Developing Compassionate Resilience To Help Recovery from Complex PTSD: A workshop to explore therapeutic ways to work with the effects of interpersonal trauma and shame.

Workshop Facilitator

Dr Deborah Lee, Consultant Clinical Psychologist, Berkshire Traumatic Stress Service & South Central Complex Treatment Service for Veterans.

Honorary Senior Lecturer, Department of Clinical Psychology, University College London

Level: Intermediate

Knowledge of CFT and Trauma Focused CBT helpful. This workshop will focus on applying the model of CFT to PTSD and so prior knowledge of both these therapies will aid learning.

Teaching methods: Didactic, video, roleplay

Abstract

This workshop will present a treatment programme to work with Complex PTSD using a compassion focused approach to enhance evidence-based practice.

Those who have been repeatedly traumatised at the hands of others have many challenges to face as they discover how to live a life without trauma and learn how to live in a mind that can flourish. Predominant issues of self-blame, self-loathing, lack of trust, interpersonal difficulties, struggles to regulate threat-based emotions, flashbacks, avoidance and disconnection are prevalent issues to be addressed in therapy. These difficulties are often described as Complex PTSD.

Recent expert consensus (published by the UK Psychological Trauma Society, 2017) recommends Compassion Focused Therapy as part of a phased treatment approach for Complex PTSD and this workshop will explore how to use CFT to develop compassionate resilience as part of this phased based approach. Compassionate resilience can enhance the capacity to self soothe in those who feel deeply shamed about who they are and what they have been through. Being able to access caring compassionate mind states can enhance engagement and provide a safe framework to work directly with trauma narratives and flashbacks.

Compassion focused therapy was developed by Professor Paul Gilbert (2005,2009). The explicit goal is to develop, access and stimulate positive affect associated with self-soothing in the mind and body of the patient in order to promote an inner sense of psychological safeness (Gilbert, 2005).

Learning Objectives

- To learn how to develop compassionate resilience using CFT theory and practice.
- To learn how to develop a compassionate trauma time line and expand with compassionate narrative.
- To learn ways to work directly with shame-based trauma memories using the compassionate soothing system.
Brief Biography

Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and South Central Complex Treatment Service for Veterans. She is also an honorary Senior Lecturer at University College London. She is author of the Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (2013). New Harbinger, New York.

Dr Lee has worked in the field of trauma for 25 years and specialises in the treatment of Complex PTSD. Her particular area of clinical and research interest is in shame-based PTSD and self-criticism. She has pioneered the use of developing compassionate resilience as part of a phased based treatment approach to complex PTSD. She has widely contributed to the dissemination of her clinical knowledge through writing and delivering over 150 clinical workshops and talks in North America and Europe.

Key references: