**Applying Cognitive Analytic Therapy (CAT)**

**in Physical Healthcare Settings**

**An MCAT (Midlands Cognitive Analytic Therapy)/PhysCAT**

**CPD and Special Interest Day**

**Tuesday 28th November 2017 – 9.30am – 4.30pm (9.15am Registration)**

QEHB Postgraduate Centre, Mindelsohn Way, Edgbaston, Birmingham, B15 2TQ

It is increasingly recognised that mental wellbeing is strongly linked to maintaining physical health and in coping with long-term illness and disability, and that psychological therapy can play a key role in improving outcomes. Cognitive Analytic Therapy is a flexible and pragmatic model that can help to develop a new understanding of the patient’s sometimes complex relationship with their physical health and suggest more helpful ways of coping. In addition to helping the patient directly, it can also be used in consultancy - we intend to consider both aspects within this special interest day.

PhysCAT is an informal group of CAT therapists working with physical health conditions/symptoms who have agreed to meet and share their work in a workshop format. However, the PhysCAT day is open to anyone interested in using CAT ideas to work with their patients, and there will be an optional introduction and refresher session from 9.30am to 10.30am before the main talks of the day.

**Confirmed Speakers**:

* *Dr Alison Jenaway*, Consultant Psychiatrist in Psychotherapy, Addenbrookes Hospital, Cambridge. “Using the 4P’s model: A CAT-derived tool to assist individuals and staff groups in their everyday clinical practice with people with complex presentations.”
* *Dr Pip Calvert*, Consultant Clinical Neuropsychologist, Cheshire and Wirral Partnership NHS Foundation Trust Acquired Brain Injury Service. “Using CAT in a neuropsychology/brain injury service to help formulate how cognitive problems can impact on perceived engagement and emotions”.
* *Dr Eliza Johnson,* Consultant Clinical Psychologist & *Dr Amanda Skeate*, Consultant Clinical Psychologist. “Case study exploring the use of CAT to understand and liaise between physical and mental health services regarding medically unexplained symptoms.”

**Further Speakers TBC**

**Delegate fee, which includes tea, coffee, lunch, and certificate of attendance:**

**Early Bird** (limited number of tickets available) prior to the end of 28th August 2017 **- £60**

**General Admission - £80**

***How to book:***

Book and pay by personal credit or debit card online instantly through the Eventbrite website: <https://eventbrite.com/e/applying-cognitive-analytic-therapy-cat-in-physical-healthcare-settings-tickts-35507963274?ref=estw>

***Cancellations/Refund Policy:*** A refund less a £25 administration fee, will be made if cancellations are received, in writing, at least one month after the event. We regret that any cancellation after this time cannot be refunded, and refunds for failure to attend the event cannot be made.

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