

VEJLEDENDE LITTERATURLISTE

Hovedværker:

Gilbert, P., Simos, G. (2022). *Compassion Focused Therapy: Clinical Practice and Applications*. Routledge

Beaumont, E. & C, Irons (2018): *The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self*. Robinson.

Kolts, R. Bell, T., Bennett-Levy, J. & C. Irons (2018): *Experiencing Compassion-Focused therapy from The Inside Out: A Self-Practive/ Self-Reflection Workbook for Therapists*. The Guilford Press.

Gilbert, P., PHD & Choden (2014): *Mindful Compassion: How the Science of Compassion Can Help You Understand Your Emotions, Live in the Present, and Connect Deeply with Others*. New Harbinger Publications

Irons, C. (2019): *The Compassionate Mind Approach to Difficult Emotions: Using Compassion Focused Therapy*. Robinson.

Lee, D. (2012). *Recovering from Trauma using Compassion Focused Therapy*, Robinson, London.

Gilbert, P. (2010): *Medfølelse og mindfulness – Fra selvkritik til selvværd*. Klim. (Findes på lydbog)

Lunding-Gregersen, V. & H. Tingleff (2018): *Hjernen på overarbejde, derfor er compassion vores vej til et bæredygtigt liv og samfund* (1. udgave). Kbh.: Mindwork (Findes på lydbog)

Lunding-Gregersen, V. & H. Tingleff (2019): *Kort og Godt om Compassion* (1. udgave). Dansk Psykologisk Forlag.