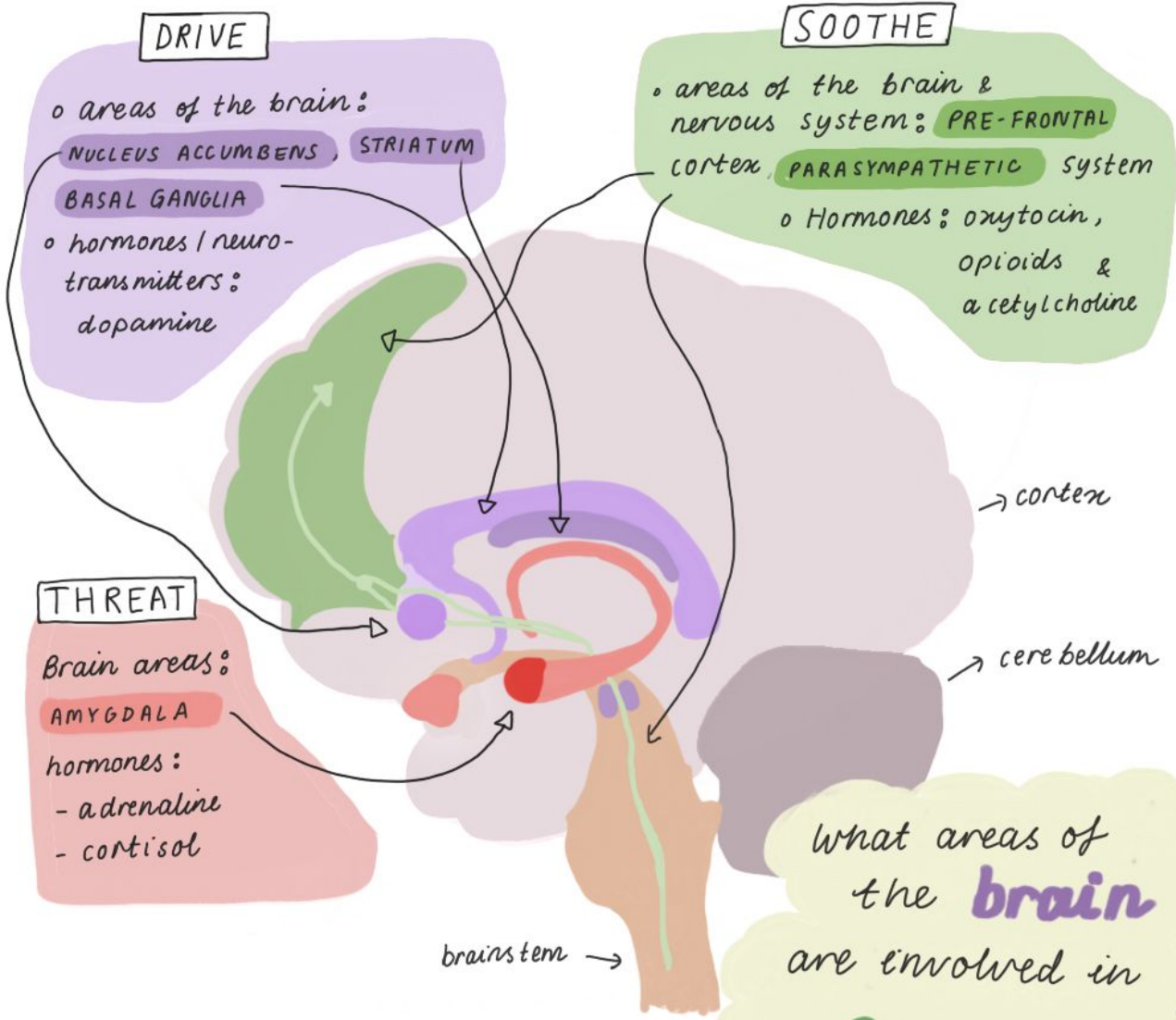


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Gilbert (2005)

THREE SYSTEMS MODEL

from Compassion focused therapy (CFT)



DRIVE

- areas of the brain:
 - NUCLEUS ACCUMBENS
 - STRIATUM
 - BASAL GANGLIA
- hormones / neurotransmitters:
 - dopamine

SOOTHE

- areas of the brain & nervous system:
 - PRE-FRONTAL cortex
 - PARASYMPATHETIC system
- Hormones:
 - oxytocin
 - opioids & acetylcholine

THREAT

- Brain areas:
- AMYGDALA
- hormones:
- adrenaline
 - cortisol

→ cortex

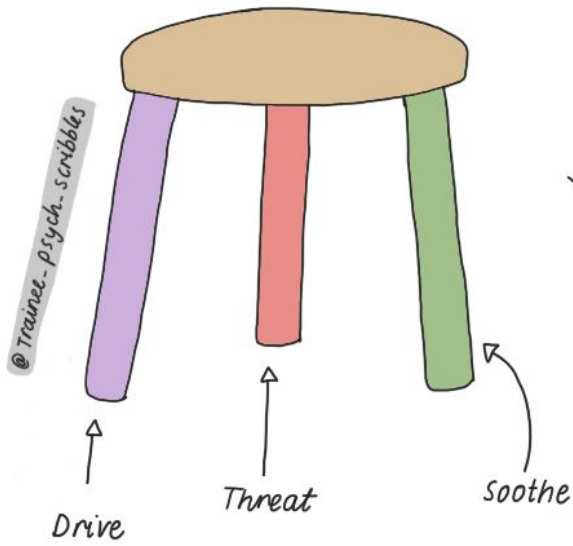
→ cerebellum

brainstem →

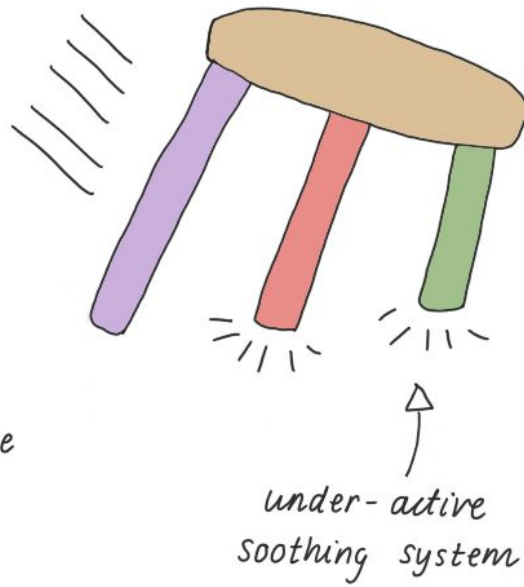
What areas of the **brain** are involved in the **3 systems**?

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IN BALANCE

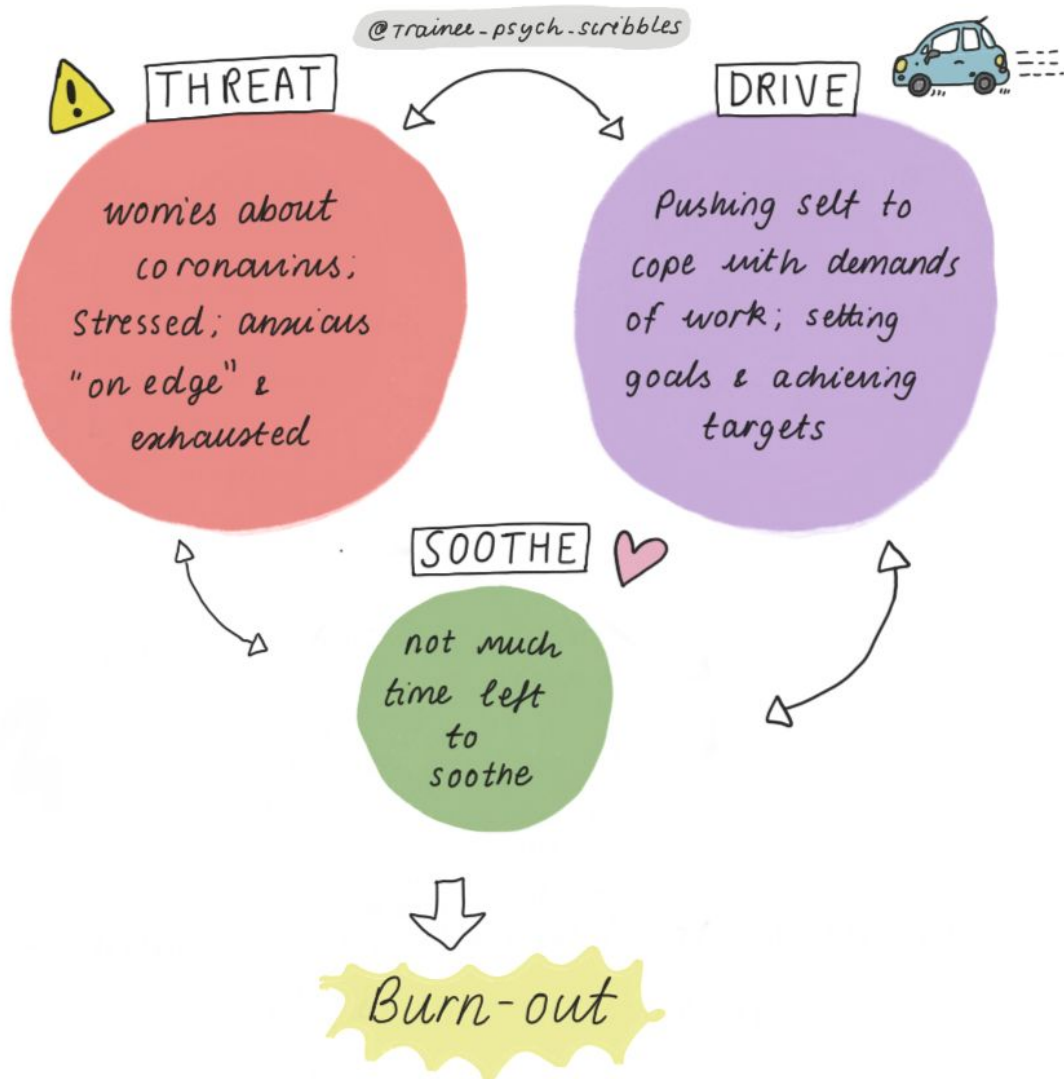


OUT OF BALANCE

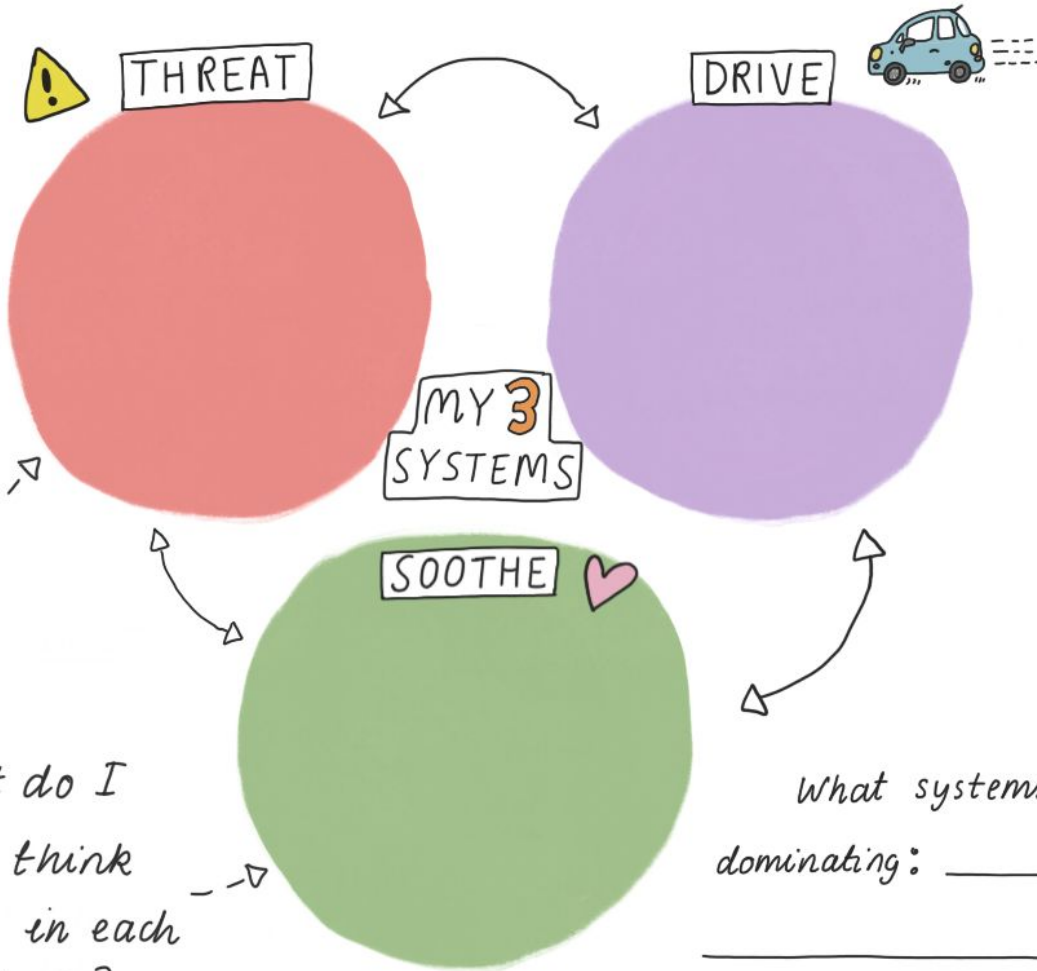


Metaphor taken from:
Welford (2012)

For example:



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what do I feel, think & do in each system?

What systems are dominating: _____

What systems are under-active? _____