



COGNITIVE BEHAVIOURAL PSYCHOTHERAPY IRELAND

A Compassionate Approach to Building Resilience in Therapists

Presented by Dr Mary Welford

Regency Hotel, Swords Road, Drumcondra, Dublin 9

Friday 9th June 2017

9.00am to 5.00pm Registration from 8.30am

About the workshop

As therapists we are really unusual. We choose to spend our time, day in day out, engaging with the emotional suffering of others with the aim of alleviating their distress. This has an impact on us. If we look after our wellbeing, and feel we have skills that will be of assistance, we can feel very privileged to do the job we do. Our wellbeing is good.

Unfortunately busy lives and work pressures often mean that we do not look after ourselves to the extent that we should. In addition, sometimes we feel we just do not have the skills or approach to assist the people we see. Our wellbeing suffers.

This workshop will aim to enhance psychological resilience in delegates by building a compassionate relationship with themselves and addressing shame and self-criticism. Individuals will have direct experience of applying Compassion Focused methods to their own lives and a secondary outcome will be a greater understanding of how they may use it within their teams and with their clients.

During this workshop delegates will:

- Learn what compassion is (and isn't)
- Consider why Compassion is a helpful motivator
- Appreciate the benefits of developing your Compassionate Self
- Understand the experiences and factors that influence us
- Learn how to use this knowledge for the benefit of yourself & others

The Workshop will include:

Interactive teaching
Practical exercises
Group discussions

The workshop will be suitable for:

Individuals interested in developing their own resilience and that of others
Be of interest to those who wish to have a brief introduction to Compassion Focused Therapy .

About the presenter:

Dr Mary Welford, Consultant Clinical Psychologist, has held clinical and research roles within the NHS and now lives and works in the South West of England. She is a founding member of The Compassionate Mind Foundation, held the role of The Charities Chair and more recently leads The Compassion in Education initiative. Mary's roles within BABCP have included Executive Committee Member, Magazine Editor, European Scientific Committee Member and Branch Liaison Officer.

Publications by Mary Welford:

Compassion Focused Therapy for Dummies (2016), John Wiley & Sons, Chichester, Sussex

The Compassionate Mind Approach to Building Confidence Using Compassion Focused Therapy (2012), Constable and Robertson, LTD. London

The Power of Self-Compassion: Using Compassion-Focused Therapy to End Self-Criticism and Build Self-Confidence (2013), New Harbinger Publications



COGNITIVE BEHAVIOURAL PSYCHOTHERAPY IRELAND

Registration Form

Name: _____

CBPI Membership Number (for reduced fee): _____

Workplace: (As you wish it to appear on Conference Badge) _____

Profession: _____

Address: _____

Email: _____

Telephone: _____

Special Requests: If you have any special requests regarding access, diet or any other requirements, please let me know below:

Payment:

Places are only confirmed when payment is received. Prices include lunch and refreshments
Free Parking available for Delegates
A Certificate will be provided for 6 CPD Points
Book Early to Ensure Place as places are limited

Fees:

() €100 ICP Members () €120 Non-Member () €80 CBPI Members/Student
Invoices (Please contact Maria McCarron-see below)

How to Pay:

By Cheque () Enclose Cheque/Bank Draft made payable to **CBPI**
Invoice ()
If you would prefer to pay online please find details below.

Internet Banking:

Name of Bank: Bank of Ireland
Sort Code: 90-54-40
IBAN: IE63BOFI90544066816010
BIC/Swift Code: BOFIE2D
(Please State your name on the Transfer so payment can be tracked)

Please return the completed booking form and fee or a record of how the fee will be paid to:

Maria McCarron, Radharc Na Sliabh, Willville, Carlingford, Co Louth A91 FK88

Email: monaghan.maria@gmail.com, **Mobile:** 00353(89)4468753/**Fax:** 00353(42)9397970

Cancellation Policy: The registration fee will be refunded minus a €15 administration charge