

How to Use Techniques from Compassion Focused Therapy to Lift Your Mood – References & Resources

Resources for developing your knowledge and understanding

- Gilbert, P (2009) The compassionate mind. Constable.
- Irons, C & Beaumont, E (2017) The compassionate mind workbook: A step-by-step guide to developing your compassionate self. Robinson.
- Lewis, T (n.d.) Old brain new brain loops. Tricky brain. Compassion focused therapy (CFT) [YouTube video] Lewis Psychology: https://www.youtube.com/watch?v=9uE_JDww9yc&list=PLBcQw541_75Mkl3upofyb418pHhE5o-EtH&index=2&ab_channel=LewisPsychology
- Neff, K (2011) Self-compassion: The proven power of being kind to yourself. Yellow Kite.

Resources for building a compassionate voice

- Airdrie, S (n.d.) Creating a perfect nurturer image [YouTube video] Sarah Airdrie. https://www.youtube.com/watch?v=j6b0F_wcApM&ab_channel=SarahAirdrie
- Balanced Minds (2023). Compassionate Letter Writing: A Guide. <https://balancedminds.com/compassionate-letter-writing/>
- Lewis, T (n.d.) Kindness to self mindfulness meditation: Compassion focused therapy. [YouTube video] Lewis Psychology. https://www.youtube.com/watch?v=x9JGYstewCE&ab_channel=LewisPsychology
- Neff, K. (2024) Exercise 1: How would you treat a friend? Self-Compassion. <https://self-compassion.org/exercise-1-treat-friend/>

Resources for emotional regulation

- Calm [n.d.] Daily Calm. 10-minute mindfulness meditation. Be present. [YouTube video] Calm. https://www.youtube.com/watch?v=ZToicYcHI0U&ab_channel=Calm
- Calm [n.d.] Breathe bubble [YouTube video] https://www.youtube.com/watch?v=uxayUBd6T7M&ab_channel=Calm
- South Tees Medical Psychology (n.d.) Safe place guided exercise [YouTube video] https://www.youtube.com/watch?v=miU4pBZ0hXQ&ab_channel=SouthTeesMedicalPsychology

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