

## **TITLE** Keynote

**Compassion Focused Therapy for those who have been hurt and harmed by others: Using compassion focussed therapy to help change the emotional context of traumatised lives.**

### **Speaker**

Dr Deborah Lee, Consultant Clinical Psychologist,

Head of Berkshire Traumatic Stress Service and OpCourage Integrated Services for Veteran Mental Health, South East England.

Honorary Associate Professor, Department of Clinical Psychology, University College London

Lead for Compassionate Leadership Programme, Berkshire Healthcare NHS Foundation Trust.

### **Biography**

Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and OPCOURAGE Integrated Services for Veteran Mental Health for the South East of England. She has pioneered the development of compassion focused therapy for trauma and PTSD and authored the best selling self help book, *The Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks Shame, Guilt, and Fear* (2013). New Harbinger, New York.

Dr Lee has worked in the field of trauma for 30 years and collaborated with Professor Paul Gilbert for 25 years to develop de-shaming and effective treatment for the consequences of interpersonal, shame based trauma and, Complex PTSD. She has pioneered *compassionate resilience* as part of phased based treatment approaches for complex PTSD and has widely contributed to the dissemination of her clinical knowledge through writing and, delivering over 250 clinical workshops, keynote addresses, podcasts, in North & South America, Europe, Japan and Australia.

### **Abstract**

Those who have been repeatedly traumatised at the hands of others have many challenges to face as they discover/ recover a life without trauma and learn how to live in a version of themselves that helps them to flourish. As well as characteristic symptoms of PTSD, people struggle with profound self-loathing, lack of trust, interpersonal difficulties, affect regulation and altered states of consciousness. This talk roots our understanding of trauma, it's impact on human development and

subsequent functioning, in the science of a biopsychosocial understanding of human nature, behaviour and suffering. We explore how therapy can draw on this and foster compassionate capacities for resilience, to offer empirical, trauma informed therapy, based on the principles of compassion focused therapy Gilbert, 2005,2009, Lee, 2022, Lee & James, 2013).

**Key references:**

- Gilbert, P (2005) *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London Brunner-Routledge.
- Gilbert, P., (2009). *Introducing Compassion Focused Therapy*. *Advances in Psychiatric Treatment*, 15 199-208. Doi:10.1192/apt.bp.107.005264
- Lee, D.A., (2015) *Case conceptualisation in complex PTSD: integrating theory with practice*. In Tarrier, N.(eds). *Case Formulation in Cognitive Behaviour Therapy: The treatment of challenging cases*. Routledge. London
- Lee, D.A., (2013). *Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear* New Harbinger, New York.
- Lee, D.A ( 2022. *Using compassion focused therapy to work with Complex PTSD*. in Eds Gilbert, P.& Simon, G., *Compassion focused therapy, Clinical Practice and applications*, Routledge.

