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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.

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Part of the popular 'CBT Distinctive Features' series, this book contains a wealth of effective experiential procedures for working with automatic thoughts, emotions, behaviours, core beliefs, ambivalence, strengths, well-being, and cognitive processes such as worry and self-criticism.

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According to the Compassionate Mind Foundation, Compassion Focused Therapy (CFT) is: “an evidence-based form of psychotherapy that draws upon our evolved capacity for compassion to facilitate the alleviation of human

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suffering” (CMF-USA).

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ideas about the way that people think and behave; and Buddhist philosophy concerning ...

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