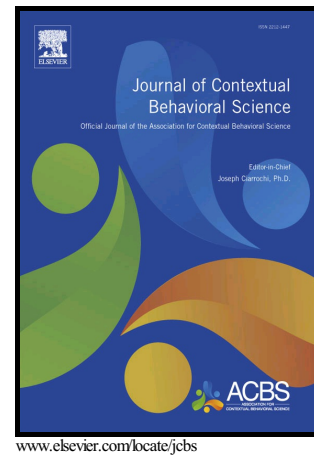


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Recovery through affiliation: a Compassionate Approach to Schizophrenia and Schizoaffective Disorder (COMPASS)

Maria João Martins^{1,2*}, Célia Barreto Carvalho^{1,3}, António Macedo², Ana Telma Pereira², Christine Braehler⁴, Andrew Gumley⁵, & Paula Castilho¹

¹Center for Research in Neuropsychology and Cognitive Behavioral Intervention (CINEICC), Faculty of Psychology and Educational Sciences, University of Coimbra. Portugal

²Department of Psychological Medicine, Faculty of Medicine, University of Coimbra, Portugal

³Department of Psychology, Faculty of Human and Social Sciences, University of Azores, Portugal

⁴Mindfulness-Based Professional Training Institute, University of California, San Diego, US; ⁵University of Glasgow, UK

*Corresponding author: Address: Rua do Colégio Novo, s/n 3000 - 115 Coimbra, Portugal, Email: martins.mjrv@gmail.com

Abstract:

Described as a contextual behavioural approach, Compassion-focused Therapy (CFT) aims at helping people develop compassionate relationships both with others and with the self. CFT has been used to promote recovery in psychosis with promising results. The development process of the Compassionate Approach to Schizophrenia and Schizoaffective Disorder (COMPASS) builds upon the available research on contextual behavioural approaches for psychosis. Its main framework is the affect regulation system's model and the compassion-focused therapy rationale as it was adapted for psychosis. Other theoretical and empirical influences are presented and innovations regarding CFT protocols for psychosis are highlighted. COMPASS is already being studied and details on the pilot study are provided. With further study and continuing improvement COMPASS has the potential to help foster recovery in psychosis.

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