

Compassionate Mind Training

8 WEEK COURSE

WITH DR STAN STEINDL



PSYCHOLOGY
CONSULTANTS

WHAT IS CMT?

Compassionate Mind Training (CMT) is an eight-week, practical skills building course designed to help people cultivate their compassionate mind. The course was developed by Drs Chris Irons and Charlie Heriot-Maitland, drawing on compassion focused therapy, a comprehensive psychotherapy approach developed by Professor Paul Gilbert, and offering psycho-education regarding the human mind, the nature of our suffering, and how to cultivate the evolved human motivations and skills of compassion: to be sensitive to suffering in ourselves and others, and committed to trying to alleviate and prevent it.

CMT is an evidence-based approach, first evaluated by Gilbert and Procter (2006) in their seminal paper Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach, and further developed and tested over the years, most recently evaluated by Irons and Heriot-Maitland (2020) in the paper Compassionate Mind Training: An 8-week group for the general public. CMT has been found to increase participants compassion and self-compassion, self-reassurance, and positive emotions and psychological well-being, as well as reduce self-criticism, shame, depression, anxiety, and psychological distress.



IN THIS COURSE YOU WILL:

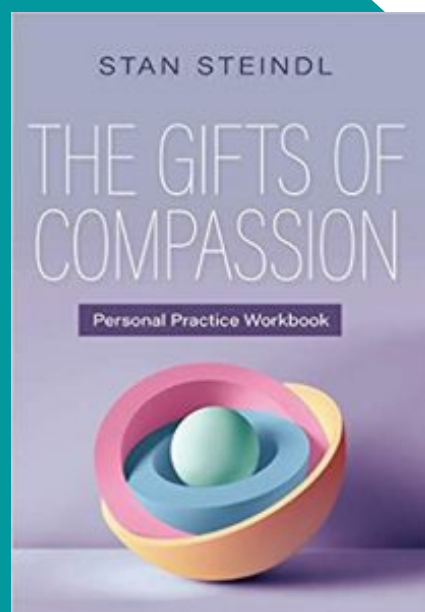
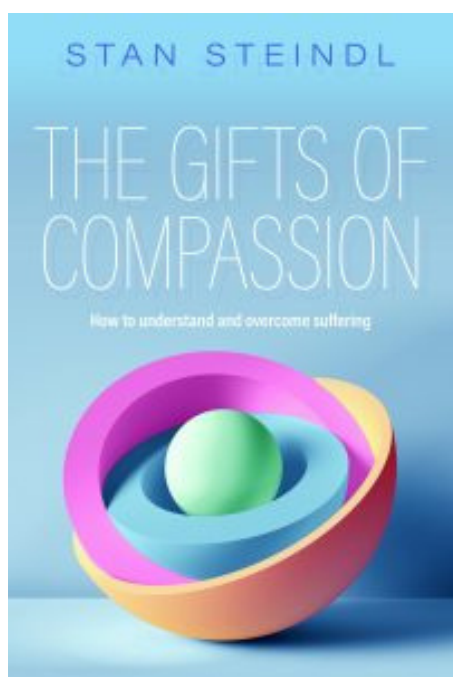
- Learn about the definition of compassion
- Explore the three flows of compassion: for others, from others and for self
- Discover the role of mindfulness in compassion
- Use body-based practices to slow and sooth the mind and body
- Use imagery to cultivate feelings of calmness and safeness
- Develop an image of your ideal compassionate other
- Develop, practice and embody your compassionate self
- Bring your compassionate self to your daily life, acting in helpful ways towards yourself and others, soothing difficult emotions, and finding ways to flourish.

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COURSE DETAILS

- 8 x 2.5 hour group sessions once per week, in person or online.
- Incorporates information sharing, experiential exercises, practical tips, and suggestions for bringing compassion into one's daily life.
- CMT is a closed group—no new participants will be able to join once the course has commenced.
- The venue is Psychology Consultants Morningside—18 Thynne Rd Morningside. Parking is available onsite and in adjacent Ison Street. Online options are also available.
- Course participants will be provided with a printed workbook to bring to each session, as well as audio recordings of exercises and practices. You will also be provided Dr Steindl's book—

The Gifts of Compassion: How to Understand and Overcome Suffering.





HOW TO REGISTER FOR CMT COURSE

For more information,
or to register,
please call
Psychology Consultants
(07) 3356 8255
or email
cmt@psychologyconsultants.
com.au

Price:
CMT Course: \$585.20

*In the event that you miss a group session due to unforeseeable circumstances you will be able to cover the material in a single telephone review session with the facilitator, and will have full access to session materials and recordings. This extra telephone review session will not attract an out-of-pocket fee.

ABOUT THE LEAD FACILITATOR

Dr Stan Steindl is a Clinical Psychologist in private practice and Director at Psychology Consultants Pty Ltd, and an Adjunct Associate Professor at School of Psychology, University of Queensland, Brisbane, Australia. He is co-director of the UQ Compassionate Mind Research Group. He has over 20 years experience as a therapist, supervisor and trainer, and works with clients from a compassion focused therapy perspective.

His PhD examined combat-related posttraumatic stress disorder and comorbid alcohol dependency, and he continues to work in the areas of trauma and addiction, as well as having a general clinical practice. His research interests are in the areas of motivation, compassion and compassion-based interventions, and especially the role of cultivating compassion and self-compassion in the context of trauma, shame, self-criticism and clinical disorders, as well as promoting psychological wellbeing.

He is the author of *The Gifts of Compassion: How to Understand and Overcome Suffering*, as well as the accompanying book *The Gifts of Compassion: Personal Practice Workbook*.



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