

CAT, Neuroscience and the Self

Presented by Jason Hepple



Date: Thursday 22nd June 2017
Times: 9.30am – 4.30pm
Cost: ACAT Member £110 (online) / £125 (invoice/cheque) | Non-member £125 (online) / £140 (invoice or cheque)
Location: Institute of Biomedical Science, 12 Coldbath Square, London, EC1R 5HL

Description

Jason will spend the morning looking at some ideas from modern neuroscience that consider psychotherapy as a means of reprocessing emotional trauma and see how these relate to CAT. In the afternoon he will ask you to consider CAT's model of the self. What does CAT make of the unconscious? What is semiotics all about and is it different from memory? The day will serve as both an update and also a chance to help develop the CAT model through group dialogue and exercises.

Any surplus funds from this CPD day will go towards providing additional bursaries for the international conference in September.

Learning outcomes

By the end of the workshop, participants will be able to:

- Consider the role of emotional reprocessing in psychotherapy
- Take account of advances in neuroscience regarding memory functioning and arousal
- Think about a more relational model of the self that is in keeping with CAT

This is relevant to the following groups:

- CAT therapists and trainees
- Other psychotherapists interested in the CAT model

Presenter

Jason Hepple FRCPsych is a CAT psychotherapist and trainer for Foundation level, Practitioner and CAT Psychotherapist trainings. He is currently Chair of ACAT. Jason has spoken and taught internationally on CAT in groups, CAT in later life and on the dialogic heart of the model.

ACAT reserves the right to change programme content and presenters.

How to book

- Book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/event/924/
- By email attaching the booking form to: alison.marfell@acad.me.uk
- By post enclosing the booking form and a cheque to: ACAT, PO Box 6793, Dorchester, DT1 9DL

Enquiries

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

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 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.