

mood disorders
CENTRE



**The University of Exeter
and the Association for Cognitive Analytic Therapy
present**

Cognitive Analytic Therapy at Thirty

**17th October 2014
9.30 - 4.30 PM**

A free one day event, suitable for those with experience of CAT and those wishing to find out more in order to inform decisions about service planning and commissioning. CAT was formally named in 1984 by its originator Dr Anthony Ryle. Over the last 30 years CAT has become one of the key approaches in the UK and overseas for working with clients with complex problems and personality disorders and is included in NICE guidelines for Anorexia and is a specialist psychological therapy in the IAPT Serious mental Illness – Personality Disorder developments.

The day will look at the history and development of CAT, the current evidence base for CAT and the future use and applications of the CAT approach in individual, group, family and contextual or team-based settings.

Speakers include:

**Professor Barney Dunn, University of Exeter
Dr Jason Hepple, Chair of the Association for CAT (ACAT)
Steve Potter, Chair of the International CAT Association (ICATA)**

Venue

The Sir Henry Wellcome
Building for Mood Disorders Research
University of Exeter
Streatham Campus

Registration

Places are free, but limited.
To RSVP please contact:
e.widnall@exeter.ac.uk



The Association for Cognitive Analytic Therapy