



Catalyse | Change in Action

1-day Workshop : : Friday 3rd June 2016

Time: 9:30am to 4:30pm
Venue: Dalton Ellis, Manchester, M14 5RL
Cost: **ACAT Members :: £125**
Non ACAT members :: £140
(includes lunch and refreshments)

CAT and Drama Therapy **Integrating Techniques and** *Developing Creative Analytic Practice*

The workshop will be of interest to: CAT Therapists, Drama Therapists, Clinical Psychologists and Trainees, and CAT Skills trainees

Aims of the course:

Incorporating Drama Therapy tools into CAT can be especially beneficial to those clients who find it difficult to access and verbalize emotions, in our experience of working with men who have offended in prison settings.

Attendees will gain skills of and ideas for:

- Development of a safe space for therapeutic explorations
- Identification of reciprocal roles using Drama therapy techniques
- Creative presentation of reciprocal role repertoires
- Creative exploration of a CAT formulation, using dramatic approaches
- Drama therapy enactment of dynamics within the therapeutic alliance
- Drama therapy techniques that can be used in CAT supervision
- Creative ways to monitor progress and assess outcomes

Workshop facilitators:

Dr Kerry Manson and Dr Gemma Hurst both work at the Beacon Personality Disorder Unit at HMP Garth. Prior to this they worked at HMP Liverpool in a therapy service. Kerry is a CAT practitioner and Accredited Supervisor and Gemma is a Drama Therapist. Gemma and Kerry co-facilitated a group combining CAT and Drama Therapy to men who met criteria for Personality Disorder and they presented this work at the ACAT National Conference in Liverpool.

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

<http://catalyse.uk.com/index.php/events-and-calendar/cat-and-drama-therapy-3rd-june-2016/>