

COUN7624 : Introduction to Compassion Focused Therapy

This course will introduce students to the origins and clinical application of Compassion Focused Therapy (CFT). Topics addressed in this course include compassionate relating, compassionate understanding, compassionate awareness, and cultivating the compassionate self. Participants will be equipped to apply CFT and mindful self-compassion interventions in their clinical settings. **Fee:** Additional fee required.

Credits 1

Fees

\$50