



## Exploring Issues of 'Race', Culture & Language within a CAT Framework

Date : Friday 20 July 2018  
Time : 9.30am to 4.30pm  
Venue : 54 St James Street, Liverpool L1 0AB  
Cost : (Includes lunch and refreshments)  
ACAT member £125  
Non-ACAT member £140

# Exploring Issues of 'Race', Culture & Language within a CAT Framework

A one day workshop led by Jessie Emilion, CAT Psychotherapist & Supervisor

This day offers an opportunity to develop confidence and skills for working with difference and diversity, and a language to describe such work, within a CAT framework. It will be relevant to work with diverse communities including refugees, those seeking asylum, and those who need language support through an interpreter.

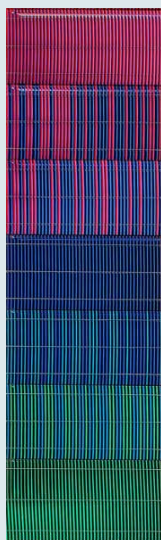


### Workshop Outline

- Explore how 'race', culture and language affect the development of self and reciprocal roles at individual and societal levels
- Understand more about identity, internalised racism and intergenerational roles, for both therapist and client, and how these effect therapy process and dynamics
- Recognise and develop more ease in addressing power dynamics in the alliance
- Understand the process and complexities of language when working in a triadic relationship with the support of an interpreter, including impacts on the therapeutic alliance

### Who is it for?

- ✓ Trainee CAT practitioners
- ✓ Qualified CAT practitioners & psychotherapists
- ✓ Other therapists with some familiarity with cognitive analytic therapy



Hashtag: #CATrc18

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