

Compassion in Psychosis Workshop & Conference

Registrations Now Open!

22-24th MARCH 2018



with

**Dr Eleanor Longden &
Dr Charlie Heriot-Maitland**

Early Bird Fees

Click on each heading below to book tickets at early bird fees!

WORKSHOP

ISPS Members	\$380
ISPS Non-members	\$510

CONFERENCE

ISPS Members	\$220
ISPS Non-members	\$280
Concession	\$150

REGISTER FOR BOTH EVENTS AND SAVE!

ISPS Members	\$550
ISPS Non-members	\$690

2 Day Workshop and 1 Day Conference

**Click here to
register!**

**Brisbane
Queensland, Australia**

Venue CFT for Psychosis
Workshop

Auditorium
UQ Centre for Clinical Research
Faculty of Medicine
Level 2, Building 71/918,
Royal Brisbane and Women's
Hospital, Herston QLD 4029

Venue for Conference

Conference & Education Centre
Royal Brisbane and Women's
Hospital, Herston QLD 4029

ISPS AUSTRALIA

PO Box 6060
Fairfield Gardens Qld 4103

www.isps.org.au

admin@isps.org.au

Compassion Focused Therapy for Psychosis Workshop

Objectives

Workshop participants will be introduced to the CFT model of compassion and how to apply this model in interventions for clients with psychosis-related difficulties.

Participants will learn how to help their clients establish a bodily experience of safeness through, e.g.:

- i) practice of soothing rhythm breathing, which activates the parasympathetic system;*
- ii) learning to recognise what postures and activities ground and centre the person; and*
- iii) using mindfulness and imagery exercises.*

Participants will learn how to help their clients develop a 'compassionate self', which is a part of them with the qualities required to explore and engage with their fears and dissociated parts; essentially, a self-identity that organises the mind and provides a secure base (or grounding) from which to do the therapeutic work. Participants will learn how to help their clients use these compassionate qualities and skills to manage internal conflicts and to initiate supportive internal dialogue between different emotional parts. This is achieved through techniques such as voice dialoguing, imagery, chair work, and letter writing.

Key Resource

'Compassion for Voices': a 5 minute film which outlines a compassion-focused approach for relating to voices.

Click [here](#) to view.



**CFT for
Psychosis
22-23rd March
2018
2 Day CPD
Workshop**

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Compassion in Psychosis - Conference

Keynote Speakers



Dr Eleanor Longden

Eleanor is a research psychologist with lived experience of psychosis who has lectured internationally on recovery-orientated approaches to complex mental health problems. Her TED talk, "The Voices in My Head" has been seen by over 4 million viewers. Eleanor has published numerous book chapters and research papers and has a special interest in examining the links between psychosis, trauma and dissociation. She works at the Psychosis Research Unit (PRU) in Manchester, and coordinates the research committee of Intervoice.



Dr Charlie Heriot-Maitland

Charlie is a clinical psychologist, researcher and trainer at King's College London. He is researching the social context of anomalous experiences and the application of CFT for people experiencing distress in relation to psychosis. He provides psychological therapies in NHS psychosis services, and in private practice, and runs compassion training workshops.

Compassion in Psychosis:

1 Day Conference

The conference includes presentations from a range of different sectors within mental health on this theme and several 90 min workshops including Open Dialogue, mindful approaches to voices, and creative narrative approaches to understanding and working with psychosis.

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register!**

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Featured Speakers



Matt Ball (Mental Health Nurse of the Year 2017)

Matt is a credentialed mental health nurse, Buddhist counselor and psychotherapist who works in private practice, the public health system and as a trainer for Blue Knot Foundation teaching trauma informed practice. Since 2013, Matt has led clinical practice and education in introducing and embedding hearing voices approaches and alternative approaches to the biomedical dominant discourse in the public mental health system in South Australia.



Debra Lampshire

Debra is a trainer, educator, advocate and experience-based expert on mental health. She is a professional teaching fellow with The University of Auckland and also a Project Manager for Auckland District Health Board. Debra has transferred her 30 years of the lived experience of recovery, voice hearing and the shared experiences of the consumers she has worked with, into a wealth of knowledge that is collaborative, interactive and empowering. Debra is also a well known trainer, educator, writer and advocate within national and international mental health services. She has a TED talk and is the recipient of the Making a Difference Award and the Supreme Award Winner of the 2017 ACC Attitude Awards.

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