



# Compassion Focused Therapy: Distinctive Features (CBT Distinctive Features)

*Paul Gilbert*

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Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) – a process of developing compassion for the self and others to increase well-being and aid recovery – varies from other forms of Cognitive Behaviour Therapy.

Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts – *Theory* and *Compassion Practice* – this concise book provides a clear guide to the distinctive characteristics of CFT.

*Compassion Focused Therapy* will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

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