

Compassion Focused Therapy for People with a Personality Disorder: working at the edge of therapeutic opportunity

With Kate Lucre

Compassion Focused Therapy PGDip, University of Birmingham

Compassion Focused Therapy was developed by Paul Gilbert to address difficulties associated with shame and self-criticism. CFT is now being used in a wide range of settings from secure forensic services to primary care.

This workshop will offer an overview of the CFT framework and components of action methods and body focused therapy techniques which have been brought together to form an integrative Compassion Focused model for complex trauma and relational difficulties.

What this workshop will cover:

This one day workshop will combine a theoretical overview of Compassion Focused Psychotherapy with practical suggestions for developing and managing the dynamics of long term trauma focused psychotherapy with hard to reach clients. We will cover working with complexity, relational difficulties and attachment trauma, also described as personality disorder within an individual as well as group format. There will be a range of experiential exercises, focusing on developing personal practice in self compassion and delivering psychotherapeutic interventions. Role play practice opportunities will be offered in using an evolutionary psychology model to cultivate compassion as the basis for inner growth and change.

This workshop will involve:

- Didactic teaching
- Group discussion
- Experiential practice

Who is this workshop suitable for ?

This workshop has been designed for practitioners, therapists and clinicians who wish to develop their knowledge and practice of exploratory psychotherapy with structured components to provide a more accessible pathway for this group of individuals

It could be helpful for delegates to have completed some introductory training in CFT or to be familiar with the model as we will not be covering the model in detail but will focus on the application of CFT to individual complex trauma work.

Suggested pre-course reading:

- Gilbert, P. (2009). *The Compassionate Mind. A New Approach to the Challenges of Life*. London: Constable & Robinson.
- Gilbert, P. (2010). *Compassion Focused Therapy. Distinctive Features*. London: Routledge.
- Gilbert, P. (ed.). (2010). *Compassion Focused Therapy: Special Issue. International Journal of Cognitive Therapy*. 3, 97-201

Kate Lucre

Kate is a BABCP accredited Cognitive Behavioural Psychotherapist, supervisor and trainer and an accredited EMDR practitioner. She also has a Strategic Leadership role in developing Compassion Focused Therapy in Birmingham and Solihull Mental Health Foundation Trust. She trained as a social worker in 1998 and worked overseas for a number of years in Australia and New Zealand, before returning to the UK and training in CBP. She has been developing CFT for people with personality disorder and complex trauma for nearly 10 years and has published pilot data on a group work model. She delivers national training in CFT, group process and personality disorder within health, education and social care settings and is the Regional Supervision Coordinator for the Compassionate mind Foundation. She has also recently begun a piece of doctoral research to evaluate a 12 month CFT program.