

CAT and The Neurosciences

Cognitive Analytic Therapy CPD Afternoon

Friday 15th December 2017
12.00 – 5.00pm

**Lecture Theatre,
Sussex Education Centre,
Millview Hospital Site,
Nevill Avenue, Hove, BN3 7HY**

**Guest Speaker:
John Bristow**

**For more information and to book a
place, please contact:**

niki.larsen@sussexpartnership.nhs.uk

Niki Larsen, CAT Course Administrator,
East Brighton Community Mental Health
Centre, Brighton General Hospital, Elm
Grove, Brighton,
BN2 3EW.

01273 621984 Ext: 203192

John Bristow: I am in private practice as a CAT psychotherapist, trainer and supervisor. I have had an interest in infant development and neuroscience and its implications for CAT since reading Stern during my training in the 90's. The work of Schore in 2002 on affect regulation had a big impact on me, and I have kept up with some of the plethora of other publications in the last 15 years. I am actively involved with other trainers and supervisors in bringing some of the findings of the neurosciences into CAT training. I have also been working as an organizational psychologist for many years and am part of the CAT network of those who are using the CAT model in organizations to help improve relationships.

Please make cheques payable to:
Sussex Partnership NHS Foundation
Trust

Online Payment Available

Course Fee: £30

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Outline for the Day:

Our aim is to help us be more aware of how the neurosciences can inform our practice of psychotherapy and what we notice and reflect on during it, and how they can help us understand more about why and where CAT works, where it might be challenged and where it can be enriched and more effective.

Focus:

We will show how some of the findings from developmental, affective and cognitive neuroscience can be integrated into our models of psychotherapy in both theory and practice. The 3 models behind psychotherapy will give us a 3-part, triangular focus:

1. The Embodied Mind: Mind and Brain
2. Healthy and Dysfunctional Development and Relational processes that enable it
3. Therapeutic Change.

Stages and Levels:

After a brief introduction to neuroscience we will go through developmental stages and cover aspects of: communication and dialogue, the organising of experience and action, self-processes and self-agency, affect regulation, reflection, observing self, individuation and further development. We will relate this to the CAT model throughout.

We will combine input with discussion and exercises.

We plan to do this over three 1 to 1 ½ hour sessions between 12.00 and 5.00pm, with a half hour break for lunch (bring your own) and a short break for tea/coffee.

Course Fee: £30