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
V. 2:15 p.m. – 3:30 p.m.

- 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