

Integrating EMDR into CAT

Theoretical and Practical Considerations

Presented by Alison Jenaway and Mark Walker

Date: Friday 26th October 2018
Times: 10am till 4:30pm
Cost: ACAT Member £110 (online) / £125 (invoice/cheque) | Non-member £125 (online) / £140 (invoice or cheque)
Location: Council Chamber, Institute of Biomedical Science, 12 Coldbath Square, London, EC1R 5HL

Overview / aims

Increasing numbers of CAT therapists are also training in EMDR and exploring how the two approaches can be integrated. This day is aimed at those who have completed at least level 1 of their EMDR training and have started thinking about how to use it within a "CAT envelope".

Theoretical Perspectives - we will explore the CAT Theory of personality development, with a focus on Trauma Induced Dissociation across levels, and how this maps on to more general theories around Structural Dissociation emerging in Neuroscience literature. This will include discussion about embodied trauma and Trauma derived Reciprocal Roles (particularly Self to Self), and the processes of 'change/healing' in CAT.

Practical Considerations - we will explore, with case examples, typical ways of using EMDR within a CAT therapy:

- 1) Classic PTSD presentation
- 2) Targeting trauma driven symptoms and procedures, even if no full PTSD
- 3) Processing the traumatic memories underlying Reciprocal roles which feel stuck
- 4) EMDR as a great way of installing positive resources, and creating the felt experience of healthier reciprocal roles, even if no trauma work is possible.

Learning outcomes

- A chance to think through the theoretical similarities and differences between the CAT model and the EMDR model and have a clearer idea of how they can work together.
- To hear from CAT therapists who have integrated the two approaches, and feel more confident to try this in your own practice.
- To share practical skills with each other around working with patients with complex trauma and dissociation.

This is relevant to the following groups: therapists who are trained in CAT or use it on a regular basis, and those who have done at least level 1 of EMDR training.

Presenters

Alison Jenaway is a consultant psychiatrist in psychotherapy in the liaison psychiatry department of Addenbrooke's Hospital in Cambridge. She is a CAT therapist and supervisor and has been integrating EMDR within her CAT therapy for the last 10 years, such that she now offers it to every patient who is interested in trying it. Alison has written about using CAT with EMDR, with patients with medically unexplained symptoms, with young people and with parents.

Mark Walker is a CAT therapist and Supervisor and an EMDR Europe accredited consultant working within Birmingham and Solihull Mental Health Foundation Trust and also has a small private practice. He is a former Course Co-Director of the Oxford CAT Practitioner Course and a member of the core training team running the Midlands CAT practitioner and skills trainings in addition to being a committee member of the EMDR West Midlands support group. He is also a qualified Taichi and Qigong instructor and when appropriate uses these as an adjunct to formal therapeutic approaches to working PTSD and developmental trauma. Mark has written about CAT and EMDR integration generally and continuously works to integrate an awareness of the body along with current findings within Interpersonal Neurobiology (IPNB) to his approach with his clients and supervisees.

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/981/
- By email attaching the booking form to: alison.marfell@acad.me.uk
- By post enclosing the booking form and a cheque to: ACAT, PO Box 6793, Dorchester, DT1 9DL

Enquiries

- Email: alison.marfell@acad.me.uk Telephone: 01305 263511

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