

# Compassion Focused Group Psychotherapy Advanced Training

## 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

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.

There will be an explicit focus in this workshop on understanding the theoretical underpinning and developing capacity for group-based chair work, role taking, reworking early childhood trauma and the use of play-based interventions to deepen our patient's understanding of their difficulties as well as to stimulate the care giving and care receiving capacities to work through early trauma and past difficulties.

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.

This training will build on introductory and intermediate training in CFT and CFT for groups. We will be focused on developing process skills and capacity in a group work.



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## Learning Objectives

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

1. Fears, blocks and resistances to compassion as they emerge in the group process, for both patients and therapists/facilitators;
2. Experiential whole group sessions, covering all aspects of the group process and technique.
3. How to set up and practice Chair Work, in the context of maintaining safeness within the group process;
4. How to enable trauma work to be undertaken in action;
5. Compassionately attending to and managing group dynamics;
6. Bringing compassion to personal responses to the work, and the importance of establishing personal practice in CFT work.

## 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*, Pavillion Publishing



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## 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](https://www.researchgate.net/profile/Katherine_Lucre2). You can see an interview with [Kate Lucre here](#).

## 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 10 mins on the bus to 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 **£395 (early bird rate until 30<sup>th</sup> September, after this time the fee will rise to £425)** to include lunch and refreshments on all three days.

**Payment for this workshop can also be made in instalments.**

## Feedback from previous training

*“I liked the focus on the importance of the group process and the development of relationships within the group. It was extremely helpful to have this mirrored in our break-out groups. I found the experiential exercises very useful, particularly the role taking. Also, the section on managing difficult groups and the role play and discussion within that was very helpful. Also, the section on transference helped me to reflect on what may be happening in groups, but also within other ‘groups’ within our organisation.”*

*“I thought that it was delivered so well, Kate shared so much helpful information with us in a way that was very engaging. I particularly like to learn through hearing about others experiences which she thoughtfully shared, and I liked how we had a small group we got to work with consistently throughout. I feel like I learnt so much about group facilitation as well as CFT, but also about myself, which I can reflect on for my own practice. I was not expecting it to be this brilliant and am really pleased to have been part of it. I also really enjoyed the activities we learnt and practiced together. I feel quite excited and inspired by this workshop.”*

