



# Compassion in Therapy Summit Home Study Course

## CE INFORMATION

**WORKSHOP TITLE:**

The Compassion in Therapy Summit Training Package

**WORKSHOP DATE:**

An Enduring Asynchronous Online LMS

**COURSE CONTENT LEVEL**

Beginning/Introductory

Intermediate

**TARGET AUDIENCE**

Psychologists, Psychoanalysts, Psychiatrists (only partial credit for MDs via APA), Social Workers, MFTs, Counselors, Substance Abuse Counselors

**PRICING:**

\$257 sale price, goes up to \$457 after Feb. 7<sup>th</sup>. Scholarships are available.

**CANCELLATION POLICY**

We offer a 30-Day cancellation policy. Contact: [Community@theawakenetwork.com](mailto:Community@theawakenetwork.com)

**WORKSHOP DESCRIPTION:**

The Compassion in Therapy Summit Training Package is a series of 19 pre-recorded 40 - 80 minute sessions with leading experts in the growing field of compassion based therapies. The training package offers instruction in the theory, scientific evidence base, neurological benefits, and practical strategies to help psychotherapists integrate compassion into their clinical practice at the three levels of: cultivating compassionate presence, cultivating compassion in the therapeutic relationship, and compassionate clinical interventions. In addition, the experts will be offering guided practices to help participants develop an experiential understanding. Mindfulness and self-compassion will also be covered as important foundations to support personal well-being and resilience, to help sustain and deepen compassion, and ultimately to enhance client healing.



## **AGENDA:**

The Compassion in Therapy Training Package is divided into 5 Days as follows:

### Day 1: Bringing Compassion into Therapy

Session 1: Bringing Compassion into Therapy (75min)

Session 2: A Comprehensive Overview of Self-Compassion in Therapy (64min)

Session 3: Holding the Pain and Complexities of Racism with Compassion (77min)

Session 4: The Practical Science of Compassion (68min)

Session 5: The Origins and Future of Compassion in Therapy (50min)

### Day 2: The Compassionate Therapist

Session 1: The Practice of Compassion (45min)

Session 2: The Power of Self-Compassion (60min)

Session 3: Personal Mindfulness Practice: Letting Go of Self-Preoccupation to Deepen Connection with Clients (59min)

Session 4: Compassion-Focused Therapy from the Inside Out (58min)

### Day 3: Compassion in the Therapeutic Relationship

Session 1: The Keys to Compassionate Therapeutic Presence (55min)

Session 2: Compassionate Presence: Deepening the Therapeutic Alliance (51min)

Session 3: Emotional Transformation Through Presence (57min)

Session 4: Decolonizing Therapy and Healing the Soul Wound (62min)

Session 5: Balanced Compassion: Exploring the Relationship Between Self- and Other-Oriented Compassion (34min)

### Day 4: Clinical Applications of Compassion in Therapy

Session 1: Working with Shame and the Inner Critic (46min)

Session 2: Addressing Trauma and Racialized Trauma with Mindful Self-Compassion (52min)

Session 3: Compassion-Focused Therapy for Anxiety (56min)

Session 4: Compassion in Couples Therapy (60min)

### Day 5: Deepening Compassion in Therapy (70min)

## **LEARNING OBJECTIVES:**

Participants will be able to:

1. Explain and articulate the implications of using mindfulness, self-compassion and compassion practices in the therapeutic setting based on current research



2. Apply the mechanisms of change within compassion based therapies to their own practice
3. Improve their own capacity to tolerate discomfort and manage difficult emotions without becoming overwhelmed.
4. Lead clients through helpful breathing exercises, and attend to the challenges that could arise
5. Apply mindfulness and awareness techniques in session in order to deepen compassion
6. Choose appropriate contemplative techniques to self-regulate and remain connected to the client
7. Use self-compassion techniques to increase resilience
8. Explain the current research on the benefits of therapeutic presence on patient outcomes
9. Apply the four levels of therapeutic presence in session
10. Guide clients using the 9 steps of emotion coaching
11. Bring more presence, attunement, resonance, and truth to session in order to facilitate neural integration
12. Explain how adaptive emotions can help alchemically transform harmful emotions within Emotion-Focused Therapy
13. Apply a trauma informed approach to the introduction of mindfulness, self-compassion and compassion based practices to patients
14. Recognize instances in therapeutic treatment where compassion-based interventions are particularly helpful.

#### **PRESENTER INFORMATION:**

##### **Day 1: Brining Compassion into Therapy**

- Tara Brach, PhD – [Psychologist, Author, Meditation Teacher](#)
- Christopher Germer, PhD – [Clinical Psychologist, Lecturer Harvard Medical School, Author, Co-Developer of the Mindful Self-Compassion Program](#)
- Kelly McGonigal, PhD – [Psychologist, Author, Educator, Lecturer Stanford University](#)
- Paul Gilbert, FBPoS, PhD, OBE – [Professor of Clinical Psychology at the University of Derby, Developer of Compassion-Focused Therapy, Founder of Compassionate Mind Foundation](#)
- Shelly Harrell, PhD – [Psychologist, Professor at Pepperdine University](#)

##### **Day 2: The Compassionate Therapist**

- Thupten Jinpa, PhD – [Founder and Chairman of Compassion Institute](#)
- Kristin Neff, PhD – [Researcher, Educator, Co-Developer of the Mindful Self-Compassion Program, Professor at University of Texas at Austin](#)
- Ron Siegel, Psy.D – [Assistant Clinical Professor of Psychology at Harvard Medical School/ Cambridge Health Alliance, Author](#)
- Russell Kolts, PhD – [Licensed Clinical Psychologist, Author, Professor at Eastern Washington University](#)

##### **Day 3: Compassion in the Therapeutic Relationship**



- Dan Siegel, M.D. – [Clinical Professor of Psychiatry UCLA, Executive Director of The Mindsight Institute, Author](#)
- Shari Geller, PhD – [Clinical Psychologist, Author, Teacher](#)
- Jordan Quaglia PhD – [Associate Professor, Director of the Cognitive and Affective Science Laboratory, and Research Director of the Center for the Advancement of Contemplative Education \(CACE\) at Naropa University](#)
- Eduardo Duran, PhD – [Psychologist, Author](#)
- Leslie Greenberg, PhD – [Psychologist, Professor of Psychology at York University in Toronto, Co-Developer of Emotion-Focused Therapy](#)

#### **Day 4: Clinical Applications of Compassion in Therapy**

- Dennis Tirsch, PhD – [Psychologist, Author, Founding Director of the Center for Compassion-Focused Therapy](#)
- Richard Schwartz, PhD – [Founder of Internal Family Systems, Professor Harvard Medical School](#)
- Sydney Spears, PhD, LCSW, LSCSW – [Social Worker, Adaptive Yoga Teacher, Mindfulness Instructor, and Professor University of Kansas](#)
- Michelle Becker, LMFT – [Therapist, Compassion Trainer, Mindful Self-Compassion Teacher](#)

#### **Day 5: Compassion Transforms Suffering**

- Jack Kornfield, PhD – [Clinical Psychologist, Author Buddhist Teacher](#)
- Trudy Goodman, PhD – [Psychologist, Meditation Teacher](#)

#### **Hosts/Interviewers:**

- Ravi Chandra, MD – [Psychiatrist, Author](#)
- Sydney Spears, PhD – [Social Worker, Adaptive Yoga Teacher, Mindfulness Instructor, and Professor University of Kansas](#)
- Susan Pollak, MTS, Ed.D. – [Psychologist, Author, Meditation Teacher](#)
- Cedar Barstow, M.Ed., C.H.T., D.P.I. – [Therapist, Author, Founding Director of the Right Use of Power Institute](#)
- Steven Hickman, PhD – [Clinical Psychologist, Executive Director of Center for Mindful Self-Compassion, Founding Director of UC San Diego Center for Mindfulness, Teacher](#)

#### **RESUMES / CURRICULUM VITAS**

See hyperlinks above

#### **BIBLIOGRAPHY**

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### **CONFLICTS OF INTEREST**

There is no conflict of interest or commercial support for this program

### **HOW TO GET YOUR CERTIFICATE**

Certificates are available after course completion. You will find instructions for how to get your certificate in your membership library.