

Getting the most from CFT

Compassion Focussed Therapy that helps you understand shame and self-criticism, and develop a kinder, more balanced mind.



Why CFT?

When shame, self-criticism, or trauma keep you stuck, CFT helps you build compassion, confidence, and emotional balance to ease anxiety, depression, and low self-worth, creating a kinder relationship with yourself and others.

What to Expect

Compassion Focused Therapy helps you understand how your brain's threat and self-criticism systems can drive shame, anxiety, or disconnection. In sessions, you'll learn to soothe the body's stress response, practice mindfulness and imagery to activate your "soothing system," and develop a kinder inner voice. Over time, you'll build courage, warmth, and understanding toward yourself and others – creating emotional balance and resilience in everyday life.

How CFT Works

CFT works by balancing the brain's threat and soothing systems—building compassion through imagery, mindfulness, and practice that helps calm the mind and body.



The Threat System

Learn how the brain's threat and self-criticism responses evolved to protect you, but can become overactive.



Develop Compassion

Practice exercises that activate warmth, care, and soothing – helping balance your emotional systems.



Cultivate a Kinder Mind

Use compassion-focused imagery, mindfulness, and behaviour change to reduce shame and build confidence & connection.

Therapy Length



CFT sessions usually last 50–60 mins, once per week



Most people attend for 12–20 sessions, though this varies depending on the depth of shame, trauma, or self-criticism being addressed.



CFT can also be integrated within other therapies like CBT or EMDR, or extended for longer-term work when difficulties are deeply rooted.

CFT Therapy Tips



Soothing Practice
Slow breath
Daily



Kind Voice
Speak gently
inward



Compassion Action
Do Caring
Things