



The Association
for Child and Adolescent
Mental Health



Why wait till Adulthood?

Using the power of Compassion Focused Therapy
with Children, Young People and Families

2 May 2019 / 09.00 – 16.00 / Bristol

St Werburghs Community Centre, Horley Rd, St Werburghs, Bristol, BS2 9TJ

The ACAMH Avon Branch invites you to join us for our workshop on compassion-focused therapy with Mary Welford, Consultant Clinical Psychologist.

Places on this workshop are strictly limited to 30 delegates to allow maximum interactivity and discussion throughout the day which will help you:

- Understand the theory and application of compassion focused therapy
- Consider the rationale for CFT with children young people and families
- Learn creative ways to adapt CFT for work with children young people and families

Workshop
**ONLY 30
PLACES**

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www.acamh.org

About Compassion Focused Therapy

Compassion focussed therapy was developed as a means of addressing psychological difficulties underpinned by shame and self-criticism. The model draws on social, neurophysiological and evolutionary theory to seek to understand emotional regulation and our basic social motivational systems. It postulates the benefit of mindfully tuning into and developing compassion, activating our 'affiliative/soothing system' and balancing our affect regulating systems, particularly in response to threat.

In recent years there has been a growing evidence base for the approach. It has been adapted and tailored for those experiencing trauma, eating related difficulties, psychosis, physical health conditions and work-related stress. It is also used in schools, with children, young people and families and a range of residential settings.

About the Speaker

Mary Welford

Mary Welford is a founding member of the Compassionate Mind Foundation, and she has been involved in the British Association for Behavioural and Cognitive Psychotherapies (BABCP) for several years. Working alongside Paul Gilbert, she helped to develop compassion-focused therapy (CFT).

Timings

Registration 09.00, workshop starts 09.30, finishes 16.00 (with one hour for lunch).



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TO BOOK YOUR PLACE, PLEASE COMPLETE AND RETURN THIS FORM TO:

REF: 837

ACAMH Conferences
St Saviour's House
39-41 Union Street
London SE1 1SD, UK

T +44 (0)20 7403 7458
F +44 (0)20 7403 7081
events@acamh.org

Fees include conference materials, lunch and refreshments. Please note that ACAMH may record at this event.

To read more about this and future events visit www.acamh.org/events

Booking form

PERSON ATTENDING

Title
Job title
Name
Dietary requirements
Organisation

PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

Title
Job title
Name
Organisation
Contact Number

CONTACT DETAILS OF PERSON ATTENDING

Address type	WORK	HOME
Address		
Postcode		
Email		
Telephone		

PAYMENT

£100 PLATINUM MEMBER	£116 GOLD MEMBER	£132 SILVER/BRONZE MEMBER	£52.50 PUBLICATIONS/DIGITAL MEMBER
			£148 NON-MEMBER
Cheque I enclose a cheque made payable to ACAMH	Invoice payment Invoice can only be issued on receipt of an official purchase order, clearly indicating purchase order number and paying body. Invoice requests without relevant documentation will be returned.		
Card Payment	VISA	MASTERCARD	EUROCARD MAESTRO ELECTRON AMEX
If you prefer, for security purposes, not to fill in your card details, and post or email, then we can contact you by phone for these.			
Name on card	Card number		CCV (last three digits on back of card or four on front for AMEX)
Expiry date	Issue No (if Maestro)		
Billing address			
Cardholder's signature	Date		

Closing date: 30 April 2019

Confirmation will be emailed to all delegates, if you have not received confirmation at least one week before the event please contact the office on 020 7403 7458. Please do not turn up on the day without having received confirmation by email.

Cancellation policy: cancellations received 6 weeks in advance of the event will be refunded in full less a £10 administration charge; cancellations received after this date will receive no refund.

Data Protection: By signing this application you are entering into a contract with ACAMH to attend the above event. ACAMH will use the information provided to communicate details with you about the event. As part of the contract the email address provided will be added to our weekly newsletter, with details about CYP mental health topics, you can unsubscribe from this at any time.