

One-Day Advanced Deliberate Practice in Compassion-Focused Therapy

For Experienced CFT Practitioners Ready to Deepen Their Skills

-  **Date:** Saturday 21st November 2026
-  **Time:** 9:00–16:00
-  **Venue:** Núvitundarsetrið, Borgartúni 20, 3rd floor
-  **Cost:** 42.500 kr.
-  **Level:** Advanced — suitable for trained or experienced CFT therapists

Why Attend?

This intensive, skills-focused training day is designed for clinicians who already understand the foundations of Compassion-Focused Therapy and want to strengthen embodiment, therapeutic courage, and moment-to-moment CFT micro-skills.

Through structured drills, role-plays, and experiential exercises, you will refine your ability to work compassionately — even with the *most* activated threat systems, entrenched self-criticism, and fears of compassion.

What You'll Practise

- ✓ Advanced threat and shame formulation
- ✓ Multiplicity & self-criticism chair work (including critic subtypes)
- ✓ Embodied Compassionate Self techniques
- ✓ Handling client resistance & fears of compassion
- ✓ Working with trauma-activated states
- ✓ Compassionate tone, pacing, and therapist stance
- ✓ Real-time micro-skills for complexity, courage, and emotional safeness

 This training is ideal for therapists who:

- already use CFT in their work
- want deeper mastery of skills beyond the basics
- enjoy deliberate practice, role-play and experiential learning
- work with high shame, trauma, complex self-criticism, or emotional dysregulation

What to Expect

This is a *highly experiential* day with:

- live demonstrations
- structured practice rounds
- small-group role-play
- therapist embodiment exercises
- practical feedback for skill refinement

Expect to work, reflect, and stretch your compassionate capacity.

Step into a deeper, embodied, courageous practice of compassion.

Strengthen your therapeutic presence. Deepen your skill. Transform your clinical work.



 Dr Wendy Wood MBACP FHEA

Wendy has many years of experience working in mental health in England. She worked as a mental health nurse, working in both hospital and community settings, including elderly care, day hospital rehabilitation settings and drug and alcohol community support.

Wendy moved on to work as an assistant psychologist, developing counselling in primary care.

She then moved into an academic role developing a wide range of academic courses for 20 years, including both undergraduate and postgraduate courses in counselling and psychotherapy.

For ten years, Wendy contributed to the development and course leadership of the Postgraduate Certificate in Compassion Focused Therapy, the world's first academic course in CFT. She continues to provide training, therapy, and clinical supervision in CFT and CMT.

Wendy retired from the University of Derby in 2017 to focus on her PhD and other projects, including Compassion in Schools research. She has completed her PhD, which focused on the experiences of counsellors and psychotherapists who apply the principles and practices of CMT in their personal and professional lives.

Wendy now works for the Compassionate Mind Foundation as Programme Leader/Training Advisor and contributes to research in CFT/CMT, as well as working as an Associate Lecturer at the University of Derby and in private practice as a therapist and supervisor.