



**Catalyse** | Change in Action

**The CAT Practitioner course** is a two year training for core mental health professionals leading to accreditation and professional membership of the Association for Cognitive Analytic Therapy (ACAT) consisting of:

**Training Days** run across two years with ten days each year, starting with two days in October, two in November, four days from January to May and ending with a two day residential in June. The training covers the theory and core concepts of CAT and issues common to all psychotherapies within the CAT context. There is a balance of presentations, clinical applications, experiential learning and skills training inputs.

**Seminar** groups supplement the teaching.

**Personal therapy** requirements are to complete a 16-session CAT during training.

**Supervised clinical work** continues throughout the course and trainees work with a minimum of eight clients supervised weekly by an accredited CAT supervisor, usually in a group format. This may extend beyond the two years depending on the individual trainee's case mix and circumstances.

**Assessment** involves clinical appraisal and written work: an essay and case study in each year. The first year case study includes submission of an audio-recording of a CAT session to provide formative feedback as part of that assessment.

The course is based in the North of England with training days in Manchester and the residential usually in South Yorkshire. Trainees are matched to local supervisors and the seminar groups are run at venues chosen by trainees.

We provide a list of CAT training therapists.

#### **Admission Criteria:**

The following criteria are offered as a general guide:

##### **Essential criteria:**

- Mental health professions i.e. psychiatry, nursing, clinical and counselling psychology, social work, counselling, and occupational or art therapy;

## Practitioner Training in Cognitive Analytic Therapy 2018 - 2020 organised by Catalyse

- At least one year of post qualification experience in a core profession depending upon experience;
- Introductory level experience/training in psychotherapy;
- Appropriate access to clients;

##### **Desirable Criteria:**

- Personal therapy experience;
- Work experience in a mental health setting - where the trainee has no such experience, they may be required to undertake a suitable placement.

**CAT Foundation** course graduates can apply to year 2 to gain the training, clinical experience and assessments necessary for accreditation as an ACAT accredited CAT Therapist / Practitioner.

Completion and accreditation as a CAT Therapist / Practitioner is a transition point to further CAT training (psychotherapist level with UKCP registration) and ACAT supervisor accreditation.

##### **Costs and Selection:**

Application fee :: £15    Interview fee :: £50  
Training fee :: £2000 pa (including ACAT registration fee of £87 per year)  
Supervision :: £1200 pa (unless available within the workplace)  
Personal therapy :: £750 / £850 (approx)

##### **Applications deadline:**

Applications to arrive by: **Monday, 14th May, 2018.**  
Initial interview date: **Friday 8th June (Manchester).**

The course commences on 4th & 5th October 2018.

Please visit the [Catalyse website](http://www.catalyse.org.uk) for more information or contact the [administrator](mailto:admin@catalyse.org.uk).

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Catalyse (formerly CAT North) has developed a successful CAT Practitioner Training programme in the North of England since 1992. It also offers training and supervision, consultancy and research by arrangement. For details visit [www.catalyse.org.uk](http://www.catalyse.org.uk).