



The Group for Cognitive Analytical Therapy (CAT) in the South of England.

- Offering Networking, Support, Training and CPD
- For CAT trainees, Practitioners and Psychotherapists, Supervisors and everyone who is interested in the practice of CAT

CAT SOUTH EVENT

Working Collaboratively with Medically Unexplained Symptoms

PRESENTER: Alison Jenaway

on Saturday 14th October 2017 – 9am for 9.30 am start – 4.30pm

at Wisdom Centre, Romsey, Southampton HANTS SO51 8EL

Tel: 01794 830206

Overview of the workshop:

To understand the application of CAT principles when working with people who present with disabling or distressing physical symptoms where medical explanation and intervention is inadequate.

To gain knowledge of the spectrum of severity of MUS and when CAT is likely to be helpful; some outcome data from patients presenting to the Liaison Psychiatry Team at Addenbrooke's will be presented.

Thinking about how to formulate these issues and engage the patient in a psychological understanding, how to get the physical symptoms on the CAT diagram.

Clinical cases will be discussed throughout and attendees are encouraged to bring their own client to think about.

Who is it for?

CAT therapists or those with some knowledge of CAT, those working in physical health settings, or with clients presenting with physical health problems where learning more about a CAT approach to this client group would be helpful.

Facilitator:

Dr Alison Jenaway is a Consultant Psychiatrist in psychotherapy, working with the Addenbrooke's Hospital liaison psychiatry team. She is an experienced CAT Practitioner and Supervisor. She has written in Reformulation about the use of CAT for people with medically unexplained symptoms, and also set up the PhysCAT special interest group for those using CAT in physical health settings. Her other interests are using CAT with young people and their parents, and combining CAT with EMDR for patients with complex trauma presentations. She is an Executive Committee Member for the Faculty of Psychotherapy at the Royal College of Psychiatrists, and also a Trustee of ACAT.

Cost (Inclusive of lunch & refreshments):- £65.00

£40.00 for Trainees

Maximum Number of delegates: 25

TO BOOK: Contact Rajshree Weston at: catsouthgroup@gmail.com