

## **CAT, Embodied Relationship and Therapeutic Space**

### **A series of four two-day workshops**

**Presented by Tim Sheard**

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Dates:	22 & 23 June 2018, 12 & 13 October 2018, 8 & 9 February 2019, 17 & 18 May 2019
Times:	10.30am to 5.30pm Fridays, 9.00am to 4.00pm Saturdays
Cost:	ACAT Member £600 (online) / £615 (invoice/cheque)   Non-member £620(online) / £635 (invoice or cheque)
Location:	Dartington Hall, Totnes

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A series of four two-day workshops on a Friday and Saturday and three Skype sessions in between (in groups of three).

#### **Learning aims**

- To explore in more depth our own relational embodiment as therapists (and supervisors/trainers):
  - (a) our self-to-self reciprocal roles, both healthy and problematic (particularly how we may take on burden and stress and then learn to change this) and how we take care of our own wounded child/self states when working in a session
  - (b) gain a clearer sense of the kind of relational presence we offer our clients to engage with, then learn embodied flexible responsiveness in this
  - (c) discover how embodiment renders reciprocal roles much more tangible and real, here and now
  - (d) discover how conscious embodiment may enhance and strengthen our inherent relational capacities
- To practise, integrate and establish an embodied orientation in our everyday practice. This can effect fundamental changes to our experience of the therapeutic relationship. The intention is that each participant will be supported by the facilitator and the group to discover and establish their own particular style and approach to their own relational embodiment as a therapist
- The focus is exploratory rather than didactic, and offers an opportunity to learn together and from each other within the continuity of a closed group spread over a year.
- Although relevant in all therapeutic contexts the focus will be more on the particular difficulties and stresses of working within the relational fields of people suffering from developmental trauma
- The final workshop will include a short introduction to working with clients' embodiment, this could be the focus of a further series of workshops.
- Last but not least: time out to reflect, digest and develop as therapists in a closed group and beautiful environment

***This is relevant to the following groups:*** Those who have completed at least one year of training in CAT, qualified in another relational therapy or who work with people suffering from developmental trauma. It is highly relevant to trainers and supervisors. It is preferable to have done an introductory workshop with Tim, if not please contact Tim directly at [psychotherapy.tims@gmail.com](mailto:psychotherapy.tims@gmail.com) to discuss

#### **Presenter**

Tim Sheard qualified as a CAT psychotherapist in 1997, has a background in medicine, and has trained in body psychotherapy, transpersonal and constellations work. Nowadays his teaching in the UK and Finland focuses on embodiment as a creative resource in mediating the therapeutic relationship, enhancing relational capacity and reducing therapist stress and burdening. This is described in the summer 2017 edition of 'Reformulation'.

#### **Venue**

Dartington Hall ([www.dartington.org](http://www.dartington.org)) offers excellent meeting rooms and has an extraordinary history in the early and mid-twentieth century of radical innovation in the arts, education, agriculture and social justice. The setting is beautiful in terms of gardens and medieval buildings, offers a good cafe and restaurant and, if wanted, has on-site accommodation including a hotel and a camp site in the warmer months of the year. In addition, former student accommodation may be available at a special rate of £35 per night B&B – please contact Tim at [psychotherapy.tims@gmail.com](mailto:psychotherapy.tims@gmail.com) to arrange. This will offer us a sense of containment, even retreat. Totnes railway station is five minutes away and offers direct services to London, the midlands and the north.

*Please note accommodation is not included and, if needed, is the responsibility of the delegate.*



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/977/](http://www.acat.me.uk/event/977/)
- By email attaching the booking form to: [alison.marfell@acat.me.uk](mailto:alison.marfell@acat.me.uk)
- By post enclosing the booking form and a cheque to: ACAT, PO Box 6793, Dorchester, DT1 9DL

**Enquiries**

- Email: [alison.marfell@acat.me.uk](mailto:alison.marfell@acat.me.uk) Telephone: 01305 263511

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