



Compassion- Focused Therapy for Psychosis (CFT-P)



Who is the Compassion-Focused Therapy for Psychosis (CFT-P) programme for?

CFT-P is open to people with any experience of psychosis (eg. paranoia, delusions, hearing voices, and dissociation), who are motivated to learn compassionate ways of coping with these often-distressing experiences. It is not necessary to have a diagnosis related to psychosis (eg. schizophrenia) to participate - both those with and without such diagnoses are welcome. The group is open to both outpatients and inpatients.

Who runs the group?

The programme is run by a team of two psychologists and an assistant psychologist. St Patrick's Mental Health Services (SPMHS) supports education, so on occasion, a psychologist-in-clinical training on a supervised placement may also be part of the CFT-P team.

How are referrals made?

The programme welcomes referrals of service users who are under inpatient care at SPMHS, or who are under outpatient care at an SPMHS Dean Clinic. These referrals to the CFT-P programme can be made by a multidisciplinary team. All internal referrals to the programme should be made via eSwift. Referrals can be made to the Assistant Psychologist or any member of the CFT-P team.

Additionally, interested service users under community-based care can discuss the programme with their local community mental health team (CMHT) or GP, who can make a referral to CFT-P using separate referral forms available on stpatricks.ie. Following referral, a psychologist from the CFT-P team will meet with the service user to see whether this programme is a good fit and likely to be of benefit, and to answer questions.

For information about referring service users to the CFT-P programme, contact our Referral and Assessment Service by email at: referrals@stpatricks.ie or Tel: 01 249 3635.

Please note that the referrer retains clinical responsibility for the service user while they are attending a St Patrick's Mental Health Services' programme.



What is CFT-P?

Within a safe and supportive group environment, and guided by the CFT model, participants are invited to develop greater understanding of, and compassion towards, their experiences of psychosis. In addition, participants are supported to formulate their experiences of psychosis in the context of their personal experiences, how they made sense of them, their coping strategies, their values, and their goals. There is also an emphasis on soothing skills to cope with the threat that experiences of psychosis can bring. Overall, CFT-P focuses on increased understanding, compassion, and soothing capacity - together these therapeutic gains can help participants cope with future experiences of psychosis and other distressing experiences.

What is the structure of the programme?

There are 11 weekly group sessions which run on a Wednesday morning, from 10.30am to 1.00pm. There is also a mid-way individual review session to support engagement and to help participants formulate their experiences. CFT-P is an in-person group that takes place at St Patrick's University Hospital.

What happens in CFT-P?

CFT-P involves group discussions, paired exercises, and psychoeducation around the application of CFT to experiences of psychosis. We also try out new skills including:

- Developing a greater understanding of the factors that contribute to experiences of psychosis
- Skills focused on building emotional understanding, awareness, and connection
- Body-focused practices to help regulate emotions
- Compassion-focused imagery practices to help to increase self-compassion and access feelings of soothing and safeness
- Compassionate responding to difficult emotions/situations
- Encouraging self-reflection and self-practice.

What will I learn?

The CTP-P group programme focuses on helping service users to:

- Develop a psychological understanding of psychosis where they are supported to formulate their experiences of psychosis in the context of psychological, social, and biological factors
- Have a safe space to connect with others about challenges associated with having experienced psychosis
- Explore what it means to be self-compassionate and work on ways to develop more self-compassion
- Work to reduce feelings of shame associated with one's experiences
- Learn some new skills to cope with difficult emotions and to feel more calm/soothed.

For more information

For more information please contact:

- Assistant Psychologist, T: 01 249 3579
- **Tara Deehan**, Senior Counselling Psychologist, T: 01 249 3578
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- **Dr Conal Twomey**, Senior Clinical Psychologist, T: 01 249 3329
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