

# Compassionate Mind Training and Trauma

Trauma Sensitive Mindfulness and Compassion Approaches

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<http://www.seek.salford.ac.uk/profiles/EBeaumont1.jsp>

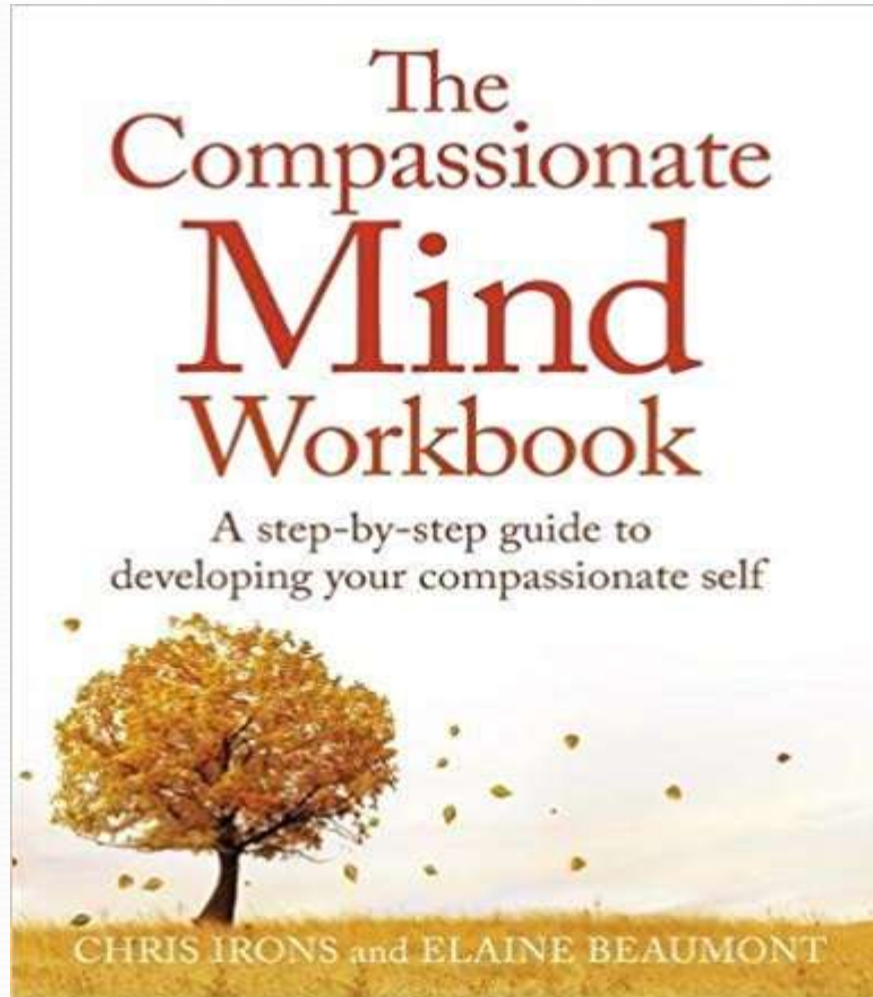


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# Why do we need Compassion? Life is Hard



# The Compassionate Mind Workbook



Elaine Beaumont

# Development of CFT

- Prof Paul Gilbert
- Severe and chronic depression
- Particular client- “I can understand the logic, I just don’t feel it”
- “What would help you *feel* it?”

# Compassion Focused Therapy

- A reported weakness of CBT is that individuals may say that they understand the logic of the approach but report that they do not feel any better (Leahy, 2001; Gilbert, 2010).
- Challenge the ‘internal bully’ – guilt, shame, blame
- Self-compassion the antidote to self-criticism and shame?

# Trauma Therapies

- **Cognitive Behavioural Therapy**
- **Eye Movement Desensitisation and Reprocessing (EMDR)**

If we suffer from a traumatic experience we may not process information which can lead to a disturbing memory.

EMDR helps individual's process information and upsetting memories

# Compassion Focused Therapy

- Self-critical thinking and emotions such as fear and shame play a role in maintaining symptoms.
- Developing strategies that increase inner caring and self-compassion may help individuals suffering with symptoms of primary and secondary trauma (Beaumont & Hollins-Martin 2013; 2015; 2016 Beaumont, Galpin & Jenkins 2012; Beaumont, Durkin, Hollins Martin & Carson, 2015; 2016; 2017 Beaumont, Durkin, McAndrew & Martin, 2017; Beaumont, Rayner, Durkin & Bowling, 2017; Harmen & Lee 2010; Lee, 2012).

# CFT aims/goals

- Self-compassion taps into our internal care-giving system, so that we feel less frightened and alone.
- Self-compassion helps us feel safe and accepted, so that we can mindfully turn toward and accept our painful experience with greater ease.
- Many different parts of us....angry self, anxious self, sad self, critical self, compassionate-self
- By including CFT techniques individuals can be taught not just to challenge thoughts and behaviour but to develop self-soothing techniques, challenge self-criticism and accept themselves in a non-judgemental way (Gilbert, 2010).



# Self-criticism and shame

- Where did your self-critic come from?
- Why did it develop? For example, hostile, critical, rejecting or bullying relationships may mean that we learn to speak to ourselves in the same way
- Trauma – there is plenty of evidence to suggest that individuals that have experienced DV, child abuse or bullying are more likely to have symptoms of shame and self-criticism
- Failure – negative life experiences (loss of job etc) can trigger self-criticism and shame ‘being seen as a loser’
- Media – messages about what we should look like and what we should have may contribute to a sense of feeling inferior/less than

# Story of two wolves/teacher options

- Which wolf will you choose? Page 165
- Which teacher would you choose?



# Affect Regulator Systems

**Drive, excite, vitality**



**Content, safe, connected**



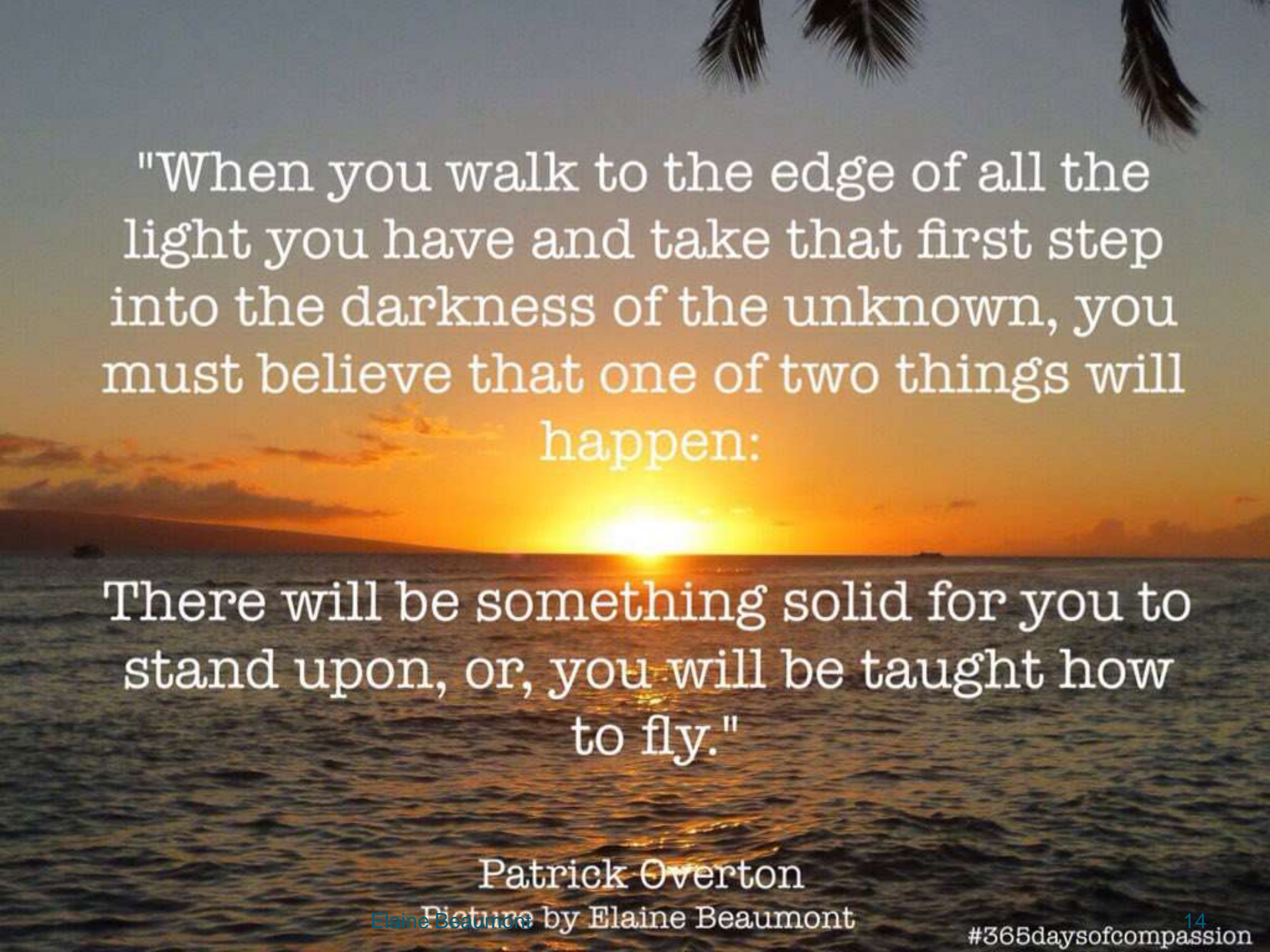
**Anger, anxiety, disgust**

# Three flows of compassion

- Compassion for others
- Compassion from others
- Self-compassion

# How can I cultivate compassion?

- Develop sensitivity, sympathy, acceptance and insight into one's own difficulties through self-reflection
- Self-monitoring/noticing/attention
- Mindfulness
- Soothing Rhythm Breathing
- Compassionate colour imagery, compassionate object compassionate smell
- Safe place
- Using memory and imagery – e.g. memory of being cared for
- Cultivating the drive system – values/gratitude/three good things
- Cultivating the compassionate self – acting techniques, using memory
- 3 core qualities of compassion – wisdom, caring commitment, strength and courage
- Creating an ideal compassionate other – what would it look like, sound like, how would they relate to you, facial expression – how are they showing concern for you, how would you like to relate to them
- Compassionate team
- Compassionate thinking, behaviour, emotion, attention
- Chair work
- Compassionate letter writing

A sunset over the ocean with palm tree fronds at the top. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. The text is overlaid in white, serif font.

"When you walk to the edge of all the light you have and take that first step into the darkness of the unknown, you must believe that one of two things will happen:

There will be something solid for you to stand upon, or, you will be taught how to fly."

Patrick Overton

Picture by Elaine Beaumont

# CFT Training at Salford

- We have a new module – CFT starting in Feb 2019
- Contact Tim Duerden for details:  
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# Contact details

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- “If the only tool you have is a hammer you will treat everything as if it were a nail” (Maslow)