Compassion Focused Therapy In Forensic Practice

Presenter: Kerensa Hocken, Ph.D., and Jon Taylor, D.Foren
Date: February 1, 2022
Time: 11:00am – 3:30pm ET

I. 11:00am – 12:30pm
   - Introduction to CFT
   - Human nature and human harmfulness
   - Theoretical foundations
   - Evolutionary aspects

II. 12:30pm – 12:45pm
    - Break

III. 12:45pm – 2:00pm
    - Human development and developmental disruptions
      o Inherited trauma
      o Phenotypic shapers
      o Adult adversity
    - Key aspects of CFT:
      o Getting to know our "selves"
      o Introducing compassion to ourselves and others
      o Compassion as a motivation and not an emotion
      o Fears, blocks, and resistances

IV. 2:00pm – 2:15pm
    - Break
V. 2:15pm – 3:30pm

- Framework for forensic CFT
  - Formulation
  - Understanding our pain
  - Origins of criminogenic needs and capacities
  - Social emotions to guide social interactions
  - Internal shame/self-criticizing
  - Understanding guilt
  - Developing a healthy lifestyle

- CFT outcomes in research