

## ‘More is more’ ~ developing the CAT model for obsessionality and anorexia

A one day CPD event offered by ACAT with CAT South West

Date: Friday, 18<sup>th</sup> March 2016, 09:30 to 16:30  
Cost: Online Booking ACAT Member £95 / Non-member £110 – to include a light lunch  
*Please note, payment by cheque or invoice will incur an additional £15 administration fee*  
Location: Exeter Library, Castle Street, Exeter EX3 4PQ  
Presenter: Jason Hepple

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ACAT with CAT South West will be hosting a CPD event at Exeter Library with Jason Hepple, Chair of ACAT, as the guest speaker.

This is a wonderful opportunity for CAT therapists throughout the South West to expand your CAT network, hear latest news and information about CAT locally and nationally - and of course to meet up with CAT colleagues in a relaxed and stimulating environment over a light lunch.

You will help develop the CAT model as a way of working with a group of disorders that have within them ‘overvalued ideas’ – almost delusional, fixed and demanding ideas concerning weight, body image or obsessional fears. These ideas seem paramount to the client and in some ways are ‘off the map’ and not open to dialogue. Where does this leave the therapist? What is the driving force behind the persistence of these ideas? Why is it that ‘more is more’?

Suitable for those with some CAT experience

**Dr Jason Hepple MA (Oxon) FRCPsych**, CAT Psychotherapist and Trainer; Consultant Psychiatrist in Psychotherapy Somerset Partnership NHS Foundation Trust; Chair of the Association for Cognitive Analytic Therapy (ACAT); Jason has written, taught and spoken internationally on CAT in later life, on dialogic theory in CAT and has developed the CAT model for working in groups using a more dialogic rather than psychoeducational approach. He is interested in developing CAT for a group of disorders that are difficult to help like anorexia, OCD and dysmorphic syndrome.

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#### How to book:

- book and pay by personal credit or debit card online instantly: [www.acat.me.uk/event/856/](http://www.acat.me.uk/event/856/)
- by email, attaching the booking form with full invoicing details, to: [maria.cross@acat.me.uk](mailto:maria.cross@acat.me.uk)
- by post, enclosing the booking form and cheque made payable to ACAT, to: ACAT, PO Box 6793, Dorchester, DT1 9DL

#### Enquiries:

Email: [maria.cross@acat.me.uk](mailto:maria.cross@acat.me.uk) or telephone: 01305 263511

#### 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.