

# Compassionate Supervision: Enhancing Supervision with Compassion-Focused Therapy



## About the workshop

Compassion-focused therapy (CFT) is a multi-modal psychotherapy, initially developed to work with shame and self-criticism. CFT involves the development of inter-personal and intra-personal compassion to engage with, and regulate, threat-based experiences and emotions. This workshop involves the application of CFT to the process of psychotherapy supervision, exploring the potential benefits of cultivating compassion for both supervisor and supervisee.

## Key learning objectives

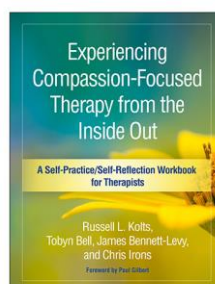
- ✓ To understand the core principles of compassion-focused therapy and to apply these to the interpersonal process of supervision
- ✓ To formulate the common threats for both supervisee and supervisor
- ✓ To apply compassion to your own clinical and supervisory practice (utilizing experiential exercises)
- ✓ To develop your own 'Internal Compassionate Supervisor' to support your clinical practice

## Who should attend

Psychologists and psychotherapists working as supervisors.

## Your presenter – Toby Bell

Toby Bell is a psychotherapist from the U.K., specialising in compassion-focused therapy (CFT) and cognitive-behavioural therapy. He is part of the training executive for the Compassionate Mind Foundation and is an international speaker on CFT. He is a trainer, supervisor and program lead at the Greater Manchester CBT Training Centre, which is associated with Manchester University. Toby is co-author of the book *Experiencing Compassion-Focused Therapy from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists*, with Russell Kolts, James Bennett-Levy & Chris Irons.



## When

Tuesday, October 30<sup>th</sup> 2018

- Registrations: 9.00am
- Workshop: 9.30am-4.30pm

## Where

University Centre for Rural Health, North Coast  
61 Uralba St, Lismore  
(directly opposite Lismore Base Hospital)

## Cost:

Qualified clinicians: \$66.00  
(including GST)

The course will be fully catered.

**The UCRH is heavily subsidising this course – with thanks for all you do 😊**

## Registrations essential!

Please register through the following link:

<https://sydney.OneStopSecure.com/onestopweb/UCRH12>

**Limited places available - please book early to avoid disappointment!**

## Parking

Please note: metered parking only is available on Uralba St for \$2/hour. All day parking is available for \$2 on Dalziel St. CARE parking facility is next to the UCRH if you require covered parking for \$8/day.

## More information

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