

INVITATION

We would like to let you know about a FREE 12-week group therapy program run at the University of Queensland St Lucia.

The rise in body image concern has important implications due to psychological distress it can cause. Psychological distress experienced by individuals have been found to be strongly associated with stigma through both implicit and explicit judgements and discrimination. Often this can lead to increase risks of depression, anxiety, and low self-esteem. Dealing with negative thoughts around our bodies and eating can often become a way of life.

Researchers at the University of Queensland are offering a free group therapy program tailored for individuals who have a BMI greater than 30 and experience weight related shame. The program is a 12 week Compassion Focused Therapy program being run as a PhD project for Alicia Carter (masters and PhD candidate) under the supervision of Dr James Kirby (Clinical PhD, Clinical Psychologist) and Prof Paul Gilbert O.B.E (Clinical PhD, Clinical Psychologist, founder of compassion focused therapy).

General Outline of Session Structure

1. Introduction to Compassion and The Tricky Brain.
2. Three Circles.
3. Mindfulness and Soothing Rhythm Breathing.
4. Safety, Safeness and Compassion From Others.
5. Compassionate Self.
6. Multiple Selves.
7. Self-Criticism.
8. Shame and Guilt.
9. Compassion for the Self.
10. Assertiveness.
11. Forgiveness.
12. Envisioning a Compassionate Future.

Criteria:

- Either male or female
- BMI greater than 30
- Body weight shame

Exclusion Criteria:

- Individuals currently attending therapy
- Individuals who have attended therapy in the past year
- Inability to commit to sessions (Thursday 6pm – 8pm) UQ St Lucia.

This is a wonderful opportunity for individuals experiences weight concerns to receive free therapy.

If you think any of your patients would be interested in the program please contact Alicia Carter on Alicia.carter@uqconnect.edu.au or 0404 114 133

For more information go to <https://exp.psy.uq.edu.au/bodyshame/>

Or google: Compassion Focused Therapy Body UQ