

with ease (high comfort), those who experienced the greatest sadness and loss (high grief), those who felt the most ambivalent (high ambivalence) and those who conveyed most stress (high stress). The numbers of subjects in each group were 3, 4, 3, and 3 respectively.

Although not all the endings in the book were literally forced, the author captures the poignancy of the ambivalence involved in all of them in the title 'Forced endings'. However

she ends on a positive note regarding retirement, suggesting that although we need to keep the shadow of ageing in view, the skills we developed through practising as therapists will travel with us in our relationships with others and with ourselves, however many years we live as retired people.

In an age when therapists tend to retire older than previously, this is a particularly timely book. For myself, when I eventually confront

retirement I will much value its wisdom and practicality.

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Miranda has worked as a CAT psychotherapist in private practice since 2000 and was a past member of ACAT Council.

## CPD Trauma and Transference

Dr. Michelle Hamill

I attended Steve Potter's CPD workshop on 'Trauma and Transference' on 13th November 2015. It was the first CPD event I had been to since returning from maternity leave in March and I had been really looking forward to it; to reconnect with Steve and some of the CAT community, and to refocus and develop my skills in therapeutic mapping of trauma. Having done my supervisor's workshop with Steve back in 2011 I valued his encouragement to let go of some of my previously unhelpful notions about 'perfect maps', instead 'mapping' from the start of therapy to engage and join with patients in starting to co-construct a meaningful dialogue about their difficulties. The lasting effects of complex and early trauma are often central to my clinical

work with older adults, and that of the colleagues that I supervise. Having a day to think and reflect on the process of this work, using CAT to map the enactments of trauma within the therapeutic relationship, was refreshing and reinvigorating.

Steve's active style of facilitation and experiential mapping of our 'safe enough' to share experiences of trauma in small groups was a powerful learning experience. I was really fortunate to end up in a small group with another psychologist and our shared mapping experiences of recent work related difficulties (which we were both experiencing as personally and professionally painful and challenging) ended up being a mutually supportive

supervisory/ therapeutic experience. I was very grateful to have had this space away from work to map and then process these experiences, which I had felt really stuck with. Being heard and validated through the mapping, allowed these experiences to be held, thought about and worked through. Although very tired by the end of the day I felt clearer about things going forward, and returned to work the next week ready to move forward again.

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### Introduction to CAT One Day Workshop - Wiltshire - 9th December 2016

[www.acat.me.uk/course/890/](http://www.acat.me.uk/course/890/)

### 2 Day Introduction to CAT for people with intellectual disabilities 16th and 17th January 2017 - Birmingham

[www.acat.me.uk/course/878/](http://www.acat.me.uk/course/878/)

Coming soon (check the website for more information)

### 2 Day Introductions to CAT 2nd and 3rd March 2017 + 8th and 9th June 2017 - London