



Catalyse | Change in Action

1-day Workshop :: Monday, 6th February 2017

Time: 9:30am to 4:30pm

Venue: Dalton Ellis Hall, Manchester M14 5RL

Cost:

	Fee
ACAT Member	£125
Non Member	£140

(including lunch and refreshments)

Please note invoicing incurs a £15 additional fee

Working with CAT in Groups led by Ruth Carson and Uma Patel

The workshop aims:

Participants will learn:

- ◆ To develop skills and confidence to run CAT groups;
- ◆ To introduce an overview of the group formats;
- ◆ To focus on a 16 weeks group format that includes mini reformulations and also a group format that is a longer open CAT group based on the facilitators' experience of running an open group for health psychology;
- ◆ Participants will be asked to consider the CAT tools they already use such as the use of reformulation and SDR; they will be asked to consider how they may adapt these to their own group format. Ideas will be shared for endings and goodbye letters;
- ◆ The workshop will highlight the flexibility of adapting CAT in groups to the area in which you work and the client group;
- ◆ To practice facilitating groups - workshop participants will be invited to take part in role play and to use anonymised clinical material and/or experiences.

Who is it for?

CAT practitioners and psychotherapists. Trainee CAT practitioners are also very welcome to attend.

Facilitators:

Ruth Carson is a consultant psychotherapist leading a specialist eating disorders service in Merseyside. She has used CAT in Groups for over 6 years.

Uma Patel qualified as a clinical psychologist in 2005, and has worked in the NHS for 16 years in adult mental health. Uma's special interest is the use of CAT in group settings and she has been innovative in applying this to the area of Eating disorders, Weight Management and Bariatric Care.

For full details and information including terms and conditions and to book your place please visit the Catalyse website <https://catalyse.uk.com/training/cpd/working-cat-groups-6th-february-2017/> or phone 07842 137745

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