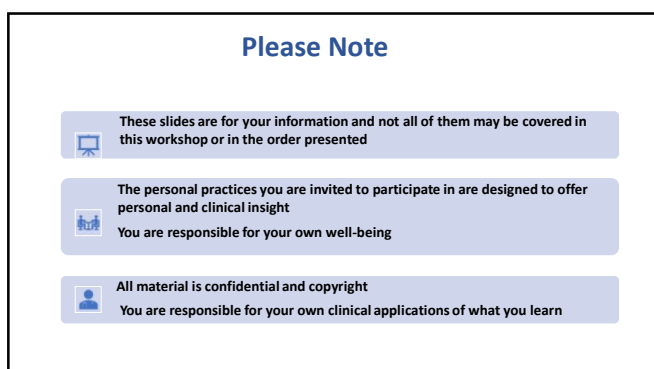


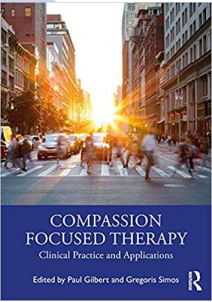
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2



3



CFT seeks to root our understanding of mental health and anti-social problems, and their psycho and social therapies, *in the basic biopsychosocial sciences*


All the processes utilised within CFT such as motives, emotions, cognitive competencies, and behaviours can be found in standard psychology textbooks

Key is the study of their complex interactions of their functions and their unique patterns and individual variations in each mind

The importance of specific, focused, guided and tailored interventions

All information for this workshop can be found here

4



Mind: Where from and how built?

Charles Robert Darwin,
12 February 1809 – 19 April 1882

The process of change via natural selection from the challenges of survival and reproduction -

The three challenges of life and the four functions of mind


Protection
Resource acquisition
Rest and digest

Non-social vs social

→

Motives
Emotions ↔ **Trauma** ↔ Competencies
Behaviours

5



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Protection
Resource acquisition
Rest and digest

Non-social vs social

→

Motives
Emotions ↔ **Self-criticism** ↔ Competencies
Behaviours

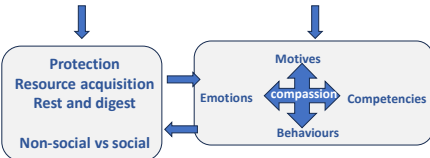
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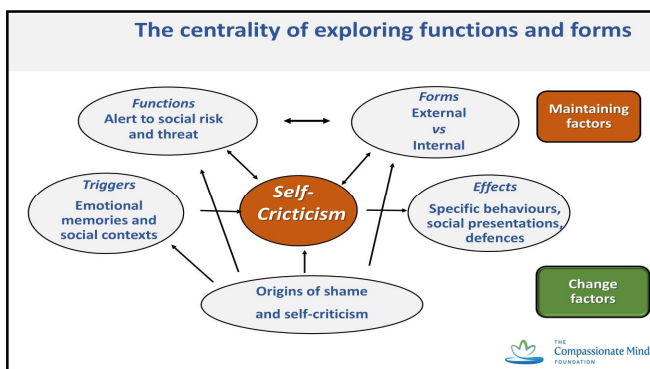
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7



8

British Journal of Clinical Psychology (2004), 43, 31–50
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 www.bps.org.uk

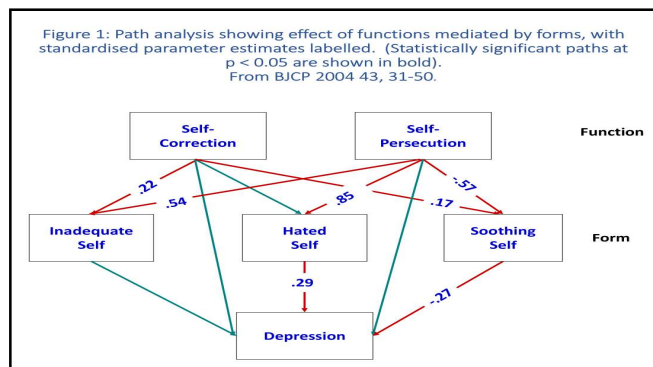


Criticizing and reassuring oneself: An exploration of forms, styles and reasons in female students

P. Gilbert^{1*}, M. Clarke¹, S. Hempel², J.N.V. Miles³ and C. Irons¹

¹ Mental Health Research Unit, King's College Hospital, Denmark Hill

9



10

Forms of self-criticism. When things go wrong

Inadequate self	Hated self	Reassured self
I am easily disappointed in myself	I am disgusted in myself	I encourage myself
I dwell on my failures	I call myself names	I still like being me
There is a part of me that feels I'm not good enough	I do not like being me	I dwell on my failures
With D .52	With D .57	With D .-51

11

<p>RESEARCH ARTICLE</p> <p>Investigating associations between self-compassion, self-criticism and psychotic-like experiences</p> <p>Siobhan Collman¹ Charles Heriot-Maitland² Emmanuelle Peters^{3,4} Oliver Mason¹</p>	<p>RESEARCH ARTICLE</p> <p>Childhood maltreatment and self-hatred as distinguishing characteristics of psychiatric patients with self-harm: A comparison with clinical and healthy controls</p> <p>Magnus Nilsson¹ Lars-Gunnar Lundh² Sofie Westling³</p>
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12

EMPIRICAL ARTICLE

Childhood Emotional Abuse and Somatic Symptoms: The Mediating Effect of Self-Hate

Pierre Gilbert Boudier, ¹ ² ³ ⁴ ⁵ ⁶ ⁷ ⁸ ⁹ ¹⁰ ¹¹ ¹² ¹³ ¹⁴ ¹⁵ ¹⁶ ¹⁷ ¹⁸ ¹⁹ ²⁰ ²¹ ²² ²³ ²⁴ ²⁵ ²⁶ ²⁷ ²⁸ ²⁹ ³⁰ ³¹ ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹ ²⁴⁰ ²⁴¹ ²⁴² ²⁴³ ²⁴⁴ ²⁴⁵ ²⁴⁶ ²⁴⁷ ²⁴⁸ ²⁴⁹ ²⁵⁰ ²⁵¹ ²⁵² ²⁵³ ²⁵⁴ ²⁵⁵ ²⁵⁶ ²⁵⁷ ²⁵⁸ ²⁵⁹ ²⁶⁰ ²⁶¹ ²⁶² ²⁶³ ²⁶⁴ ²⁶⁵ ²⁶⁶ ²⁶⁷ ²⁶⁸ ²⁶⁹ ²⁷⁰ ²⁷¹ ²⁷² ²⁷³ ²⁷⁴ ²⁷⁵ ²⁷⁶ ²⁷⁷ ²⁷⁸ ²⁷⁹ ²⁸⁰ ²⁸¹ ²⁸² ²⁸³ ²⁸⁴ ²⁸⁵ ²⁸⁶ ²⁸⁷ ²⁸⁸ ²⁸⁹ ²⁹⁰ ²⁹¹ ²⁹² ²⁹³ ²⁹⁴ ²⁹⁵ ²⁹⁶ ²⁹⁷ ²⁹⁸ ²⁹⁹ ³⁰⁰ ³⁰¹ ³⁰² ³⁰³ ³⁰⁴ ³⁰⁵ ³⁰⁶ ³⁰⁷ ³⁰⁸ ³⁰⁹ ³¹⁰ ³¹¹ ³¹² ³¹³ ³¹⁴ ³¹⁵ ³¹⁶ ³¹⁷ ³¹⁸ ³¹⁹ ³²⁰ ³²¹ ³²² ³²³ ³²⁴ ³²⁵ ³²⁶ ³²⁷ ³²⁸ ³²⁹ ³³⁰ ³³¹ ³³² ³³³ ³³⁴ ³³⁵ ³³⁶ ³³⁷ ³³⁸ ³³⁹ ³⁴⁰ ³⁴¹ ³⁴² ³⁴³ ³⁴⁴ ³⁴⁵ ³⁴⁶ ³⁴⁷ ³⁴⁸ ³⁴⁹ ³⁵⁰ ³⁵¹ ³⁵² ³⁵³ ³⁵⁴ ³⁵⁵ ³⁵⁶ ³⁵⁷ ³⁵⁸ ³⁵⁹ ³⁶⁰ ³⁶¹ ³⁶² ³⁶³ ³⁶⁴ ³⁶⁵ ³⁶⁶ ³⁶⁷ ³⁶⁸ ³⁶⁹ ³⁷⁰ ³⁷¹ ³⁷² ³⁷³ ³⁷⁴ ³⁷⁵ ³⁷⁶ ³⁷⁷ ³⁷⁸ ³⁷⁹ ³⁸⁰ ³⁸¹ ³⁸² ³⁸³ ³⁸⁴ ³⁸⁵ ³⁸⁶ ³⁸⁷ ³⁸⁸ ³⁸⁹ ³⁹⁰ ³⁹¹ ³⁹² ³⁹³ ³⁹⁴ ³⁹⁵ ³⁹⁶ ³⁹⁷ ³⁹⁸ ³⁹⁹ ⁴⁰⁰ ⁴⁰¹ ⁴⁰² ⁴⁰³ ⁴⁰⁴ ⁴⁰⁵ ⁴⁰⁶ ⁴⁰⁷ ⁴⁰⁸ ⁴⁰⁹ ⁴¹⁰ ⁴¹¹ ⁴¹² ⁴¹³ ⁴¹⁴ ⁴¹⁵ ⁴¹⁶ ⁴¹⁷ ⁴¹⁸ ⁴¹⁹ ⁴²⁰ ⁴²¹ ⁴²² ⁴²³ ⁴²⁴ ⁴²⁵ ⁴²⁶ ⁴²⁷ ⁴²⁸ ⁴²⁹ ⁴³⁰ ⁴³¹ ⁴³² ⁴³³ ⁴³⁴ ⁴³⁵ ⁴³⁶ ⁴³⁷ ⁴³⁸ ⁴³⁹ ⁴⁴⁰ ⁴⁴¹ ⁴⁴² ⁴⁴³ ⁴⁴⁴ ⁴⁴⁵ ⁴⁴⁶ ⁴⁴⁷ ⁴⁴⁸ ⁴⁴⁹ ⁴⁵⁰ ⁴⁵¹ ⁴⁵² ⁴⁵³ ⁴⁵⁴ ⁴⁵⁵ ⁴⁵⁶ ⁴⁵⁷ ⁴⁵⁸ ⁴⁵⁹ ⁴⁶⁰ ⁴⁶¹ ⁴⁶² ⁴⁶³ ⁴⁶⁴ ⁴⁶⁵ ⁴⁶⁶ ⁴⁶⁷ ⁴⁶⁸ ⁴⁶⁹ ⁴⁷⁰ ⁴⁷¹ ⁴⁷² ⁴⁷³ ⁴⁷⁴ ⁴⁷⁵ ⁴⁷⁶ ⁴⁷⁷ ⁴⁷⁸ ⁴⁷⁹ ⁴⁸⁰ ⁴⁸¹ ⁴⁸² ⁴⁸³ ⁴⁸⁴ ⁴⁸⁵ ⁴⁸⁶ ⁴⁸⁷ ⁴⁸⁸ ⁴⁸⁹ ⁴⁹⁰ ⁴⁹¹ ⁴⁹² ⁴⁹³ ⁴⁹⁴ ⁴⁹⁵ ⁴⁹⁶ ⁴⁹⁷ ⁴⁹⁸ ⁴⁹⁹ ⁵⁰⁰ ⁵⁰¹ ⁵⁰² ⁵⁰³ ⁵⁰⁴ ⁵⁰⁵ ⁵⁰⁶ ⁵⁰⁷ ⁵⁰⁸ ⁵⁰⁹ ⁵¹⁰ ⁵¹¹ ⁵¹² ⁵¹³ ⁵¹⁴ ⁵¹⁵ ⁵¹⁶ ⁵¹⁷ ⁵¹⁸ ⁵¹⁹ ⁵²⁰ ⁵²¹ ⁵²² ⁵²³ ⁵²⁴ ⁵²⁵ ⁵²⁶ ⁵²⁷ ⁵²⁸ ⁵²⁹ ⁵³⁰ ⁵³¹ ⁵³² ⁵³³ ⁵³⁴ ⁵³⁵ ⁵³⁶ ⁵³⁷ ⁵³⁸ ⁵³⁹ ⁵⁴⁰ ⁵⁴¹ ⁵⁴² ⁵⁴³ ⁵⁴⁴ ⁵⁴⁵ ⁵⁴⁶ ⁵⁴⁷ ⁵⁴⁸ ⁵⁴⁹ ⁵⁵⁰ ⁵⁵¹ ⁵⁵² ⁵⁵³ ⁵⁵⁴ ⁵⁵⁵ ⁵⁵⁶ ⁵⁵⁷ ⁵⁵⁸ ⁵⁵⁹ ⁵⁶⁰ ⁵⁶¹ ⁵⁶² ⁵⁶³ ⁵⁶⁴ ⁵⁶⁵ ⁵⁶⁶ ⁵⁶⁷ ⁵⁶⁸ ⁵⁶⁹ ⁵⁷⁰ ⁵⁷¹ ⁵⁷² ⁵⁷³ ⁵⁷⁴ ⁵⁷⁵ ⁵⁷⁶ ⁵⁷⁷ ⁵⁷⁸ ⁵⁷⁹ ⁵⁸⁰ ⁵⁸¹ ⁵⁸² ⁵⁸³ ⁵⁸⁴ ⁵⁸⁵ ⁵⁸⁶ ⁵⁸⁷ ⁵⁸⁸ ⁵⁸⁹ ⁵⁹⁰ ⁵⁹¹ ⁵⁹² ⁵⁹³ ⁵⁹⁴ ⁵⁹⁵ ⁵⁹⁶ ⁵⁹⁷ ⁵⁹⁸ ⁵⁹⁹ ⁶⁰⁰ ⁶⁰¹ ⁶⁰² ⁶⁰³ ⁶⁰⁴ ⁶⁰⁵ ⁶⁰⁶ ⁶⁰⁷ ⁶⁰⁸ ⁶⁰⁹ ⁶¹⁰ ⁶¹¹ ⁶¹² ⁶¹³ ⁶¹⁴ ⁶¹⁵ ⁶¹⁶ ⁶¹⁷ ⁶¹⁸ ⁶¹⁹ ⁶²⁰ ⁶²¹ ⁶²² ⁶²³ ⁶²⁴ ⁶²⁵ ⁶²⁶ ⁶²⁷ ⁶²⁸ ⁶²⁹ ⁶³⁰ ⁶³¹ ⁶³² ⁶³³ ⁶³⁴ ⁶³⁵ ⁶³⁶ ⁶³⁷ ⁶³⁸ ⁶³⁹ ⁶⁴⁰ ⁶⁴¹ ⁶⁴² ⁶⁴³ ⁶⁴⁴ ⁶⁴⁵ ⁶⁴⁶ ⁶⁴⁷ ⁶⁴⁸ ⁶⁴⁹ ⁶⁵⁰ ⁶⁵¹ ⁶⁵² ⁶⁵³ ⁶⁵⁴ ⁶⁵⁵ ⁶⁵⁶ ⁶⁵⁷ ⁶⁵⁸ ⁶⁵⁹ ⁶⁶⁰ ⁶⁶¹ ⁶⁶² ⁶⁶³ ⁶⁶⁴ ⁶⁶⁵ ⁶⁶⁶ ⁶⁶⁷ ⁶⁶⁸ ⁶⁶⁹ ⁶⁷⁰ ⁶⁷¹ ⁶⁷² ⁶⁷³ ⁶⁷⁴ ⁶⁷⁵ ⁶⁷⁶ ⁶⁷⁷ ⁶⁷⁸ ⁶⁷⁹ ⁶⁸⁰ ⁶⁸¹ ⁶⁸² ⁶⁸³ ⁶⁸⁴ ⁶⁸⁵ ⁶⁸⁶ ⁶⁸⁷ ⁶⁸⁸ ⁶⁸⁹ ⁶⁹⁰ ⁶⁹¹ ⁶⁹² ⁶⁹³ ⁶⁹⁴ ⁶⁹⁵ ⁶⁹⁶ ⁶⁹⁷ ⁶⁹⁸ ⁶⁹⁹ ⁷⁰⁰ ⁷⁰¹ ⁷⁰² ⁷⁰³ ⁷⁰⁴ ⁷⁰⁵ ⁷⁰⁶ ⁷⁰⁷ ⁷⁰⁸ ⁷⁰⁹ ⁷¹⁰ ⁷¹¹ ⁷¹² ⁷¹³ ⁷¹⁴ ⁷¹⁵ ⁷¹⁶ ⁷¹⁷ ⁷¹⁸ ⁷¹⁹ ⁷²⁰ ⁷²¹ ⁷²² ⁷²³ ⁷²⁴ ⁷²⁵ ⁷²⁶ ⁷²⁷ ⁷²⁸ ⁷²⁹ ⁷³⁰ ⁷³¹ ⁷³² ⁷³³ ⁷³⁴ ⁷³⁵ ⁷³⁶ ⁷³⁷ ⁷³⁸ ⁷³⁹ ⁷⁴⁰ ⁷⁴¹ ⁷⁴² ⁷⁴³ ⁷⁴⁴ ⁷⁴⁵ ⁷⁴⁶ ⁷⁴⁷ ⁷⁴⁸ ⁷⁴⁹ ⁷⁵⁰ ⁷⁵¹ ⁷⁵² ⁷⁵³ ⁷⁵⁴ ⁷⁵⁵ ⁷⁵⁶ ⁷⁵⁷ ⁷⁵⁸ ⁷⁵⁹ ⁷⁶⁰ ⁷⁶¹ ⁷⁶² ⁷⁶³ ⁷⁶⁴ ⁷⁶⁵ ⁷⁶⁶ ⁷⁶⁷ ⁷⁶⁸ ⁷⁶⁹ ⁷⁷⁰ ⁷⁷¹ ⁷⁷² ⁷⁷³ ⁷⁷⁴ ⁷⁷⁵ ⁷⁷⁶ ⁷⁷⁷ ⁷⁷⁸ ⁷⁷⁹ ⁷⁸⁰ ⁷⁸¹ ⁷⁸² ⁷⁸³ ⁷⁸⁴ ⁷⁸⁵ ⁷⁸⁶ ⁷⁸⁷ ⁷⁸⁸ ⁷⁸⁹ ⁷⁹⁰ ⁷⁹¹ ⁷⁹² ⁷⁹³ ⁷⁹⁴ ⁷⁹⁵ ⁷⁹⁶ ⁷⁹⁷ ⁷⁹⁸ ⁷⁹⁹ ⁸⁰⁰ ⁸⁰¹ ⁸⁰² ⁸⁰³ ⁸⁰⁴ ⁸⁰⁵ ⁸⁰⁶ ⁸⁰⁷ ⁸⁰⁸ ⁸⁰⁹ ⁸¹⁰ ⁸¹¹ ⁸¹² ⁸¹³ ⁸¹⁴ ⁸¹⁵ ⁸¹⁶ ⁸¹⁷ ⁸¹⁸ ⁸¹⁹ ⁸²⁰ ⁸²¹ ⁸²² ⁸²³ ⁸²⁴ ⁸²⁵ ⁸²⁶ ⁸²⁷ ⁸²⁸ ⁸²⁹ ⁸³⁰ ⁸³¹ ⁸³² ⁸³³ ⁸³⁴ ⁸³⁵ ⁸³⁶ ⁸³⁷ ⁸³⁸ ⁸³⁹ ⁸⁴⁰ ⁸⁴¹ ⁸⁴² ⁸⁴³ ⁸⁴⁴ ⁸⁴⁵ ⁸⁴⁶ ⁸⁴⁷ ⁸⁴⁸ ⁸⁴⁹ ⁸⁵⁰ ⁸⁵¹ ⁸⁵² ⁸⁵³ ⁸⁵⁴ ⁸⁵⁵ ⁸⁵⁶ ⁸⁵⁷ ⁸⁵⁸ ⁸⁵⁹ ⁸⁶⁰ ⁸⁶¹ ⁸⁶² ⁸⁶³ ⁸⁶⁴ ⁸⁶⁵ ⁸⁶⁶ ⁸⁶⁷ ⁸⁶⁸ ⁸⁶⁹ ⁸⁷⁰ ⁸⁷¹ ⁸⁷² ⁸⁷³ ⁸⁷⁴ ⁸⁷⁵ ⁸⁷⁶ ⁸⁷⁷ ⁸⁷⁸ ⁸⁷⁹ ⁸⁸⁰ ⁸⁸¹ ⁸⁸² ⁸⁸³ ⁸⁸⁴ ⁸⁸⁵ ⁸⁸⁶ ⁸⁸⁷ ⁸⁸⁸ ⁸⁸⁹ ⁸⁹⁰ ⁸⁹¹ ⁸⁹² ⁸⁹³ ⁸⁹⁴ ⁸⁹⁵ ⁸⁹⁶ ⁸⁹⁷ ⁸⁹⁸ ⁸⁹⁹ ⁹⁰⁰ ⁹⁰¹ ⁹⁰² ⁹⁰³ ⁹⁰⁴ ⁹⁰⁵ ⁹⁰⁶ ⁹⁰⁷ ⁹⁰⁸ ⁹⁰⁹ ⁹¹⁰ ⁹¹¹ ⁹¹² ⁹¹³ ⁹¹⁴ ⁹¹⁵ ⁹¹⁶ ⁹¹⁷ ⁹¹⁸ ⁹¹⁹ ⁹²⁰ ⁹²¹ ⁹²² ⁹²³ ⁹²⁴ ⁹²⁵ ⁹²⁶ ⁹²⁷ ⁹²⁸ ⁹²⁹ ⁹³⁰ ⁹³¹ ⁹³² ⁹³³ ⁹³⁴ ⁹³⁵ ⁹³⁶ ⁹³⁷ ⁹³⁸ ⁹³⁹ ⁹⁴⁰ ⁹⁴¹ ⁹⁴² ⁹⁴³ ⁹⁴⁴ ⁹⁴⁵ ⁹⁴⁶ ⁹⁴⁷ ⁹⁴⁸ ⁹⁴⁹ ⁹⁵⁰ ⁹⁵¹ ⁹⁵² ⁹⁵³ ⁹⁵⁴ ⁹⁵⁵ ⁹⁵⁶ ⁹⁵⁷ ⁹⁵⁸ ⁹⁵⁹ ⁹⁶⁰ ⁹⁶¹ ⁹⁶² ⁹⁶³ ⁹⁶⁴ ⁹⁶⁵ ⁹⁶⁶ ⁹⁶⁷ ⁹⁶⁸ ⁹⁶⁹ ⁹⁷⁰ ⁹⁷¹ ⁹⁷² ⁹⁷³ ⁹⁷⁴ ⁹⁷⁵ ⁹⁷⁶ ⁹⁷⁷ ⁹⁷⁸ ⁹⁷⁹ ⁹⁸⁰ ⁹⁸¹ ⁹⁸² ⁹⁸³ ⁹⁸⁴ ⁹⁸⁵ ⁹⁸⁶ ⁹⁸⁷ ⁹⁸⁸ ⁹⁸⁹ ⁹⁹⁰ ⁹⁹¹ ⁹⁹² ⁹⁹³ ⁹⁹⁴ ⁹⁹⁵ ⁹⁹⁶ ⁹⁹⁷ ⁹⁹⁸ ⁹⁹⁹ ¹⁰⁰⁰

298 help seeking adult

CEA was significantly associated with

- Self hate
- Somatic symptoms
- and each other

How we exist in the mind of the other becomes a mirror to how we exist for ourselves

13

EMPIRICAL ARTICLE

Childhood Emotional Abuse and Somatic Symptoms: The Mediating Effect of Self-Hate

Pierre Gilbert Boudier, ¹ ² ³ ⁴ ⁵ ⁶ ⁷ ⁸ ⁹ ¹⁰ ¹¹ ¹² ¹³ ¹⁴ ¹⁵ ¹⁶ ¹⁷ ¹⁸ ¹⁹ ²⁰ ²¹ ²² ²³ ²⁴ ²⁵ ²⁶ ²⁷ ²⁸ ²⁹ ³⁰ ³¹ ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹ ²⁴⁰ ²⁴¹ ²⁴² ²⁴³ ²⁴⁴ ²⁴⁵ ²⁴⁶ ²⁴⁷ ²⁴⁸ ²⁴⁹ ²⁵⁰ ²⁵¹ ²⁵² ²⁵³ ²⁵⁴ ²⁵⁵ ²⁵⁶ ²⁵⁷ ²⁵⁸ ²⁵⁹ ²⁶⁰ ²⁶¹ ²⁶² ²⁶³ ²⁶⁴ ²⁶⁵ ²⁶⁶ ²⁶⁷ ²⁶⁸ ²⁶⁹ ²⁷⁰ ²⁷¹ ²⁷² ²⁷³ ²⁷⁴ ²⁷⁵ ²⁷⁶ ²⁷⁷ ²⁷⁸ ²⁷⁹ ²⁸⁰ ²⁸¹ ²⁸² ²⁸³ ²⁸⁴ ²⁸⁵ ²⁸⁶ ²⁸⁷ ²⁸⁸ ²⁸⁹ ²⁹⁰ ²⁹¹ ²⁹² ²⁹³ ²⁹⁴ ²⁹⁵ ²⁹⁶ ²⁹⁷ ²⁹⁸ ²⁹⁹ ³⁰⁰ ³⁰¹ ³⁰² ³⁰³ ³⁰⁴ ³⁰⁵ ³⁰⁶ ³⁰⁷ ³⁰⁸ ³⁰⁹ ³¹⁰ ³¹¹ ³¹² ³¹³ ³¹⁴ ³¹⁵ ³¹⁶ ³¹⁷ ³¹⁸ ³¹⁹ ³²⁰ ³²¹ ³²² ³²³ ³²⁴ ³²⁵ ³²⁶ ³²⁷ ³²⁸ ³²⁹ ³³⁰ ³³¹ ³³² ³³³ ³³⁴ ³³⁵ ³³⁶ ³³⁷ ³³⁸ ³³⁹ ³⁴⁰ ³⁴¹ ³⁴² ³⁴³ ³⁴⁴ ³⁴⁵ ³⁴⁶ ³⁴⁷ ³⁴⁸ ³⁴⁹ ³⁵⁰ ³⁵¹ ³⁵² ³⁵³ ³⁵⁴ ³⁵⁵ ³⁵⁶ ³⁵⁷ ³⁵⁸ ³⁵⁹ ³⁶⁰ ³⁶¹ ³⁶²



What is the underlying fear here?

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Examples of different types of dialogue

➤ **Attacking-raging** when I see myself in the mirror I cry because my head is screaming 'dirty fat bitch [...] disgusting failure, not good enough, lose weight you pathetic piece of crap, worthless, useless idiot, don't DARE eat! Where are the rest of your bones? Don't DARE eat you fat, DESPICABLE, HIDEOUS waste of space.' (Tierney & Fox. 2010, p. 247)

Nietzsche/Freud - No-one blames themselves without a secret wish for vengeance
Aztec example and fear of rebellion.

Bowlby defensive exclusion

Compassionate change can be terrifying and generate overwhelming grief of having lived the 'lonely life' without feeling safe, valued and wanted.

Tierney, S., & Fox, J.R. (2010). Living with the anorexic voice: A thematic analysis. *Psychology and Psychotherapy: Theory, Research and Practice*, 83, 243-254.

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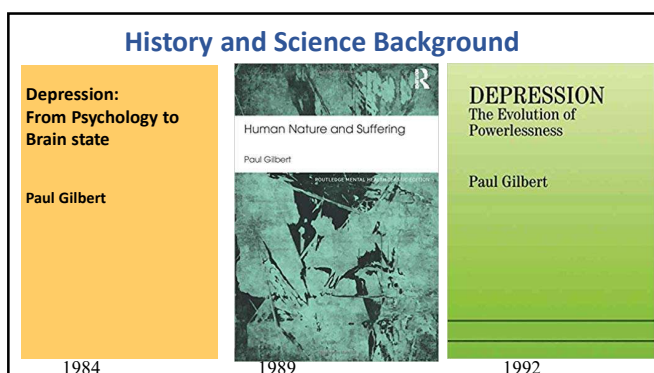
Self attacking stimulates our own subordinate and defeat brain states



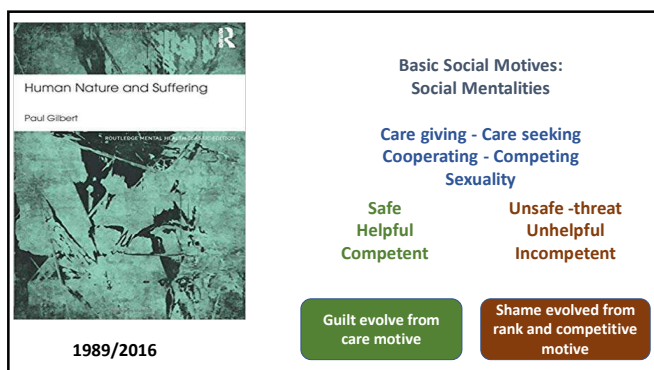
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Basic Social Mentality Theory

Care giving - Care seeking
Cooperating - **Competing**
Sexuality

Each motivation system evolved with *specific and specialised* feature detectors linked to appropriate response systems and communication patterns

1989/2016

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Social Mentalities (1989)

- Social motives, such as cooperation, competing, caring and sexuality are called **social mentalities in CFT** because they are the foundation for reciprocal, dynamic, social relating and co-regulate the psychophysiological states of participating individuals.
- Hence, they require specialist *stimulus detectors* link to appropriate *response functions* mediated through specialist psychophysiological systems
- They have to co-evolve


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Share positive emotions stimulate babies' brains for social relating – drive emotions – joyful play – *secure base*




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Social mentalities have to co-evolve relationships to co-regulate minds and bodies



For caregiving to evolve there needs to be an evolution of a motive-desire *to care* and behave with care




In the recipient there needs to be evolved motives to seek care and a brain-body that responds to signal of caring


Evolution of sending and receiving evolve together
Algorithm *If A then Do B*

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Social mentalities have to co-evolve relationships to co-regulate minds and bodies



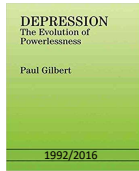
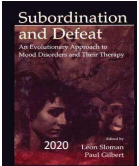
These are the nutrients for the brain-mind



the motivation to provide what another needs in order to flourish and grow can be regarded as a form of love



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Self-criticism is linked to the competitive social mentality with reciprocal role for dominant subordinate relating

Harsh self-criticism operates like a 'dominate attack' that stimulates a submissive response

Hence the therapeutic manoeuvre is to move out of the competitive social threat system altogether and into the care social mentality -- not to see hostile SC as 'only trying to help' because it does not have that motivation

Essential to help clients understand that it stimulates subordinate defences including hidden resentment

Shifts of brain states linked to

- Low self-esteem
- Sense of inferiority
- Submissive behaviour
- Blocked assertiveness
- Fear of anger
- Self-criticism
- Suicidality
- Escape
- Shame

Silencing the self

- Increased threat-
- attending and reduced
- positive affect

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Dominant-subordinate relating – the loser will flee and stay fearful



As MacLean (1990) points out:

....Ethologists have made it popularly known..... that a passive response (a submissive display) to an aggressive display may make it possible under most circumstances to avoid unnecessary, and sometimes mortal, conflict. Hence it could be argued that the *submissive display is the most important of all displays* because without it numerous individuals might not survive. (Italics added, p 235).

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Sorry Fred I don't know why we're doing this I hope I haven't given you a headache

It's not our fault Joe. We are under the control of powerful evolved algorithms to reproduce

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Social mentality theory
Social mentalities have to co-evolve relationships to co-regulate minds and bodies

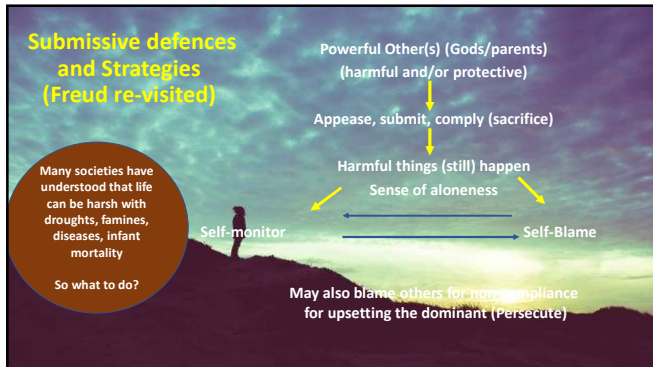
For competitive behaviour and dominant-subordinate hierarchies to evolve subordinates have to close down under threat



Gilbert, P. (2002). Varieties of submissive behaviour: Their evolution and role in depression. In: L. Storman & P. Gilbert, (eds.) Subordination and Defeat: An Evolutionary Approach to Mood Disorders (3-46). Hillsdale: N.J. Lawrence Erlbaum.

Gilbert, P. (2002b). Evolutionary functional analysis: The study of social mentalities, social rank and coping-compression. In: Kelly J.N. & Gilbert P. (eds) Making an impact on mental health (p.4-42). London: Routledge.

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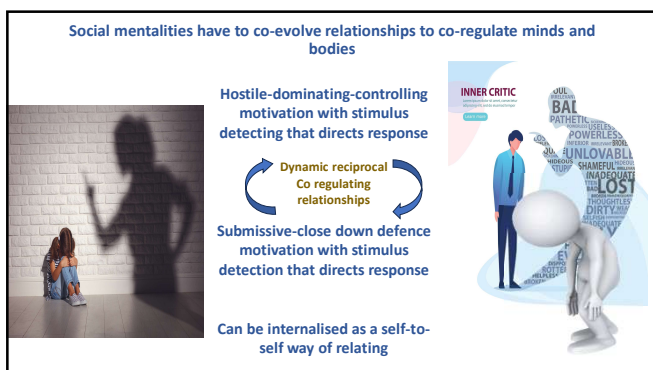
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Although criticism can warn us and threaten -- these are part of the threat system that **turns off empathy**. Therefore, SC should *not* be seen as simply misguided efforts to help us- the emotions etc emanate from the threat-attack system-- If we don't get behind the threat and work on the fear and hurt that drives self-criticism, and do our grief work, self-criticism can remain a problem

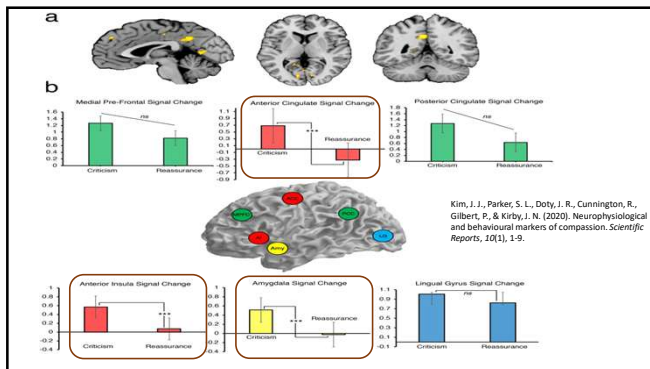
It is important to understand different brain systems that we are dealing with here

Hence, we don't negotiate with the anger and the critic but *have empathy* for the fear and the hurt because that is where compassion physiological systems are particularly powerful

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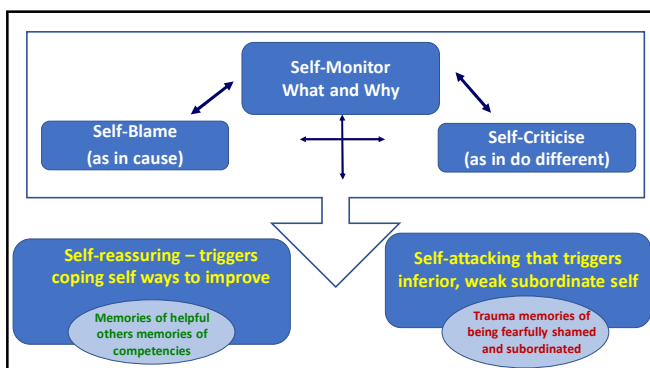


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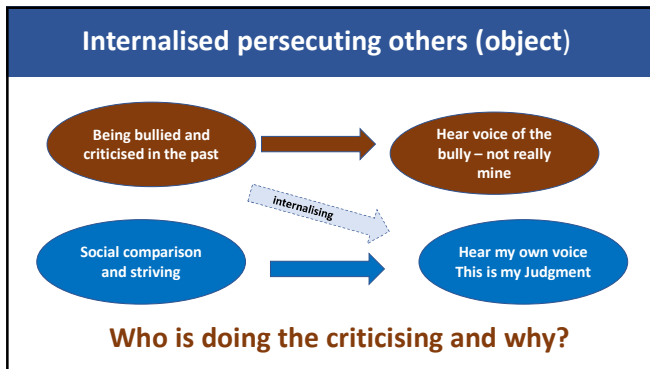
- All living things have built in monitoring systems
- Self-Criticism is a form of Self-Monitoring

So the question is...
where has self-criticism come from, why and what forms does it take?

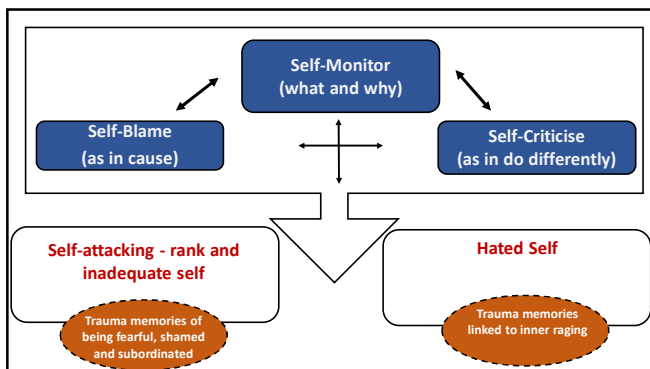
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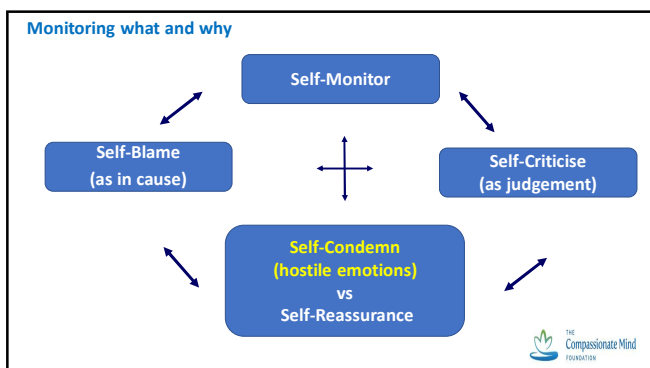
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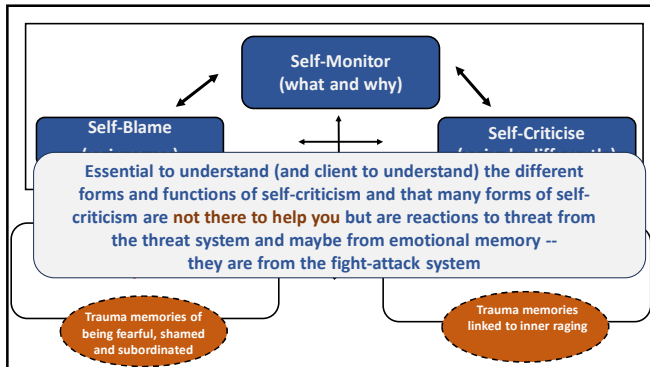
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Many different approaches for working with self-criticism

An 'enemy' we need to challenge, overcome or banish?

A 'misguided protector-helper' we need to tame or retrain?

People will often have these beliefs but in CFT it is very important for people to understand the social (S-R) mentality they have got caught up in -

Hostile self-criticism stimulates threat and subordinate defence processing

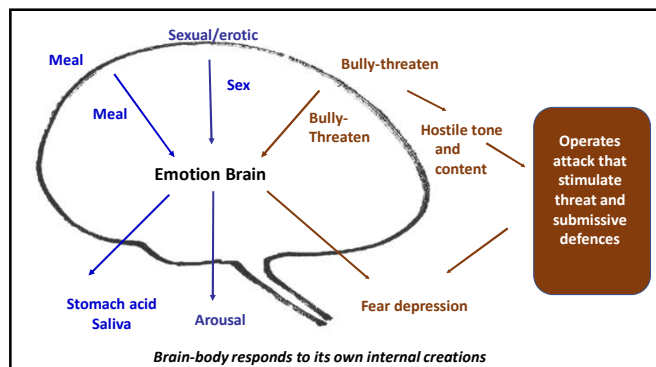
Animals attack when threatened - **so find the threat**

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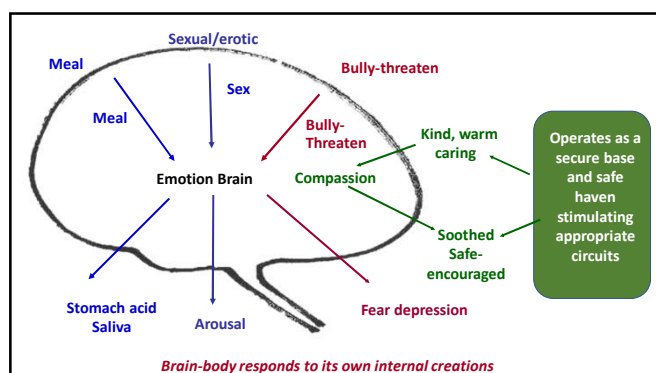
Reasons for non-resistance and the internalisation of negative self
Complex subordinate defences

- John Bowlby -- attachment is crucial to survival --it is better to see the self as bad and the parent as good than the parent is bad and self as good. Very common in religions. Psychological process is called defensive exclusion
- Alan Abbas -- Aggressive impulses that could either damage the carer, drive them away or provoke harmful retaliation - are very threatening. So kept out of consciousness and therefore outside of the psychomotor systems but may be pushed into smooth muscle as opposed to striatal muscle.

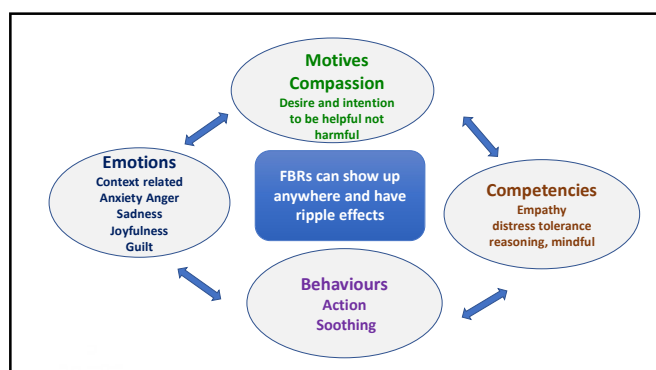
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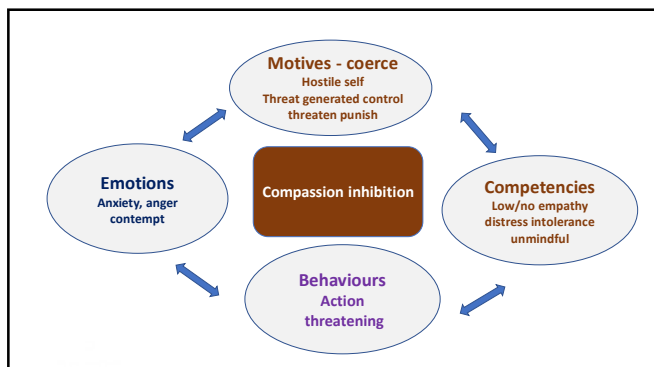
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**Depression:
From Psychology to
Brain State**

Paul Gilbert

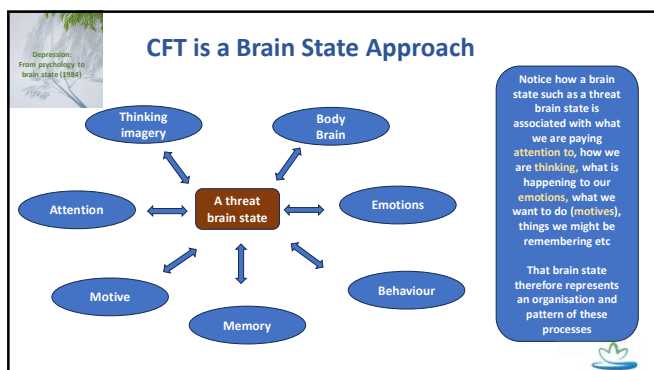
The ways social and psychological processes change physiologies and how psycho-social therapies need to address those changes

Brain State Theory

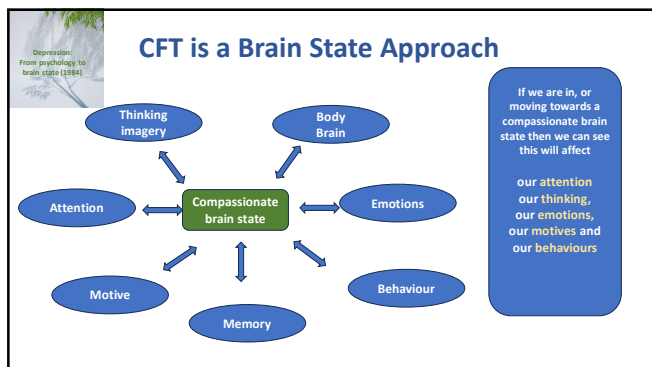
The need to be needed/valued/wanted

1984

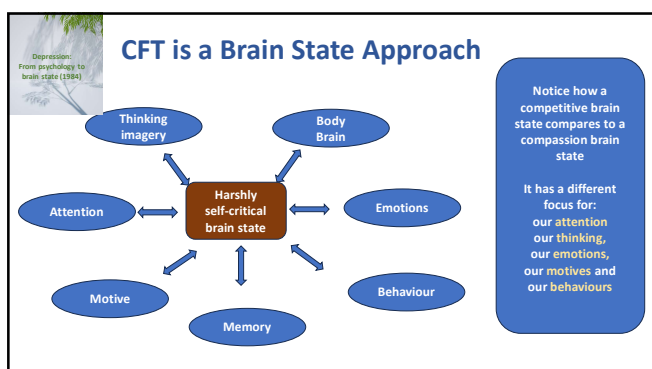
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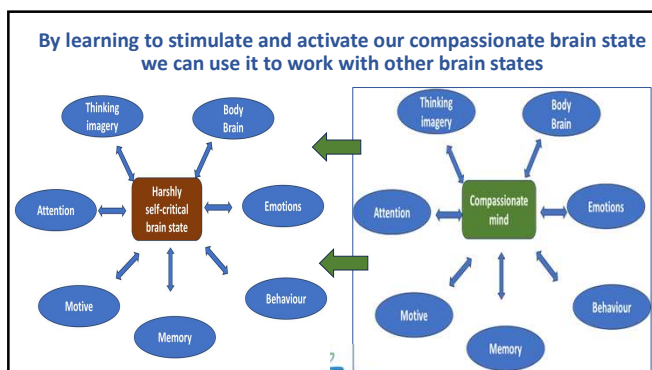
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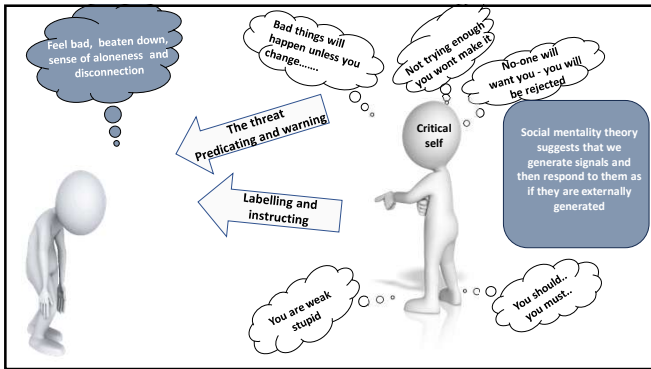
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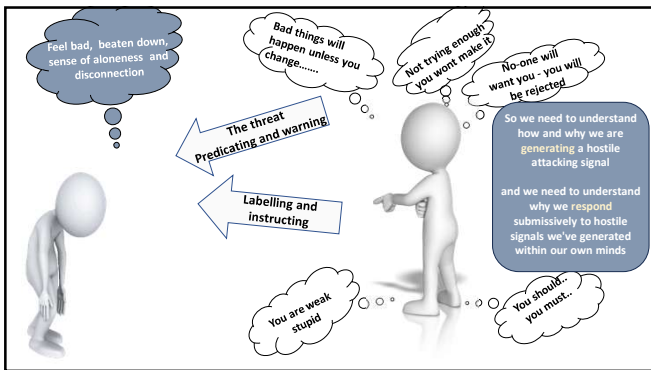
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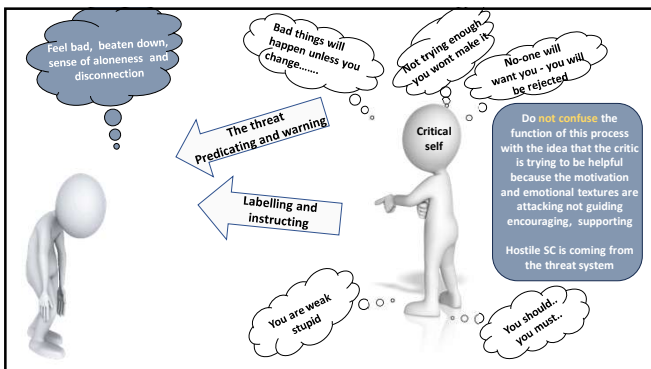
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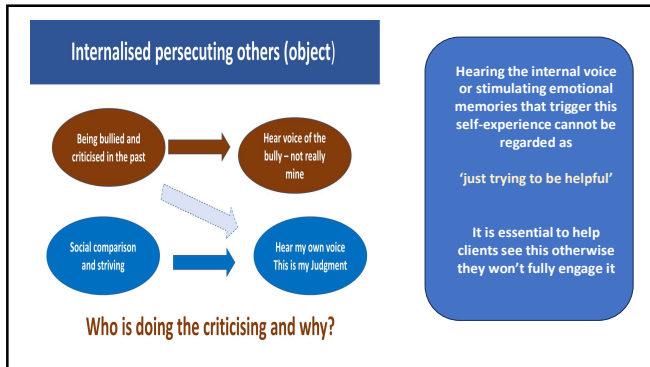
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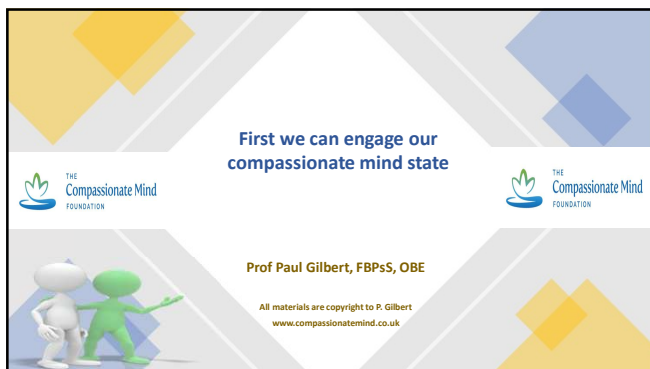
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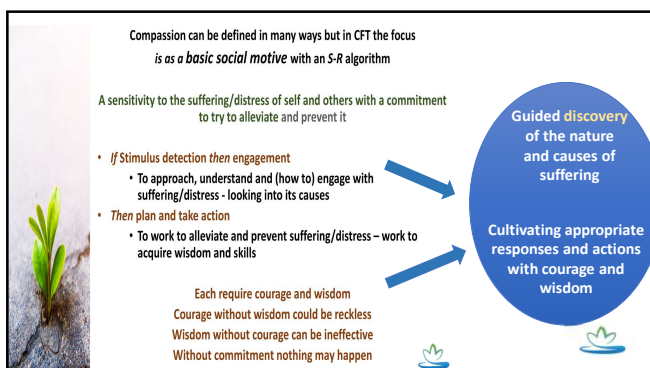
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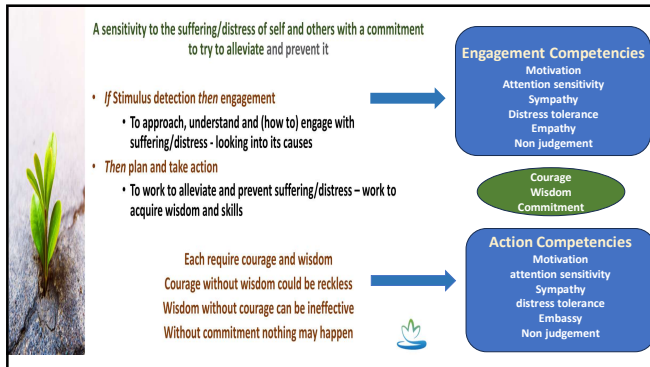
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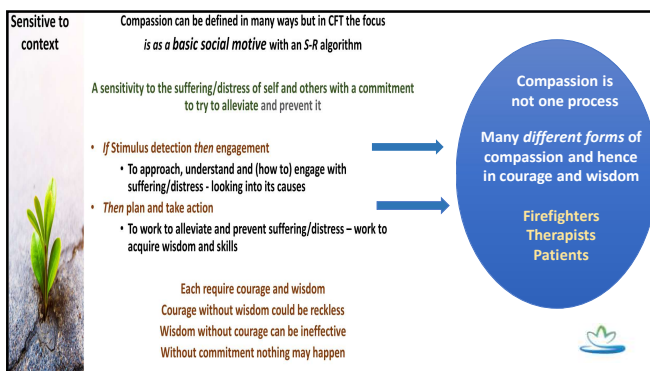
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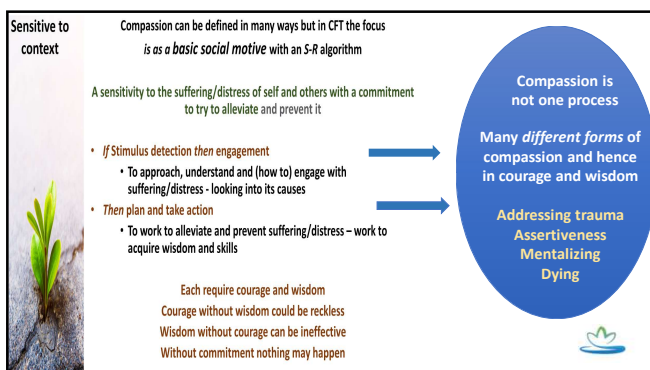
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Motives organise the mind and therefore compassionate mind training is cultivating the care focused brain states

Cultivating compassionate

- Motives
- Emotions
- Reasoning
- Behaviour

Ways of living, being and wanting to be

Using the body to support the mind

Posture, breathing, movement, yoga, acupuncture, diet, mindfulness.

Cultivating compassionate qualities

Choosing key compassionate qualities for self, developing wisdom, concept of tricky brain.


Using imagery

Imagining one's compassionate self, imagining compassionate other.

Behaviours

Practising courageous behaviours, helpful behaviours and ways of thinking. Mindfully noticing unhelpful and switching to helpful.

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Australian Childhood Foundation

Exploring our own

This is purely voluntary and if it triggers you in any way that is distressing please pull out from the exercise


Prof Paul Gilbert, FBPsS, OBE

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A functional and forms analysis of the attacking critical process



- What does this critical process do for you?
- What does it look like?
- What does it attend to and think about and say to you?
- What does it feel towards you?
- How does it want to behave towards you ?
- What does it say its motives are?
- How does it leave you feeling?

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Functional and form analysis of self criticism			
What is my greatest fear of letting it go? I will become lazy, I won't reach my goals, I won't care about what I do. I will make mistakes.			
Underlying (archetypal) Fears people would not like me I would be rejected I would fail			
What does it look like? What is its inner form?	What does it say to me?	What does it feel about me?	What it wants to do to me/with me, want to relate to me?
What do I feel now? Thoughts about my critical process			

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Functional and form analysis of self criticism			
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What does it look like? What is its inner form?	What does it say to me?	What does it feel about me?	What it wants to do to me/with me, want to relate to me?
Witch, shadow, angry face, sharp. demon	Your ar a loser pathic waste of space never be any good	Anger Contmpt	Skake me up Threaten me s hout
What do I feel now? Bad hurt Thoughts about my critical process			

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Examples of different reciprocal dynamic role relating

- Attacking-raging and hating what one has become and/or what one has failed to become
- Hating the contents of an experience of one's mind - depressed, anxious, voices
- Shame as 'the damaged stained and FUCKED-UP self
- Striving to escape one's mind - suicide
- Feel contaminated/poisoned by hated part

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Examples of different types of dialogue

- **Attacking-raging** when I see myself in the mirror I cry because my head is screaming 'dirty fat bitch [...] disgusting failure, not good enough, lose weight you pathetic piece of crap, worthless, useless idiot, don't DARE eat! Where are the rest of your bones? Don't DARE eat you fat, DESPICABLE, HIDEOUS waste of space.' (Tierney & Fox. 2010, p. 247)

Nietzsche/Freud - No-one blames themselves without a secret wish for vengeance
Remember Aztec example and fear of rebellion.

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Compassionate change can be terrifying and generate overwhelming grief of having lived the 'lonely life' without feeling safe, valued and wanted.

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Examples of different types of dialogues

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Ideas for Socratic guided discovery – always seek out the fears

- Suppose you reach your goals what good would come of it?
- Suppose you were not 'a fat bitch' – what would that be like; what would worry you?
- Suppose being over/lower weight would be a preference not a hatred?
- Trauma memories?
- If you weren't raging/angry about your weight what or who might rage/anger to?
- Are there other things in life/past you feel enraged/anger by
- How do you feel about expressing rage - does it worry you?
- Do you feel alone when you feel rage/anger

Firestone, R.W. (1986). The 'inner' voice of suicide. *Psychotherapy*, 23, 439-444.

Tierney, S., & Fox, J.R. (2010). Living with the anorexic voice: A thematic analysis. *Psychology and Psychotherapy: Theory, Research and Practice*, 83, 243-254.

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Examples of different types of dialogues

- **Voice hearing** - you are a pervert if people knew about you they would lock you up. You are useless; people don't like you -there is something very flawed and wrong about you
- **Criticism linked to suicide**-- you are pathetic, you are a piece of shit and deserves to die, you are a burden you'd be better off dead

Freestone, R.W. (1986). The 'inner' voice of suicide. *Psychotherapy*, 21, 439-444.

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Psychological Medicine, 2001, 31, 1117-1127. © 2001 Cambridge University Press
DOI: 10.1017/S000329170105409z Printed in the United Kingdom

An exploration of evolved mental mechanisms for dominant and subordinate behaviour in relation to auditory hallucinations in schizophrenia and critical thoughts in depression

P. GILBERT,¹ M. BIRCHWOOD, J. GILBERT, P. TROWER, J. HAY, B. MURRAY,
A. MEADEN, K. OLSEN AND J. N. V. MILES
From the Mental Health Research Unit, Kingsway Hospital, Derby; and the Early Intervention Service,
Northern Birmingham Mental Health Trust, Birmingham

Results. We present evidence that schizophrenic, malevolent voice hearers and self-critical depressed people experience their hostile, internally generated voices/thoughts as powerful, dominating and controlling (i.e. have typical characteristics of a hostile dominant). Moreover, these voices/thoughts activate evolved subordinate defences such as fight/flight and these are associated with depression in both depression and schizophrenia.

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Posture, breathing, movement, yoga, acupuncture, diet, mindfulness.

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Choosing key compassionate qualities for self, developing wisdom, concept of tricky brain.

Using imagery

Imagining one's compassionate self, imagining compassionate other.

Cultivating, playfulness and joyfulness.

Playfulness is linked to friendliness and joyfulness. Practise openness.

Behaviors

Practising courageous behaviours, helpful behaviours and ways of thinking. Mindfully noticing unhelpful and switching to helpful.



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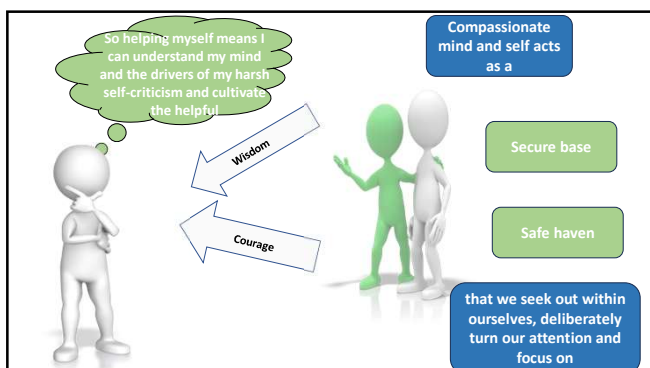
Functional and forms analysis of Compassionate self / mind Supporting inner secure base, safe haven with wise self-correction/guidance/encouragement/empathic concern/support/warmth

Start with a compassionate mind induction and intention/motive			
What does your compassionate self want to help you with?			
Hope for you - guide towards			
What does it look like? What is its inner form?	What does it say to me?	What does it feel about me?	What does it want to do to me/with me. How does it want to relate to me?
What do I feel now?			
Thoughts about my compassionate self/mind process (FBRs?)			

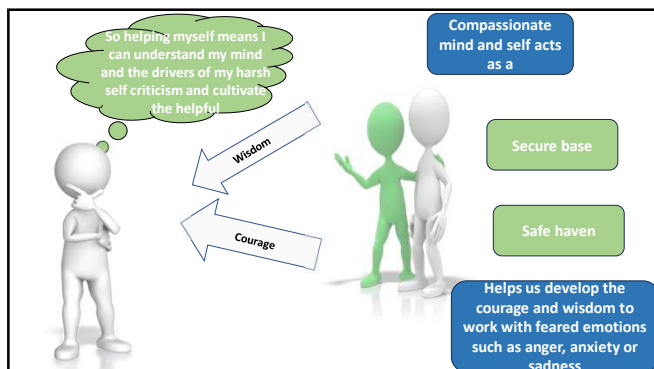
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Giving compassion to a friend with self-attacking Compassionate mind induction first			
Imagine your best friend is going through what you - the same self-disappointment - self-attacking			
How would you like to be seen in front of the	What would you like to tell them What you like to say if they wanted dismiss you	How (what emotion) would you like your friend to feel from you If they dismissed you	What would you like to do for or with this person
What you like to feel			

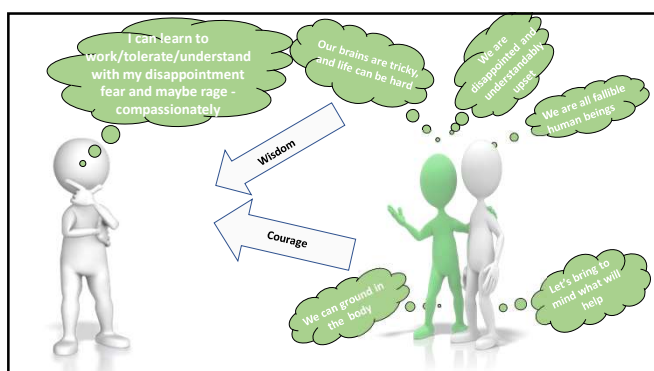
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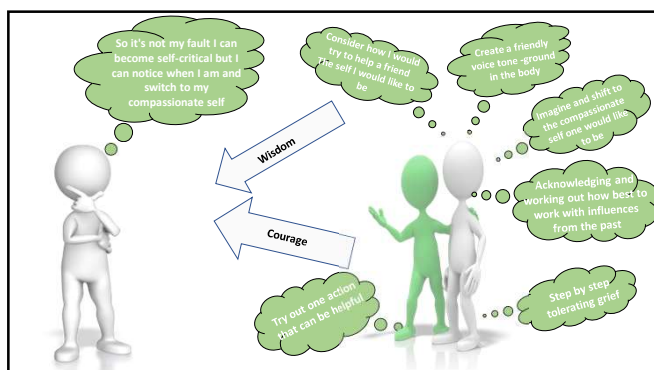
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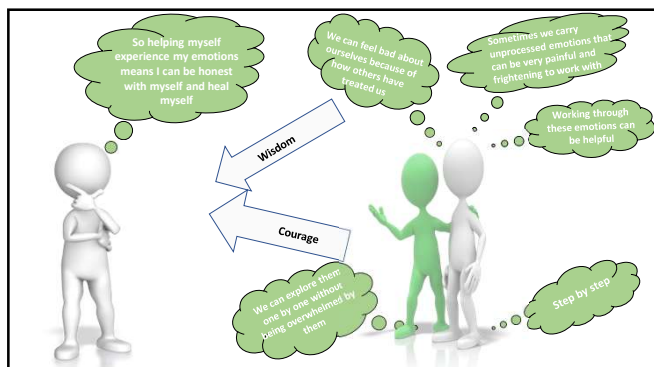
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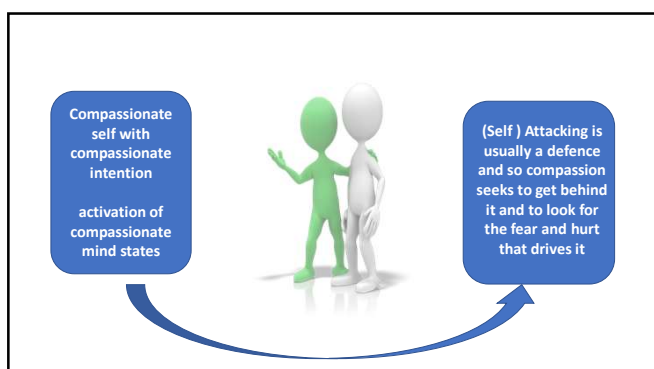
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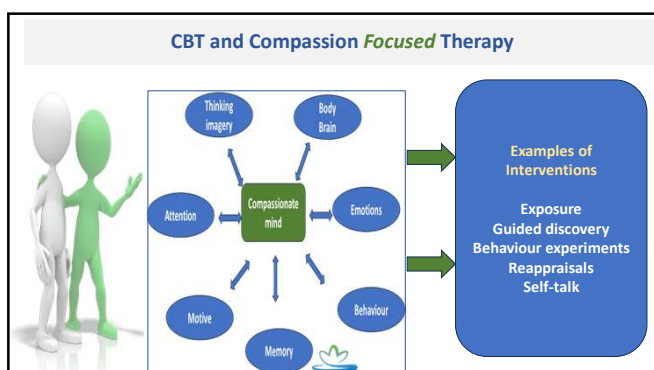
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Reflections

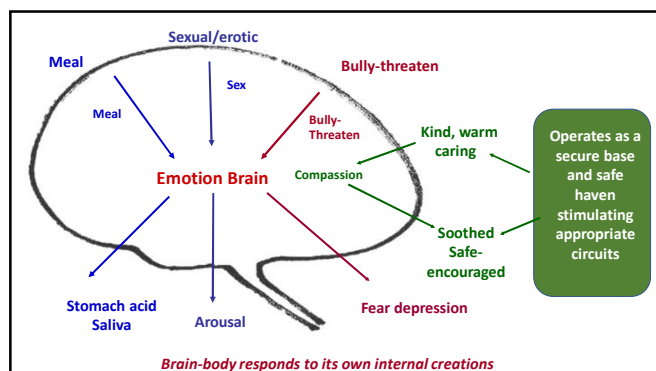
Key readings

- Ask people if they would actually like to be the way they think they would be if they lost their critic. For example, would they like to be lazy, arrogant or unmotivated? Most people say 'no' in which case you can suggest – *why would you need to beat yourself up for something you don't want to do.*
- Highlight the fact that many self-critical people have grossly underestimated their own goodness and that's partly because of negativity bias.
- Use example of the two schools/jobs
- How might they help a friend to demonstrate their own inner wisdoms
- How to build *support* for compassion intention
- Link compassionate self to the functions of secure base and safe haven

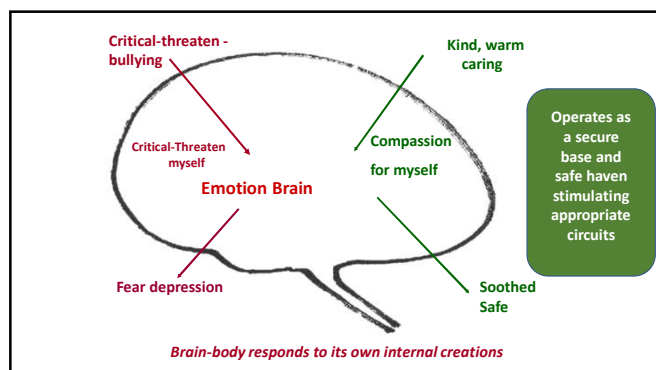
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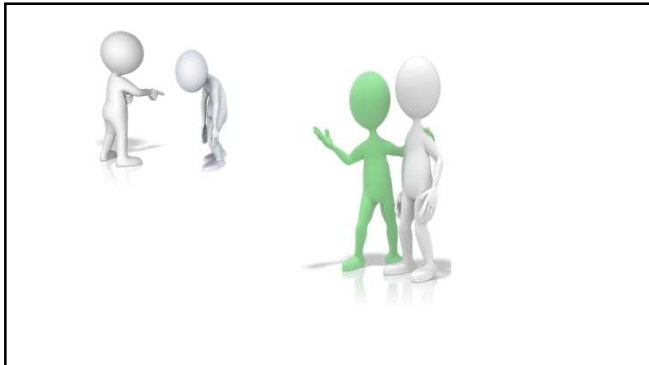
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Seven functions of psychotherapy



Awareness

Differentiation

Tolerance


Integration

Cultivation

Transformation

Adaptation

Consider how these can guide you in working with hostile self-criticism



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Functional Analysis of Compassionate self			
Supporting inner secure base, safe haven with wise self-correction, guidance, encouragement, support, warmth			
<i>What does your compassionate self want to help you with? Help to look at myself with kindness; see me thrive, be happy, believe in myself, accepting myself, develop my courage and be open</i>			
<i>Hope for you more open more confidence</i>			
What does it look like? What is its inner form?	What does it actually say to me?	What does it feel about me?	What does it want to do to me/with me
1. The crucial elements is to practise and connect to the body. Remember to engage the compassionate mind by doing the practise of using the body to support the mind – body posture, a breathing that grounds and settles (SBR) friendly face and real focus on the wisdom of compassion – we all just find ourselves here. 2. Practise becoming a curious observer of your mind (including your SC) and to live to be helpful not harmful. 3. Ideally your compassionate responses are 'body felt' not just one you think should be compassionate or simply 'nice.' Compassion is about friendly benevolent wisdom and courage and your ability to feel that 4. Compassion is a healer and while it can be courageously assertive it will try to work with the fears, hurts and pains, that drive the critic process in our brain -- After all we are talking about how we regulate our brain circuits!			

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Reflections

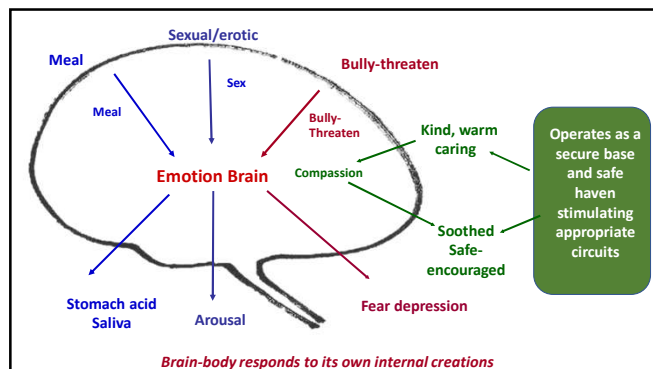
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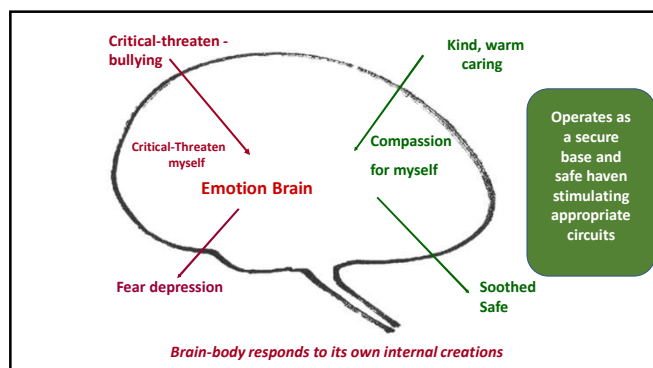
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Seven functions of psychotherapy



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Tolerance

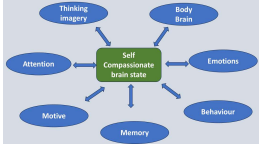
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Exploring the fears that drive self criticism

Rooted in internal models of social relating

Prof Paul Gilbert, FBPsS, OBE

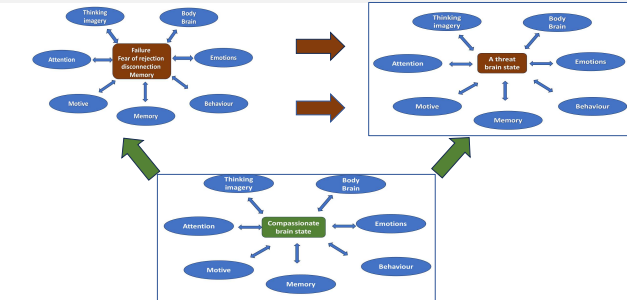
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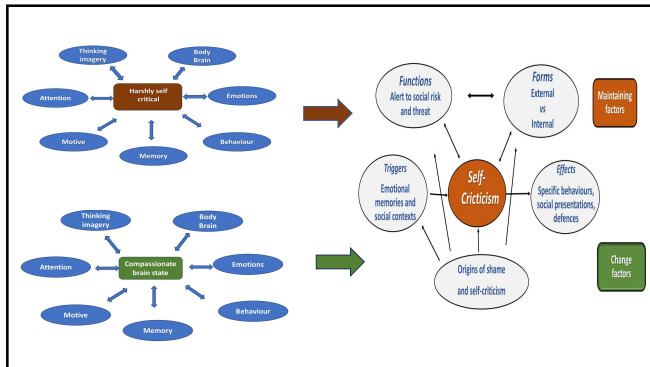


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This diagram shows how a fear of social devaluation can stimulate the threat and other systems, but if we can practise compassion brain states it may help with both the self criticism but especially the threat that underpins it



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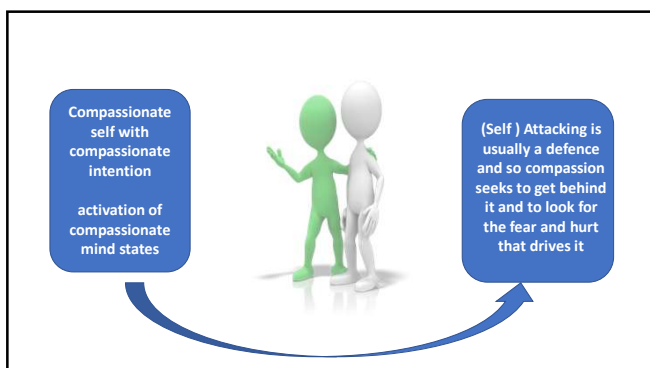
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Compassion Because

Life is hard and full of suffering

- We come into minds that are unchosen and tricky - *humble mind*
- We had very little say on how we are designed or shaped
- New forms of consciousness and self-awareness is both a gift and a curse
- Fear of failure and rejection can drive self-criticism
- Self against self is a common source of suffering
- Is associated with many types of mental health problem

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The Biography of the Critic



Sometimes it can be useful to invite the client to become the biographer of the critical self - they agree to explore the story of the emergence and life of the critical self --but as the biographer they're trying to understand their subject not criticise them
Critical mind have culture and familial-generation flow

It is an exploration into.....

How one's critical mind came formed (key life events), emerged in one's life, who has it been influenced by? - where did it learn how to judge? where did it learn and become so angry or even vicious? Do you give it permission to do that? What threat drives it?

Culturally sensitive – do you think you would be critical of yourself for the same things if you lived in a different culture? E.g. Consider different cultural ideals of 'beauty' 'kindness' 'machismo' 'the right stuff'

Family sensitive – is this a family trait? Carrying the 'baggage' through the generations, cycles of criticism (a genealogy or pedigree of the critic). Were you the object of projective identification

How much did you purposely choose to treat yourself like this?

From Hannah Gilbert

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Self-attacking		Self-Compassion
Ventilate - punish, warn and frighten	↔ Motive ↔	Improve, encourage grow (secure base and safe haven)
Backward looking linked to disappointment, focus on deficits	↔ Attention ↔	Forward-looking building on the doable
Anger, frustration, anxiety contempt	↔ Emotions ↔	Friendly concern, encouraging validating, supportive
Negative self-labelling and condemning	↔ Thoughts ↔	Recognise struggling with a tricky mind and difficult life. Looking at what is helpful
Threaten and harm	↔ Behaviours ↔	Step by step guidance, encouragement and practice

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Compassionate Living Self

The past

Working with disappointment, setbacks and traumas from the past

The future

Preparing and training one's mind for future life with difficulties, setbacks and disappointments

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