

SELF-COMPASSION IN PERSONAL AND PROFESSIONAL PRACTICE: A TWO-DAY IMMERSION

TWO-DAY IN-PERSON WORKSHOP

Monday 3rd & Tuesday 4th November 2025
9.00 am - 5.00 pm

Presenter: Dr. Amy Finlay-Jones

ABOUT THE WORKSHOP

In the complex, tender, and often emotionally demanding work of therapy, self-compassion is critical for therapists and clients alike. This workshop invites you into a space of inquiry, embodiment, and renewal as we explore self-compassion as both a personal practice and a professional skill. Over two days, we'll explore self-compassion as a foundation for therapeutic presence, a source of resilience, and a pathway to deeper connection — with yourself, your clients, and the work.

Across our time together, you'll:

- Understand self-compassion as a psychological construct, a trainable skill, and a mechanism of change.
- Deepen your capacity for compassionate presence — showing up to your own inner life with care and curiosity.
- Explore the vital role of compassionate relationships in the therapeutic alliance, and how your way of being supports clients' relationship with themselves.



COSTS

- ANZACBT Member: \$450
- ANZACBT Student Member: \$225
- Non-Member : \$500



VENUE: TE PAPA WELLINGTON

Address: 55 Cable Street, Te Aro,
Wellington 6011



DR. AMY FINLAY- JONES

*BPsych(Hons), MPsych(Clinical),
MHealthEcon, PhD (Clin Psych)*

Amy is an Associate Professor, therapist, and contemplative practice facilitator who is dedicated to helping others cultivate more balanced, connected, and meaningful lives through compassion and mindfulness practice. She is a skilled group facilitator with over 10 years of experience delivering mindfulness- and compassion-based approaches in clinical, community, and organisational settings. Amy's teaching draws on many years of personal practice, her passion for social justice and activism, as well as her lived experience of long-term chronic illness.

Amy is a certified Compassion Cultivation Training (CCT) facilitator and a trained Mindful Self-Compassion (MSC) teacher, and trained at Stanford University and through the Center for Mindful Self-Compassion to deliver these programs. She is also trained to teach the Mindfulness Based Compassionate Living program and the Mindful Self-Compassion for Teens program.

Amy holds Masters degrees in Clinical Psychology and Health Economics and a PhD in Clinical Psychology. She is involved in ongoing research that investigates the effects of compassion training on intra- and interpersonal wellbeing. She has developed several online self-compassion training programs, and is the lead editor of the Handbook of Self-Compassion.

- Learn and refine compassionate interventions that gently meet clients where they are, including ways to integrate compassion-based approaches into existing modalities and how to match different approaches to client needs and readiness.

We'll draw from leading models, engage with research and reflective practice, and attend to both the science and soul of compassion. You'll leave with a deeper understanding of what supports and sustains you — and your clients — in the work.

This training is ideal for therapists, psychologists, counsellors, and health professionals who want to:

- Ground their work in evidence-based compassion practices
- Cultivate emotional resilience and reduce empathic distress
- Expand their therapeutic toolkit with trauma-informed, client-sensitive approaches to self-compassion

Includes:

- Theoretical input and experiential learning
- A practical framework for integrating self-compassion across personal and clinical contexts
- A comprehensive resource list and reflective tools.

Join us for this rare opportunity to slow down, turn inward, and reconnect with the heart of your work.

- [VISIT THE WORKSHOP PAGE](#)
- [REGISTER FOR THE WORKSHOP](#)
- [EMAIL US: WEB@CBT.ORG.NZ](mailto:WEB@CBT.ORG.NZ)

