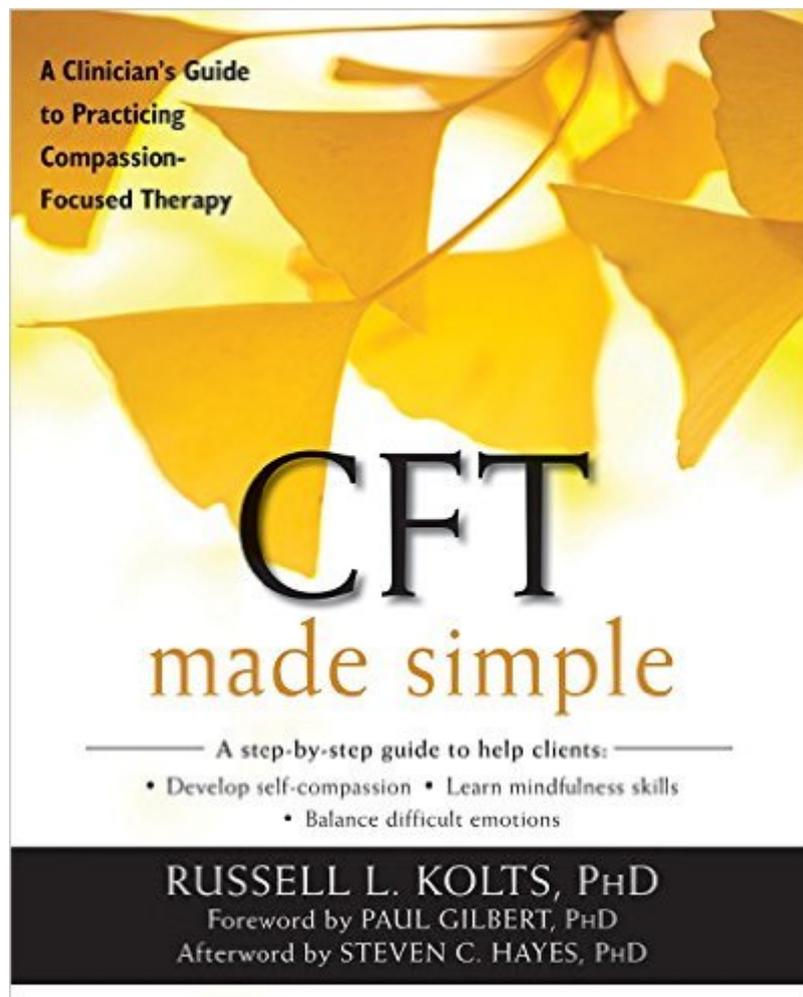


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# CFT Made Simple: A Clinician's Guide To Practicing Compassion-Focused Therapy (The New Harbinger Made Simple Series)



## Synopsis

For the first time ever, CFT Made Simple offers easy-to-apply tools to help clients develop self-compassion, learn mindfulness skills, and balance difficult emotions for greater treatment outcomes. Created by world-renowned psychologist Paul Gilbert, compassion-focused therapy (CFT) is extremely effective in helping clients work through painful feelings of shame and self-criticism. However, the theoretical aspects of this therapy—such as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice, either as a primary therapy modality or as an adjunctive approach to other therapies, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and more. CFT has unique strengths, and is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life's challenges and difficulties. This book articulates the theoretical basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor your CFT approach to specific client populations. As a clinician interested in the benefits of CFT but wary of the dense theoretical principles that lay behind it, you need a user-friendly guide that will let you hit the ground running. CFT Made Simple is that guide.

## Book Information

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## Customer Reviews

The breadth and depth of CFT is captured here with an accessible structure for those interested in finding out more. Russel Kolts has a deep appreciation of the research that informs the theory while providing us with illustrations putting the theory into practice.

This book is probably the most accessible and practical introduction available to Compassion-Focused Therapy. As Paul Gilbert (founder of CFT) says in the foreword of this book, CFT is actually not a "simple" therapy as its theoretical underpinnings integrate a rich variety of ideas and research (including evolutionary psychology, CBT, Jungian psychology, attachment theory and Mahayana Buddhism) and the clinical practice of CFT asks from the therapist a broad set of skills, from empathic micro-skills to guiding visualizations. The prowess of this didactic and entertaining book is that it organizes this potentially daunting CFT theoretical framework and therapeutic skills into what Kolts presents as a set of layered processes and practices. These four layers include: the therapeutic relationship as the context where compassion can be experienced and trained; an evolutionary and contextual understanding of the mind and the brain; the cultivation of mindfulness of one's own motivations, thoughts, emotions, and behavior; and compassionate mind training through a variety of exercises and home practices. As a CFT trained clinician, I have found this way of organizing the practice of CFT very useful for myself and my clients, and I think it will also be very appreciated by future CFT trainees. Additionally, and in a very coherent manner, the author's voice throughout the book is warm, friendly, and clear, weaving together key concepts, relevant research, practical exercises, and clinical vignettes, offering a lively idea not only of what this therapy is about but also how this therapy might "feel" as a therapist or as a client. I highly recommend this book to anyone interested in learning more about compassion and bringing it as a core motivation in their clinical work. Gonzalo Brito, Ph.D. Co-author of *The Mindfulness-Based Emotional Balance Workbook*.

This is a clear and comprehensive account of Compassion Focused Therapy which showcases its power to facilitate behavioural change in individuals suffering deeply painful emotions they have not chosen but must take responsibility for if they are to live the lives that matter to them. Detailed

naturalistic examples drawn from actual therapy were a highlight for me, demonstrating the heartfelt guided discovery that enables clients to feel the safeness, warmth and affiliation needed to face their most painful experiences with courage and action. As a healthcare professional without the grounding in psychotherapy many other readers coming to this work might have, I had been wondering on purchase if aspects might be difficult to grasp. I am glad to say the straightforward and insightful, practical approach to explaining the model has been both easy to grasp and immediately useful both personally and professionally.

This is a highly accessible introduction to compassion-focused therapy -- so clear that even a non-therapist like me can understand it and see how its concepts are applicable to work outside the clinic. At this historical moment, I cannot think of more important work than teaching people to overcome their anger, treat themselves and each other with kindness, and heal relationships and communities. This book is a path forward.

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