

## **COMPASSION AND MENTALIZATION: Complementary, Overlapping or Opposed?**

*A one-day conference chaired by Professor Steve Pilling*

**Saturday 8 May 2021**

- 09:00**      **Registration**
- 09:30      **Introduction and Context**  
Professor Steve Pilling (UCL)
- 10:00      **Compassion Focused Therapy: Theory and principles of practice**  
Professor Paul Gilbert (The Compassionate Mind Foundation, University of Derby, UK and University of Queensland, Australia)
- 10:50      **Commentary**  
Professor Peter Fonagy (UCL and Anna Freud National Centre for Children and Families, UK) and Professor Patrick Luyten (KU Leuven, Belgium, and UCL) and discussion from the floor
- 11:15**      **Refreshments**
- 11:45      **Mentalization Based Treatment: Theory and principles of practice**  
Professor Peter Fonagy
- 12:35      **Commentary**  
Professor Paul Gilbert and Dr Deborah Lee (UCL and Berkshire Traumatic Stress Service, South Central Veterans Service, UK) and discussion from the floor
- 13:00**      **Lunch**
- 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**      **Clinical MBT presentation**  
Professor Patrick Luyten with discussion from a CFT perspective (Professor Paul Gilbert and Dr Deborah Lee) and discussion from the floor
- 16:00      **Final Plenary**  
All speakers and audience discussion