

SYMPOSIUM

Groups Approaches

Chair: Chris Irons



Working in Partnership: Group Compassion Focused Therapy in an IAPT Setting

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Birmingham Healthy Minds and the Specialist Psychotherapies Service, both part of Birmingham and Solihull Mental Health Foundation Trust worked together to provide a 12-session group CFT intervention. The aim was to increase the accessibility of the CFT model to a wider clinical population and offer a professional development opportunity to Trust staff. This presentation describes the development and content of the programme, training and mentorship, quantitative and qualitative outcome data from group members and personal reflections from the facilitators. We will identify the key aspects of this model of working that contributed to its effectiveness.

Compassion Focused Therapy (CFT) in a Community Mental Health Team Setting in NHS Ayrshire and Arran

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Given the promising evidence-base for Compassion Focused Therapy (CFT) for a range of mental health problems we have been working to develop capacity to deliver CFT within a Community Mental Health Team (CMHT) setting in NHS Ayrshire and Arran. This talk will focus on how this work has been supported, how we have developed capacity and overcome some of the challenges associated with implementing CFT within a CMHT setting. Initial outcome data will be presented for twenty participants who have completed CFT groups locally and plans for future service developments will be discussed.

Compassion Focused Group Psychotherapy. Enhancing Current Practice at the Anxiety Disorder Residential Unit (ADRU), Bethlem Royal Hospital

Lisa Williams, Senior CBT Therapist (BABCP)

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This presentation will offer an overview of the Compassion Focused Group Psychotherapy programme that runs on a weekly basis at ADRU and how we have developed a Compassion Focused Therapy setting for our residential community. I will share reflections from our residents on their experience of this approach as part of our therapy programme. Initial outcome data will be presented from a study completed with participants suffering with Obsessive Compulsive Disorder and Body Dysmorphic Disorder who have attended an intensive Compassion Focused Therapy group programme. Key learning points from our study, reflections from our residential community and future plans will be discussed.

Compassion Focused Group Psychology: Working at the Edge of Therapeutic Opportunity

Kate Lucre

This presentation will offer an overview of a 12-month Compassion Focused Group Psychotherapy programme designed for patients with complex trauma and personality disorder. A brief outline of the therapeutic model, the intended population will be coupled with some early qualitative and quantitative outcome data on the first three years of this programme. Some of the key learning points and the overall message will conclude this talk.

Kate Lucre

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