

Compassionate Mind 'Train the Trainer' Course – Balanced Minds

Part 1: Personal Practice (October/November 2023)

Part 2: Introduction to Compassion Focused Therapy (November 2023)

Part 3: The 8-Week Compassionate Mind Training Protocol (5 days in December 2023)

Part 4: Supervision (8 Sessions offered across 2024/2025)

I am very grateful to the Foundation for PSA for funding me to complete the Compassionate Mind 'Train the Trainer' Course through Balanced Minds. The course comprised experiential practice, a grounding in the theory and practice of compassion focused therapy, training in the delivery of the 8-week compassionate mind group, and specialist supervision. The course was primarily delivered in live online sessions with opportunities for small group discussions and role plays, with additional reading, personal practice and access to recordings.

As a clinical psychologist working primarily with adolescents in hospital settings, I wanted to complete the course with a view to offering compassionate mind groups to adolescents living with long-term physical health conditions. The aim was to be able to offer an intervention that could be available to patients attending a range of services in the hospital and not limited to patients with specific health conditions.

After completing the training, I submitted a research proposal to run a feasibility study to try out the intervention with adolescents attending the hospital. As part of this process, I engaged with a young person's advisory group to gather their feedback on the intervention and any adaptations that needed to be made to ensure that it was appropriate for young people. The group had some excellent suggestions about small changes that were needed to make the group accessible for young people, as well as suggestions about for whom the group could be most useful (e.g. adolescents transitioning from paediatric to adult hospitals).

So far, positive feedback has been received on the proposal to trial the group, and we are preparing to implement the group within the hospital. The funding received from the FPSA was invaluable in terms of expanding my own knowledge and clinical practice, and inspiring new initiatives aimed at improving care for adolescents with long-term conditions.