Compassionate Mind Training

8 WEEK COURSE
WITH DR STAN STEINDL

WHAT IS CMT?
Compassionate Mind Training (CMT) is an eight-week, practical skills building course designed to help people cultivate their compassionate mind. Drawing on compassion focused therapy, a comprehensive psychotherapy approach developed by Professor Paul Gilbert, CMT offers psycho-education regarding the human mind, the nature of our suffering, and how to cultivate the evolved human motivations and skills of compassion: to be sensitive to suffering in ourselves and others, and committed to trying to alleviate and prevent it.

CMT COURSE DETAILS
- 8 x 2-hour group sessions made up of maximum of 9 participants plus the facilitator. Scheduled as 8 sessions 6pm-8pm each Tuesday.
- Incorporates information sharing, experiential exercises, practical tips, and suggestions for bringing compassion into one’s daily life.
- CMT is a closed—no new participants will be able to join once the course has commenced.
- The venue is Psychology Consultants Morningside—18 Thynne Rd Morningside. Parking is available onsite and in adjacent Ison Street.
- Course participants will be provided with a printed workbook to bring to each session, as well as audio recordings of exercises and practices. You will also have the option of purchasing Dr Steindl’s book—The Gifts of Compassion: How to understand and overcome suffering.

IN THIS COURSE YOU WILL:
- Learn about the definition of compassion
- Explore the three flows of compassion: for others, from others and for self
- Discover the role of mindfulness in compassion
- Use body-based practices to slow and soothe the mind and body
- Use imagery to cultivate feelings of calmness and safeness
- Develop an image of your ideal compassionate other
- Develop, practice and embody your compassionate self
- Bring your compassionate self to your daily life, acting in helpful ways towards yourself and others, soothing difficult emotions, and finding ways to flourish.
ABOUT THE LEAD FACILITATOR

Dr Stan Steindl is a Clinical Psychologist in private practice and Director at Psychology Consultants Pty Ltd, and an Adjunct Associate Professor at School of Psychology, University of Queensland, Brisbane, Australia. He is co-director of the UQ Compassionate Mind Research Group. He has over 20 years experience as a therapist, supervisor and trainer, and works with clients from a compassion focused therapy perspective.

His PhD examined combat-related posttraumatic stress disorder and comorbid alcohol dependency, and he continues to work in the areas of trauma and addiction, as well as having a general clinical practice. His research interests are in the areas of motivation, compassion and compassion-based interventions, and especially the role of cultivating compassion and self-compassion in the context of trauma, shame, self-criticism and clinical disorders, as well as promoting psychological wellbeing.

HOW TO REGISTER FOR CMT COURSE

For more information, or to register, please call Psychology Consultants (07) 3356 8255 or email enquiries@psychologyconsultants.com.au

Prices:
CMT Course: $585.20
Optional book: $34.95

Course Start Date: 9th March 2021

*In the event that you miss a group session due to unforeseeable circumstances you will be able to cover the material in a single telephone review session with the facilitator, and will have full access to session materials and recordings. This extra telephone review session will not attract an out-of-pocket fee.