

# 23rd Annual ACAT National Conference

University of Exeter, Streatham Campus, Exeter EX4 4QR

**Thursday, 23rd to Saturday, 25th June 2016**

**Booking closes Wednesday, 8<sup>th</sup> June 2016**

*If wishing to book after this time, please contact the ACAT office in the first instance 01305 263511*

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## **'CAT - Resilience in the Face of Change'**

We offer as the theme resilience in the face of change as an opportunity for CAT to further explore the issues relating to 'difference' and change. We recognise that the unceasing changes within public services are having an enormous impact on us all as workers, whether we are working in public or private sectors, or within private practice; these changes also inevitably impacting in various ways on more vulnerable groups of people within our communities, and who can feel disenfranchised, marginalised and excluded within society. For all of us there can be the potential for an increasing sense of isolation, with a resultant reduction in wellbeing and 'connectedness'. How can we acknowledge these difficult themes in a compassionate endeavour to find ways to create and nurture resilience, as a means of effectively managing change; maintaining a healthy capacity to relate with ourselves, our colleagues, our clients and our communities? CAT, we suggest, has a central role in exploring these themes, in that it acknowledges the significance of the social contexts in which we all live and work; against the backdrop of our developmental journeys and relational experiences.

The aim of the conference is to create a dialogue on resilience in the face of change, its meaning and the opportunities to enhance it

*Andrea Daykin, Mandy Wildman and Malinder Bhullar, Conference 2016 Clinical Organisers*

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### **Keynote Speakers**

*(subject to change)*

**Professor Jeremy Holmes**

**Dr Nicholas Sarra**

**Elizabeth Wilde McCormick and Steve Potter**

*Please refer to the ACAT website for details of the Programme, which will be updated as items are confirmed*

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### **Learning objectives and skills based learning**

Participants will have valuable opportunities to enhance both professional practice and personal development. The learning objectives of the Conference being:

- To learn about the current thinking, theory and models of resilience used in psychotherapy settings; to learn about the factors that promote and sustain resilience and why the development of a resilient self is key in managing difference, change and adversity
- To learn of creative and ground-breaking initiatives on-going in working with disenfranchised groups of people across the UK; and to consider how aspects of this work can be incorporated within current practice settings, becoming a catalyst for positive change. These disenfranchised groups are many and varied and include veterans, refugees and discriminated-against groups such as the poor, older people, people with mental and physical illness and personality disorder
- To learn how we as workers can develop our own resilience in managing rapidly changing work environments, creating useful positive strategies to manage stress and prevent burnout. With the emphasis placed by our employers on managing staff retention and sickness absence how can we develop our capacity to take care of our own wellbeing and that of our colleagues with 'intelligent kindness'?
- To learn how to promote resilience through our CAT practice, within therapy for individuals and groups and through contextual reformulations for services, teams and workers

- To learn about the role of self-agency in developing resilience and to use this understanding in our clinical practice and self-development
- To learn how mindfulness and mentalizing can be incorporated in our CAT practice, and how this understanding can enhance our capacity for offering integrative relational CAT to the patients and services we work with

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### **Booking options (full fee):**

We are offering two booking options, *Whole Event* and *Individual Items*:

The **Whole Event Package**\* includes attendance from the opening of the conference on Thursday to the close of the conference on Saturday; dinner on Thursday evening; lunch on Friday; drinks reception and conference dinner on Friday evening; en-suite B&B student accommodation at the venue on Thursday and Friday nights; tea and coffee during the conference:

- Whole event - ACAT Member £410 / Non-member £435

The option of **Individual Items**\* is for those who are unable to attend the whole event but wish to book items separately:

- Thursday Afternoon Delegate with refreshments (*no lunch*) - ACAT Member £90 / Non-member £100
- Thursday evening meal – ACAT Member £20 / Non-member £30
- Friday Day Delegate with lunch and refreshments - ACAT Member £165 / Non-member £180
- Friday evening Drinks Reception and Conference Dinner – ACAT Member £50 / Non-member £60
- Saturday Morning Delegate with refreshments (*no lunch*) - ACAT Member £90 / Non-member £100
- En-suite student B&B accommodation at the venue\*\* per night - ACAT Member £50 / Non-member £60

\* *The rates given above refer to bookings made online using a personal credit or debit card. If paying by cheque or requesting an invoice then an administration fee of £15 should be added to the total (per booking)*

\*\* *If B&B accommodation at the venue is required, it is advisable to book before 28<sup>th</sup> April 2016. Availability cannot be guaranteed after this date.*

### **Dietary requirements:**

Please notify ACAT of any specific dietary requests at the time of booking, either using the booking form or by email to [maria.cross@acat.me.uk](mailto:maria.cross@acat.me.uk). *All requests must be received by 15<sup>th</sup> June 2016. After this date the venue will endeavour to meet your requirements but this cannot be guaranteed.*

### **Ways to book:**

- book and pay online instantly using a personal credit or debit card only: [www.acat.me.uk/event/840/](http://www.acat.me.uk/event/840/)
- use the booking form to pay by cheque and post to ACAT, PO Box 6793, Dorchester DT1 9DL (*NB attracts an additional administration fee of £15*)
- use the booking form to request that your employer be invoiced and email to [maria.cross@acat.me.uk](mailto:maria.cross@acat.me.uk) or post to ACAT, PO Box 6793, Dorchester DT1 9DL (*NB attracts an additional administration fee of £15*)

**The deadline for all bookings is Wednesday, 8<sup>th</sup> June 2016** – please contact the ACAT office in the first instance if wishing to book after this time.

### **Enquiries:**

To Maria Cross, *Conference Administrator*, [maria.cross@acat.me.uk](mailto:maria.cross@acat.me.uk) || 01305 263511

### **Terms:**

*Programme changes* - ACAT reserves the right to make changes to the advertised programme

*Cancellation/Refund Policy* - A refund, less a £25 administration fee, will be made if the cancellation is received in writing by Thursday, 28<sup>th</sup> April 2016. 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.