

Berkshire Healthcare



NHS Foundation Trust



THE
Compassionate Mind
FOUNDATION

Developing Compassionate Resilience In Women Who Have Been Hurt And Harmed By Others

Using Compassion Focused Therapy To Work With Shame And Self Loathing

Dr Deborah Lee

Consultant Clinical Psychologist

Head of Berkshire Traumatic Stress and
Veterans Services

Thanks to colleagues

Compassionate Mind Foundation

www.compassionatemind.co.uk



Berkshire Traumatic Stress Service

www.BHFT.nhs.uk

Berkshire Healthcare 
NHS Foundation Trust

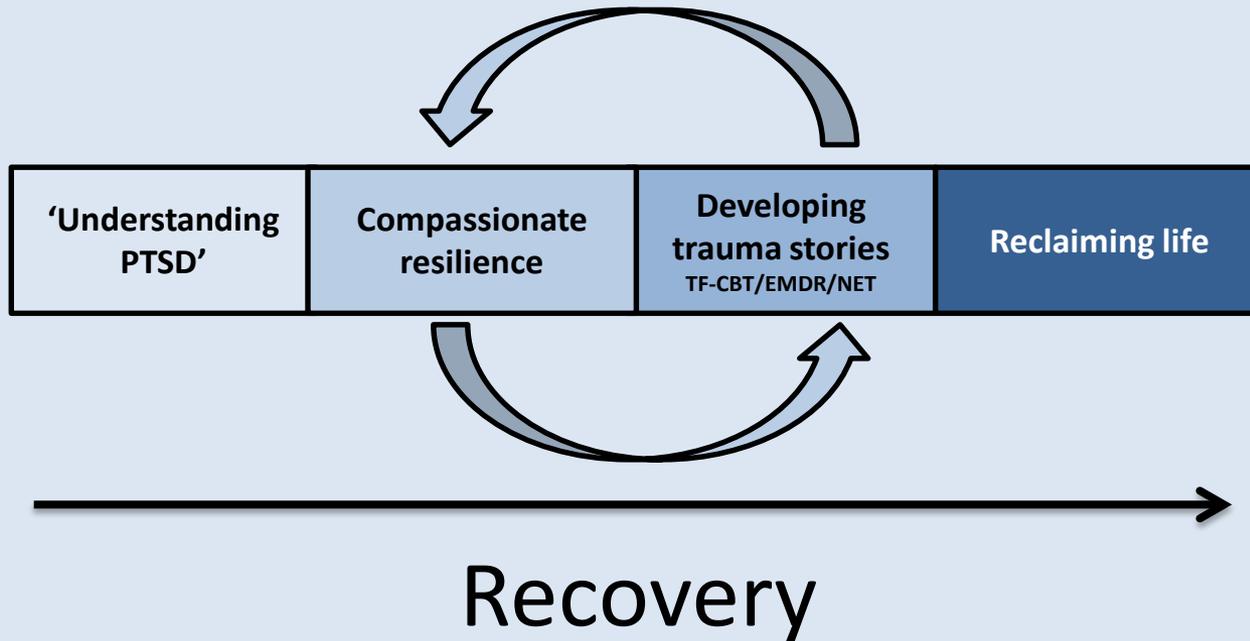


Complex PTSD Team



Veterans' Team

Treatment of PTSD



Interpersonal Trauma, C-PTSD and Compassion

Hurt and harmed at the hands of others

Rape

Emotional physical abuse

Terrorist attacks

Domestic violence

Acid attacks

Violence

Stalking

Combat trauma

Childhood Sexual abuse

Traumatic bereavement

Extreme bullying

Torture

Being
traumatised
at the
hands of
others

- Higher rates of **C-PTSD**
- Shame and self loathing is high
- Traumatized attachments
- Fragmented minds
- Interpersonal issues
- Lack of safeness
- Memory disorganisation
- Sense of self shaped by trauma
intra and interpersonal
functioning

ICD-11 Complex PTSD – new diagnosis

PTSD

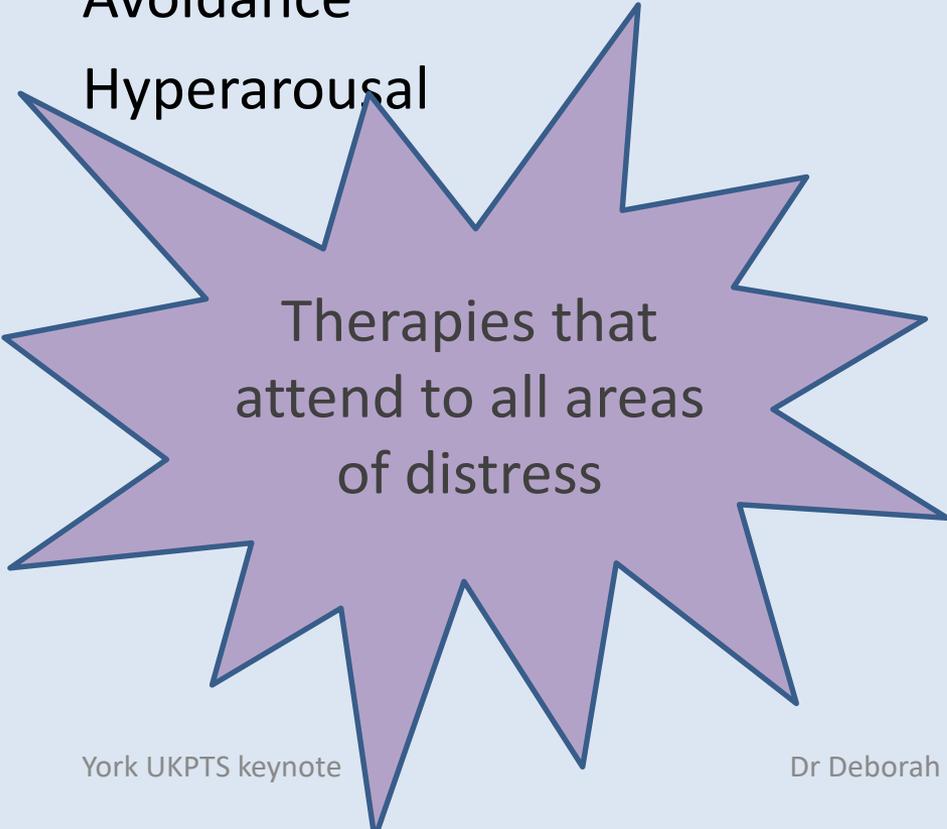
Re-experiencing

Avoidance

Hyperarousal

Complex PTSD

- Re –experiencing
- Avoidance
- Hyperarousal
- Affect dysregulation
- Profound self loathing
- Interpersonal difficulties



Therapies that
attend to all areas
of distress

The race is on



To phase or not to phase.....



The Answer

Evidence

The Intention

The Evidence

Safety of Trauma Memory work in Unstable Populations

- Ter Heide, F. J. J., Mooren, T. M., van de Schoot, R., de Jongh, A., & Kleber, R. J. (2016). Eye movement desensitisation and reprocessing therapy v. stabilisation as usual for refugees: Randomised controlled trial. *The British Journal of Psychiatry*, bjp-bp.

Psychological Treatments for PTSD following Childhood Sexual Abuse

- Ehring, T., Welboren, R., Morina, N., Wicherts, J. M., Freitag, J., & Emmelkamp, P. M. (2014). Meta-analysis of psychological treatments for posttraumatic stress disorder in adult survivors of childhood abuse. *Clinical Psychology Review*, 34(8), 645-657.

Rethinking the need for Stabilisation in Treatment of Complex PTSD

- Jongh, A., Resick, P. A., Zoellner, L. A., Minnen, A., Lee, C. W., Monson, C. M., ... & Rauch, S. A. (2016). Critical analysis of the current treatment guidelines for complex PTSD in adults. *Depression and anxiety*, 33(5), 359-369.

Intensive treatments of complex PTSD using exposure and EMDR

- Bongaerts, H., Van Minnen, A., & de Jongh, A. (2017). Intensive EMDR to Treat Patients With Complex Posttraumatic Stress Disorder: A Case Series. *Journal of EMDR Practice and Research*, 11(2), 84-95.

Trauma Memory processing leads to improvement in emotional regulation

The Intention

What would I see
differently about you if
you no longer had
complex PTSD?

Flourishing



Psychological Flourishing

- Safe and secures attachments
- Ability to regulate your own mind
- Insight and empathy
- Experience self as integrated
- Experience others minds as safe
- Form connectedness and affiliation with others

Does Compassion Focused Therapy Have A Role In Treating C-PTSD

Does Compassion Focused Therapy help With Symptoms Of Complex PTSD?

- Re –experiencing
 - Avoidance
 - Hyperarousal
 - Affect dysregulation
 - Profound self loathing
 - Interpersonal difficulties
- Promotes emotional tolerance
 - Engages with emotional distress
 - Regulates sympathetic nervous system and improves HRV
 - Promotes self-self compassionate relationship, reduces self hatred and criticism
 - Antidote to shame
 - Increases affiliation and emotional safeness

Developed by Professor Paul Gilbert

Social Mentality Theory

Highly Social Organisms

Evolutionary Functional

Social processing

Regulating threat

Stimulate affiliative motivation

Stimulate affiliative intention

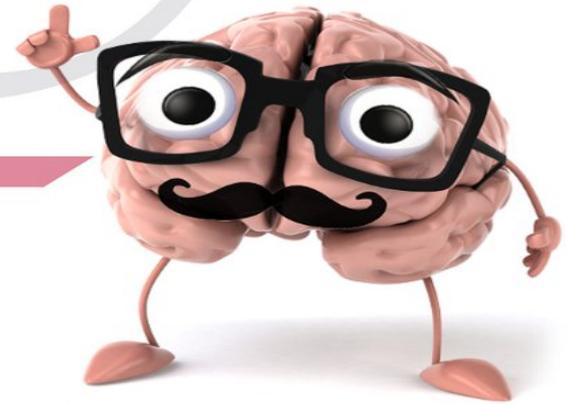
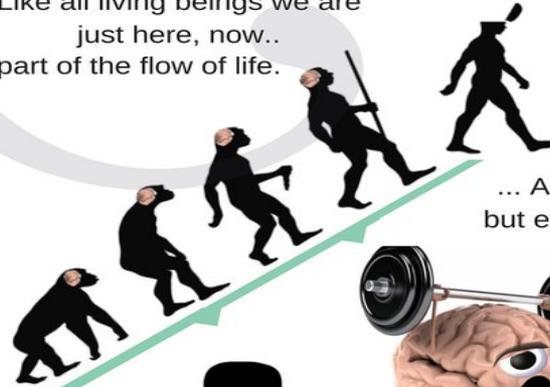


James N. Kirby

The Tricky Brain

The Flow of Life

Like all living beings we are just here, now.. part of the flow of life.



The Human Brain

... And with a brain we did not design, but evolved through thousands of years of evolution.

New Brain Capacity

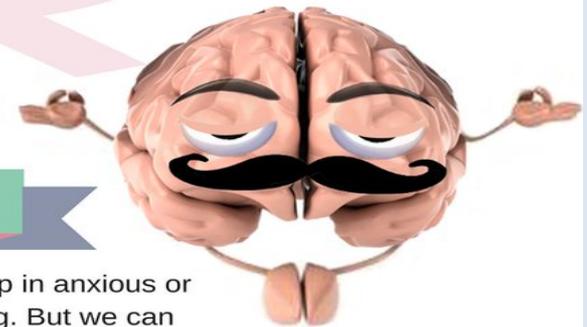
Our brains have the capacity to imagine, have complex language and be creative. But they also have the capacity to ruminate and worry.

Shaped

We are shaped by our family, which we did not choose. Ask yourself: *would you be the same person if you had been kidnapped as a three day old baby and raised by the Mafia?*

It's Not Your Fault

It's not our fault that our brains get caught up in anxious or depressive loops. Our brain is a tricky thing. But we can begin to address those loops using compassion.



Emotional Balancing within Minds

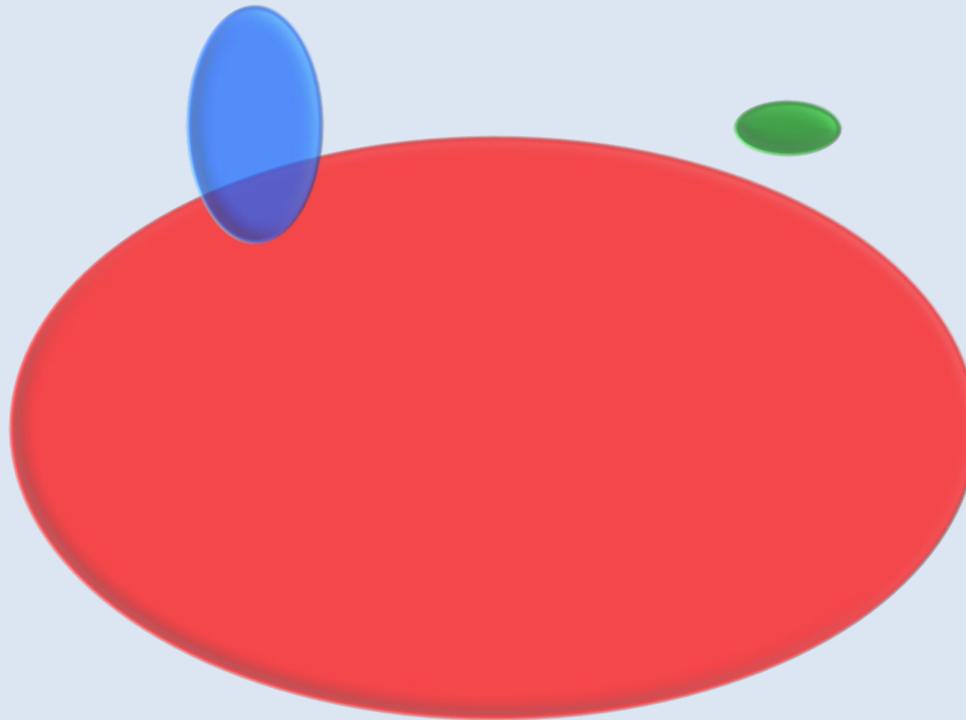
3 Functionally Distinct Types Of Emotional Regulation Systems

- **Emotions for dealing with threats**
- **Emotions to stimulate us to go out, achieve, acquire**
- **Emotions that give rise to contentment, safeness, peacefulness, slowing down**

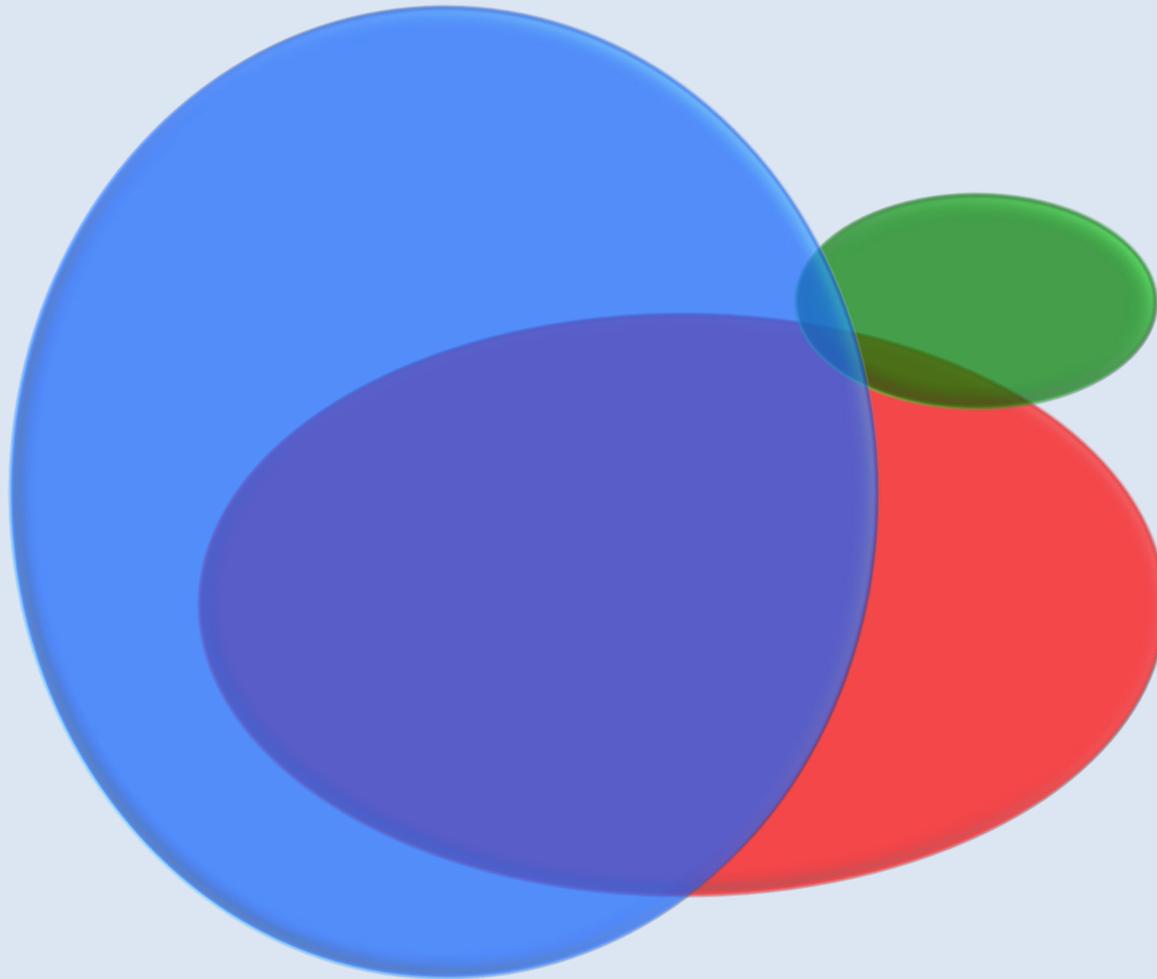
Regulating Affect



Regulating Affect



Regulating Affect

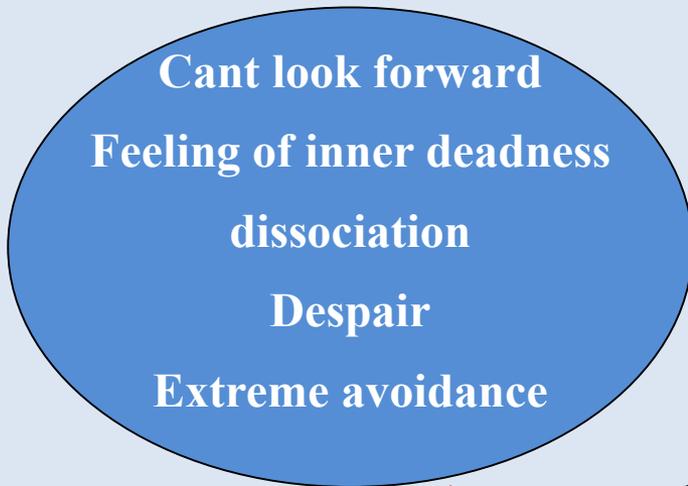




Complex PTSD and Emotion regulation

Avoidance and despair

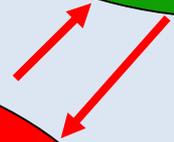
Disconnection and disengagement



Self harm



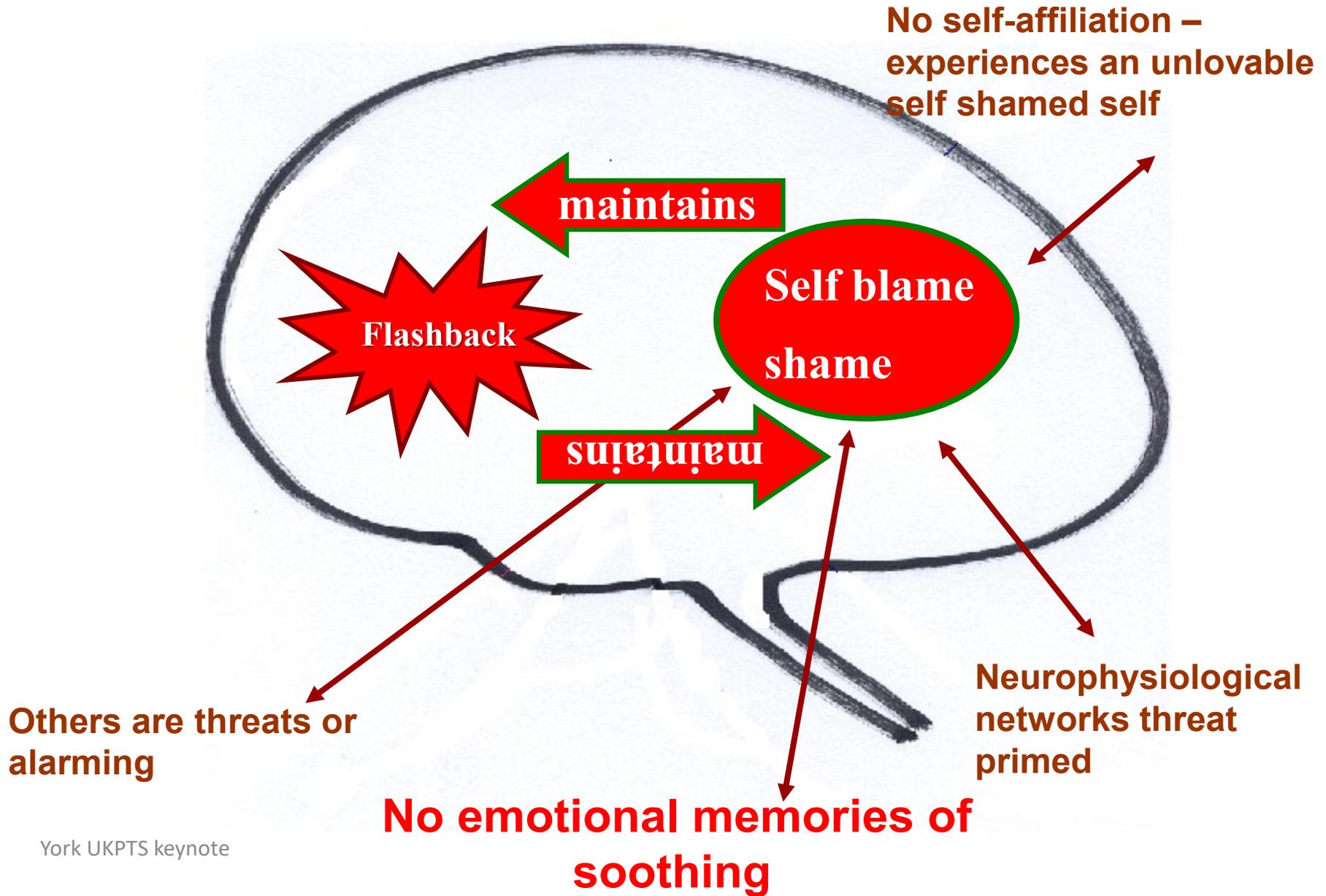
Self harm



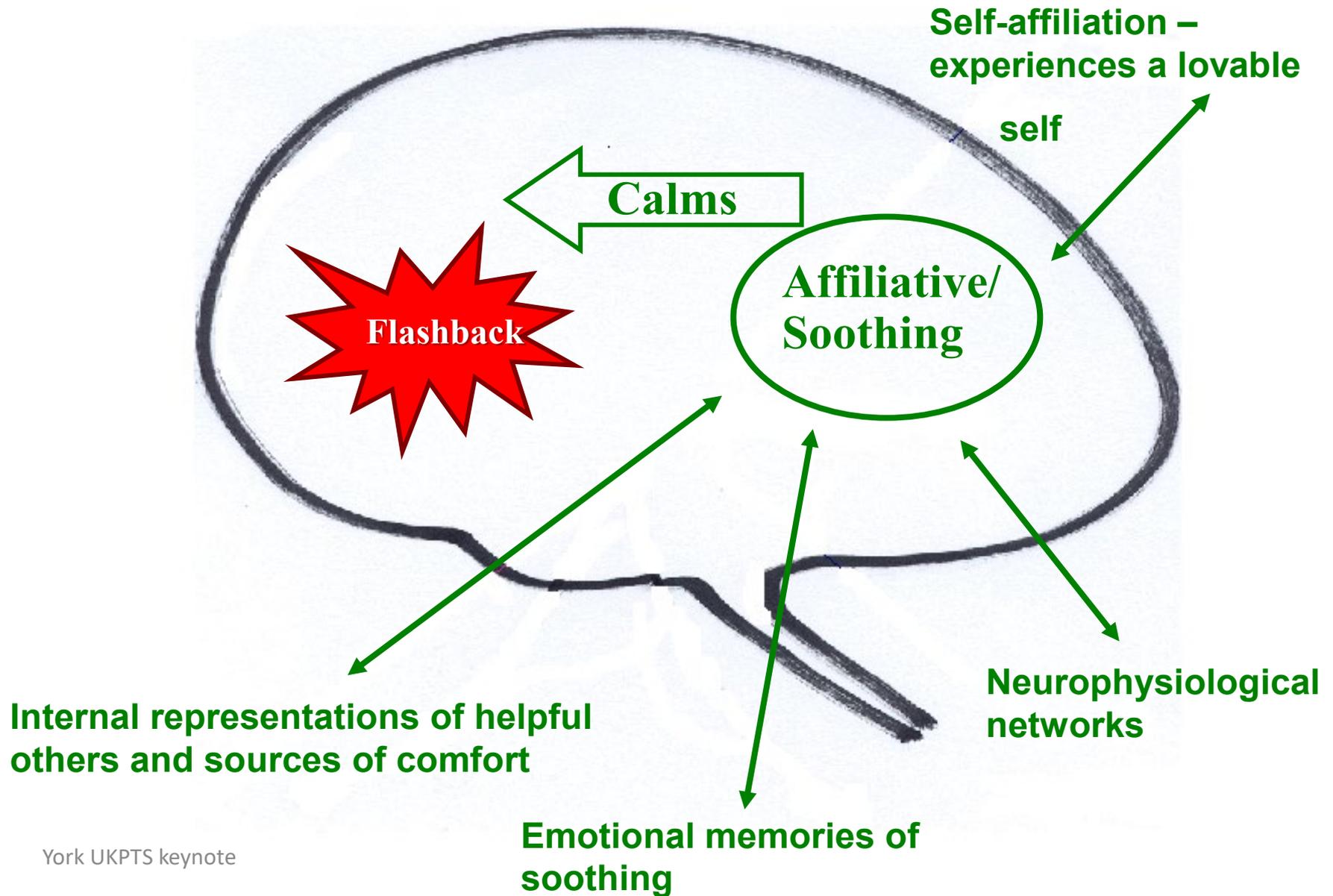
Self harm

Hyperarousal and negative changes in mood

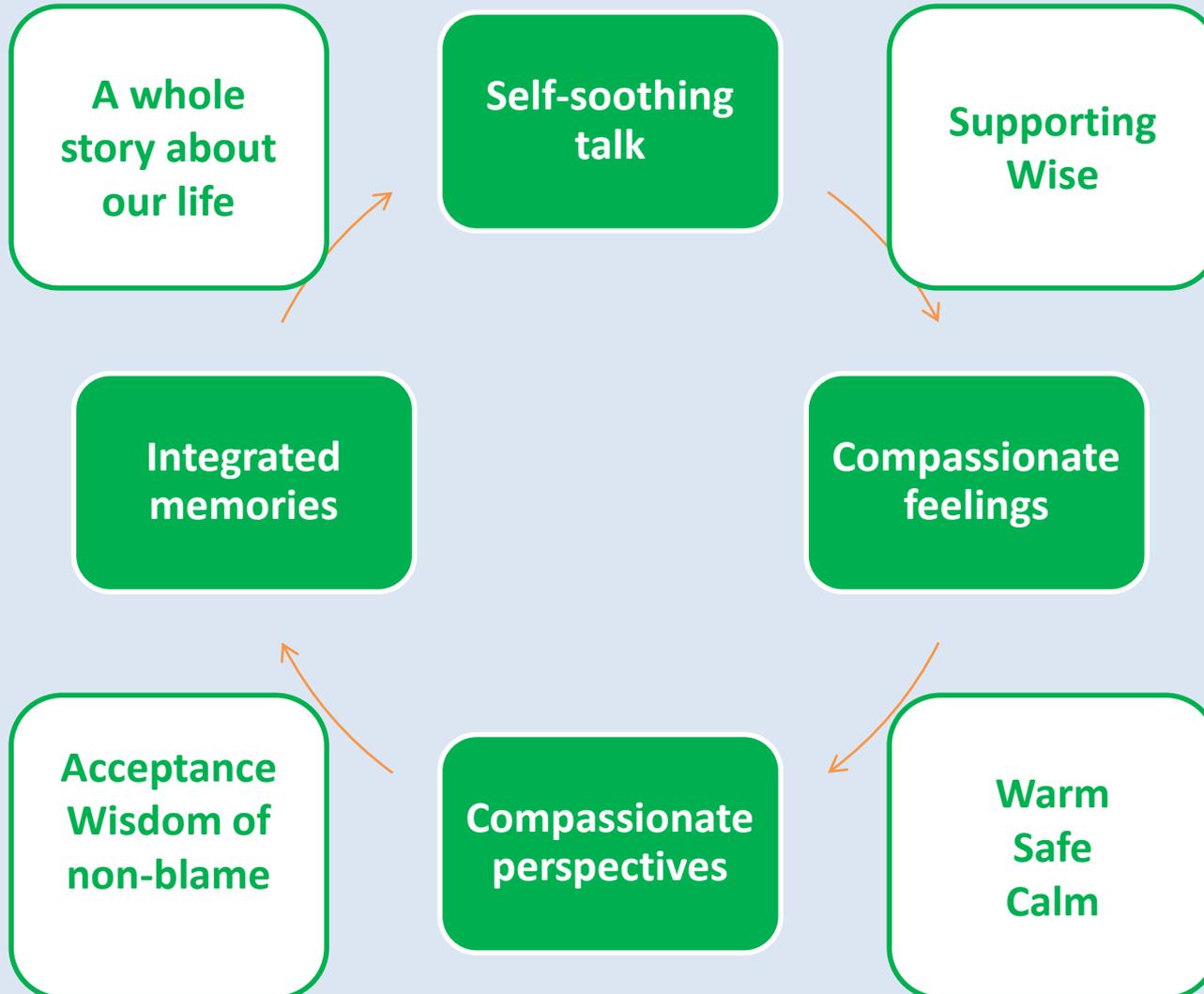
Internal Threat and more threat



Internal Threat and Soothing



Compassionate Minds



Healthy attachments to me

Wholehearted Me

Sad

Anger

Motivated



Fear

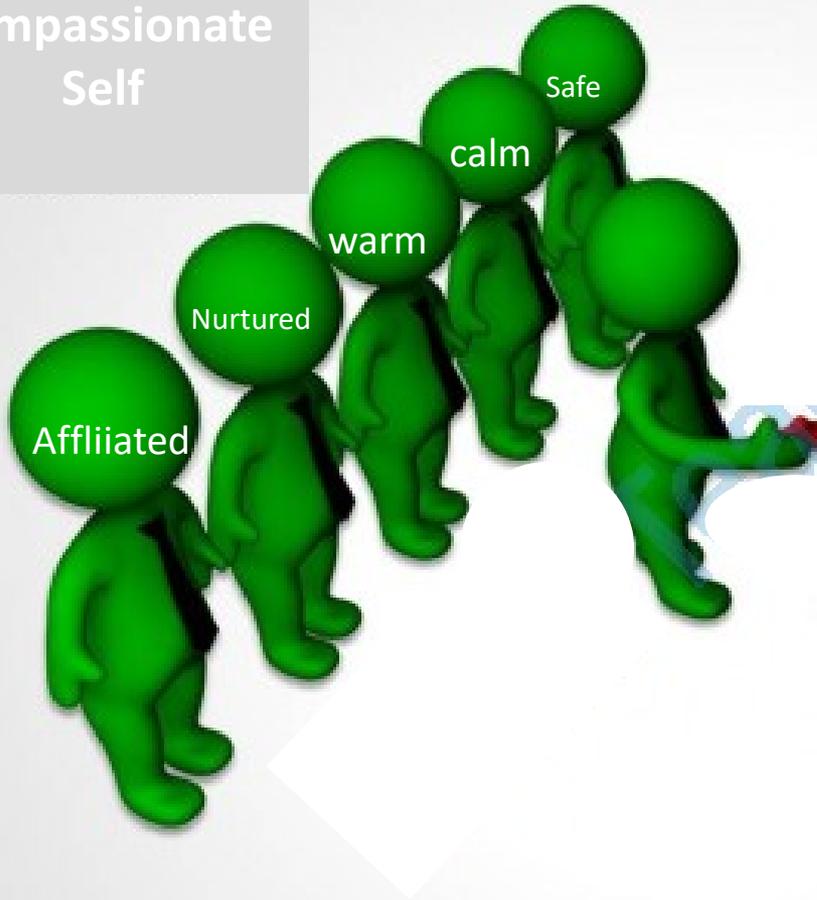
Safe and soothed

Joyous

Your Logo

Compassionate Self

Compassionate
Self



Secure
Connected
Open
Hearted

Can you imagine

- Parents don't love you
- Parents don't want you
- No parents
- Not protected
- Deliberately harmed by others
- Not nurtured
- No joy
- No safeness in your world

The relational context of the traumatised person RICK

scared

abandoned

powerless

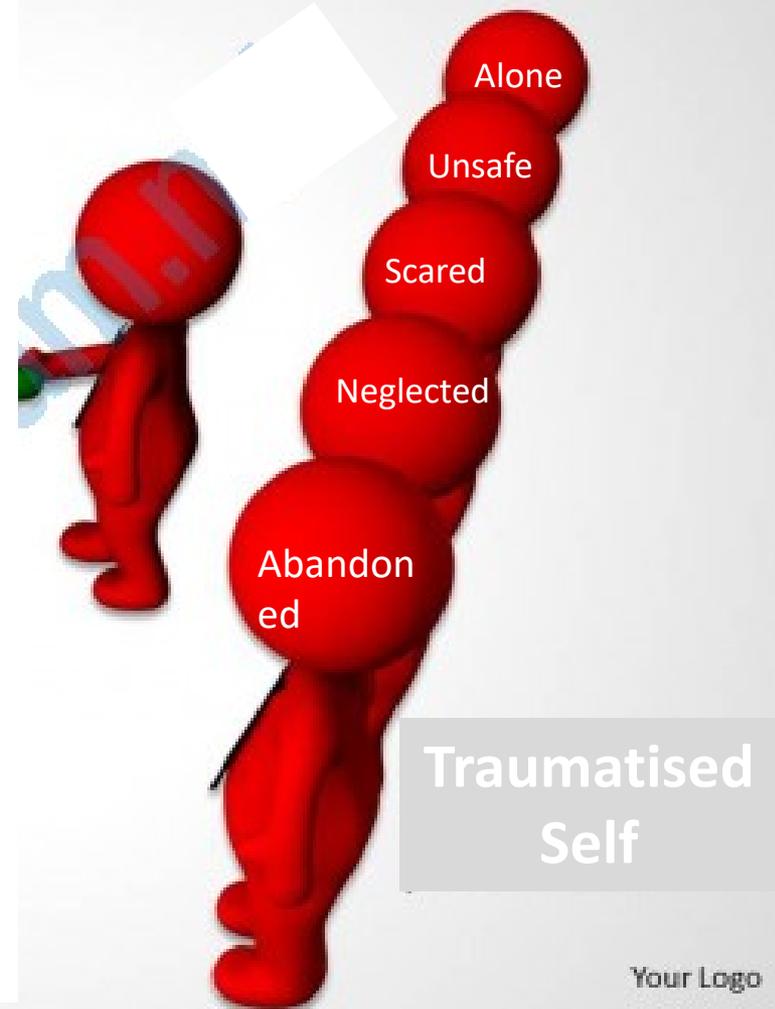
unsafe

alone

neglected

Traumatised RICK

Ambivalent
Avoidant
Disconnected
Dysregulated
Frightened
Self loathing

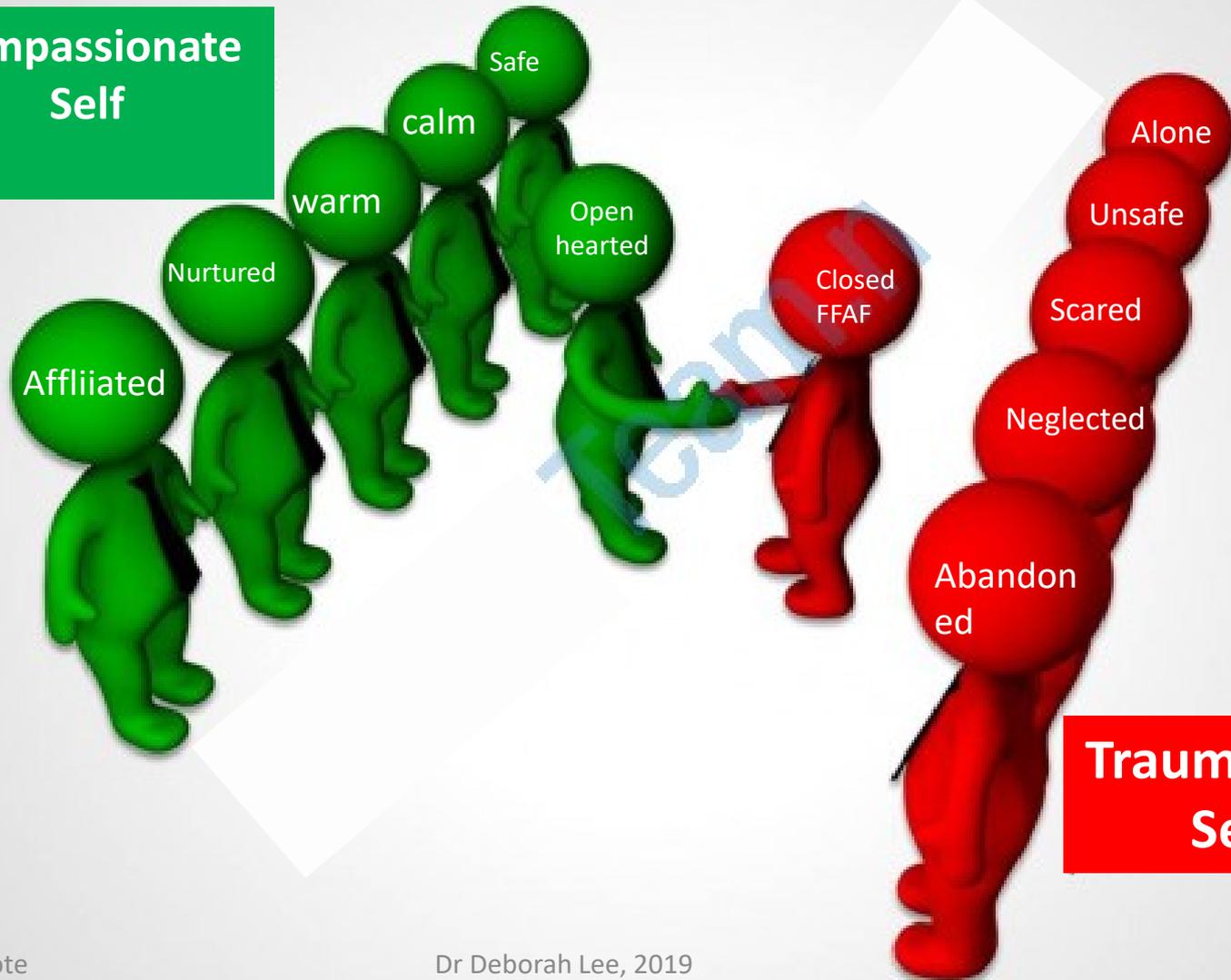


Disconnected,
dissociated,
denigrated,
dangerous

- Fragmented altered states of consciousness
- Aggressive behaviours, substance abuse, affective lability, numbing self harm
- Self attacking statements, lack of self care,
- Difficulty with self soothing, expression of profound isolation, experience of self as oddly different, hiding self from others

Intra and Interpersonal Relationships

**Compassionate
Self**



**Traumatised
Self**

Creating Conditions For Safeness, Care and Connectedness

In our own minds
In the mind of others

What if you don't know
what you don't know
and you cant feel what
you have never felt?

You can train your brain to be compassionate



Creating A New Emotional Context

Phase 1

Developing
Compassionate
Minds



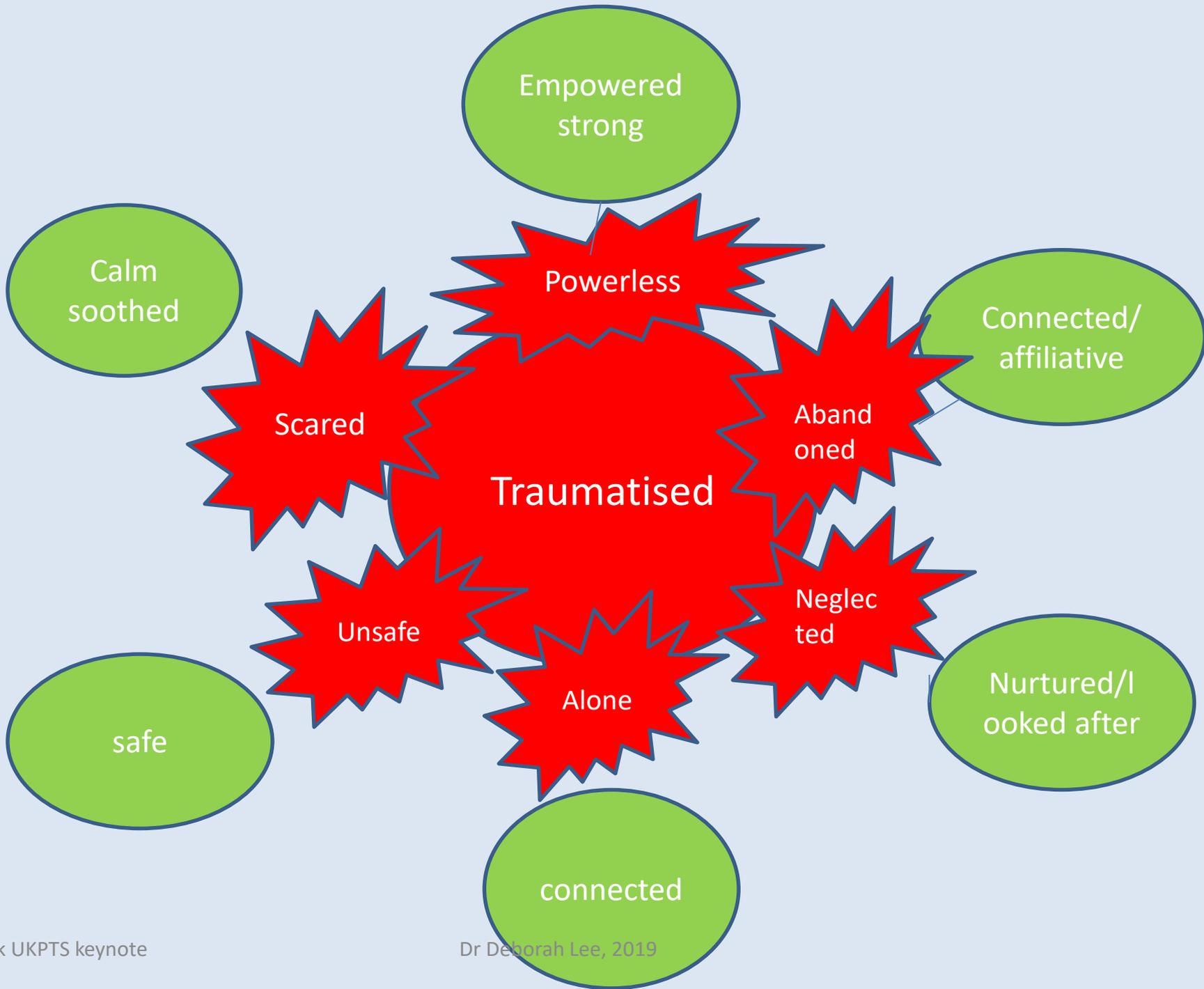
Phase 2

Developing
Compassionate
Perspectives on
Trauma
Experiences



Phase 3

Living with
Compassion in
your life after
trauma





Our Mascot



The Two Psychologies of Compassion

1

- To recognise and engage with the suffering

2

- To be motivated to alleviate the suffering

Courage,
dear heart

-C.S. LEWIS

The Compassionate Resilience Group

1 - 5

6 - 8

9 - 12

Compassionate insights

Motivation to care

Compassion in action

Discussion

Evolution
Human suffering
Tricky brain
Affect regulation
Threat/ Shame/SC
Attachment
Compassion

Addressing fears of
compassion
Grief
Commitment to change

Problems solving and
daily living with a
compassionate mind
Values based living

Exercises

Mindful attention
Soothing rhythm
breathing
'You at your best'

Safe place
Compassionate flow

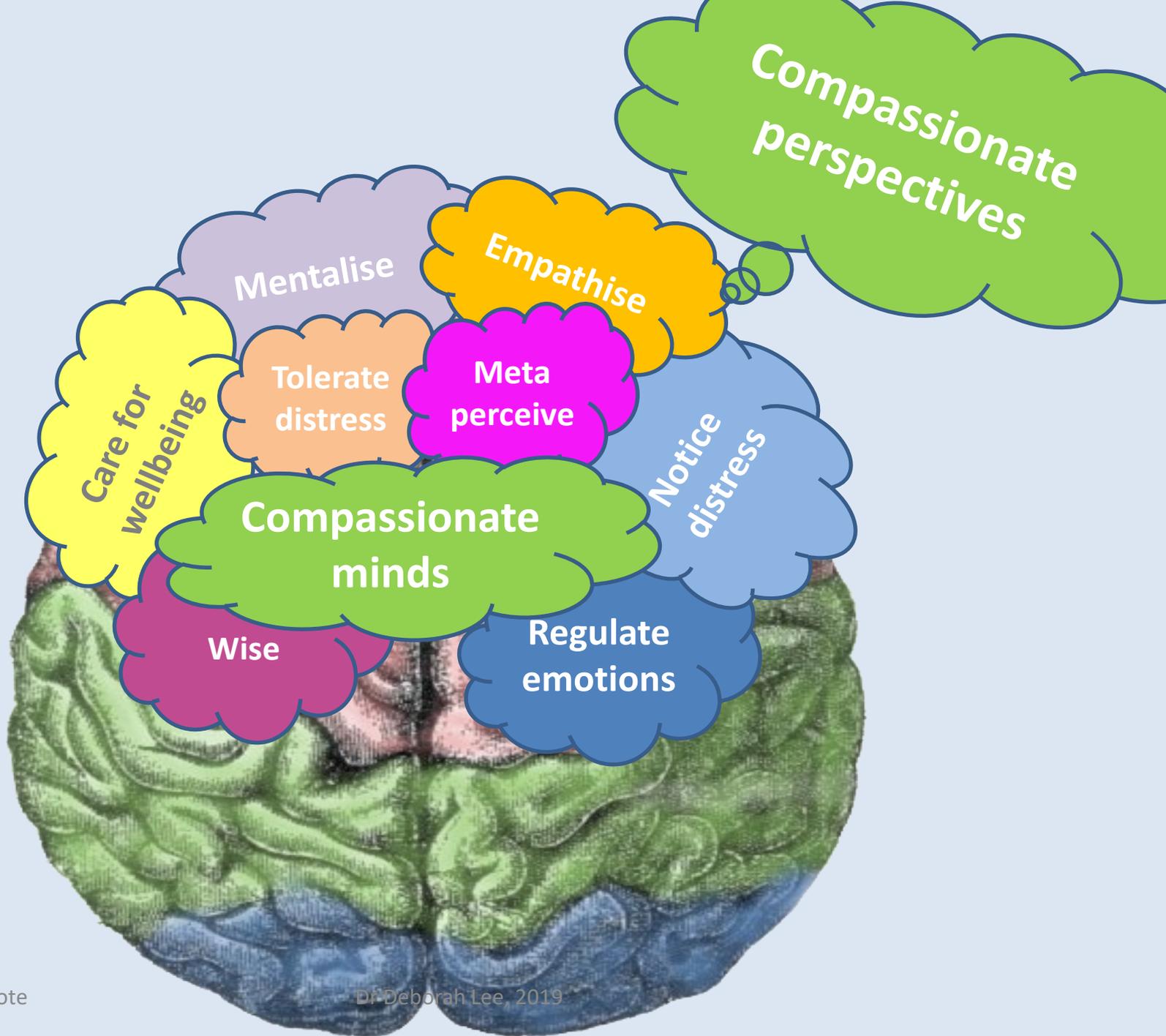
- self → others
- others → self
- self → self
- Perfect nurturer

Compassionate
dialogue
Method acting
Mental rehearsal
Compassionate
problem solving
Compassionate action

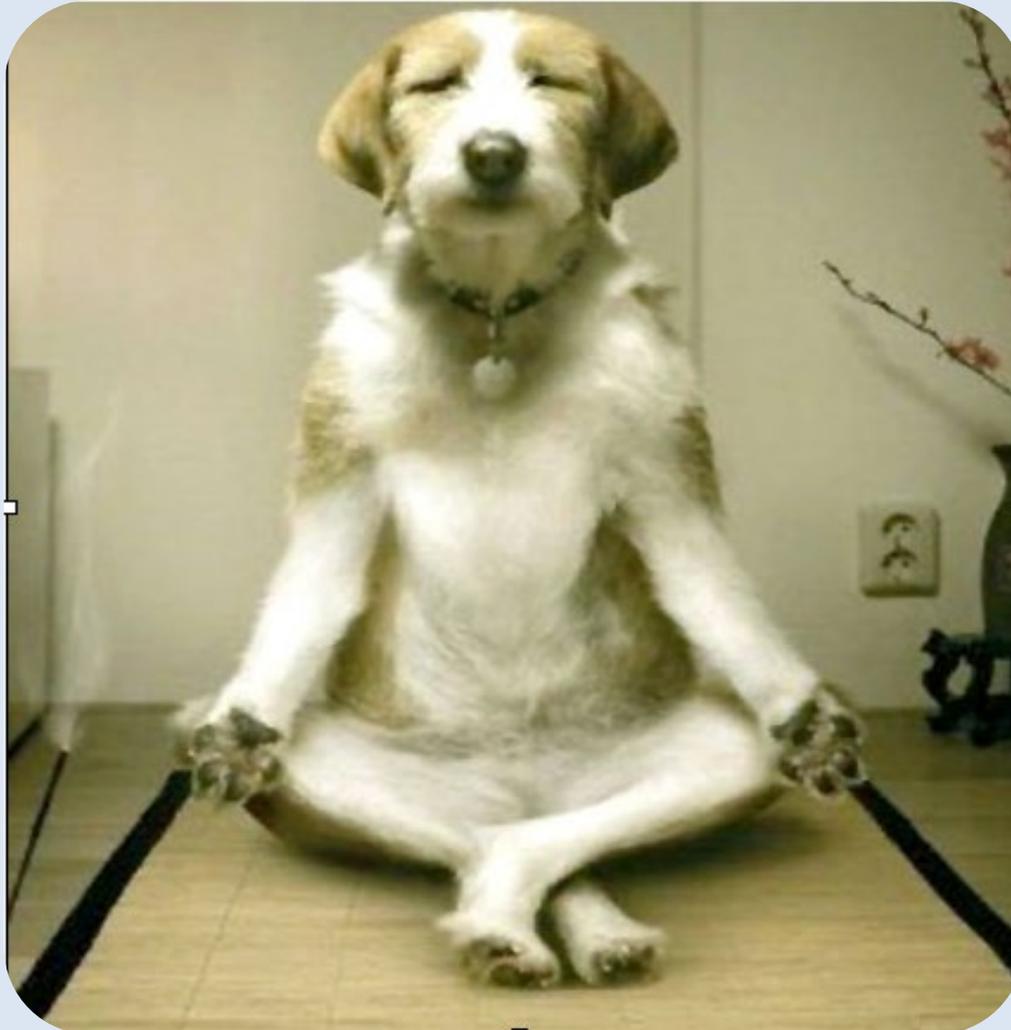
York U 2015 keynote Dr Deborah Loeber, 7/19

Physiology and brain training

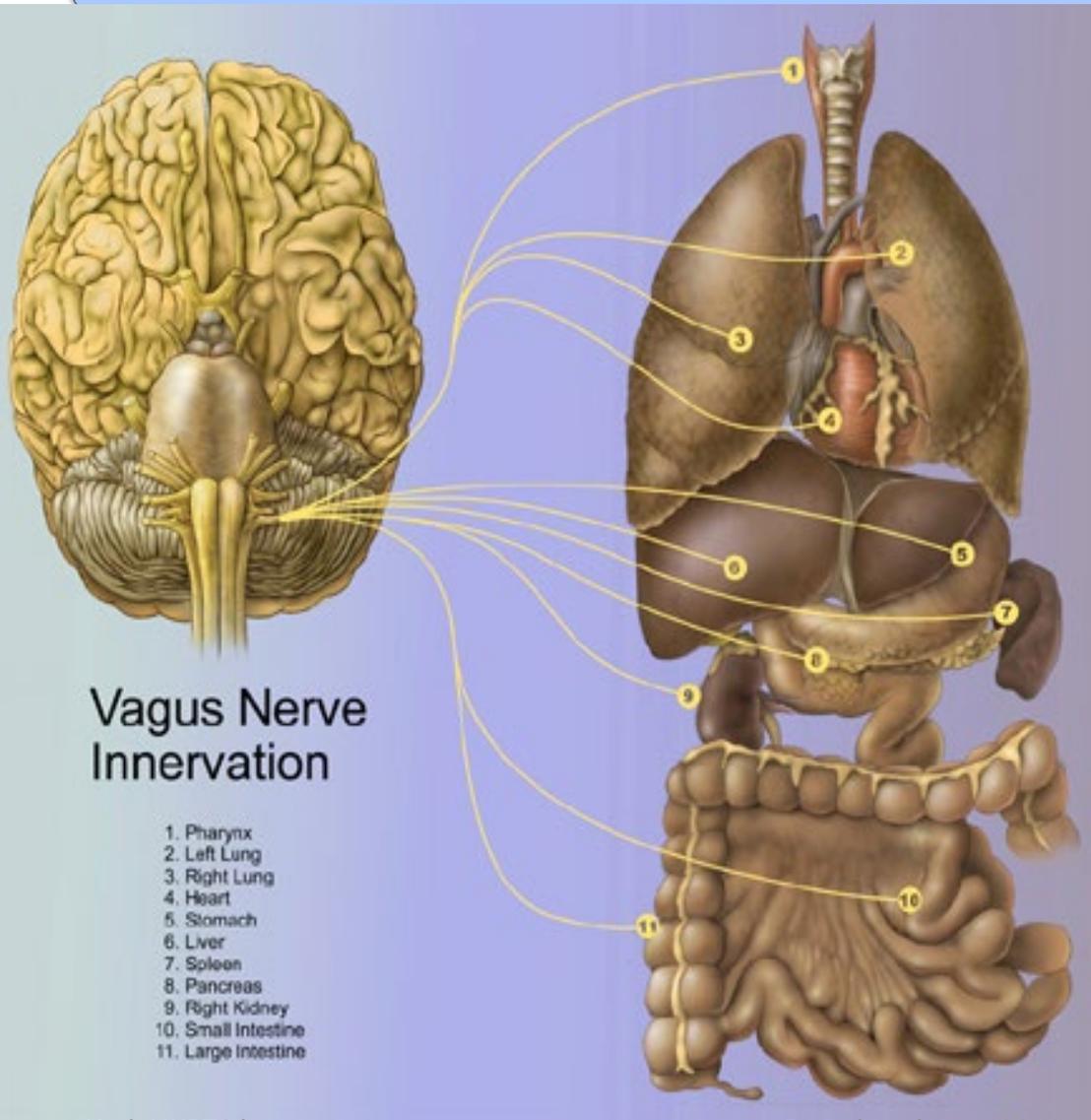
Choosing to
develop your
compassionate
mind



Mindfulness

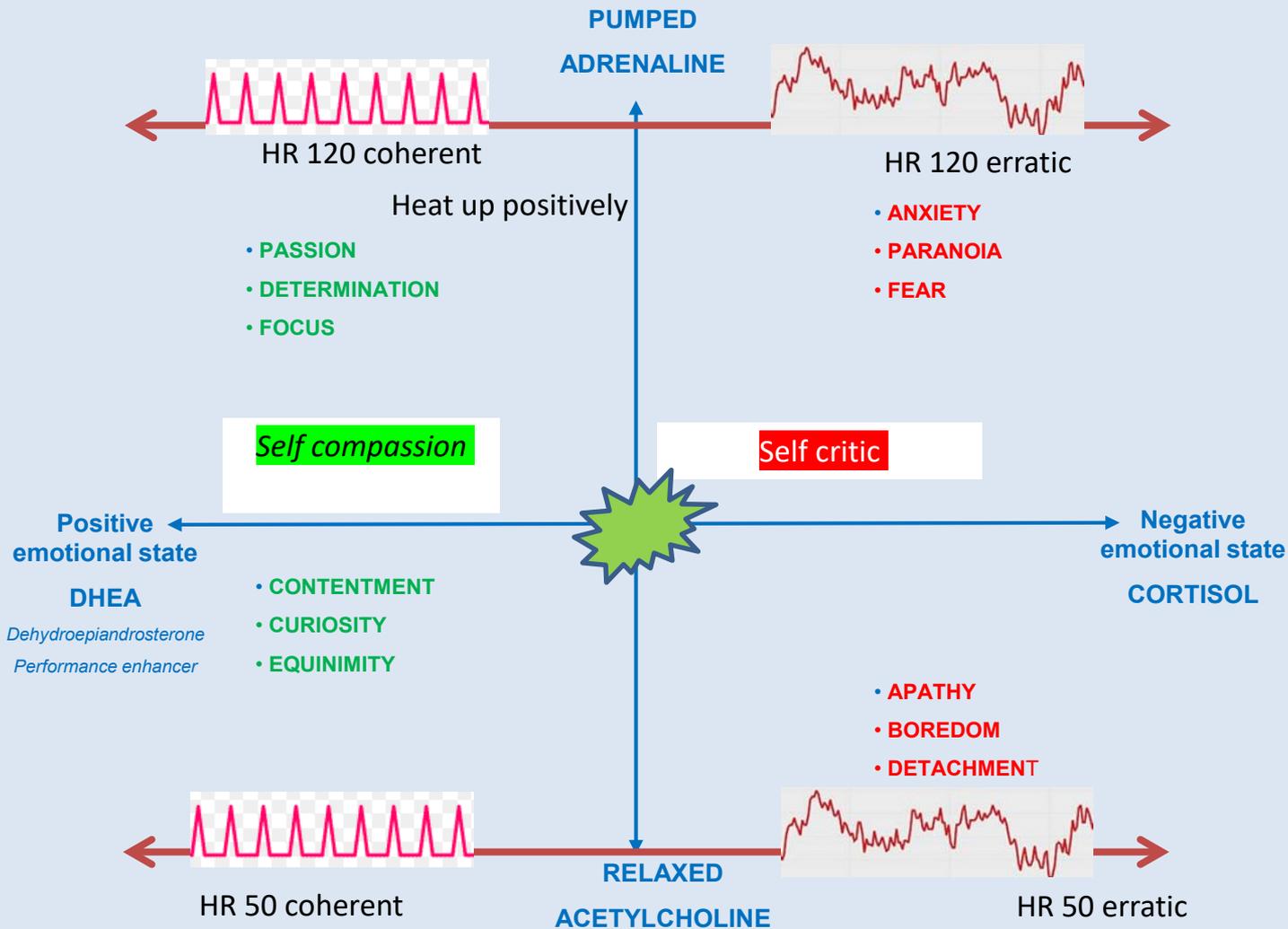


Safeness - connecting and the parasympathetic system: The Vagus Nerve

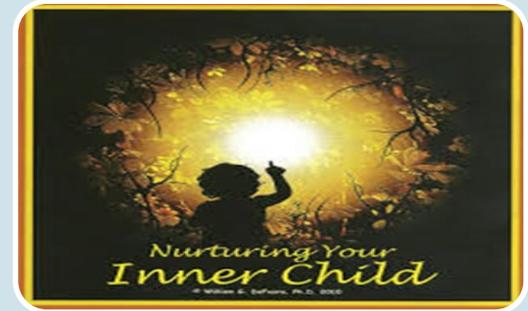


- **PNS influence on heart rate – slows beat down during outbreak**
- **Associated with affiliation, tend & befriend, general positive emotional tone**
- **Sensitive to safeness**

THE POWER OF BREATHE



Compassionate Imagery

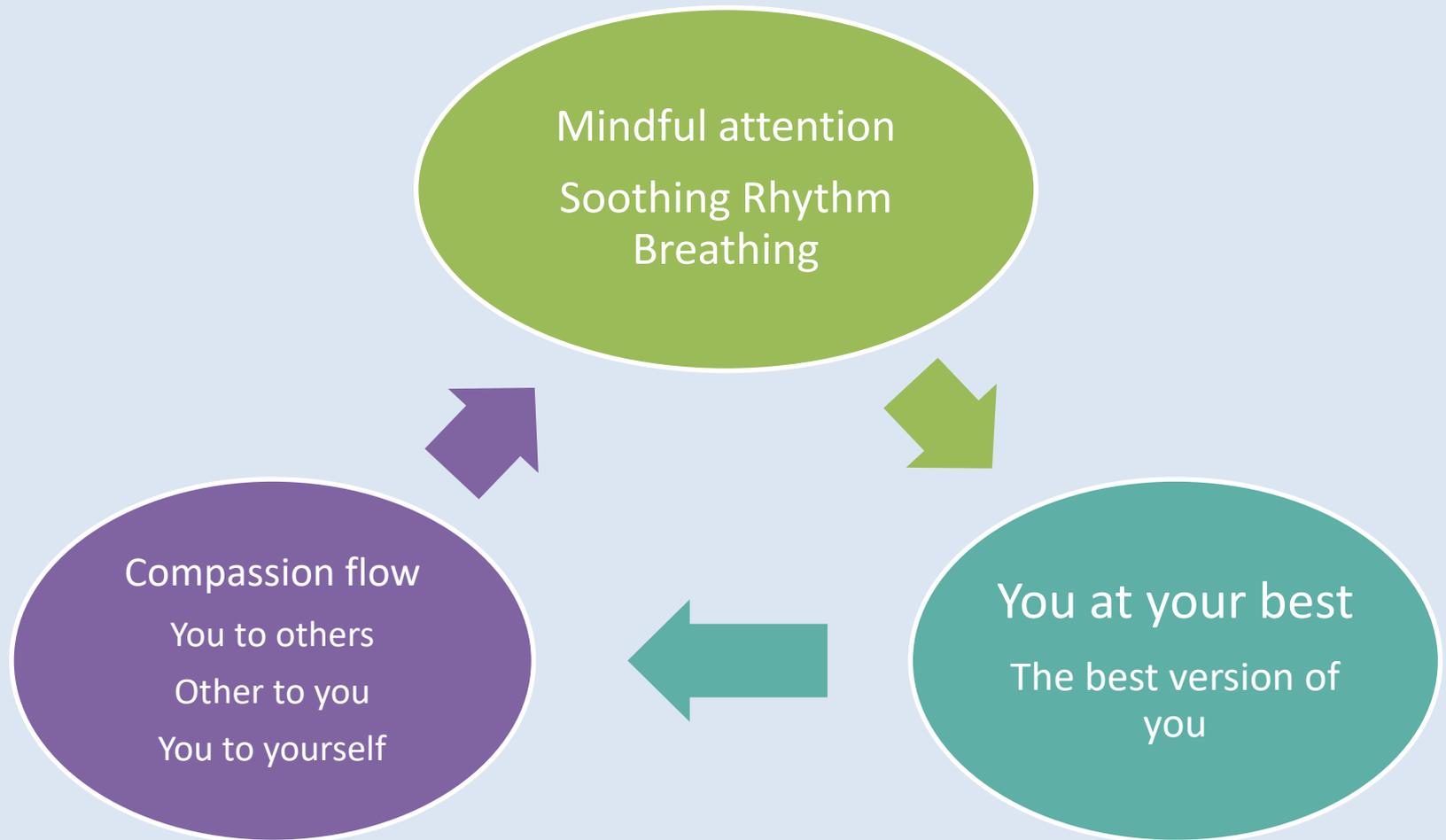


Care giving
imagery

Compassion
as Flow

Perfect
nurturing
imagery

Let it flow



KUWS

Knowledge

Understanding

Wisdom

Strength

Calm Minds Think Differently

1

Mindful Attention

Notice threat state

2

Soothing Rhythm
Breathing

Engage PNS,
HRV calm,
grounded

3

Compassionate Flow

Engage
emotion
soothing
affiliation/ care

4

Problem Solving with
KUWS

Develop
compassionate
mind
perspective

Building “a Compassionate Armour”: The Journey to Develop Strength and Self-Compassion in Group Treatment for Complex PTSD

Emily Ashfield, supervised by Dr Carmen Chan

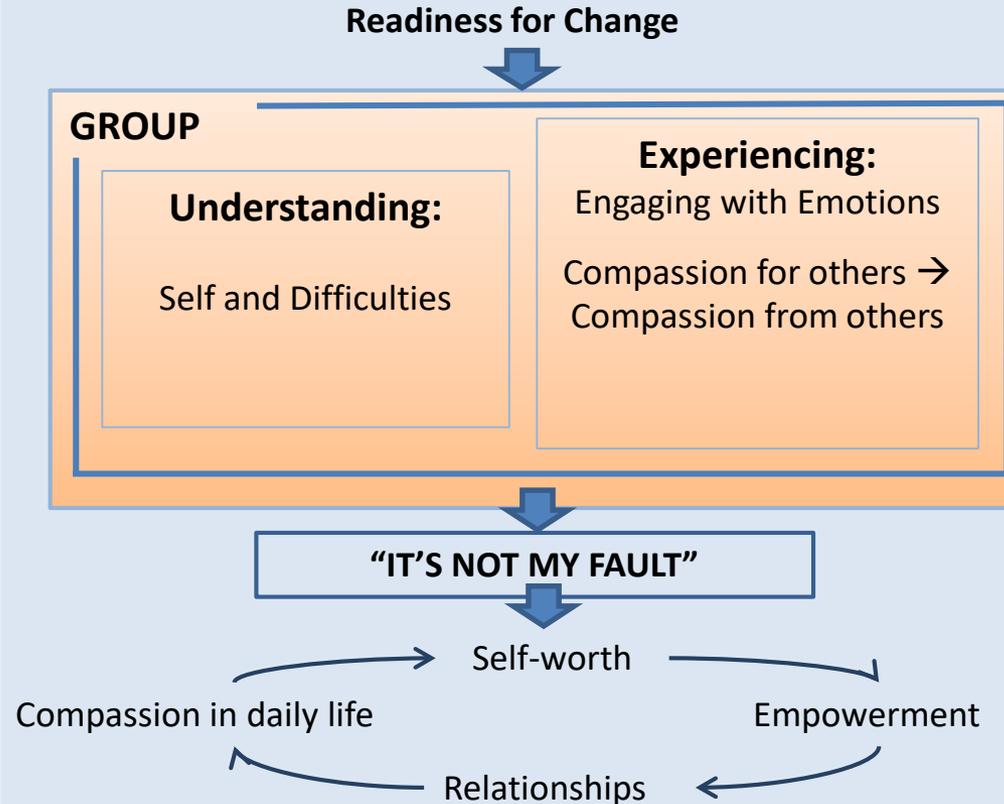
Background

- Phase-based treatment is recommended in Complex PTSD as difficulties in emotional regulation and shame impact detrimentally on exposure treatment
- Compassion-Focused Therapy (CFT) aims to reduce shame and self-criticism—but it is not yet clear *how* CFT brings about change for individuals with Complex PTSD

Method

- Constructivist Grounded Theory - to understand the process of change for 11 women with a diagnosis of Complex PTSD
- All participants had attended a 12-week group treatment based on CFT, within a Specialist Trauma Service

Results – The Journey of Change Model



Conclusion

- Support was provided for a phase-based approach
- Being in a group was crucial for the change process
- Psychoeducation alone was not sufficient for change – experiencing compassion and accessing emotions were also key



If the mind of the other did not exist you would not have been hurt and harmed in this way



Traumatised choices



Human nature

You are not the first and
sadly you will not be the
last to experience

You are not alone in your
suffering

Compassionate resilience enhances

- Integration
- Motivation to care
- Development of compassionate self
- Affect regulation,
- Interpersonal functioning,
- Problem solving
- The ability to hold trauma memories with a caring compassionate mind.
- Enhances feelings of self- soothing and safeness in these memories
- Reduces self -critical maintenance cycles in shame by developing compassionate self-talk.

Creating a new emotional context

Phase 1

Developing
Compassionate
Minds



Phase 2

Developing
Compassionate
Perspectives on
Trauma
Experiences



Phase 3

Living with
Compassion
in your life
after trauma

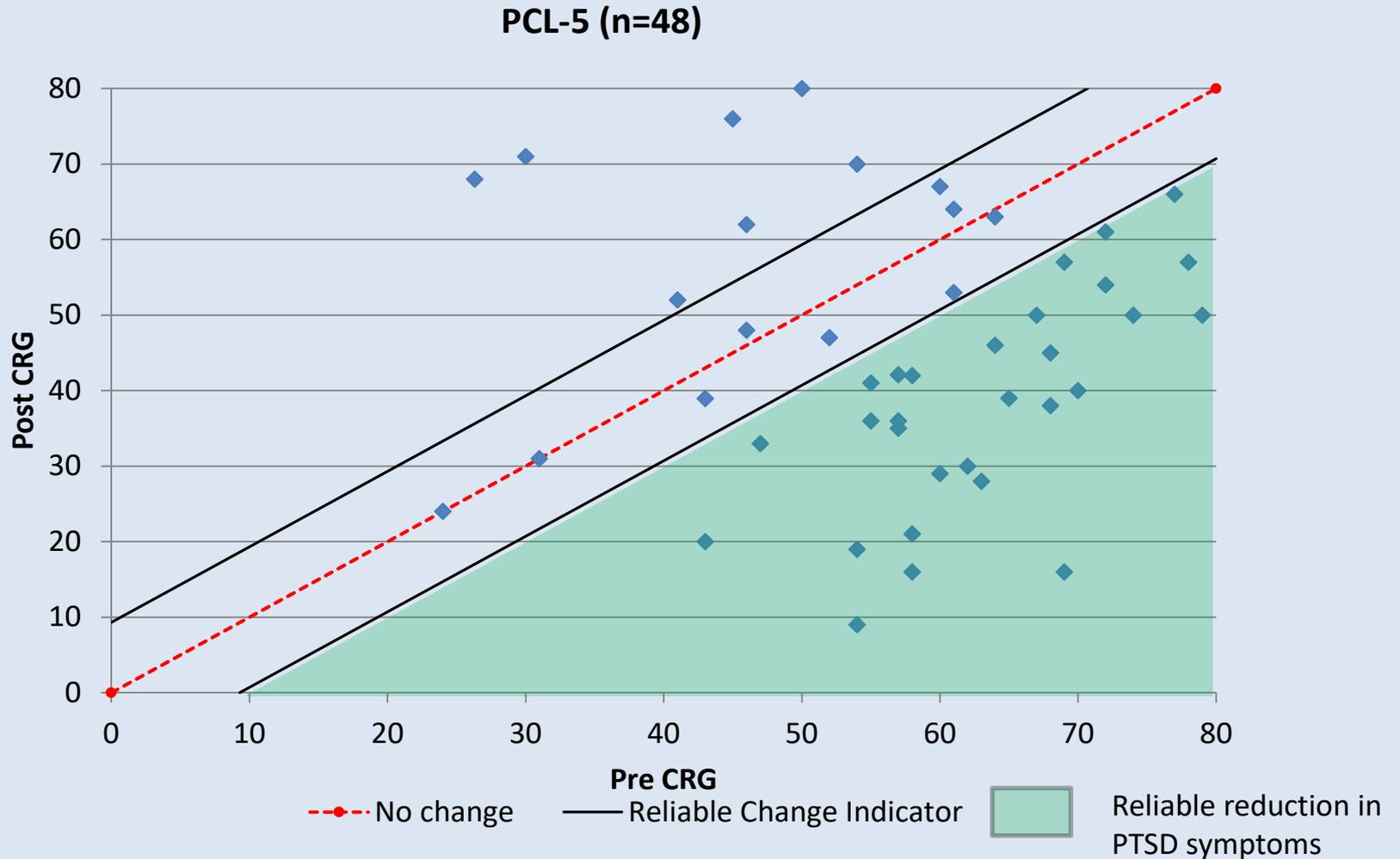
Evaluation of a phase-based treatment for Complex PTSD

Jenny Readings
Deborah Lee

Supervised by
Dr Jo Billings (Berkshire Traumatic Stress Service) and Dr Gary
Brown (Royal Holloway)

Compassionate Resilience Group Outcomes

PTSD symptoms

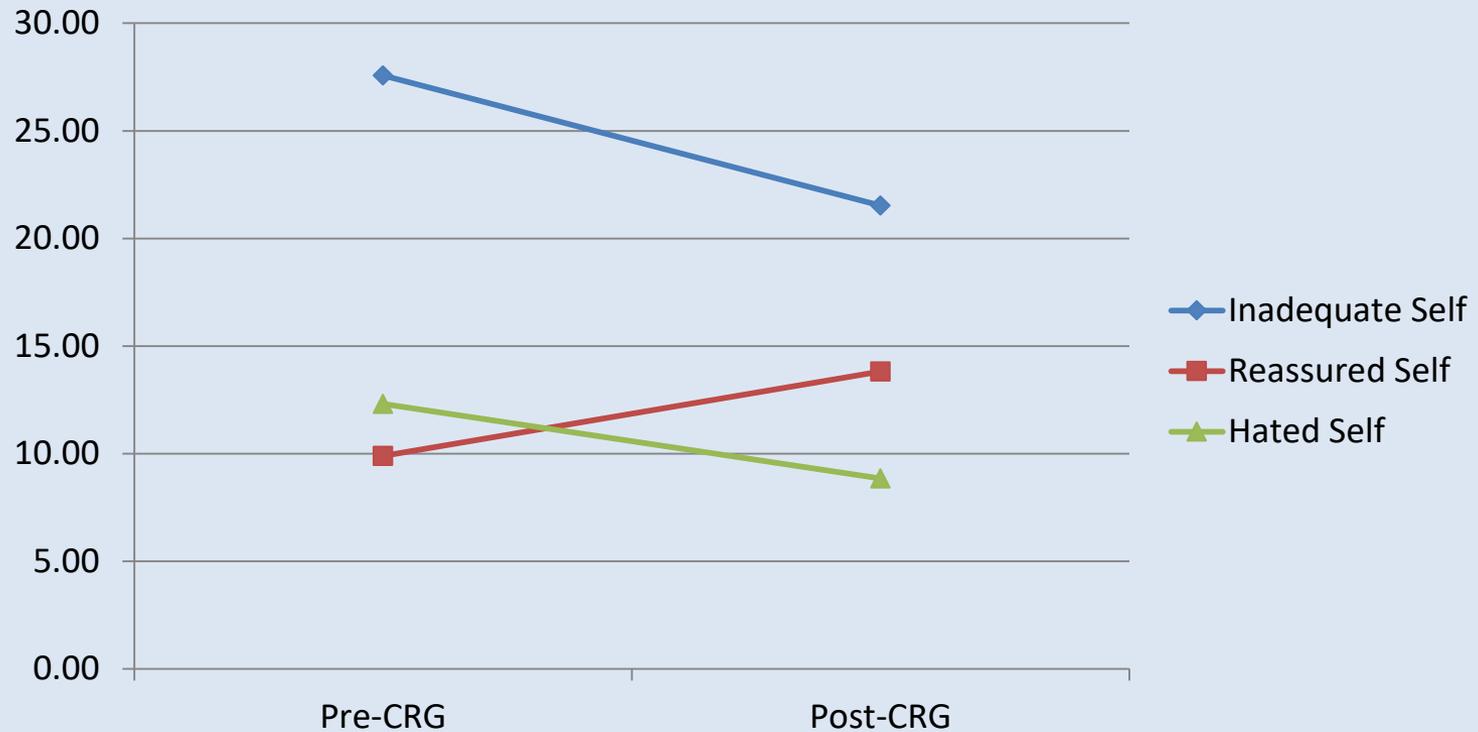


PTSD symptoms – PCL-5 (n=48)

- 67% of sample showed reliable reduction in PTSD symptoms
- 27% of sample showed clinically significant reduction in PTSD symptoms
- Sample showed a statistically significant reduction in PTSD symptoms

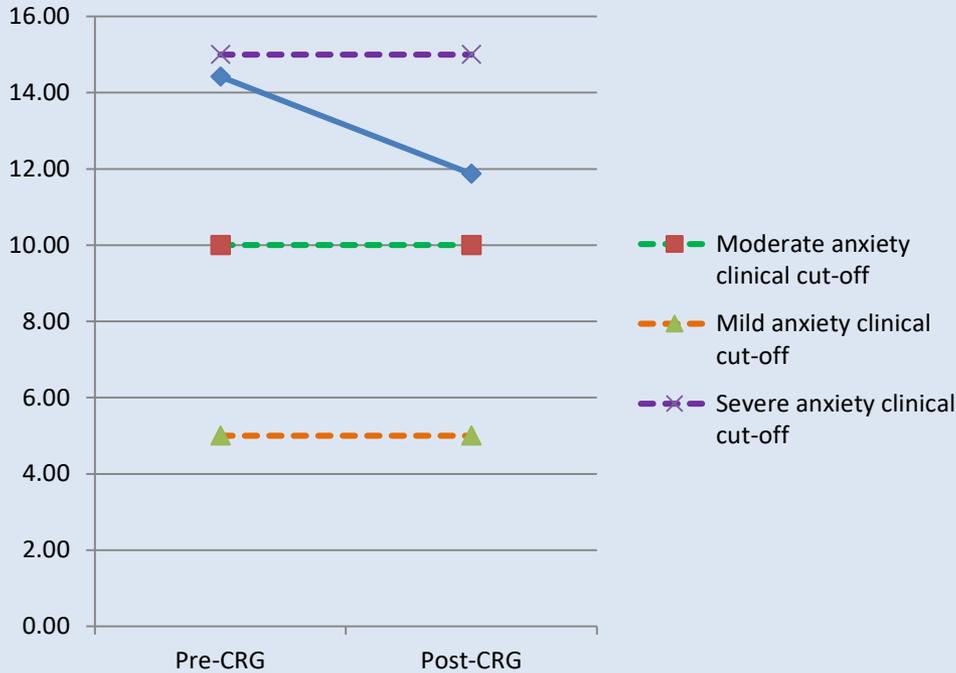
Self-Compassion

Forms of Self-Criticising/Attacking & Self-Reassuring Scale
(n=48)

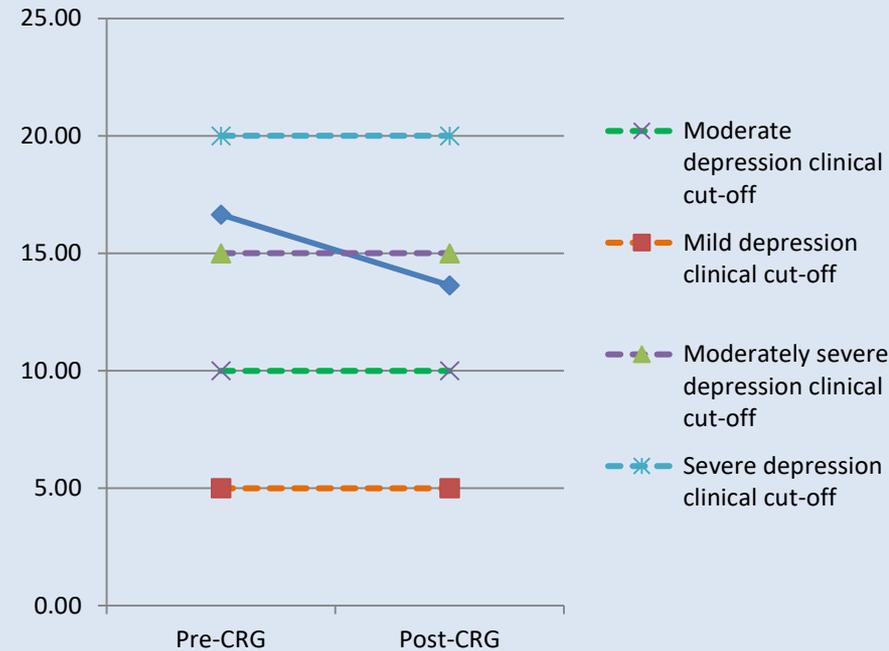


Anxiety and Depression

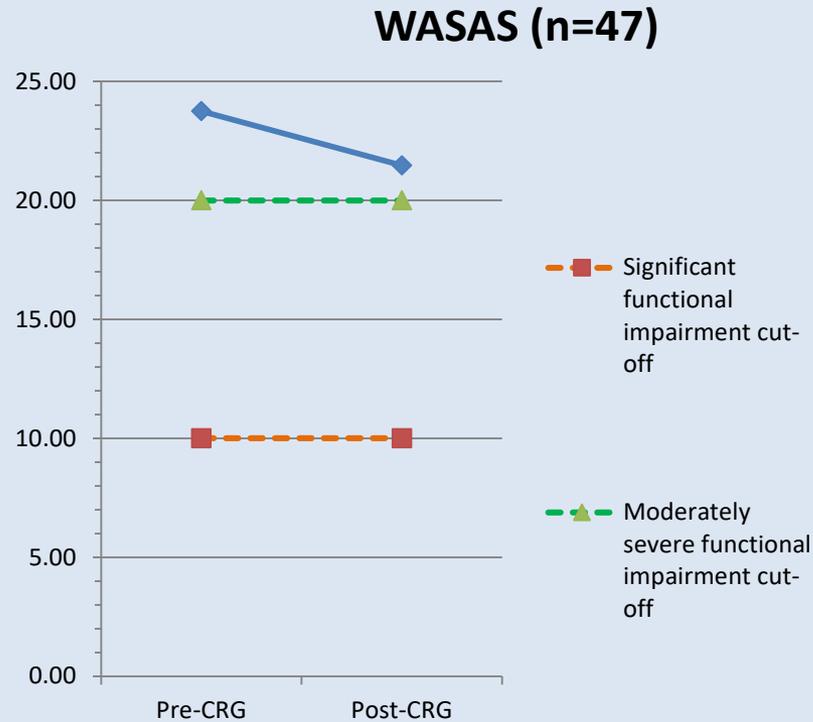
GAD7 (n=48)



PHQ9 (n=47)



General Functioning



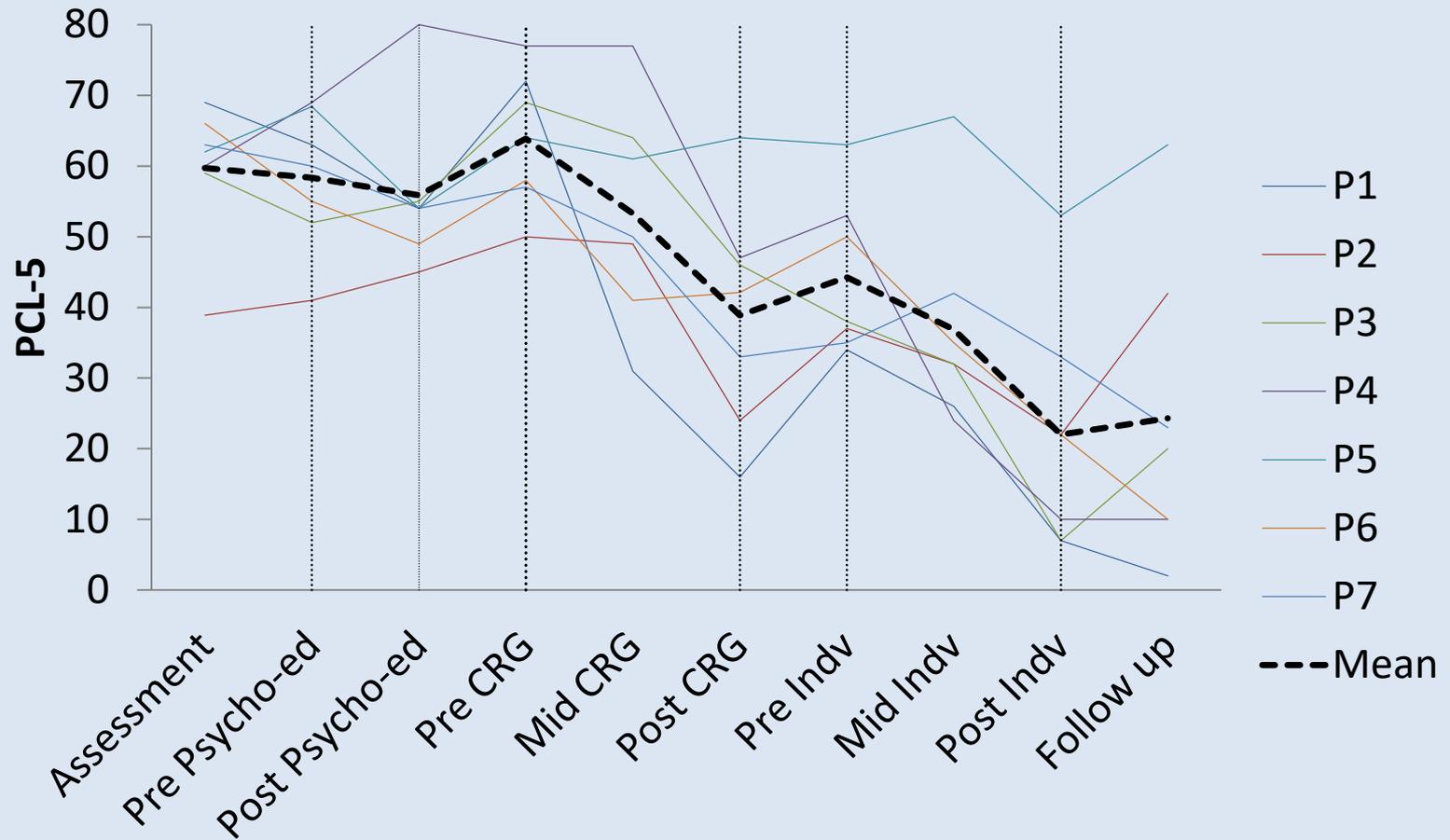
CRG Pre-Post Analysis t-tests:

Measure	N	Pre-CRG		Post-CRG		SE	t	df	p
		Mean	SD	Mean	SD				
PCL-5	48	57.67	13.27	43.92	17.66	2.19	6.27	47	<.001
PHQ-9	47	16.65	6.08	13.64	7.85	0.88	3.41	46	.0014
GAD-7	48	14.42	4.88	11.88	6.21	.76	3.34	47	.0016
Inadequate Self	48	27.74	6.62	21.52	9.43	1.38	4.50	47	<.001
Reassured Self	48	9.90	5.77	13.82	6.91	1.04	3.78	47	<.001
Hated Self	48	12.32	4.48	8.85	5.04	.77	4.52	47	<.001
WSAS	47	23.74	9.54	21.46	10.62	1.06	2.16	46	.0361

Greatest significance indicated for
Self-compassion and PTSD measures

Phase Based Treatment Outcomes:

The phase based approach (case series) PCL-5

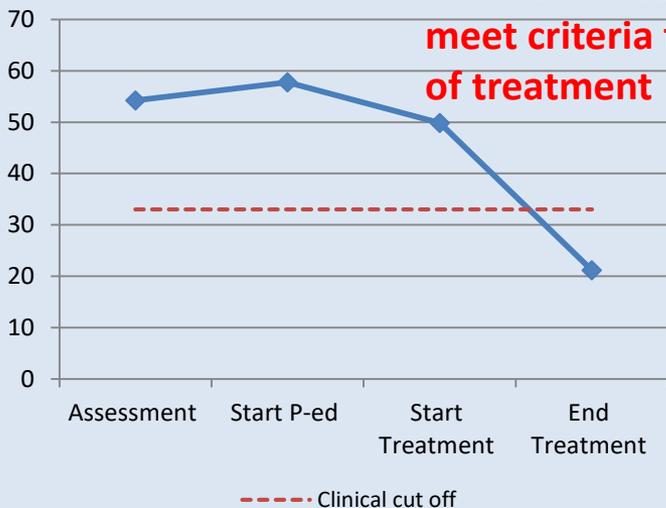


Greatest reductions in PTSD symptom occurs during the CRG and individual treatment

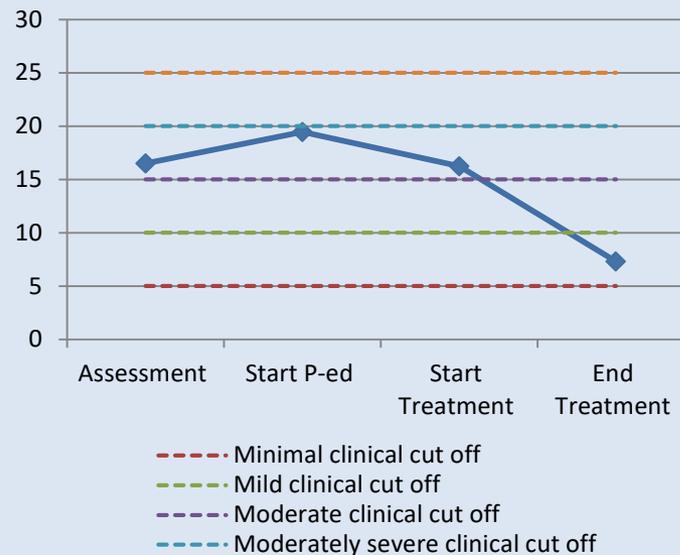
Service Evaluation of 2018 Treatment Completers

PCL-5

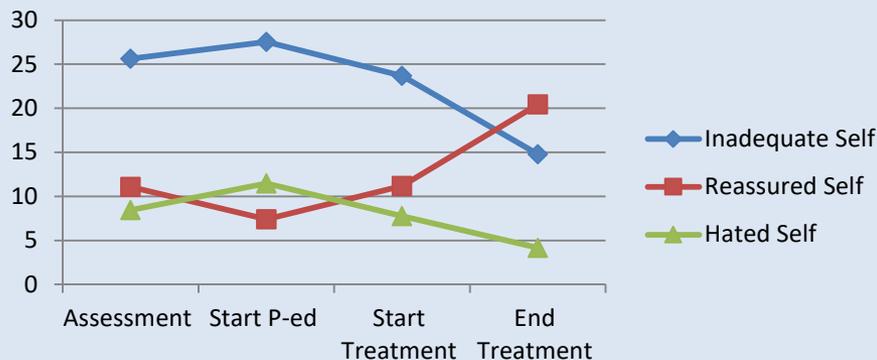
***72% of these clients no longer meet criteria for PTSD at end of treatment**



PHQ-9

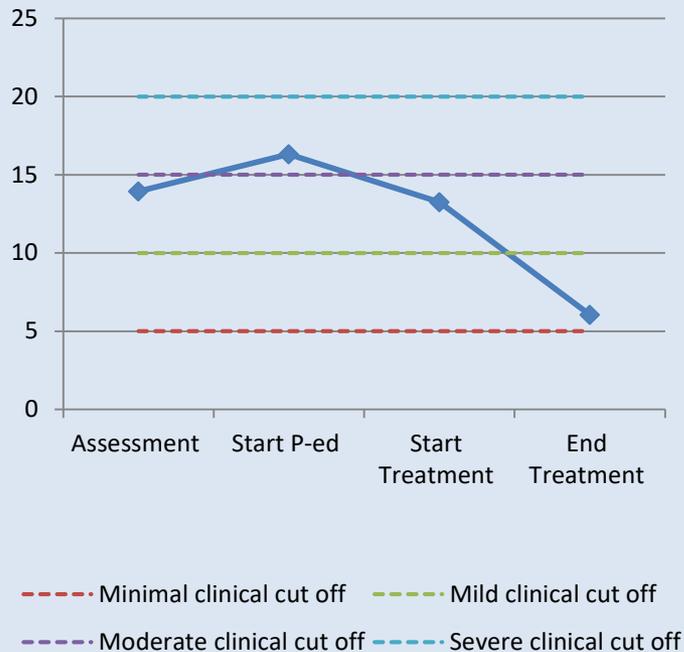


FCSR (Self-compassion)

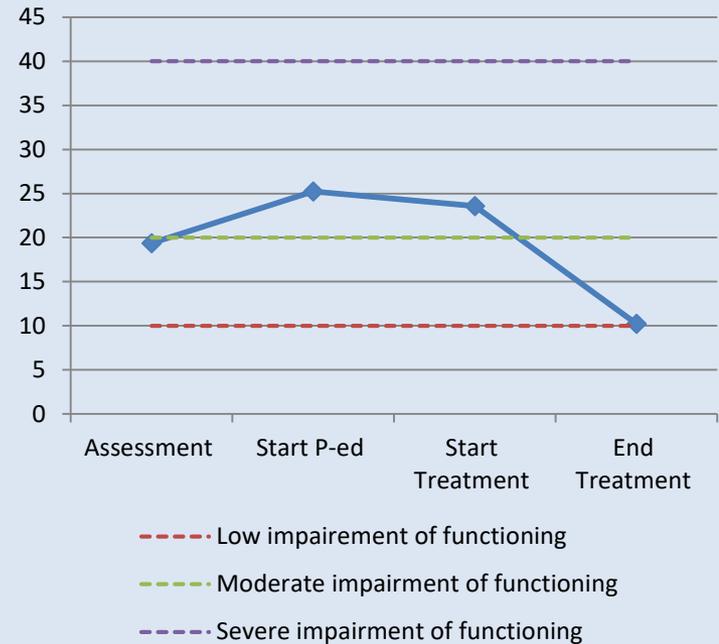


Service Evaluation of 2018 Treatment Completers

GAD-7



WSAS



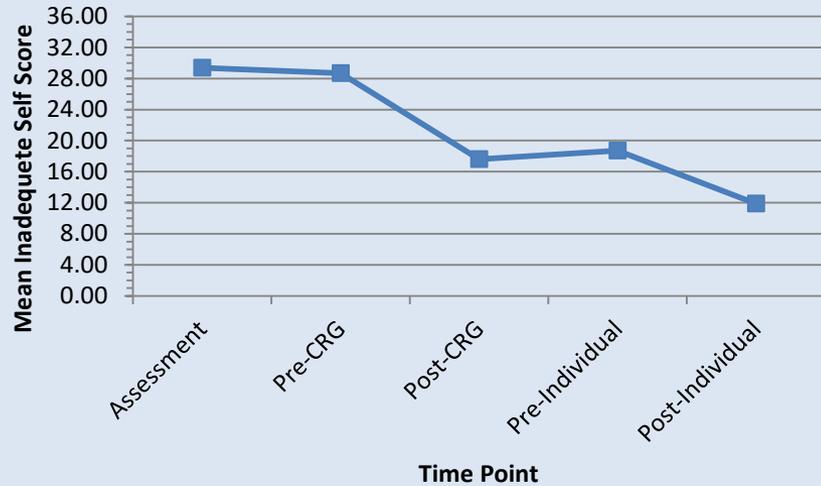
Ax and End of treatment n=18

Start P-ed n= 14

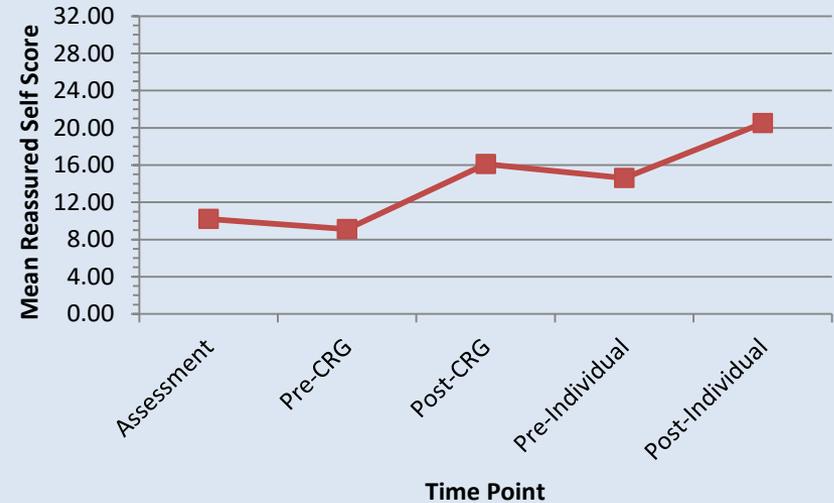
Start Treatment n=12

Self –Attacking/Self- Reassuring Scale

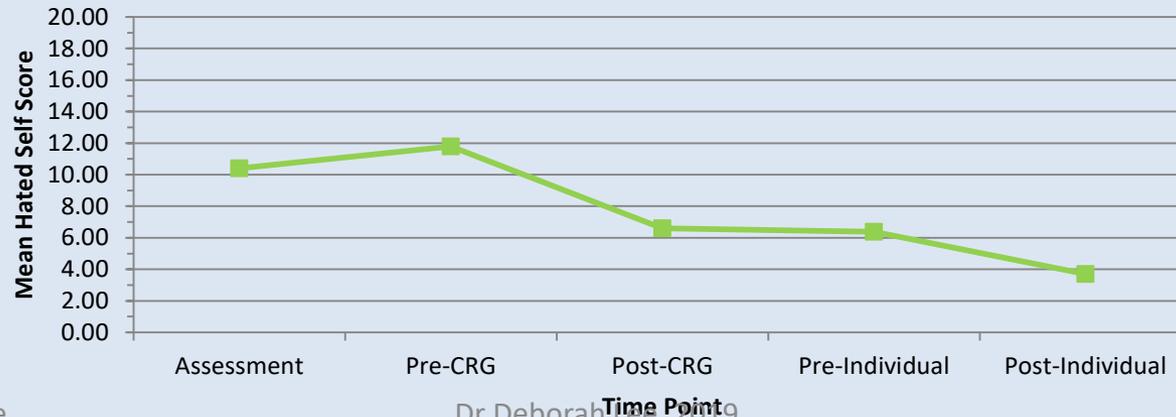
Self attacking - self reassuring scale: inadequate self subscale



Self attacking - self reassuring scale: reassured self subscale



Self attacking - self reassuring scale: hated self subscale



Walking Away From Suffering



If you
lived
without
fear?

Commitment

**Becoming mindful
of our values,**

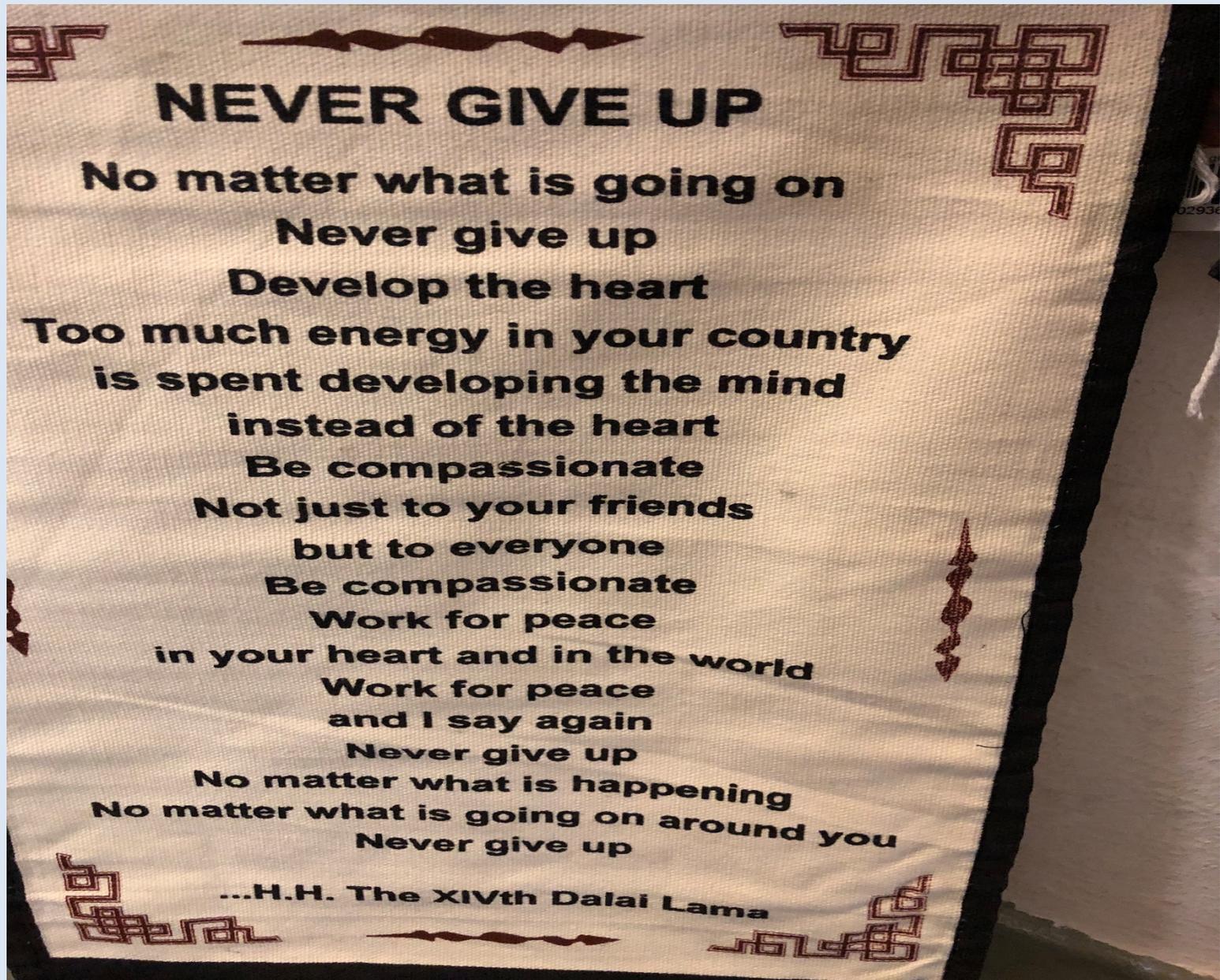
- If we led our lives without fear and the best version of ourselves then how would we be with ourselves, our friends, our family our colleagues

Aware of our lives

- Values and self affirmation are strongly linked to self awareness, non-defensiveness, openness to positive emotions, and mindfulness

**Connected to our
best**

- Being at your best when connected to your values.
- Claude Steele, John Cabot Zin, Martin Seligman, Paul Gilbert



NEVER GIVE UP

No matter what is going on

Never give up

Develop the heart

Too much energy in your country

is spent developing the mind

instead of the heart

Be compassionate

Not just to your friends

but to everyone

Be compassionate

Work for peace

in your heart and in the world

Work for peace

and I say again

Never give up

No matter what is happening

No matter what is going on around you

Never give up

...H.H. The XIVth Dalai Lama

THE COMPASSIONATE-MIND GUIDE TO
RECOVERING
FROM TRAUMA
AND PTSD

Big Thank you

focused therapy to
overcome flashbacks,
shame, guilt, and fear

DEBORAH A. LEE, DCLINPSY