

Kate's Qualifications and Trainings:

I have completed training for mindfulness-based teachers, Mindfulness in Individual Therapy and Specialist Teacher Training in Mindfulness Based Cognitive Therapy for Cancer, all with Bangor University.

I have had the wonderful privilege of undertaking Self-Compassion Core Skills Training and training as a Mindful Self-Compassion teacher with Christopher Germer & Kristin Neff. I loved the year-long compassion training with the Mindfulness Association and enjoyed training in Compassion Focused Therapy with Professor Paul Gilbert.

I also have a law degree from Manchester University and hold a PG Diploma and MSc in Counselling Psychology from Keele University. I was awarded my PhD from Chester University where I researched a brief self-compassion intervention for carers of those with a life-limiting or palliative diagnosis.

Research & Scholarship:

- May 2018 Poster presentation "Experiences of a brief self-compassion programme for carers of those with a life limiting or palliative diagnosis. A pilot study" BACP Annual Research Conference, London 2018
- March 2019 "Self-Compassion as Self-Care: Caring for the Carer" 13th Annual Keele Counselling Conference
- May 2019 "Self-Compassion for carers. Experiences of a short programme for carers of those with a life limiting or palliative diagnosis" BACP Annual Research Conference, Belfast 2019
- April 2021 "Teetering on the edge. Despair and hope in caring for someone with a life-limiting or terminal diagnosis. The role of self-compassion and self-care" 15th Annual Keele Counselling Conference
- May 2021 "I too matter. The role of counsellors, psychotherapists and healthcare practitioners in encouraging self-compassion and self-care in unpaid carers" BACP Annual Research Conference, online May 2021

Diggory, C. J. (2020). *"I too matter". The experience and impact of a brief online self-compassion intervention for informal carers of those with a life-limiting or terminal illness: A mixed methods study.* (Doctor of Philosophy), University of Chester. Retrieved from <http://hdl.handle.net/10034/624246>

Diggory, K., & Reeves, A. (2021). 'Permission to be kind to myself'. The experiences of informal carers of those with a life-limiting or terminal illness of a brief self-

compassion-based self-care intervention. *Progress in Palliative Care*, 1-9.
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