Compassion and Mentalization: Complementary, Overlapping or Opposed?

A one-day conference chaired by Professor Steve Pilling

Saturday 2 May 2020

09.00 - 09.30  Registration
Venue: Foyer of the Roberts Building, Torrington Place, London, WC1E 7HE

09.30 - 10.00  Introduction and Context
Professor Steve Pilling (University College London, UK)
Venue: Sir Ambrose Fleming Lecture Theatre G06, Roberts Building

10.00 - 10.50  Compassion Focused Therapy: Theory and principles of practice
Professor Paul Gilbert (The Compassionate Mind Foundation, University of Derby, UK and University of Queensland, Australia)

10.50 - 11.15  Commentary
Professor Peter Fonagy (University College London and Anna Freud National Centre for Children and Families, UK) and Professor Patrick Luyten (KU Leuven, Belgium, and University College London, UK) and discussion from the floor

11.15 - 11.45  Refreshments
Venue: Foyer of the Roberts Building

11.45 - 12.35  Mentalization Based Treatment: Theory and principles of practice
Professor Peter Fonagy (University College London and Anna Freud National Centre for Children and Families, UK)

12.35 - 13.00  Commentary
Professor Paul Gilbert (The Compassionate Mind Foundation, University of Derby, UK and University of Queensland, Australia) and Dr Deborah Lee (Berkshire Traumatic Stress Service, South Central Veterans Service and University College London, UK) and discussion from the floor

13.00 - 14.00  Lunch
Venue: Foyer of the Roberts Building

14.00 - 15.00  Clinical CFT presentation
Dr Deborah Lee (Berkshire Traumatic Stress Service, South Central Veterans Service and University College London, UK) with discussion from an MBT perspective (Professor Peter Fonagy and Professor Patrick Luyten) and open discussion from the floor
15.00 - 16.00  Clinical MBT presentation  
Professor Patrick Luyten (KU Leuven, Belgium, and University College London, UK) with discussion from a CFT perspective (Professor Paul Gilbert and Dr Deborah Lee) and then open discussion from the floor

16.00 - 16.45  Final Plenary  
All speakers and audience discussion