Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) a process of developing compassion for the self and others to increase well-being and aid recovery varies from other forms of Cognitive Behaviour Therapy. Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts Theory and Compassion Practice this concise book provides a clear guide to the distinctive characteristics of CFT. Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

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The Chronicles of Sherlock Holmes, Paul Gilbert, Jan 1, 2011, Fiction, 224 pages. Having delved into his famous metal box, Dr John Watson now turns his attention to those unchronicled cases that were previously only alluded to. Namely: The Baron Maupertius.

Peoples, Cultures and Nations in Political Philosophy, Paul Gilbert, 2000, Group identity, 223 pages. This text introduces readers to the materials required to address: concepts of race and ethnicity, cultural identity and nationality; political theories, including liberalism.

Treating Psychosis A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches Within the Cognitive Behavioral Therapy Tradition, Andrew M. Jacobs, Owen P. Kelly, Douglas Turkington, David Davies, Jennifer Hopton, Nicola P. Wright, Jul 1, 2014, HEALTH & FITNESS, 224 pages. Treating Psychosis is an evidence-based treatment manual for mental health professionals working with individuals who experience psychosis, a serious form of mental illness.

Body Shame Conceptualisation, Research, and Treatment, Paul Gilbert, Jeremy Miles, 2002, Psychology, 306 pages. Physical appearance plays a powerful role in social relationships. Those who feel shame regarding the way they look, and who think others view their appearance negatively, can.


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in its First Edition for its practical and sensitive approach, Counselling for Depression is an insightful guide to depression and the essential interpersonal.

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Default nation are 401(k) target date funds missing the mark? : hearing before the Special Committee on Aging, United States Senate, One Hundred Eleventh Congress, first session, Washington, DC, October 28, 2009, United States. Congress. Senate. Special Committee on Aging, 2010, Business & Economics, 131 pagesMute, Piers Anthony, May 19, 2011, Fiction, . Mute is science fantasy of mutation and psi: special mental powers. The protagonist, Knot, is a double mutant: he has a physical deformity, and the psi power to make others
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