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**Title:**  
The Heart of FOT: Cultivating Compassion and Self-Compassion

**Format:** A combination of didactic presentation and workshop (1hr and 45min.)

**Equipment needed:** For now I know I will need a flip chart tripod/easel and probably a projector for a Keynote (Power Point).

**Description:** At the heart of FOT lies compassion -- compassion for our inner little ones, compassion for our fellow life travelers, compassion for the life we are. Positive Psychology and Mindfulness provide us with research which support the importance for the individual and for society to treat ourselves and others compassionately. In FOT, our way of listening and interacting with struggling inner parts provides the pathway for achieving authentic compassion for ourselves and others and can augment other practices. In this workshop we will explore the definition and nature of compassion and self-compassion, discuss some of the research, and practice experiential exercises which combine Focusing with Positive Psychology, Mindfulness and Spirituality. The exercises are designed to help therapists and clients deepen their practice of compassion.

**Summary:** Research is showing the importance of cultivating compassion for the individual and for society. An FOT approach in interacting with our inner struggling little ones leads to authentic compassion and can augment other traditions which emphasize compassion. Exercises combining Focusing, Positive Psychology, Mindfulness and other spiritual traditions

will be practiced in order to cultivate and deepen Compassion and Self-Compassion.

**Bio:** Calliope Callias, PhD is a clinical psychologist in New York City, a certified Focusing-Oriented Therapist/Trainer, and a certified Positive Psychology practitioner. In addition to her private practice, she is an adjunct clinical professor of psychology at Adelphi University. Her interests include using Focusing for community wellness, explore ways to cultivate Compassion, as well as advancing research in Focusing.

**Learning Objectives:** Attendees will be able to:

1. Define Compassion and Self-Compassion in heartfelt ways and describe the definitions that are provided in literature and recent research.
2. Explain the importance of cultivating Compassion for self and others based on recent research.
3. Apply one experiential exercise, which combines Focusing with other practices, to cultivate and deepen Compassion for at least one inner part that is struggling.

**Citations/References (7):**

Despond, T. (2016). *Self-Compassion in Psychotherapy: Mindfulness-Based Practices for Healing and Transformation*. New York, NY: W.W. Norton & Company, Inc.

Gendlin, E. (1996). *Focusing-Oriented Psychotherapy: A Manual of the Experiential Method*. New York, NY: Guilford Publications, Inc.

Germer, C.K. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York, NY: Guilford Publications, Inc.

Gilbert, P. (2009). *The Compassionate Mind*. Oakland, CA: New Harbinger Publications, Inc.

Keltner, D., Marsh, J., & Smith, J.A. (Eds.). (2010). *The compassionate instinct*. New York, NY: W.W. Norton & Co.

Madison G. (ed.) (2014). *Theory and Practice of Focusing-Oriented Psychotherapy: Beyond the Talking Cure*. Vol 1. London, UK: Jessica Kingsley Publishers.

Neff, K. (2011). *Self-Compassion: The Proven Power of Being Kind to Yourself*. New York, NY: HarperCollins Publishers.

Weiser-Cornell, A. (2005). *The Radical Acceptance of Everything: Living a Focusing Life*. Berkeley, CA: Calluna Press.

### **Continuing Education**

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits** 1.75. The International Focusing Institute maintains responsibility for this program and its content.

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**Contact Hours 1.**