Stanford



Charlie Heriot-Maitland

Adjunct Lecturer, Psych/Public Mental Health & Population Sciences

Bio

BIO

Dr Heriot-Maitland is a clinical psychologist, trainer, researcher, and author. He is an international expert in Compassion Focused Therapy (CFT), and specifically the application of CFT for voice-hearing, trauma, and for people with psychosis and complex needs. Dr Heriot-Maitland is an experienced CFT therapist himself, and for the last 10 years has been leading the international development, research, and training of CFT for psychosis. His clinical research in this area has been mainly carried out at King's College London and University of Glasgow, supported by funding from the UK Medical Research Council.

Dr Heriot-Maitland has published extensively on the theory and application of CFT in academic journals, produced videos and training materials, and has co-authored a self-help book on CFT for voice-hearers (Routledge, 2022). He has also developed novel and innovative interventions, based on CFT, for applications in different sectors (e.g., healthcare, social care, and education). Since 2012, he has been co-director of a UK organisation, Balanced Minds, which specialises in providing CFT therapy and resources for the general public and CFT training and supervision for professionals. He has been delivering training sessions at Stanford since 2019, and has held an Adjunct Lecturer appointment with the university since 2022.