



Professor Paul Gilbert OBE.
University of Derby, UK
EABCT's First Global Ambassador

will be presenting a virtual interactive workshop
“Introduction to compassion focused therapy (CFT)”
on
Monday 4th December 10:00AM– 1:15 PM CET.

This workshop is for people who are interested in learning about the origins and nature of CFT and how it might be applied to mental health problems.

The workshop will explore

The basic conceptual framework of CFT in terms of basic motives, emotional regulation systems cognitive competencies and behaviours
The link between the evolution of caring behaviour particularly but not only via attachment and the cultivation of a compassionate mind
Some practises for the development of a compassionate mind and self-identity
Applying CFT principles to mental health difficulties.

A full description of the workshop can be found on the WCCBT website
(www.wccbt.org)

EABCT Association Member 45€
Reduced Rate/EABCT Emerging Country 30€
Non-Member 60€

Registration covers attendance at the live workshop, access to the recording, supporting resources and a **CPD certificate (3 hours)**.

The recording is available for a minimum of 3 months; perfect if you are not able to attend

[click here to register](#)

The workshop will be delivered live on the zoom webinar platform and will provide participants with the opportunity to ask Paul questions in real time.

Maria do Ceu Salvador, the EABCT representative to the WCCBT will be introducing and facilitating the workshop

The Global CBT Ambassador program is an initiative of the World Confederation of Cognitive and Behavioral Therapies which extends across borders, disciplines, and languages and is supported by all the Regional Associations represented on the WCCBT. Together, they strive to foster a global exchange of ideas that propel the field forward.

As an international association EABCT is proud to participate in this program and introduce our first Global Ambassador. Each year, EABCT will be inviting an influential member from any of EABCT's associations to present a workshop or webinar and shares their expertise and innovations with a European and worldwide audience.