

Psychological Therapy Factsheet 5



This factsheet is about **Compassion Focused Therapy**. We call this **CFT** for short. **CFT** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is CFT

CFT is a therapy for people who feel they are not worth very much. These people might find it hard to feel OK and feel safe.

This kind of therapy works well for people who might feel shame - about who they are or what has happened to them in their life.

For example, you might feel shame about something that happened when you were a child.

How CFT helps you

CFT helps you to change the way you feel about yourself.

CFT helps you to know you are not a bad person.

CFT helps you to feel safe.



CFT helps you to train yourself to feel good again.

CFT helps you to unlearn some of the ways you might have been feeling about yourself since you were a child.

What happens in a CFT session

Your therapist will talk to you first. They will decide if you need to have **CFT** on your own or a part of a group.

You will need to go to your **CFT** sessions regularly. A session on your own will last for about 1 hour. Group sessions can last for 90 minutes.

You will need to go to the sessions regularly so you get the most of them.

We might ask you some questions so we can check how the **CFT** is going.

You can find out more by going to this website

www.compassionatemind.co.uk
easy read v1.0

