



**Psykiatri**



Kompetencecenter  
for  
Psykoterapi

## **Susanne Hovmand-Lyster**

**has completed:**

**Two days CFT workshop with**

**Dr. Deborah Lee**

**September 2018**

**Competence Centre Psychotherapy, Mental Health Services,  
Capital Region of Denmark**

### **Description**

Dr. Deborah Lee is an expert and pioneer in the field of trauma and within 'Compassion Focused Therapy', and she has written several books on the subject. The theme of the workshop was: "Burnout as a result of working therapeutically with mentally suffering people."

In the two days workshop the participants have gained insight into topics as: burnout symptoms, the clinician reactions on burnout, how 'Compassion Focused Therapy' can provide an understanding of burnout and which strategies there can be used to cope with the issues.

### **Extent**

2 days (12 hours) workshop in CFT.

**October 26 2018**

**Naja Vucina Pedersen**

Coordinator of Competence Centre for Psychotherapy