

What gets left behind when we become a therapist?

A day of inner reflection and nourishment for therapists

Presented by Annalee Curran and Elizabeth Wilde McCormick

Date:	Friday 19 th May 2017	Times:	9:30am arrival, 10am start, 5pm finish
Cost:	ACAT Member £110 (online) / £125 (invoice/cheque) Non-member £125 (online) / £140 (invoice or cheque)		
Location:	Augustana Centre, London		

The aim of this day is to offer therapists a confidential, contemplative space within which to stop and reflect; to connect with and nurture what is often hidden or even neglected in our inner core. Through experiential exercises, sharing with others and the practice of mindfulness, we will consider our workload in relation to our neglected self and find ways to re-enthuse our energy both for therapeutic work with patients and for ourselves.

The day is designed to help us begin a dialogue with the depleted or overlooked self within which has become crowded out by professional life. There will be input from both of us, walking and sitting meditation, discussion, guided imagery, drawing and letter writing.

Learning outcomes

The main purpose of our time together is relaxation and restoration. There will be breaks mid-morning and afternoon and an hour for lunch. These times are often precious and we are free to choose whether to reflect alone or with others.

We hope participants will take away:

- An understanding of their own neglected or overlooked self and how this manifests in life and work
- Creative ways in which this self and accompanying reciprocal role might be recognised, nourished, cherished and given space in our everyday
- An understanding of the neglected self in clients

This is relevant to all therapists working in all settings.

Presenters

Annalee Curran is a CAT therapist, supervisor and trainer. She was a Founder member and is now a Life member of ACAT. She has a private practice and worked in a GP surgery for over 30 years, using CAT and CAT thinking. She is interested in the ways in which we can work at a deep level in a very short time. Using images and metaphor and working creatively with patients has been very helpful for her in this work. From the early days of CAT, she has been involved in teaching in the UK and abroad and she was the ACAT representative on the ICATA executive for several years.

Elizabeth Wilde McCormick has worked as a psychotherapist, teacher and writer for over thirty-five years. She is a founder member of ACAT and currently a Trustee. Her professional background is in Transpersonal and Humanistic psychology, social psychiatry and sensorimotor psychotherapy. She has had a long interest in the interface between psychotherapy and contemplative practices and has led workshops within CAT and also different private and NHS settings. She is the author of a number of psychological books and of *Change For The better*, the CAT self-help book (5th edition is published later this year).

Annalee and Liz have worked together for many years. In the early days of CAT training they led teachings titled 'Moving it along' – creative suggestions for working in the middle phase of a 16 session CAT. They have also led workshops in East Anglia and Finland on 'CPD for the heart' upon which this current CPD day in London is based.

ACAT reserves the right to change programme content and presenters.

How to book

- Book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/event/914/
- By email attaching the booking form to: alison.marfell@acad.me.uk
- By post enclosing the booking form and a cheque to: ACAT, PO Box 6793, Dorchester, DT1 9DL

Enquiries

- Email: alison.marfell@acad.me.uk Telephone: 01305 263511



Cancellations / Refund Policy:

A refund, less a £25 administration fee, will be made if cancellations are received, in writing, at least four weeks before the event. We regret that any cancellation after this time cannot be refunded, and refunds for failure to attend the event cannot be made.

Data Protection:

For the purposes of the Data Protection Act 1998, the data controller in respect of your personal data is the Association for Cognitive Analytic Therapy. Your data will be used to administer the event to which you have subscribed.