Compassion Focused Therapy – Focussing on Compassion

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Compassion Is Something that Can Be Learned

- Discovering and encouraging compassion
- CFT exercises

In a world that keeps getting more and more complex, fast moving and competitive, we sometimes lose sight of ourselves. Why wonder that illnesses such as depressions and symptoms like burnout keep spreading? It’s about time to discover and maintain compassion and care for ourselves. This is the focus of Compassion Focused Therapy (CFT) by Paul Gilbert.

In this clearly written, compact introduction into CFT the author provides an overview of the history, theory, research and practice of this therapy approach. She provides helpful examples for case concepts and suggestions in teaching compassion.
within therapeutic relations. This introduction will inspire physicians and therapists to develop new and creative treatment approaches.

The author
Dr med. Mirjam Tanner, Zurich, is a specialist in psychiatry and psychotherapy, running her own psycho-therapeutical practice. She conducts many workshops dealing with compassion.

Target groups
Psychological and medical psychotherapists, psychiatric specialists, students of psychology and medicine, social workers and counsellors.