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The effects of Compassionate Mind Training on student psychotherapists

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Table 1. Compassionate Mind Training additions to the Post Graduate Diploma in Cognitive Behavioural Psychotherapy

Session number	Curriculum based on Gilbert's (2009, 2014) model
(1) Psycho-education	<ul style="list-style-type: none"> • Definition of compassion • Student therapists were introduced to the core theoretical elements of Gilbert's (2009; 2014) model • Introduction to the 3 circles model (threat, drive and soothing) • Discussion regarding 'our tricky brain'. E.g., we are all prone to rumination and self-criticism • Introduction to Mindfulness • Soothing Rhythm Breathing
(2) Psycho-education. Developing the compassionate self	<ul style="list-style-type: none"> • Discussion regarding self-care and the symptoms associated with stress/burnout/empathic distress fatigue/compassion fatigue • Safe Place – creating a place in the mind that produces affiliative feelings • Developing the compassionate self - using memory and imagery to cultivate compassion • Exploration regarding the qualities of compassion and introduction to the fears and blocks to compassion
(3) Formulation. Developing the skills of compassion	<ul style="list-style-type: none"> • Exploration of significant life events. How early experiences impact upon how we view ourselves • Timeline exercise – offering compassion to the younger learner • Introduction to the skills of compassion • Compassionate letter to the self, focusing on psychotherapy practice and learning on the programme
(4) Using compassion to engage with self-criticism	<ul style="list-style-type: none"> • Exploration of the functions of self-criticism. Self-correction vs self-persecution and the impact of shame • Creating an internal compassionate CBT coach • Enhancement of compassionate thoughts from the CBT coach in relation to psychotherapy practice and learning on the programme
(5) CFT within the therapeutic arena	<ul style="list-style-type: none"> • Using Compassion Focused Therapy as an adjunct to Cognitive Behavioural Therapy • Research evidence surrounding Compassion Focused Therapy • Self-compassionate language vs self-critical - 'the bully within' • Introduction to the concept of method acting • Self-compassion diary and acts of kindness
(6) Compassion as a flow & engaging with difficulties using a compassionate mind-set	<ul style="list-style-type: none"> • Compassion flows in three ways, from others to us, from us to others and from and to ourselves • Challenges to compassion. Examination of thoughts including "I'm not good enough to do CBT" • Using the compassionate mind to engage with angry-self, sad-self and anxious-self • Meditation of compassionate CBT guide to enhance compassionate thoughts

- Creation of cue cards with compassionate statements on and reading statements using partner, mirror or phone camera
 - Reflecting compassionately on practice. E.g., using a compassionate guide to set homework tasks that aim to increase self-compassion.
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