



The Joy of Diagrams

For CAT Therapists and therapists
with an interest in CAT
Saturday 11th October 2014
at Wings Counselling, Romsey
SO51 8EZ
10am – 4.30pm
£75 (£50 trainee CAT therapists)

With Dr Annie Nehmad
CAT Psychotherapist, Supervisor and Trainer

A founder member of ACAT, Annie is now in private practice. Until 2013 she was Clinical Lead for CAT at The City & Hackney Psychotherapy Department (NHS Secondary Care). She is an experienced, engaging and popular speaker who can present ideas in a lively and memorable way.

About the day

Diagrams may excite us and unleash our creativity – or they may cause us stress and anxiety. Some of us are Diagram “naturals”; some of us struggle to “get it right”. Are our Diagrams “right” (or “really CAT”) if they don’t match the format in the books, or what we were taught on the course? What might make a Diagram “wrong”, unhelpful or counterproductive?

In this workshop, Annie will consider the essential elements of CAT diagrams, and different formats we may use.

Please do bring your own “formats” and suggestions, so that we can all learn from them. Please also bring your questions, doubts, difficulties, or current cases that seem difficult to diagram. (Annie may bring some of her own doubts and difficulties).

By the end of the day we aim for you to:

- Feel less anxious (and therefore more open and creative) about diagrams
- Be more aware of different possibilities when diagramming
- Be aware of diagram mistakes and pitfalls

This workshop is suitable for any therapist, qualified or not, who is using CAT tools. Annie will assume that all participants are familiar with basic CAT terminology.

To book use booking form on next page.

info@wingscounselling.com





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CPD Booking form

I wish to attend the CPD event The Joy of Diagrams with Dr Annie Nehmad at Wings Counselling, Romsey on Saturday 11th October 2014, from 10am to 4.30pm.

Name

Email

Tel

Address

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Please pay £75 (£50 CAT trainees) via electronic bank transfer to the following account:

Bank: Lloyds TSB

Account Name: Wings Counselling

Sort code: 30-67-53

Account no: 21873060

Ref: CPD 11 Oct 14

If it is not possible for you to pay via electronic bank transfer please send a cheque for £75 (£50 CAT trainees) made payable to **Wings Counselling**.

Please return this booking form by email to info@wingscounselling.com. If you need to post a cheque (rather than pay by our preferred method of online banking) please send the cheque and booking form to the address below.

Wings CPD
Suite 3 Horsefair Tower
The Horsefair
Romsey
Hampshire
SO51 8EZ

We shall contact you a few days before the event with parking and venue details.