



**Catalyse** | Change in Action

## 1-day Workshop : : Monday 16th Nov 2015

**Time:** 9:30am to 4:30pm

**Venue:** Dalton Ellis, Manchester, M14 5RL

**Cost:**

	Book by August 25th	Book after August 25th
ACAT Member	£80	£95
Non Member	£100	£120

# CAT and the Brain

## *How the brain works, what gets in its way and implications for CAT practice*

**This workshop will be of interest to:** CAT therapists and non-CAT therapists if they have an understanding of CAT basics and use some CAT tools.

### Workshop details:

This workshop will appeal to therapists and health professionals interested in gaining a greater understanding of how the brain functions and how key neuropsychological processes can influence cognition, behaviour and relationships. It will improve practice when working with adults who have acquired cognitive impairments regardless of causal and maintaining factors linked to depression, anxiety disorders, psychosis, head injury, stroke, multiple sclerosis, dementia, and cancer.

***No prior knowledge of neuropsychology or cognitive impairment is necessary.***

### Objectives:

- ◆ To explore the relevance of the brain and cognitive functioning to a relational therapy like CAT
- ◆ To raise awareness of basic brain architecture and cognitive functions
- ◆ To increase participants' awareness of the potential impacts on cognitive functioning of changes in mental and physical health status including the impact of medical treatments
- ◆ To introduce cognitive domains vulnerable to emotional and neurological difficulties including attention, memory and executive functioning
- ◆ To explore reciprocal roles and procedures which may particularly present in people with cognitive difficulties
- ◆ To consider possible impacts of these upon the individual's relationships with families, networks and care systems
- ◆ To consider implications of neuropsychological insights for using and adapting CAT tools, including reformulation and mapping
- ◆ To provide an opportunity for participants to reflect on clinical practice in this area

**Workshop facilitators:** The event is led by Dr Emma Taylor and Dr Pete Walpole

*NB: This workshop focuses on work with adults with acquired rather than developmental cognitive difficulties.*

**For further information including full terms and conditions and to book your place please visit the Catalyse website or telephone 07842 137745:**

<http://catalyse.uk.com/index.php/events-and-calendar/cat-and-the-brain-16th-nov-2015/>