



FORUM
for COUNSELLORS & PSYCHOTHERAPISTS
Ar gyfer CWSELWYR a SEICOTHERAPYDDION



Compassion Focussed Therapy and Chairwork with Dr Toby Bell

Friday 27th March 2026, 10am – 4pm

£45

Barnabas Community Church, Shrewsbury, SY3 7DN

‘Chairwork’ refers to a group of experiential psychotherapeutic techniques that incorporate chairs, the positioning of chairs and the client’s movement between them. Chairwork has a rich history in psychotherapy and has a key role in Compassion-Focused Therapy (CFT). Research has found Chairwork to be an effective, experiential intervention that increases emotional processing and activation; facilitates differentiation, dialogue and integration between internal ‘parts’ or ‘selves’; allows clients to gain a metacognitive stance; and is memorably ‘enactive’ in nature.

The workshop will provide participants with an opportunity to practice key CFT Chairwork interventions such as working with self-criticism and generating self-compassion. The workshop is predominantly skills-based and experiential and will include live observations, practical exercises, theoretical discussion and group reflection. The workshop is accessible to people who are new to CFT and chairwork.

This workshop aims for you to take away:

- Understanding of the underpinning principles and theoretical rationale for Chairwork in CFT
- Skills in delivering core CFT Chairwork interventions, including how to address self-criticism with chairwork and practice self-compassion
- The ability to address fears, blocks, and resistances to compassion using Chairwork
- Insights into how CFT Chairwork can be adapted for different client groups and modes of delivery (e.g. online)
- An appreciation of the creativity and power of chairwork and how it can be integrated into routine clinical practice

To book a place contact Anna Harlow, Forum Membership Secretary,
forum4counsellorsmembership@gmail.com

On the day

Morning: The morning will include a review of the history of chairwork and an outline of its core principles, processes, and procedures. The morning will also include a reflection on how chairwork is used within CFT and the core process skills required to bring it to life. There will be a demonstration of self-compassion chairwork and an opportunity to practice.

Afternoon: The afternoon will first focus on self-criticism and how CFT chairwork can address it. There will be a demonstration of CFT’s approach to using chairwork with self-criticism, and participants will have an opportunity to practice. The final section of the workshop will include an outline and demonstration of how chairwork can be used to access, process and integrate threat-based emotions.

Dr Toby Bell is a Compassion-Focused Psychotherapist, an accredited Schema Therapist and Cognitive Behavioural Therapist, and Voice Dialogue facilitator. He is a co-founder of Chairwork with Matthew Pugh and a co-author of the book ‘Compassion Focused Therapy from the Inside Out’. Toby regularly provides national and international training on compassion and chairwork and has published widely in these areas. Toby is an honorary lecturer at the University of Manchester and is a senior fellow with Advance Higher Education. He is one of the official trainers in Compassion Focused Therapy with the Compassionate Mind Foundation.