

## Compassion Focused Therapy In Forensic Practice

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

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**Length:** 4 hours

- 1 hour and 30 minutes**
  - Introduction to CFT
  - Human nature and human harmfulness
  - Theoretical foundations
  - Evolutionary aspects
  
- 1 hour and 15 minutes**
  - Human development and developmental disruptions
    - Inherited trauma
    - Phenotypic shapers
    - Adult adversity
  - Key aspects of CFT:
    - Getting to know our “selves”
    - Introducing compassion to ourselves and others
    - Compassion as a motivation and not an emotion
    - Fears, blocks, and resistances
  
- 1 hour and 15 minutes**
  - 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

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