

Compassion Focused Group Psychotherapy Training 7-9th September 2026 – in person – in Birmingham UK

Introduction

Compassion Focused Therapy (CFT) is a motivational and integrative approach to working with shame and self-criticism, manifest in a broad range of psychological and emotional difficulties. As such this evolutionary psychology based neuroscientific model of the mind is highly relevant and applicable to working with embodied action.

Working in action is intended to engage the whole person in mind, emotions, body and action. This workshop will introduce creative, action and movement-based interventions to meet the fundamental aims of CFT, the cultivation of compassion across the three flows, to the self, from others and to others.

CFT is concerned with the development of specific motivational systems connected with affiliation and compassion, as such groups-based interventions offer a unique opportunity for exposure to and cultivation of compassion across the flows.

Workshops details

“it was the first time I had been sad without getting angry and that in part because I felt safe” (Lucre et al in press)

This small process driven workshop will introduce a five phased group psychotherapy programme designed to provide a model of attachment and containment for group members.

The delegate number are capped at 20, but likely 15 – 17

We will draw on over fifteen years of clinical and research evidence, which demonstrate the importance of safeness as the foundation for change and growth in CFGP. There will be a theoretical overview of Compassion Focused Therapy as it applies to the practice of group work, coupled with practical suggestions for developing and managing the dynamic and process aspects of group psychotherapy. We will hear from group members who will share their intuitive wisdom of the fundamental importance of cultivating safeness from the outset of the group psychotherapy process.

We will explore the setting and convening of groups across the spectrum of complexity, life span and duration from short term psycho-educative programmes aimed at primary care and educative contexts through to long term trauma focused exploratory psychotherapy with hard to reach groups. We will also cover working with complexity, relational difficulties and attachment trauma, focusing on supporting patients in online and F2F settings. We can adapt the material according to the needs of the group and offer support to staff working in statutory settings to make the case for CFGP (We have been developing this model in the NHS and HSE for over 20 years!). There will be detailed session by session descriptions, coupled with role play demonstrations and opportunities to practice.



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For these three days we will immerse ourselves in a fully connected small and large group experience. There will be a range of experiential exercises, focusing on developing personal practice in compassion and delivering psychotherapeutic interventions online. Role play practice opportunities will be offered with small group discussions regarding referral criteria, using an evolutionary psychology model to cultivate compassion as the basis for inner growth and change. These exercises will focus on way of cultivating safeness and working therapeutically within a process driven model, attending to what is happening in the room.

How do we develop the confidence and skill to bring embodied movement and work in action to our psychotherapeutic group work practice to support our struggling patients to cultivate compassion in their minds and bodies? It is perhaps through offering ourselves the opportunity to practice the techniques, through the lens of compassion, learning from the inside out. Getting out of our chairs and our heads and connecting with our bodies and our compassionate intention is often challenging for us all.

This workshop aims to introduce and offer practice opportunities for effective ways of working in action within the process driven format of Compassion Focused Group Psychotherapy.

Access will also be given to a personal practice sound cloud and a comprehensive resource pack tailored to the requirements of the group. It is expected that participants in this workshop will gain theoretical and practice-based knowledge about the application of the Compassion Focused Group Psychotherapy, managing group dynamics and have the basis upon which to develop groupwork programmes.

We will start with the most important aspect of this work, cultivating the conditions for safeness in ourselves and in our group therapy spaces. These three days will be highly experiential, with opportunities to observe demonstrations and practice these innovative and creative ways of engaging groups. There is a recently published book and the published papers in the recommended reading section which covers the 5 phase model in detail, with more practical advice and guidance.

Access to ongoing group supervision, CFGP Advanced Training and a personal practice retreat are available.

Learning Objectives

This workshop shall explicitly cover and experientially work with the following:

1. The 5-phase safeness orientated model of Compassion Focused Group Psychotherapy and the practical application of this model in multiple settings and contexts
2. Compassionately attending to and managing group dynamics
3. Bringing compassion to personal responses to the work, and the importance of establishing personal practice in CFT work.
4. Fears, blocks and resistances to compassion as they emerge in the group process, for both patients and therapists/facilitators



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Suggested Reading

Lucre, K. (2022). Compassion-focused group psychotherapy for people who could attract a diagnosis of personality disorder. In *Compassion Focused Therapy*. Routledge.

Lucre, K., & Clapton, N. (2021). The Compassionate Kitbag: A creative and integrative approach to compassion-focused therapy. *Psychology and Psychotherapy: Theory, Research and Practice*, 94(S2), e12291. <https://doi.org/10.1111/papt.12291>

Lucre, K. M., & Corten, N. (2013). An exploration of group compassion-focused therapy for personality disorder. *Psychology and Psychotherapy: Theory, Research and Practice*, 86(4), 387–400.

Lucre, K., Ashworth, F., Copello, A., Jones, C., & Gilbert, P. (2024). Compassion Focused Group Psychotherapy for attachment and relational trauma: Engaging people with a diagnosis of personality disorder. *Psychology and Psychotherapy: Theory, Research and Practice*, 97(2), 318–338. <https://doi.org/10.1111/papt.12518>

Lucre, K (2025) *Compassion Focused Group Psychotherapy*, Pavilion Publishing

Biography

Dr. Kate Lucre is a Birmingham based Consultant Psychotherapist and Supervisor specialising in the use of CFT for complex attachment and relational trauma for groups and individuals. She has been developing and offering Compassion Focused Group Psychotherapy programmes in the NHS for over 20 years. She runs workshops for the Compassionate Mind Foundation across the UK and internationally on CFT for Groups and Compassion Focused Staff Support and Supervision. She has published the only data on Compassion Focused Group Psychotherapy for people who would attract a diagnosis of personality disorder and has recently completed a 7 year follow up study to her original research program evaluating a 12 month CFGP program. Kate is also involved in a number of UK wide research projects developing and evaluating Compassion Focused Staff Support Initiatives. You can see some of her past presentations at https://www.researchgate.net/profile/Katherine_Lucre2. You can see an interview with [Kate Lucre here](#).



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Training Venue and Costs

The training will be held at:

Moseley Exchange 149-153 Alcester Road, Birmingham B13 8JP

Moseley is a bustling suburb in the south of Birmingham, easily accessible from train and airport. Many people attending workshops have opted for Airbnb as there is a wealth of accommodation in the vicinity, or 6 mins by train from the city centre.

There will be an opportunity to sign up for monthly online supervision following this and a digital resource pack will give you everything you need to manage the group process. There is also a book available to purchase on the day and on amazon which covers every aspect of this model.

The cost for this training will be **£405 (early bird rate until 30th June, after this time the fee will rise to £435)** to include lunch and refreshments on all three days.

Payment for this workshop can also be made in instalments.

Feedback from previous training

There were so many valuable insight and ideas for working with groups. The examples were excellent, very relatable. The breakout process and activities really helped deepen the process. Taking away so many valuable nuggets - compassion is not being nice, holding the intention within the group, how to work with strong emotions and antigroup experiences. Very inspiring! Thank you

Kate is an excellent therapist at it was a joy to understand some of her experience in working with complex groups. It was especially useful to see a breakdown of the two psychologies and an emphasis on sensitivity to suffering. This helped me to further

understand some splitting that has occurred in my past groups. I also realised that my expectation for a three month group has been overly ambitious and in that respect sometimes unhelpful to me and my group members. I appreciated that Kate spoke in an authentic way throughout.

It's completely changed my perspectives on groups and challenged my internal biases that I had. I liked how Kate Lucre had a wealth of knowledge and answered every question with honesty and wisdom. It was really helpful that she shared examples and situations she's experienced

Kate is so engaging, wise and funny – it's the first time in 3 days of online training I was totally immersed all the way through. I liked the breakout rooms and having our own group, I like the time for reflection and role play and the attention paid to group dynamics rather than 'content'.

