

Compassion Focused Therapy (CFT)

The
BRO
Program

What is CFT?

CFT is based on caring for ourselves in the way we care for others. It's rooted in understanding shame and self-criticism and in learning to be sensitive, sympathetic, and tolerant of our distress. CFT also helps us develop a deep understanding of the roots and causes of our anxiety, become non-judgemental and develop self-warmth.

Why does CFT focus on compassion?

CFT emerged when people were finding it hard in other therapies, such as cognitive-behavioural therapy, to move past their self-criticism or blame for the emotions they were feeling. It encourages individuals to learn how to develop compassion towards their difficult emotions and change the inner voice that may be stopping them from feeling better.

How does it work?

CFT is based on the belief that there is a disparity between how we view ourselves and what we want to be. This difference prompts our inner voice to be unhelpful and discouraging. Therefore, it is crucial to enhance our self-esteem and internal support system to manage our anxiety and challenging situations better. You and your therapist will work together to develop more positive thoughts towards yourself, and build your self-compassion and self-soothing.

Is CFT right for me?

Often, people with high levels of shame and self-criticism find it hard to support themselves and have a highly active threat system, which means they find it hard to feel safe in relationships with themselves or others. It was developed for those who experienced complex traumas and felt they were to blame, even if they knew they weren't.

Benefits of CFT

Reduces feelings of paranoia

Effective for treating trauma

Increases self-awareness and self-understanding

Regulates positive and negative affect

Effective for treating eating disorders including body dysmorphic disorder

More effective than other forms of therapy if shame and self-criticism drive your anxiety

Can be delivered either on it's own, or in combination with CBT or counselling

Effective even if we are especially critical of ourselves, or resistant to engage in therapy