



The Group for Cognitive Analytical Therapy (CAT) in the South of England.

- Offering Networking, Support, Training and CPD
- For CAT trainees, Practitioners and Psychotherapists, Supervisors and everyone who is interested in the practice of CAT

CAT SOUTH EVENT

Understanding and working with EATING DISORDERS within a Cognitive Analytic Therapy framework

PRESENTER: Maryanne Steele

**on Saturday 1st April 2017 – 9am for 9.30 am start – 4.30pm
at Wisdom House, Romsey, Southampton HANTS SO16 3NG**

Tel: 0794 6400257

Maryanne Steele; Accredited CAT therapist and supervisor, Integrative psychological therapist and supervisor; NCFED and B-EAT Eating Disorders therapist; qualified EMDR therapist; Trainer and Clinical director of WINGS Counselling - Centre for CAT and Eating Disorders Clinic.

Maryanne has worked within the NHS and in private practice for over 25 years and in the last 16 years, has specialised particularly in treating clients with eating disorders and also supervising psychological therapists in this very specialist work. She works alongside a dietician and a psychiatrist in her own group private practice and also offers family work as appropriate to help address the factors maintaining an eating disorder.

The day will address:

- Predisposing factors to developing an eating disorder and procedures that are typical within this client group.
- Snags to recovery – what factors maintain an eating disorder.
- Exploring typical reciprocal roles of clients with Anorexia Nervosa and Bullimia Nervosa.

This day will have an experiential component – Please bring along case studies to map out together.

Cost (Inclusive of lunch & refreshments):- £65.00

£40.00 for Trainees

TO BOOK: Contact Rajshree Weston at: catsouthgroup@gmail.com