

Compassion Focused Group Psychotherapy for People with Complex Needs

Presenter: Dr. Kate Lucre

Date: August 1, 2025

Time: 11:00 AM to 3:30 PM ET (*All times East Coast USA Local Time*)

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|----------------------------|---|
| 11:00 am – 12:30 pm | <ul style="list-style-type: none">• 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 |
| 12:30 – 12:45 pm | <ul style="list-style-type: none">• Break |
| 12:45 – 2:00 pm | <ul style="list-style-type: none">• Compassion Focused Group Psychotherapy: A five-phase model• Cultivating safety• Group structure• Group cohesiveness• The compassion kitbag• Tole taking |
| 2:00 – 2:15 pm | <ul style="list-style-type: none">• Break |
| 2:15 – 3:30 pm | <ul style="list-style-type: none">• Research program• Attendance and attrition• Diagnostic categories• Outcomes• Next steps• Compassionate postcards• Q&A and wrap-up |

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