
Contact details

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Recruitment leaflet
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Compassion Focused Therapy (CFT)

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**A case series
study of CFT
for distressing
experiences**

What is the study about?

This study aims to develop and test the feasibility of a new therapy called Compassion Focused Therapy (CFT)

What is Compassion Focused Therapy?

This therapy helps people manage distressing and unusual experiences by helping people to feel safe in relation to their experiences and to develop compassion towards themselves and others. This therapy helps people with issues in the 'here and now'

What does the study involve?

If you participate, you will have some individual sessions of CFT with Dr Charlie Heriot-Maitland, who is one of the psychologists in the service

This therapy will last up to 26 sessions (about 6 months), which is the same as standard therapy (CBT)

Not only will you be receiving this new therapy, but you will also be helping us develop and improve it as we go along; i.e. helping us learn how to help others with similar difficulties in the future

Where will the meetings take place?

Clinical Research Facility
King's College Hospital
Denmark Hill, SE9 9RS

(1st Floor, Cheyne Wing)

King's College Hospital

