



Compassion Focused Therapy (CFT)

What is CFT?

Over time, the human brain has evolved to have three types of emotion regulation systems: the drive, threat and soothe system.

- The threat system detects dangers and causes us to respond to keep us safe.
- The drive system motivates us to get things we want or need.
- The soothe system allows us to soothe ourselves and connect with others.

When these three brain areas are all balanced, they work together, and we feel regulated. However, when the systems become unbalanced, the systems can't work as effectively together and we can experience unhelpful changes in the way we feel – both physically and emotionally.

For example, when we feel anxious, the threat system is over-active and the soothe system is under-active.

Who is it for?

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?

CFT aims to regain the balance between the systems and aims to help promote mental and emotional healing by encouraging individuals to be compassionate toward themselves and others.

For more information about
CFT please visit:


<https://www.compassionatemind.co.uk>

What is involved?

CFT explores the key events and influences in our lives that have led us to an imbalance of the three systems. Whilst acknowledging that the struggles we have are not our fault, CFT gives you skills to manage difficult emotions and balance the three brain systems described above.

Exercises might include:

- Body scans
- Compassion-focused imagery
- Mindfulness
- Developing compassionate thinking and behaviours



If you have any queries about CFT or your sessions with Psychology Associates, please get in touch with us:

Telephone: 0300 303 5233

Website: www.psychologyassociates.org.uk

Email: enquiry@psychologyassociates.org.uk