

Ψ Westchester County Psychological Association



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**WCPA Clinical Division and The Child & Family Institute present**  
***Introduction to CFT for Developing Psychological Flexibility:***  
***Cultivating Compassionate Courage***

***Master Clinician Presentation***

**FEBRUARY 15, 2019 from 12:00 to 2:00 p.m.**

**Little Theatre at Scarsdale High School**



**PRESENTER: Dennis Tirch, Ph.D.**

A growing body of research demonstrates that when our capacity for compassion, caring, and secure attachment is activated, it facilitates broad and flexible response patterns, even in the presence of threatening situations that would normally narrow our range of behavioral options. This workshop explores how the evolved dynamics of attachment and affiliation can help us to foster psychological flexibility and courage that are essential to living lives of meaning, purpose and vitality.

We will examine how biological systems can respond to their environment with mixtures of rigid, automatic and stereotypic responses (typically threat focused) or with openness, changing, novel creative and flexible responses (typically when feeling safeness). Under conditions of threat, defensive responses need to be quickly available, and can create neurobehavioral segregation disabling availability and integration of many essential and empowering competencies, such as empathy distress tolerance and flexible action. Participants will engage in experiential exercises and didactic learning opportunities to internalize how compassion and secure attachment dynamics provide a foundation for psychological flexibility. Compassion Focused Therapy (CFT) helps people access compassion-focused motives and an experience of centeredness and flexible, focused attention that cultivates stable physiological and psychological integration from which flexibility courage and well-being arises. Consistent with the psychological flexibility model, and an ACT approach, working with compassion and attachment dynamics can open a door to a new world of possibilities for living with meaning, purpose and vitality. **(Continued below)**

**Dennis Tirch, PhD**, is The Founder/Director of the Center for Compassion Focused Therapy in New York City and an Associate Clinical Professor at the Icahn School of Medicine at Mt. Sinai Medical Center. Dr. Tirch is the author/co-author of numerous books, chapters, and peer-reviewed articles on ACT, CFT, CBT, and Buddhist psychology. Dr. Tirch is the President of The Association for Contextual Behavioral Science (ACBS) and The Compassionate Mind Foundation USA. Online and in-person, Dr. Tirch provides workshops and trainings globally in mindfulness, compassion and acceptance based interventions. Dr. Tirch is a Fellow of ACBS, and is also a Fellow and Consultant/Supervisor with the Academy of Cognitive Therapy. Dr. Tirch is a member of the Zen Garland Sangha and is a lay teacher of Buddhist psychology.

This program is available to WCPA members \$10.00

Non-members may pay \$25.00

Here's the link to pay by PayPal

<https://westchesterpsych.org/event-registration/>

Please RSVP to this email by February 8, 2019