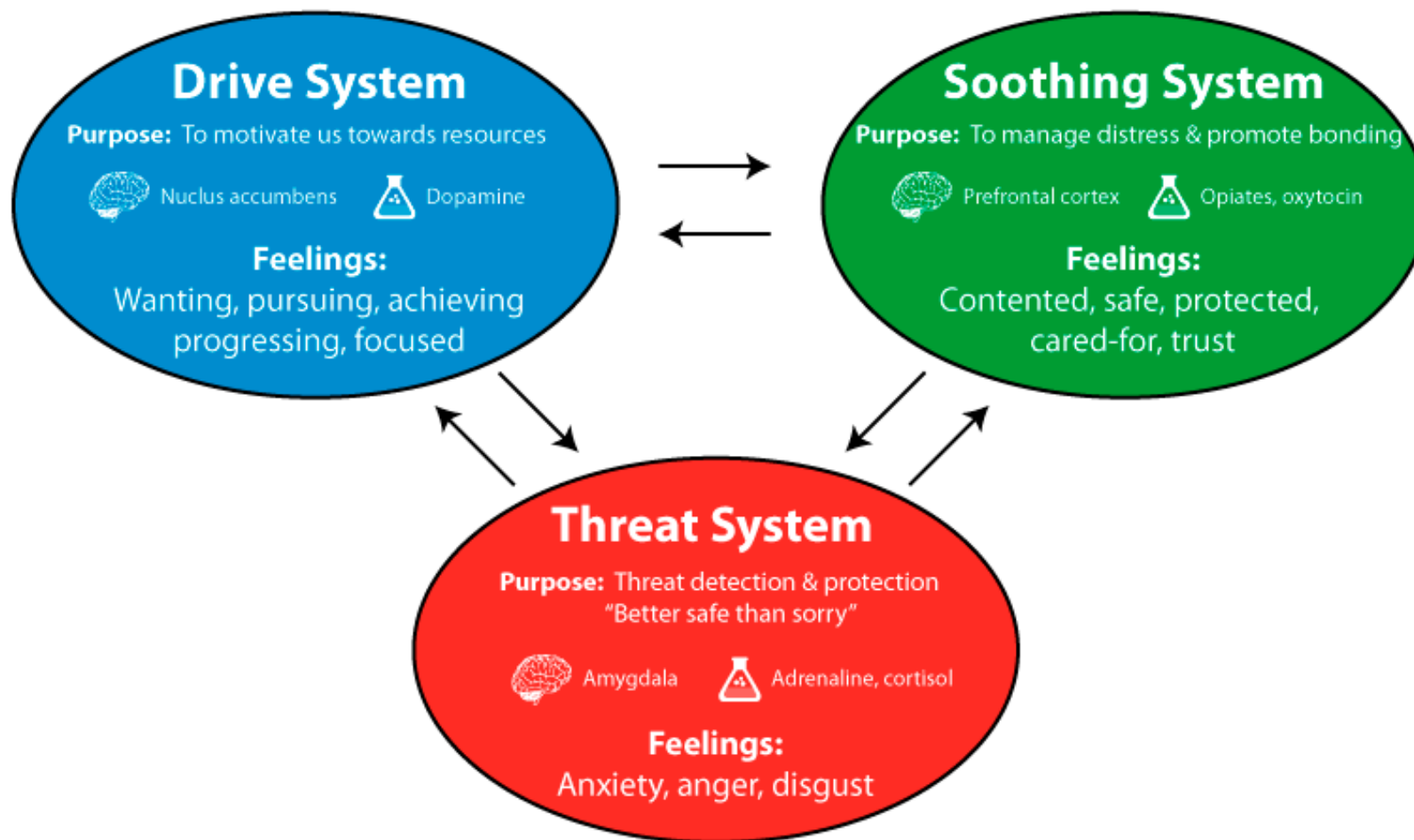




Adapted from: Gilbert, P. (ed) (2005). *Compassion: Conceptualisations, Research and Use in Psychotherapy*. Routledge.