**AGPA Connect 2023 Presenter Information**

**Course Code:** 23

**Course Title:** Compassion Focused Therapy in College Counseling Centers

**Course Times:** 2:30 PM - 5:00 PM

**Course Dates:** Thursday, March 9

**Instructors:** Hiu Wai Yoko Caldwell

 Kristina Hansen

 Klinton Hobbs

 Natalie Kirtley

**Course Description:** In our workshop, we will provide participants with a basic overview of CFT, its core components, and ways to implement this form of therapy in a group setting. Our workshop will be largely experiential and will demonstrate a variety of group interventions aimed at increasing compassion toward oneself and others and receiving compassion from others, including how compassion increases our capacity for inclusivity in group settings.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎Describe the three flows of compassion (toward self, toward others, from others).‎
2. ‎Explain the concept of the tricky brain and the three emotion systems (drive, threat, soothing).‎
3. ‎Identify ways to regulate body systems using soothing rhythm breathing, imagery, and other ‎mindfulness activities.‎
4. ‎Practice implementing compassion building exercises commonly used in a CFT group.‎

**Significant Articles:**

1. Gale, C., Schröder, T., & Gilbert, P. (2017). ‘Do you practice what you preach?’ A qualitative exploration ‎of therapists' personal practice of Compassion Focused Therapy. Clinical Psychology & Psychotherapy, ‎‎24(1), 171-185.‎
2. Gilbert, P. (2009). The compassionate mind. London: Robinson.‎
3. Gilbert, P., & Choden. (2014). Mindful compassion: How the science of compassion can help you ‎understand your emotions, live in the present, and connect deeply with others. Oakland, CA: New ‎Harbinger Publications.‎
4. Luberto, C. M., Shinday, N., Song, R., Philpotts, L. L., Park, E. R., Fricchione, G. L., & Yeh, G. Y. (2018). A ‎systematic review and meta-analysis of the effects of meditation on empathy, compassion, and ‎prosocial behaviors. Mindfulness, 9(3), 708-724.‎
5. Sommers-Spijkerman, M. P. J., Trompetter, H. R., Schreurs, K. M. G., & Bohlmeijer, E. T. (2018). ‎Compassion-Focused Therapy as guided self-help for enhancing public mental health: A randomized ‎controlled trial. Journal of Consulting and Clinical Psychology, 86(2), 101.‎

**Agenda:**

1. Group member introductions (5 minutes, Hobbs)
2. Introduction to basic CFT. including diversity factors (eg., individualistic vs collectivist cultural worldviews and how these impact the practice of compassion) and handouts (20 minutes, Lecture/PowerPoint/Handouts, Objectives 1 and 2, Hobbs, Hansen)
3. Guided meditation focused on Soothing Rhythm Breathing, process (10 minutes, Demonstration/Discussion, Objective 3, Caldwell)
4. Introduce and process CFT parts of self, principles, and metaphors (20 minutes, Lecture/Video/Discussion, Objectives 1, 2, and 4, Caldwell, Hobbs)
5. Break (10 minutes)
6. Safe space meditation and ideal compassionate other, process (20 minutes, Demonstration/Discussion, Objectives 3 and 4, Hobbs, Hansen)
7. Compassionate letter writing and practice (40 minutes, Small Group Activity/Discussion, Objective 4, Kirtley)
8. Final processing of workshop/discussion about how CFT may apply in diverse populations/questions and answers (20 minutes, Q&A/Discussion, Objectives 1-4, Hobbs et al,)
9. Participant evaluations (5 minutes, Hobbs)

Assessment Questions: Question 1 (include possible answers)

Question 1 (include possible answers)

1. T/F CFT relies strictly on cognitive approaches (F)

Correct Answer 1

False

Question 2 (include possible answers)

The zebra metaphor is about the (a) threat system, (b) drive system, (c) soothing system

Correct Answer 2

A - threat system

Question 3 (include possible answers)

CFT would endorse which of the following phrases? (a) It's never your fault no matter what, (b) You should use the shame you feel to be better, (c) It is not your fault, but it is your responsibility.

Correct Answer 3

(c) It is not your fault, but it is your responsibility

Question 4 (include possible answers)

The purpose of soothing rhythm breathing is to help an individual (a) relax, (b) calm the mind and body, (c) ground an individual in the here-and-now, (d) all of the above

Correct Answer 4

D - all of the above

Question 5 (include possible answers)

Compassionate letter writing helps a person to develop compassion for (a) themselves, (b) others, (c) it is not about developing compassion

Correct Answer 5

A - themselves

Question 6 (include possible answers)

Which of the following is NOT one of the three emotional regulation systems in CFT? (a) threat, (b) happy, (c) soothing,

Correct Answer 6

(b) happy

Question 7 (include possible answers)

Which of the following is NOT one of the three flows of compassion? (a) toward oneself, (b) toward others, (c) toward the collective consciousness of humanity

Correct Answer 7

(c) toward the collective consciousness of humanity

Question 8 (include possible answers)

Which of the following statements best captures the definition of compassion? (a) willingness to help other as long as they are engaged in healthy activities, (b) sensitivity to suffering in ourselves and others with a deep motivation and commitment to prevent and alleviate it, (c) maintaining objective positive feelings toward others as they navigate life's challenges

Correct Answer 8

(b) sensitivity to suffering in ourselves and others with a deep motivation and commitment to prevent and alleviate it

Question 9 (include possible answers)

The safe space meditation best accesses which emotion regulation system? (a) drive, (b) anger, (c) retreat, (d) soothing

Correct Answer 9

(d) soothing

Question 10 (include possible answers)

When engaging multiple parts of self, the compassionate self listens with (a) patience, (b) understanding, (c) a genuine desire to understand other parts of themselves, (d) all of the above

Correct Answer 10

D - All of the above