



## Programme

09:15

*Registration*

### *Part I: Theory*

09:30

**Introduction and Context**

Professor Steve Pilling (UCL)

09:50

**Compassion Focused Therapy: Theory and principles of practice**

Professor Paul Gilbert (The Compassionate Mind Foundation, University of Derby, UK and University of Queensland, Australia)

10:10

**Commentary**

Professor Peter Fonagy (UCL and Anna Freud National Centre For Children and Families, UK) and Professor Patrick Luyten (KU Leuven, Belgium, and UCL, UK) and discussion from the floor

10:40

*Virtual Coffee Break*

10:55

**Mentalization Based Treatment: Theory and principles of practice**

Professor Peter Fonagy

11:15

**Commentary**

Professor Paul Gilbert and Dr Deborah Lee (UCL and Berkshire Traumatic Stress Service, South Central Veterans Service, UK)

11:45

**Breakout group discussion with structured prompts**

12:15

**Feedback from group discussion and reflections from speakers and chair**

12:50

*Lunch Break*



## *Part II: Practice*

**14:00**

**Clinical CFT presentation**

Dr Deborah Lee with discussion from an MBT perspective (Professor Peter Fonagy and Professor Patrick Luyten) and discussion from the floor

**15:00**

*Virtual Coffee Break*

**15:15**

**Clinical MBT presentation**

Professor Patrick Luyten with discussion from a CFT perspective (Professor Paul Gilbert and Dr Deborah Lee) and discussion from the floor

**16:15**

**Final Reflections**

Closing commentary from Steve Pilling and final reflections from speakers and audience

**16:45**

*Virtual Drinks*