

## **Compassion Focused Group Psychotherapy for People with Complex Needs**

**Presenter:** Dr. Kate Lucre

**Recorded on:** August 1, 2025

**Length:** 4 Hours

- One hour and 30 minutes**
- Introduction and overview
  - The edge of therapeutic opportunity
  - Personality disorders and labeling
  - Why kindness isn't enough
  - Threat response and compassionate mind
  - Compassion Focused Group Psychotherapy as a model of attachment
- One hour and 15 minutes**
- Compassion Focused Group Psychotherapy: A five-phase model
  - Cultivating safety
  - Group structure
  - Group cohesiveness
  - The compassion kitbag
  - Tole taking
- One hour and 15 minutes**
- Research program
  - Attendance and attrition
  - Diagnostic categories
  - Outcomes
  - Next steps
  - Compassionate postcards
  - Q&A and wrap-up

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