



I have developed a new technique using

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for teaching people to be more self-compassionate.



Chris Brewin

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Oxford Experimental Psychology, 1972-1975
MSc in Abnormal Psychology, 1975-1977

Professor Chris Brewin's research focuses on trauma, and on identifying new therapeutic techniques for mental health problems. He is also a practising cognitive-behaviour therapist.

TRAUMATIC EVENTS and their effects have been the focus of much of my research, culminating in a neurobiological theory that describes the effects of extreme stress on different memory systems, and how these are manifested in post-traumatic stress disorder (PTSD). This has meant involvement in some of the huge controversies about forgetting and remembering trauma, which continue to divide the field to this day. I have also been closely involved in designing and carrying out mental health interventions after some of the major terrorist attacks in the UK and in simplifying the way PTSD will be diagnosed in the new edition of the International Classification of Diseases.

MOST RECENTLY, I HAVE DEVELOPED a new technique involving immersive virtual reality for teaching people to be more self-compassionate, a problem that lies at the heart of many mental health problems.



FAVOURITE MEMORY? The library remaining open the whole night so that tutorial essays could be researched and written up to the last moment before they had to be handed in the following morning!

I ALSO INTERVIEWED Niko Tinbergen for *Isis* on the occasion of his being awarded the 1973 Nobel Prize in Physiology or Medicine with Karl von Frisch and Konrad Lorenz. His book *The Study of Instinct* and his work on the behaviour of the three-spined stickleback featured strongly in our lectures.

MOST INSPIRING TEACHER? A dead heat between Jerry Bruner for his chimpanzee imitations during first-year lectures and Rom Harré, then University Lecturer in the Philosophy of Science.

Experimental Psychology graduates go amazing places!

