene to Complex PTSD
  - Clinical issue and evidenced based practice
  - Summary of Key tasks using CFT in shame based trauma
- Psychoeducation in CFT for Trauma
Day TWO: Using Compassionate Minds To Develop New Meaning To Traumatic Experiences

- Developing Compassionate Perspectives on Trauma experiences
  - Developing Knowledge Understanding Wisdom and Strength (KUWS)
  - Using KUWS to develop mentalising, empathising, meta perceptions of life events
- Planning memory work.
- Working with trauma memories and emotional states
  - Compassionate rescripts
  - Flashback updates
  - Visceral rescripts
- Narrating the compassionate story
- Living beyond trauma with compassionate version of self
  - Using compassion informed values to develop the compassionate self
  - Values based living
  - Commitment to self
  - Compassionate first aid box