

## **Skills to Foster Self-Compassion**

### *Overview*

This workshop is designed to help participants deepen their understanding and practice of compassion and self-compassion and learn practical skills to foster self-compassion within themselves and with their clients.

### *Learning Objectives*

- Participants will gain knowledge and understanding of:
- Compassion Focused ACT and applying the fundamentals of Compassionate Flexibility
- Deliberately cultivating compassion and how this can enhance the ACT processes
- Using a compassion focused approach to evidence based techniques such as exposure and response prevention, defusion, and behavioural activation.
- Integrate compassion focused methods into ACT consistent practice
- tools and strategies for working with shame and guilt
- using compassion focused ACT to work with trauma
- how to teach clients to connect with their values and make workable values based decisions