

# Introduction to Cognitive Analytic Therapy

**Thursday 19<sup>th</sup> April & Friday 20<sup>th</sup> April 2018 9.30am – 4.30pm**

**Queen Alexandra College, 49 Court Oak Road, Harborne,  
Birmingham, B17 9TG**

- Want to learn about CAT to build & keep good therapeutic relationships?
- Want to add to your existing practice, helping people with relational problems more successfully?
- Frustrated when relational issues limits progress?

This exciting 2-day learning experience will offer an introduction to the CAT model and skills. Suitable for all psychological practitioners and those with a background in working therapeutically. CAT brings together cognitive, object-relations based psychoanalytic ideas, and attachment theory in a model developed in the context of the UK NHS, and as such will complement the skill set of practitioners using a variety of different psychological interventions.

CAT is an integrative therapy with a particular focus on reformulation which takes account of both ways of relating to others and patterns of thinking, feeling and behaviour. The course includes theoretical overview, a range of case material and skills development exercises.

**“Excellent – enjoyable, engaging, accessible” (past participant).**

The course facilitators are both experienced CAT Practitioners with many years of experience in the NHS as Consultant Clinical Psychologists.

**Course Facilitators: Jurai Darongkamas and  
Jeanette McLoughlin**

**Course fees: £195 for 2 days (certificates of attendance will be issued)**

**Apply for Workshop Places at <https://www.eventbrite.co.uk/e/2-day-intro-to-cognitive-analytic-therapy-build-good-therapeutic-relationships-tickets-41206994229>**

## **Course Topics**

- ***Overview of CAT Theory Including Key Concepts and Ideas:*** CAT as an integrative approach, how CAT developed, CAT terminology and concepts - including Reciprocal Roles, Problem Procedures (Snags, Traps, Dilemmas)
- ***Introduction to CAT Practice:*** The workshop will provide an *overview* of the typical features of CAT in practice including Reformulation (including Reciprocal Roles & patterns of self-management as attempts to cope), the different phases of therapy, the therapeutic relationship, the aims of CAT therapy and constructing goals, developing CAT ‘tools’ (i.e. reformulation diagrams/maps & letters), therapeutic strategies & techniques, the use of self and working with transference, repairing ruptures, endings and ‘goodbye’ letters.

## **Learning Methods**

Mini-lectures, work in small groups, discussion, experiential learning exercises, build your skills through direct use and practice of CAT tools, use of participant’s own anonymised case material.

## **Who Is the Workshop For?**

Qualified health professionals (e.g. CMHNs, Social Workers, O.T.s, Psychologists, Psychiatrists, Counsellors, CBT therapists) who currently provide psychological therapies as part of their role and are interested in gaining an understanding of CAT. Previous experience of a related model (i.e. CBT, Psychodynamic) is preferable. [The course is aimed at individuals who wish to attend an Introductory Workshop to learn how to use some aspects of CAT to inform their current practice and for those preparing to apply to a 2 year part-time Practitioner Training Course in CAT.]

## **Workshop Leaders**

**Dr Jurai Darongkamas, and Ms Jeanette McLoughlin**  
**Cognitive Analytic Therapists, Trainers and ACAT accredited supervisors,**  
**Consultant Clinical Psychologists**

Jurai is Director of [clinicalpsychologyservice.co.uk](http://clinicalpsychologyservice.co.uk) and past director of the W. Midlands 2-year CAT Practitioner course. Psychologist specialising in Psychotherapy, Senior Practitioner status (BPS). Associate Fellow of the British Psychological Society (AFBPsS).

Jeanette has most recently worked at Black Country Partnership Foundation Trust as the Lead for Psychological Professionals and has a background in Adult Mental Health Services.

Each have over 30 years of experience working with people with complex difficulties in the NHS.

**Closing Date: Tuesday 10<sup>th</sup> April 2018 but places are limited (to enable good group discussion) so book your place soon. Refunds are possible but only up to 30 days before the event start day.**

**Thursday 19<sup>th</sup> April and Friday 20<sup>th</sup> April 2018 (9.30am – 4.30pm), Venue: Queen Alexandra College, Harborne, Birmingham, B17 9TG, car parking available on site and nearby side streets. Refreshments will be provided but no lunch. There is a café on-site.**