

How to deal with conflict

www.acat.me.uk/event/814/

Date: **Friday, 15th May 2015**
Times: 09:30 for 10.00 am start, finishing at 16:30
Course Fee: £135 (online) / £150 (invoice or cheque) *please note that lunch is not included*
Location: Keyworth Conference Centre, London South Bank University, Keyworth Street, SE1 6NG

A one day workshop suitable for all those who encounter conflict in professional, health, mental health and social care settings

It will look at scenarios such as:

- The disastrous first encounter
- 'Vexatious' complaining
- Sudden shifts into conflict

You will learn to:

- Notice where the conflict begins
- Map the relational patterns being enacted
- Find exits from the conflict

This largely experiential day based on acted scenarios will explore the relational roots of inner and outer conflict using CAT understanding. There will be opportunities to name and revise patterns that lead to conflict and to pay attention to the hurt self that often remains neglected and unrecognised. The day will draw on film, role-play, mindfulness and the practical application of ideas from Cognitive Analytic Therapy (CAT). A prior knowledge of CAT is not required.

Presenters:

Elizabeth Wilde McCormick is a mindfulness based CAT Psychotherapist and the author of a number of books including the best-selling CAT self-help book *Change for the Better*. She is a founder member of ACAT, and also a trainer, supervisor and currently a Trustee.

Dr Jason Hepple is an internationally recognised CAT Psychotherapist and Trainer, Chair of the Association for Cognitive Analytic Therapy (ACAT), Fellow of the Royal College of Psychiatrists, former senior manager in the NHS, and has written numerous books and articles on CAT.

Booking:

- book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/event/814/
- by email, attaching the booking form providing full invoicing details, to: maria.cross@acat.me.uk
- by post, enclosing the booking form and a cheque, to: ACAT, PO Box 6793, Dorchester, DT1 9DL

Enquiries:

- Email: maria.cross@acat.me.uk
- Phone: 0844 800 9496

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

Data Protection: For the purposes of the Data Protection Act 1998, the data controller in respect of your personal data is the Association for Cognitive Analytic Therapy. Your data will be used to administer the event to which you have subscribed.