



Introduction to Cognitive Analytic Therapy - Swindon

A one day introduction to the skills and concepts in practice

Date: Friday, 9th December 2016
Time: 10.00 – 17.00
Course Fee: £115 (£100 if paying online with a personal credit/debit card)
Venue: Friends Meeting House, 79 Eastcott Hill, Swindon, SN1 3JF
Presenters: Philippa Gardner and Marisol Cavieres

Aims:

This one day workshop offers an introduction to the CAT model and its theoretical underpinnings; key concepts including the unique reformulation tools collaboratively developed with the patient; and the structure and method of a CAT, to provide an experiential taster of this relational therapy.

What is CAT?

Cognitive Analytic Therapy (CAT) is a time-limited psychotherapy, which is a fundamentally relational model in theory and practice. CAT involves developing an active collaborative therapeutic relationship with the patient, and is applicable to working within a broad range of presentations within NHS and other settings.

Format:

The day will consist of a combination of teaching presentations, use of clinical case material provided by the trainers, with discussion and small group experiential exercises to try out CAT skills.

Suitable for:

It is open to anyone working in a psychologically informed way, including clinical psychologists, psychotherapists, nurses, psychiatrists, counsellors, psychotherapists, social workers, IAPT workers.

Course Trainers:

Philippa Gardner and Marisol Cavieres, both trainers have many years' experience in teaching CAT.

Philippa is a consultant CAT psychotherapist, and was previously the course director and principal trainer for the Berkshire CAT Practitioner Trainings (2009-2015). She has recently retired from the NHS, and continues to work independently.

Marisol is a chartered clinical psychologist in independent practice. She is a core trainer for the Catalyse Practitioner Training (2011-current), and was previously co-director, for the ACAT accredited CAT Skills certificate course (2011-2015).

Booking:

- book and pay by personal credit or debit card online instantly: www.acat.me.uk/course/878/
- by email, attaching the booking form and including full invoicing details, to: alison.marfell@acat.me.uk
- by post, together with a cheque payable to ACAT, to: Alison Marfell, ACAT, PO Box 6793, Dorchester DT1 9DL

Enquiries:

- Email: alison.marfell@acat.me.uk
- Telephone: 01305 263511

NB LUNCH IS NOT INCLUDED ON THE DAY

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 received 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.

