

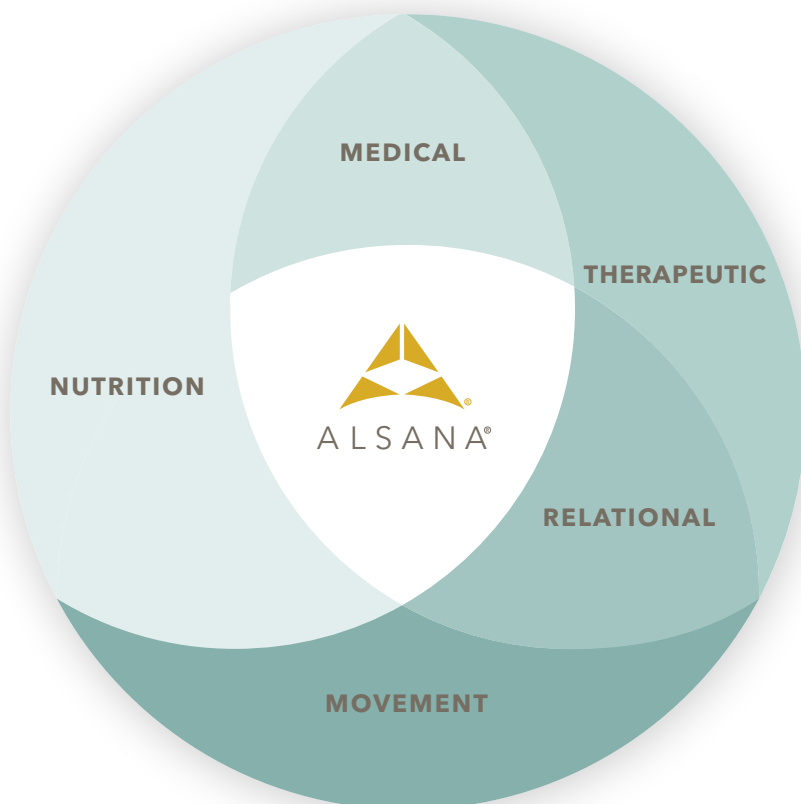
Compassion-Focused Therapy

Why Compassion-Focused Therapy + Alsana?

Compassion-Focused Therapy (CFT) is an Evidence-Based, transdiagnostic and measurable therapeutic approach. This model was extensively researched by our clinical leaders and selected as an overarching model for our therapeutic dimension in the Adaptive Care Model®. CFT aligns with Alsana's culture of compassionate care in taking a no-shame, no-blame stance, and meeting clients where they're at in their recovery journey.

How does your CFT approach work with trauma?

Compassion-Focused Therapy is centralized around de-shaming and de-blaming. We know that much of the residual effect of trauma is rooted in shame. The CFT approach looks at several significant areas during a client's treatment such as innate and historical influences, key fears, safety strategies, and unintended consequences. Our goal during their time in treatment with us is to prepare the client to build transferable skills, stabilization, insight, and self-compassion to continue their hard work on a long-term basis with their outpatient team.



Adaptive Care Model®



"Alsana's mission to expand access to holistic, transdiagnostic, and evidence-based eating disorder treatment is supported by our commitment to data-driven care and a culture that cultivates compassion. As a community of care providers, I believe we must strive to embody the compassion and self-compassion we want for our clients" - Heather Russo, Alsana's Chief Clinical Officer

FAQ's

Are there differences among your Alsana programs?

All of our programs operate around the Adaptive Care Model® with shared training, resources, and support. CFT provides a shared framework across all our programs to navigate and treat these complex individuals with other co-occurring diagnoses. Being aligned around CFT helps ensure we are all conceptualizing and treating clients from the same foundation and compassionate lens that we are built on, pulling in other treatment interventions as appropriate.

Do you use any other modalities in a client's treatment besides CFT?

CFT is built on a variety of modalities including Cognitive Behavioral Therapy, Socratic dialogue, psycho-education, and a variety of interventions including behavioral experiments, exposures, chair work, mindfulness, emotional tolerance building, conflict management, and building safety strategies. Often times, clients understand their thoughts and feelings around their eating disorder. However, they get stuck in the same cycle of shame and blame, which is where CFT can be a great intervention for the healing process!

What type of clinical trainings do your teams get and how are you tracking clinical outcomes?

Our National Clinical Educator team, led by Heather Russo, Chief Clinical Officer, is made up of experienced eating disorder leaders in the field, each with years of experience working in higher levels of care and specializing in one of the areas of either nutrition, therapy or medical. Our clinicians receive weekly individual and group supervision along with company-wide weekly clinical trainings that pull in CFT techniques and interventions. We also know it is important to invest in their clinical growth so we provide them with financial support for continuous professional development opportunities. We invest in reviewing and tracking our client outcomes through various measurements weekly, monthly, quarterly, and annually.

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