

Barbazul Kurt Vonnegut

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this booklet has been written for those who may be working individually with a compassion focused therapist or in a group it can also be used by people who want to know more about the compassion

jan 5 2026 to learn more about compassion focused therapy and the exercises and techniques that can help you be a more compassionate person read on

compassion focused therapy cft was developed to work with issues of shame and self criticism the cft model complements and expands the traditional cognitive behavioral approach to human

think of a person who embodies kind understanding and supportive characteristics imagine this person witnessing the distressing situation you described how would they respond 1 who is this

cft specifically addresses how shame and self criticism undermine emotional well being helping individuals respond to these feelings with compassion rather than judgment

this document provides an overview and outline of a training on compassion focused therapy cft for trauma

sometimes taking the first step can feel a little overwhelming but our range of compassion focused resources therapists and trainings will give you the choice of what feels most helpful

cft is suitable for individuals who wish to work on shame responses and self criticism it can be particularly helpful for difficulties such as anger anxiety and depression what are the aims of cft

what is compassion focused therapy cft compassion focused therapy cft was developed to treat shame self loathing and self attack self criticism cft is transdiagnostic and is useful for

compassion focused therapy cft is a powerful multi dimensional scientifically based approach to managing difficult emotions the authors have brilliantly condensed cft into twelve easily digestible

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