

FIERCE COMPASSION & MINDFUL COURAGE

AN INTRODUCTION TO COMPASSION FOCUSED THERAPY
WITH A CLINICAL FOCUS ON ANXIETY & SHAME

DECEMBER 3, 2016

8:30AM - 4:00PM

DUBLIN RECREATION CENTER
5600 POST ROAD, DUBLIN, OH 43017

DENNIS TIRCH, PHD
CHRIS FRASER, MSW, LISW



Compassion Focused Therapy (CFT) is an innovative form of Cognitive Behavioral Therapy (CBT) based upon an integration of affective neuroscience, evolutionary science, and meditation. CFT specifically targets the cultivation of compassion as a mechanism of action in therapy.

During this day-long intensive workshop with Dr. Dennis Tirch and Chris Fraser, participants will explore how CFT can be used to enhance standard cognitive behavioral therapy and other forms of clinical work. A growing body of research demonstrates how cultivating our compassionate minds can help us lessen the impact of our anxiety, fear, and shame in daily life. Participants will learn about the link between affiliative emotions, mindfulness, acceptance, and how shame and self-criticism can block our compassion based soothing system from functioning.

TUITION: \$189

<https://goo.gl/c9re27>

CE Credit Pending Approval for social workers, counselors, and marriage and family therapists.



Dennis Tirch, PhD

Dennis Tirch, PhD, is an internationally recognized expert on Compassion Focused Therapy, and is the Director of the Center for Mindfulness and Compassion Focused Therapy in New York. For more information, visit his website at <http://www.mindfulcompassion.com>.

Chris Fraser, MSW, LISW

Chris Fraser, MSW, LISW is the owner of Positive Path Counseling in Dublin, Ohio. For over 20 years, he has helped children and adults who are facing a variety of behavioral and psychological challenges embrace their innate strengths and navigate the world in more effective ways. For more information, visit his website at <http://www.mypositivepath.org>.



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Workshop Agenda

8:30-8:55am	Registration
9:00-10:30am	Introduction to the evolutionary model that underpins Compassion Focused Therapy (CFT). Understanding the nature of compassion and understanding its transformative power. Learning the fundamentals of CFT.
10:30-10:45am	Morning Break

- 10:45am-12:30pm The two psychologies of compassion, psychological flexibility, and skill development.
- The three-circle model of CFT (three types of affect regulation systems: threat, drive, soothe).
- 12:30-1:30pm Lunch
- 1:30-3:00pm Anxiety from an evolutionary perspective and the varieties of this anxious experience in an evolutionary context.
- Experiential tools and practices for clients struggling with anxiety.
- 3:00-3:15pm Afternoon Break
- 3:15-5:00pm Shame, social threat, and evolved social mentalities.
- Self-criticism as a barrier to psychological flexibility.
- Compassionate imagery and other tools to address shame-based difficulties, and to generate inner and outer courage.
- Compassionate behavior in the service of valued aims.



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Fierce Compassion and Mindful Courage: An Introduction to Compassion-Focused Therapy with a Clinical Focus on Anxiety and Shame

(December 3, 2016)

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