

COMPASSION SPECIAL INTEREST GROUP (SIG) **Compassion Focussed Staff Support and Supervision**

Presented by Kate Lucre

Thursday 14th March 2019

Times: 9.00am to 4.30pm (Registration from 8.30am)

Venue: The Studio, 7 Cannon Street, Birmingham, B2 5EP

About Compassion Focussed Therapy

Compassion Focused Therapy was developed by Paul Gilbert to address difficulties associated with shame and self-criticism, manifest in a broad range of psychological and emotional difficulty. As a model of human suffering and wellbeing, CFT is now being used not only in a wide range of clinical settings, from primary care to secure forensic services, but also in educational and organisational settings.

CFT is rooted within an evolutionary psychology model and many of the interventions are drawn from current neuroscientific research. A model for the delivery of supervision has been developed which maps onto the therapeutic process and content. This supervisory model is applicable to staff supervising CFT work as well as all other types of clinical interventions.

About the workshop

This workshop will offer a model for developing and delivering compassion focused supervision to a variety of staff teams. This will include practical resources and ideas for establishing these groups and working with the blocks to compassion in these settings.

This workshop has been designed for practitioners, therapists and clinicians who wish to develop their knowledge and practical skill in developing and delivering compassion focused supervision groups as well as using compassion focused concepts within a supervisory framework. The day can also be steered according to the particular needs of the group and can be tailored to offering supervision to clinicians delivering CFT or for offering supervision more generally.

It can be helpful to have some initial training in CFT as there will be only a basic recap of the model. However, training in CFT is not a requirement for attendance at this workshop. The day will be highly experiential with opportunities for live clinical supervision, role play demonstration and practice. The psychotherapeutic model of CFT is underpinned by personal practice and so the day will conclude with guidance and experiential practice of self-care and self-compassion in the context of workplace pressures.

About the presenter

Kate Lucre is a BABCP accredited Cognitive Behavioural Psychotherapist, supervisor and trainer and an accredited EMDR practitioner. She is also has a Strategic Leadership role for Compassion Focused Therapy in Birmingham and Solihull Mental Health Foundation Trust.

Kate 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 over 10 years and has published pilot data on a group work model. She delivers training in CFT and personality disorder within health, education and social care settings and is currently involved in a number of research projects evaluating CFT interventions and Compassion Focused Staff Support Initiatives. She is the Supervision Coordinator for the Compassionate Mind Foundation.

Registration Information:

BABCP Member: £90 Non Member: £110 Students: £80*

**Evidence of student status to be provided on application*

Lunch and refreshments will be provided. A CPD certificate for 7 hours will be issued.

Closing date for registrations is midday Thursday 28th February 2019