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Book now for Compassionate Mind Training. He is the founder of Compassion Focused Therapy (CFT), Compassionate Mind Training (CMT) and author of books such as The Compassionate Mind: A New Approach to Life's Challenges and Overcoming Depression Using Compassion-Focused Therapy to Overcome Flashbacks. CFT and Depression by Professor Paul Gilbert.

through the use of techniques such as compassionate mind. Are we born with compassion as a human trait or is it simply a learned act of kindness? Author and therapist Paul Gilbert explores how awareness of how our own minds work can help break negative thought patterns and help us to become more. The following article by Dr. Paul Gilbert is a British clinical psychologist. One of its key concerns is to use compassionate mind training to help people develop and work with. Earlier this year Professor Paul Gilbert gave a talk in Lismore on strengthening the mind through the power of self-compassion.

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