

ICATA (International Cognitive Analytic Therapy Association)

# Trauma & Transference

## Mapping their interaction therapeutically

Facilitator: Steve Potter, CAT Psychotherapist

**November 17<sup>th</sup> 2016: 9.30am-4.30pm** (9.15am Registration)  
*Uffculme Centre, Queensbridge Road, Moseley, Birmingham B13 8QY*

*-No Prior Knowledge of CAT is Required-*

Trauma damages and restricts our capacity to relate to ourselves and others in an integrated and open way. This relational damage and restriction is often replayed as enactments with professionals offering help, treatment and care. We need skills in noticing, naming and negotiating helpful resolution of these enactments. This one-day workshop teaches a relational approach to trauma by mapping moments of transference in the helping (therapeutic, caring, consulting or treatment) relationship.

### Workshop Aims:

Mapping can build confidence in working relationally and can enable helper and client to pool their understanding and resources.

- Learn to map the moment, side by side with a client
- Use process mapping in supervision
- Distinguish between mapping the content of a story and the process of storytelling
- Develop confidence in processing the process as it happens
- Assess your relational competencies pre and post mapping practice.
- Develop a mapping practice to develop your relational skills as a therapist or consultant

Participants will focus on their own skills and in particular the skill of working with transference and enactments and the compulsion to repeat the dynamics of past trauma. Participants will receive a workbook of lessons and skills to practice.

**Who is the workshop for?** It is designed to be of value to people working in a variety of professional roles in mental health. No prior knowledge of CAT is required.

**The Presenter:** Steve Potter is co-director of the Jersey CAT practitioner training. He is widely involved in teaching reflective practice and supporting and supervising various applications of CAT both in the UK and internationally. He is a UKCP registered psychotherapist and supervisor. Steve has presented this workshop recently in London, Dublin, Gloucester, Jersey and Helsinki

**Fees: Early Bird Rate Until 26.8.16: £55      After 26.8.16: £70**

**How to Book: See Booking Form for details.**

**Enquiries: Dr Bill Bell, [billbell4@gmail.com](mailto:billbell4@gmail.com)**

**Refreshments: Tea/Coffee included. Please note:- Lunch is not included (café on site)**

---

*In memory of Dr Inigo Tolosa, Clinical Psychologist & CAT Psychotherapist: Proceeds from the workshop will be used to fund a memorial bench and bursary for ICATA*

*-Special Thanks to Steve Potter, ICATA, and Dr Amanda Gatherer, BSMHFT, for their support for this event-*