

Bibliography

- Allan, S., & Gilbert, P. (1995). A social comparison scale: Psychometric properties and relationship to psychopathology. *Personality and Individual Differences*, 19(3), 293–299.
- Allan, S., & Gilbert, P. (1997). Submissive behaviour and psychopathology. *British Journal of Clinical Psychology*, 36(4), 467–488.
- Andrews, B. (1998). *Shame and childhood abuse. In Shame: Interpersonal behavior, psychopathology, and culture* (pp. 176–190). Oxford University Press.
- Arieti, S., & Bemporad, J. R. (1980). The psychological organization of depression. *The American Journal of Psychiatry*.
- Arlo, C. (2019). Integrated Group Psychotherapy Program [IGPP] for Multi-Diagnosed Clients. *International Journal of Group Psychotherapy*, 69(2), 149–171.
- Arntz, A., Mensink, K., Cox, W. R., Verhoef, R. E. J., Emmerik, A. A. P. van, Rameckers, S. A., Badenbach, T., & Grasman, R. P. P. P. (2023). Dropout from psychological treatment for borderline personality disorder: A multilevel survival meta-analysis. *Psychological Medicine*, 53(3), 668–686. <https://doi.org/10.1017/S0033291722003634>
- Ashfield, E., Chan, C., & Lee, D. (n.d.). Building ‘a compassionate armour’: The journey to develop strength and self-compassion in a group treatment for complex post-traumatic stress disorder. *Psychology and Psychotherapy: Theory, Research and Practice*. <https://doi.org/10.1111/papt.12275>
- Baim, C. (2017). Using attachment theory to inform the purposeful adaptation of psychodrama techniques: Implications for clinical practice. *Psicoterapia y Psicodrama*, 5(1). http://revistapsicoterapiaypsicodrama.org/archivos/Anterior05/2_Baim_Clark_EN.pdf
- Barber, J. P., Foltz, C., & Weinryb, R. M. (1998). The Central Relationship Questionnaire: Initial report. *Journal of Counseling Psychology*, 45(2), 131–142. <https://doi.org/10.1037/0022-0167.45.2.131>
- Barnes, B., Ernst, S., & Hyde, K. (1999). *An Introduction to Groupwork: A Group-Analytic Perspective*. London: Macmillan Education UK.
- Barnicot, K., Katsakou, C., Marougka, S., & Priebe, S. (2011). Treatment completion in psychotherapy for borderline personality disorder – a systematic review and meta-

- analysis. *Acta Psychiatrica Scandinavica*, 123(5), 327–338.
<https://doi.org/10.1111/j.1600-0447.2010.01652.x>
- Barnicot, K., Redknap, C., Coath, F., Hommel, J., Couldrey, L., & Crawford, M. (2022). Patient experiences of therapy for borderline personality disorder: Commonalities and differences between dialectical behaviour therapy and mentalization-based therapy and relation to outcomes. *Psychology and Psychotherapy: Theory, Research and Practice*, 95(1), 212–233. <https://doi.org/10.1111/papt.12362>
- Bateman, A., & Fonagy, P. (2006). *Mentalization-based Treatment for Borderline Personality Disorder: A Practical Guide*. OUP Oxford.
- Bateman, A., & Fonagy, P. (2010). Mentalization based treatment for borderline personality disorder. *World Psychiatry*, 9(1), 11.
- Bateman, A. W. (1998). Thick-and thin-skinned organisations and enactment in borderline and narcissistic disorders. *The International Journal of Psycho-Analysis*, 79(1), 13.
- Becker, D. (2000). When she was bad: Borderline personality disorder in a posttraumatic age. *American Journal of Orthopsychiatry*, 70(4), 422–432.
- Bertsch, K., Krauch, M., Stopfer, K., Haeussler, K., Herpertz, S. C., & Gamer, M. (2017, October 12). *Interpersonal Threat Sensitivity in Borderline Personality Disorder: An Eye-Tracking Study (world)* [Research-article].
https://Doi.Org/10.1521/Pedi_2017_31_273; Guilford Publications Inc.
https://doi.org/10.1521/pedi_2017_31_273
- Bilek, E., Itz, M. L., Stößel, G., Ma, R., Berhe, O., Clement, L., Zang, Z., Robnik, L., Plichta, M. M., Neukel, C., Schmahl, C., Kirsch, P., Meyer-Lindenberg, A., & Tost, H. (2019). Deficient Amygdala Habituation to Threatening Stimuli in Borderline Personality Disorder Relates to Adverse Childhood Experiences. *Biological Psychiatry*, 86(12), 930–938. <https://doi.org/10.1016/j.biopsych.2019.06.008>
- Bowlby, J. (1969). Disruption of affectional bonds and its effects on behavior. *Canada's Mental Health Supplement*, 59, 12–12.
- Bowlby, J. (1973). Separation, anxiety and anger. In *Attachment and loss* (Vol. 2, p. 429). Basic Books.

- Bowlby, J. (1980). By ethology out of psycho-analysis: An experiment in interbreeding. *Animal Behaviour*, 28, 649–656. [https://doi.org/10.1016/S0003-3472\(80\)80125-4](https://doi.org/10.1016/S0003-3472(80)80125-4)
- Bowlby, J. (1988). *A secure base: Clinical applications of attachment theory*. London: Routledge.
- Brüne, M. (2016). Borderline Personality Disorder Why ‘fast and furious’? *Evolution, Medicine, and Public Health*, 2016(1), 52–66.
- Buchheim, A., & Diamond, D. (2018). Attachment and Borderline Personality Disorder. *Psychiatric Clinics*, 41(4), 651–668. <https://doi.org/10.1016/j.psc.2018.07.010>
- Byrne, L., Happell, B., & Reid-Searl, K. (2016). Lived experience practitioners and the medical model: World’s colliding? *Journal of Mental Health*, 25(3), 217–223. <https://doi.org/10.3109/09638237.2015.1101428>
- Campling, P. (1995). Managing boundaries in a therapeutic community. *Therapeutic Communities*, 16, 83–95.
- Campling, P. (2001). Therapeutic communities. *Advances in Psychiatric Treatment*, 7(5), 365–372. <https://doi.org/10.1192/apt.7.5.365>
- Capinha, M., Matos, M., Pereira, M., Matos, M., & Rijo, D. (2020). The Early Memories of Warmth and Safeness Scale: Dimensionality and Measurement Invariance. *Journal of Affective Disorders*.
- Capone, G., Schroder, T., Clarke, S., & Braham, L. (2016). Outcomes of therapeutic community treatment for personality disorder. *Therapeutic Communities: The International Journal of Therapeutic Communities*, 37(2), 84–100. <https://doi.org/10.1108/TC-12-2015-0025>
- Carter, C. S. (2014). Oxytocin Pathways and the Evolution of Human Behavior. *Annual Review of Psychology*, 65(1), 17–39. <https://doi.org/10.1146/annurev-psych-010213-115110>
- Carter, C. S., & Porges, S. W. (2013). The biochemistry of love: An oxytocin hypothesis. *EMBO Reports*, 14(1), 12–16. <https://doi.org/10.1038/embor.2012.191>
- Chödrön, P. (2001). *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. Boston, MA: Shambhala Publications.
- Corrigan, F. M., & Hull, A. M. (2015a). Neglect of the complex: Why psychotherapy for post-traumatic clinical presentations is often ineffective. *BJPsych Bulletin*, 39(2), 86–89. <https://doi.org/10.1192/pb.bp.114.046995>

- Corrigan, F. M., & Hull, A. M. (2015b). Recognition of the neurobiological insults imposed by complex trauma and the implications for psychotherapeutic interventions. *BJPsych Bulletin*, 39(2), 79–86. <https://doi.org/10.1192/pb.bp.114.047134>
- Cowan, C. S. M., Callaghan, B. L., Kan, J. M., & Richardson, R. (2016). The lasting impact of early-life adversity on individuals and their descendants: Potential mechanisms and hope for intervention. *Genes, Brain and Behavior*, 15(1), 155–168. <https://doi.org/10.1111/gbb.12263>
- Cozolino, L. J. (2008). *The healthy aging brain: Sustaining attachment, attaining wisdom*. WW Norton & Company.
- Crawford, M. J., Price, K., Rutter, D., Moran, P., Tyrer, P., Bateman, A., Fonagy, P., Gibson, S., & Weaver, T. (2008). Dedicated community-based services for adults with personality disorder: Delphi study. *The British Journal of Psychiatry*, 193(4), 342–343.
- Davies, S., & Campling, P. (2003). Therapeutic community treatment of personality disorder: Service use and mortality over 3 years' follow-up. *The British Journal of Psychiatry*, 182(S44), s24–s27.
- Depue, R. A., & Morrone-Strupinsky, J. V. (2005). A neurobehavioral model of affiliative bonding: Implications for conceptualizing a human trait of affiliation. *Behavioral and Brain Sciences*, 28(3), 313–349.
- Dobson, K. S. (2009). *Handbook of Cognitive-Behavioral Therapies*, Third Edition. Guilford Press.
- D'Souza, L., & Lawrence, D. (2024). Is there adequate evidence to support the use of compassion focused therapy group interventions with forensic mental health service users? *Journal of Forensic Practice*. <https://explore.bps.org.uk/content/bpsfu/1/136/39>
- Durkin, M. A. (2025). Compassion-focused therapy/compassionate mind training theory. In M. A. Durkin (Ed.), *The compass model in criminal and forensic psychology*. Emerald Publishing, LTD.
- Feiring, C., & Taska, L. S. (2005). The persistence of shame following sexual abuse: A longitudinal look at risk and recovery. *Child Maltreatment*, 10(4), 337–349.

- Flores, P. J., & Porges, S. W. (2017). Group Psychotherapy as a Neural Exercise: Bridging Polyvagal Theory and Attachment Theory. *International Journal of Group Psychotherapy*, 67(2), 202–222. <https://doi.org/10.1080/00207284.2016.1263544>
- Fonagy, P., Campbell, C., & Bateman, A. (2017). Mentalizing, attachment, and epistemic trust in group therapy. *International Journal of Group Psychotherapy*, 67(2), 176–201.
- Fonagy, P., Campbell, C., & Luyten, P. (2018). It's all in the eye of the beholder: Personality and personality disorder as interpersonal phenomena. *European Journal of Personality*, 32(5), Article 5.
- Fraley, R. C., Heffernan, M. E., Vicary, A. M., & Brumbaugh, C. C. (2011). The experiences in close relationships—Relationship Structures Questionnaire: A method for assessing attachment orientations across relationships. *Psychological Assessment*, 23(3), 615–625. <https://doi.org/10.1037/a0022898>
- Gallop, R. (2002). Failure of the capacity for self-soothing in women who have a history of abuse and self-harm. *Journal of the American Psychiatric Nurses Association*, 8(1), 20–26.
- Gilbert, P. (2009). Introducing compassion-focused therapy. *Advances in Psychiatric Treatment*, 15(3), 199–208. <https://doi.org/10.1192/apt.bp.107.005264>
- Gilbert, P. (2010). An introduction to compassion focused therapy in cognitive behavior therapy. *International Journal of Cognitive Therapy*, 3(2), 97–112.
- Gilbert, P. (2011). Shame in psychotherapy and the role of compassion focused therapy. In R. L. Dearing & J. P. Tangney (Eds.), *Shame in the therapy hour* (pp. 325–354). American Psychological Association. <https://doi.org/10.1037/12326-014>
- Gilbert, P. (2014). The origins and nature of compassion focused therapy. *British Journal of Clinical Psychology*, 53(1), 6–41. <https://doi.org/10.1111/bjc.12043>
- Gilbert, P. (2017). Compassion: Definitions and controversies. In *Compassion: Concepts, research and applications* (pp. 3–15). Routledge/Taylor & Francis Group. <https://doi.org/10.4324/9781315564296-1>
- Gilbert, P. (2019). Psychotherapy for the 21st century: An integrative, evolutionary, contextual, biopsychosocial approach. *Psychology and Psychotherapy: Theory, Research and Practice*, 92(2), 164–189. <https://doi.org/10.1111/papt.12226>

- Gilbert, P. (2020). Compassion: From Its Evolution to a Psychotherapy. *Frontiers in Psychology*, 11. <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.586161>
- Gilbert, P., & Bailey, K. G. (2014). *Genes on the Couch: Explorations in Evolutionary Psychotherapy*. Routledge.
- Gilbert, P., Clarke, M., Hempel, S., Miles, J. N., & Irons, C. (2004). Criticizing and reassuring oneself: An exploration of forms, styles and reasons in female students. *British Journal of Clinical Psychology*, 43(1), 31–50.
- Gilbert, P., & Irons, C. (2004). A pilot exploration of the use of compassionate images in a group of self-critical people. *Memory*, 12(4), 507–516.
<https://doi.org/10.1080/09658210444000115>
- Gilbert, P., & Procter, S. (2006). Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach. *Clinical Psychology & Psychotherapy*, 13(6), 353–379. <https://doi.org/10.1002/cpp.507>
- Gilbert, P., & Simos, G. (2022a). *Compassion Focused Therapy: Clinical Practice and Applications*. Routledge.
- Gilbert, P., & Simos, G. (2022b). The evolved functions of caring connections as a basis for compassion. In P. Gilbert & G. Simos (Eds.), *Compassion Focused Therapy: Clinical practice and applications*. Routledge. <https://doi.org/10.4324/9781003035879>
- Gold, A. L., Sheridan, M. A., Peverill, M., Busso, D. S., Lambert, H. K., Alves, S., Pine, D. S., & McLaughlin, K. A. (2016). Childhood abuse and reduced cortical thickness in brain regions involved in emotional processing. *Journal of Child Psychology and Psychiatry*, 57(10), 1154–1164. <https://doi.org/10.1111/jcpp.12630>
- Goss, K., Gilbert, P., & Allan, S. (1994). An exploration of shame measures—I: The other as Shamer scale. *Personality and Individual Differences*, 17(5), 713–717.
[https://doi.org/10.1016/0191-8869\(94\)90149-X](https://doi.org/10.1016/0191-8869(94)90149-X)
- Haigh, R. (2002). Therapeutic community research: Past, present and future. *Psychiatric Bulletin*, 26(2), 65–68.
- Haigh, R. (2013). The quintessence of a therapeutic environment. *Therapeutic Communities: The International Journal of Therapeutic Communities*, 34(1), 6–15.
<https://doi.org/10.1108/09641861311330464>

- Haigh, R., & Pearce, S. (2017). *The theory and practice of democratic therapeutic community treatment*. Jessica Kingsley Publishers.
- Herman, J. L. (1992). Complex PTSD: A syndrome in survivors of prolonged and repeated trauma. *Journal of Traumatic Stress*, 5(3), 377–391.
- Herman, J. L. (2002). Peace on earth begins at home: Reflections from the women's liberation movement. In M. Minow (Ed.), *Breaking the Cycles of Hatred: Memory, Law, and Repair* (pp. 188–199). Princeton University Press.
- Hermanto, N., & Zuroff, D. C. (2016). The social mentality theory of self-compassion and self-reassurance: The interactive effect of care-seeking and caregiving. *The Journal of Social Psychology*, 156(5), 523–535. <https://doi.org/10.1080/00224545.2015.1135779>
- Herpertz, S. C., & Bertsch, K. (2015). A New Perspective on the Pathophysiology of Borderline Personality Disorder: A Model of the Role of Oxytocin. *American Journal of Psychiatry*, 172(9), 840–851. <https://doi.org/10.1176/appi.ajp.2015.15020216>
- Hobson, R. F. (2013). *Forms of feeling: The heart of psychotherapy*. Routledge.
- Holmes, J. (2001). *The search for the secure base: Attachment theory and psychotherapy*. Psychology Press.
- Holmes, J., & Slade, A. (2017). *Attachment in Therapeutic Practice*. SAGE.
- Holmes, P., Farrall, M., & Kirk, K. (2014). *Empowering Therapeutic Practice: Integrating Psychodrama into other Therapies*. Jessica Kingsley Publishers.
- Horowitz, M., Wilner, N., & Alvarez, W. (1979). *Impact of Event Scale: A measure of subjective stress*. *Psychosomatic Medicine*, 41(3), 209–218.
- Hummelen, B., Wilberg, T., & Karterud, S. (2007). Interviews of Female Patients with Borderline Personality Disorder Who Dropped out of Group Psychotherapy. *International Journal of Group Psychotherapy*, 57(1), 67–92. <https://doi.org/10.1521/ijgp.2007.57.1.67>
- Irons, C., & Lad, S. (2017). Using compassion focused therapy to work with shame and self-criticism in complex trauma. *Australian Clinical Psychologist*, 3(1), 1743.
- Jacobson, N. S., & Truax, P. (1992). Clinical significance: A statistical approach to defining meaningful change in psychotherapy research. In *Methodological issues & strategies in*

- clinical research* (pp. 631–648). American Psychological Association.
<https://doi.org/10.1037/10109-042>
- Jung, C. G. (1938). Psychology and religion. In C. G. Jung (Ed.), *The Collected Works of C. G. Jung* (Vol. 11, *Psychology and Religion: West and East*, pp. 1–184). Princeton University Press.
- Karan, E., Niesten, I. J. M., Frankenburg, F. R., Fitzmaurice, G. M., & Zanarini, M. C. (2014). The 16-year course of shame and its risk factors in patients with borderline personality disorder. *Personality and Mental Health*, 8(3), 169–177.
<https://doi.org/10.1002/pmh.1258>
- Kelly, A. C., & Dupasquier, J. (2016). Social safeness mediates the relationship between recalled parental warmth and the capacity for self-compassion and receiving compassion. *Personality and Individual Differences*, 89, 157–161.
- King-Casas, B., Sharp, C., Lomax-Bream, L., Lohrenz, T., Fonagy, P., & Montague, P. R. (2008). The Rupture and Repair of Cooperation in Borderline Personality Disorder. *Science*, 321(5890), 806–810. <https://doi.org/10.1126/science.1156902>
- Lawrence, C. (2015). The Caring Observer: Creating Self-Compassion through Psychodrama. *The Journal of Psychodrama, Sociometry, and Group Psychotherapy*, 63(1), 65–72.
<https://doi.org/10.12926/0731-1273-63.1.65>
- Lawrence, V. A., & Lee, D. (2014). An Exploration of People’s Experiences of Compassion-focused Therapy for Trauma, Using Interpretative Phenomenological Analysis. *Clinical Psychology & Psychotherapy*, 21(6), 495–507. <https://doi.org/10.1002/cpp.1854>
- Lee, D., & James, S. (2012). *The Compassionate Mind Approach to Recovering from Trauma: Using Compassion Focused Therapy*. Hachette UK.
- Leiderman, L. M. (2020). Psychodynamic group therapy with hispanic migrants: Interpersonal, relational constructs in treating complex trauma, dissociation, and enactments. *International Journal of Group Psychotherapy*, 70(2), 162–182.
- Lewis, G., & Appleby, L. (1988). Personality disorder: The patients psychiatrists dislike. *The British Journal of Psychiatry*, 153(1), 44–49. DOI: <https://doi.org/10.1192/bjp.153.1.44>
- Linehan, M. (2014). *DBT? Skills training manual*. Guilford Publications.

- Liotti, G. (2004). Trauma, dissociation, and disorganized attachment: Three strands of a single braid. *Psychotherapy: Theory, Research, Practice, Training*, 41, 472–486.
<https://doi.org/10.1037/0033-3204.41.4.472>
- Liotti, G. (2011). Attachment disorganization and the controlling strategies: An illustration of the contributions of attachment theory to developmental psychopathology and to psychotherapy integration. *Journal of Psychotherapy Integration*, 21, 232–252.
<https://doi.org/10.1037/a0025422>
- Liotti, G. (2017). Conflicts between motivational systems related to attachment trauma: Key to understanding the intra-family relationship between abused children and their abusers. *Journal of Trauma & Dissociation*, 18(3), 304–318.
<https://doi.org/10.1080/15299732.2017.1295392>
- Liotti, G., & Gilbert, P. (2011). Mentalizing, motivation, and social mentalities: Theoretical considerations and implications for psychotherapy. *Psychology and Psychotherapy: Theory, Research and Practice*, 84(1), 9–25.
- Lippard, E. T. C., & Nemeroff, C. B. (2020). The Devastating Clinical Consequences of Child Abuse and Neglect: Increased Disease Vulnerability and Poor Treatment Response in Mood Disorders. *American Journal of Psychiatry*, 177(1), 20–36.
<https://doi.org/10.1176/appi.ajp.2019.19010020>
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343.
- Lucre, K. (2022). Compassion Focused Group Psychotherapy for people who could attract a diagnosis of personality disorder. In *Compassion Focused Therapy: Clinical practice and applications*. Routledge/Taylor & Francis Group.
- Lucre, K., & Clapton, N. (2020). The Compassionate Kitbag: A creative and integrative approach to compassion-focused therapy. *Psychology and Psychotherapy: Theory, Research and Practice*, e12291.
- Lucre, K. M., & Corten, N. (2013). An exploration of group compassion-focused therapy for personality disorder. *Psychology and Psychotherapy: Theory, Research and Practice*, 86(4), 387–400.

- Lucre, K., & Taylor, J. (2020). *Compati | To Suffer with: Compassion Focused Staff Support as an Antidote to the Cost of Caring in Forensic Services*. In *Sexual Crime and Trauma* (pp. 143–174). Springer.
- Luyten, P., Campbell, C., Allison, E., & Fonagy, P. (2020). The Mentalizing Approach to Psychopathology: State of the Art and Future Directions. *Annual Review of Clinical Psychology*, 16(1), 297–325. <https://doi.org/10.1146/annurev-clinpsy-071919-015355>
- Lyddon, W. J., & Sherry, A. (2001). Developmental personality styles: An attachment theory conceptualization of personality disorders. *Journal of Counseling & Development*, 79(4), 405–414.
- Main, M. (1995). Discourse, prediction, and recent studies in attachment: Implications for psychoanalysis. In *Research in psychoanalysis: Process, development, outcome* (pp. 209–244). International Universities Press, Inc.
- Matos, M., Duarte, C., Duarte, J., Pinto-Gouveia, J., Petrocchi, N., & Gilbert, P. (2022). Cultivating the Compassionate Self: An Exploration of the Mechanisms of Change in Compassionate Mind Training. *Mindfulness*, 13(1), 66–79. <https://doi.org/10.1007/s12671-021-01717-2>
- Matos, M., & Pinto-Gouveia, J. (2010). Shame as a traumatic memory. *Clinical Psychology & Psychotherapy*, 17(4), 299–312. <https://doi.org/10.1002/cpp.659>
- McGrath, B., & Dowling, M. (2012). Exploring Registered Psychiatric Nurses' Responses towards Service Users with a Diagnosis of Borderline Personality Disorder. *Nursing Research and Practice*, 2012, e601918. <https://doi.org/10.1155/2012/601918>
- McMurran, M. (2012). Readiness to Engage in Treatments for Personality Disorder. *International Journal of Forensic Mental Health*, 11(4), 289–298. <https://doi.org/10.1080/14999013.2012.746754>
- McMurran, M., & Ward, T. (2010). Treatment readiness, treatment engagement and behaviour change. *Criminal Behaviour and Mental Health*, 20(2), 75–85.
- Mikulincer, M., & Shaver, P. R. (2007a). *Attachment in Adulthood: Structure, Dynamics, and Change*. Guilford Press.
- Mikulincer, M., & Shaver, P. R. (2007b). Boosting attachment security to promote mental health, prosocial values, and inter-group tolerance. *Psychological Inquiry*, 18(3), 139–156.

- Molina, J. D., López-Muñoz, F., Stein, D. J., Martín-Vázquez, M. J., Alamo, C., Lerma-Carrillo, I., Andrade-Rosa, C., Sánchez-López, M. V., & de la Calle-Real, M. (2009). Borderline personality disorder: A review and reformulation from evolutionary theory. *Medical Hypotheses*, 73(3), 382–386.
- Mundt, J. C., Marks, I. M., Shear, M. K., & Greist, J. M. (2002). The Work and Social Adjustment Scale: A simple measure of impairment in functioning. *British Journal of Psychiatry*, 180(5), 461–464. <https://doi.org/10.1192/bjp.180.5.461>
- Music, G. (2018). *Nurturing Children: From Trauma to Growth Using Attachment Theory, Psychoanalysis and Neurobiology*. Routledge.
- Naismith, I., Guerrero, S. Z., & Feigenbaum, J. (2019). Abuse, invalidation, and lack of early warmth show distinct relationships with self-criticism, self-compassion, and fear of self-compassion in personality disorder. *Clinical Psychology & Psychotherapy*, 26(3), 350–361. <https://doi.org/10.1002/cpp.2357>
- Nitsun, M. (2015). *The Anti-Group: Destructive Forces in the Group and Their Creative Potential (2nd ed.)*. Routledge.
- Pinto-Gouveia, J., & Matos, M. (2011). Can shame memories become a key to identity? The centrality of shame memories predicts psychopathology. *Applied Cognitive Psychology*, 25(2), 281–290. <https://doi.org/10.1002/acp.1689>
- Popolo, R., MacBeth, A., Brunello, S., Canfora, F., Ozdemir, E., Rebecchi, D., Toselli, C., Venturelli, G., Salvatore, G., & Dimaggio, G. (2018). Metacognitive interpersonal therapy in group: A feasibility study. *Research in Psychotherapy : Psychopathology, Process, and Outcome*, 21(3), 338. <https://doi.org/10.4081/ripppo.2018.338>
- Porges, S. W., & Dana, D. (2018). *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies (Norton Series on Interpersonal Neurobiology)*. W. W. Norton & Company.
- Rachwal, F., & Gredecki, N. (2024). A Phenomenological Investigation into the Use of Therapist Self-disclosure in Compassion-Focused Therapy With Forensic Clients. *International journal of offender therapy and comparative criminology*, 306624X241227409. Advance online publication. <https://doi.org/10.1177/0306624X241227409>

- Ride, J., & Jacobs, R. (2018). Clinical engagement with HoNOS. Report for NHS England, UK.
<https://www.transformationpartnersinhealthandcare.nhs.uk/wp-content/uploads/2017/11/Clinical-engagement-with-HoNOS-REPORT-JUL-2018-FINAL.pdf>
- Rybak, C. J., & Brown, B. (1996). Assessment of Internalized Shame. *Alcoholism Treatment Quarterly*, 14(1), 71–83. https://doi.org/10.1300/J020V14N01_07
- Sheridan, M. A., & McLaughlin, K. A. (2020). Chapter 13—Neurodevelopmental mechanisms linking ACEs with psychopathology. In G. J. G. Asmundson & T. O. Afifi (Eds.), *Adverse Childhood Experiences* (pp. 265–285). Academic Press.
<https://doi.org/10.1016/B978-0-12-816065-7.00013-6>
- Silva, C., Ferreira, C., Mendes, A. L., & Marta-Simões, J. (2019). The relation of early positive emotional memories to women’s social safeness: The role of shame and fear of receiving compassion. *Women & Health*, 59(4), 420–432.
- Sloman, L., & Taylor, P. (2016). Impact of Child Maltreatment on Attachment and Social Rank Systems: Introducing an Integrated Theory. *Trauma, Violence, & Abuse*, 17(2), 172–185.
<https://doi.org/10.1177/1524838015584354>
- Stalker, K., Ferguson, I., & Barclay, A. (2005). ‘It is a horrible term for someone’: Service user and provider perspectives on ‘personality disorder’. *Disability & Society*, 20(4), 359–373.
<https://doi.org/10.1080/09687590500086443>
- Stone, L. B., Amole, M. C., Cyranowski, J. M., & Swartz, H. A. (2018). History of childhood emotional abuse predicts lower resting-state high-frequency heart rate variability in depressed women. *Psychiatry Research*, 269, 681–687.
<https://doi.org/10.1016/j.psychres.2018.08.106>
- Taylor, J. (2021). Compassion in custody: developing a trauma sensitive intervention for men with developmental disabilities who have convictions for sexual offending. *Advances in Mental Health and Intellectual Disabilities*. DOI: 10.1108/AMHID-01-2021-0004
- Taylor, K. & Hocken, J. (2021). Hurt people hurt people: reconceptualising criminogenic need to promote trauma sensitive and compassion focused practice. *Journal of Forensic Practice*.
- Tomasulo, D. J. (1998). *Action methods in group psychotherapy*. Ann Arbor, MI: Braun-Brumfield.

- Veale, D., Gilbert, P., Wheatley, J., & Naismith, I. (2015). A new therapeutic community: Development of a compassion-focussed and contextual behavioural environment. *Clinical Psychology & Psychotherapy*, 22(4), 285–303.
- Waite, H. (2023). *Care and compassion: An exploration of care experiences and compassion-focused approaches in forensic and inpatient mental health services* (Doctoral dissertation, Bangor University). Bangor University.
<https://research.bangor.ac.uk/en/studentTheses/care-and-compassion-an-exploration-of-care-experiences-and-compas>
- Webb, D., & McMurran, M. (2009). A comparison of women who continue and discontinue treatment for borderline personality disorder. *Personality and Mental Health*, 3(2), 142–149. <https://doi.org/10.1002/pmh.69>
- Wing, J. K., Beevor, A. S., Curtis, R. H., Park, S. G. B., Hadden, J., & Burns, A. (1998). Health of the Nation Outcome Scales (HoNOS): Research and development. *The British Journal of Psychiatry*, 172(1), 11–18. <https://doi.org/10.1192/bjp.172.1.11>
- Włodarczyk, A., Zumeta, L., Pizarro, J. J., Bouchat, P., Hatibovic, F., Basabe, N., & Rimé, B. (2020). Perceived Emotional Synchrony in Collective Gatherings: Validation of a Short Scale and Proposition of an Integrative Measure. *Frontiers in Psychology*, 11.
<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01721>
- Yalom, I. D. (n.d.). With Leszcz, M. (2005) *The Theory and Practice of Group Psychotherapy*. New York: Basic Books.
- Yalom, I. D. (1991). *The theory and practice of group psychotherapy*. Basic Books (AZ).
- Young, J. E., Klosko, J. S., & Weishaar, M. E. (2006). *Schema Therapy: A Practitioner's Guide*. Guilford Press.
- Zinkin, L. (1994). *The Psyche and the Social World: Development of a Group Analytic Theory*. New York: Routledge.