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Compassion and Mentalization: Complementary, Overlapping or Opposed?

A one-day conference chaired by Professor Steve Pilling

Saturday 2 May 2020

- 09.00 - 09.30** **Registration**
Venue: Foyer of the Roberts Building, Torrington Place, London, WC1E 7HE
- 09.30 - 10.00 **Introduction and Context**
Professor Steve Pilling (University College London, UK)
Venue: Sir Ambrose Fleming Lecture Theatre G06, Roberts Building
- 10.00 - 10.50 **Compassion Focused Therapy: Theory and principles of practice**
Professor Paul Gilbert (The Compassionate Mind Foundation, University of Derby, UK and University of Queensland, Australia)
- 10.50 - 11.15 **Commentary**
Professor Peter Fonagy (University College London and Anna Freud National Centre for Children and Families, UK) and Professor Patrick Luyten (KU Leuven, Belgium, and University College London, UK) and discussion from the floor
- 11.15 - 11.45** **Refreshments**
Venue: Foyer of the Roberts Building
- 11.45 - 12.35 **Mentalization Based Treatment: Theory and principles of practice**
Professor Peter Fonagy (University College London and Anna Freud National Centre for Children and Families, UK)
- 12.35 - 13.00 **Commentary**
Professor Paul Gilbert (The Compassionate Mind Foundation, University of Derby, UK and University of Queensland, Australia) and Dr Deborah Lee (Berkshire Traumatic Stress Service, South Central Veterans Service and University College London, UK) and discussion from the floor
- 13.00 - 14.00** **Lunch**
Venue: Foyer of the Roberts Building
- 14.00 - 15.00 **Clinical CFT presentation**
Dr Deborah Lee (Berkshire Traumatic Stress Service, South Central Veterans Service and University College London, UK) with discussion from an MBT perspective (Professor Peter Fonagy and Professor Patrick Luyten) and open discussion from the floor



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15.00 - 16.00

Clinical MBT presentation

Professor Patrick Luyten (KU Leuven, Belgium, and University College London, UK) with discussion from a CFT perspective (Professor Paul Gilbert and Dr Deborah Lee) and then open discussion from the floor

16.00 - 16.45

Final Plenary

All speakers and audience discussion