

**Skills to foster Self-Compassion**

***Overview***

This workshop is designed to help practitioners deepen their understanding and practice of compassion-focused ACT therapy and supporting their clients to develop self-compassion skills. The course is grounded in Compassion Focused Therapy, ACT, Relational Frame Theory (RFT) and elements of Functional Analytic Psychotherapy (FAP).

***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.

***Course Design***

 8 weeks – online course with weekly modules culminating in a one day face to face workshop.