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Compassion Focused Therapy In Forensic Practice

Presenter: Kerensa Hocken, Ph.D., and Jon Taylor, D.Foren

Date: July 14, 2022

Time: 11:00 a.m. – 3:30 p.m. ET

I. 11:00 a.m. – 12:30 p.m.

- Introduction to CFT
- Human nature and human harmfulness
- Theoretical foundations
- Evolutionary aspects

II. 12:30 p.m. – 12:45 p.m.

- Break

III. 12:45 p.m. – 2:00 p.m.

- 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. 2:00 p.m. – 2:15 p.m.

- Break

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V. 2:15 p.m. – 3:30 p.m.

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



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