



# PhysCAT

30th November 2018

## Special Interest Day



Institute of BioMedical Science (IBMS) London  
10am to 4.30pm, with an optional basic introduction to CAT  
from 9am to 9.45am for those with little CAT experience.

Relevant to all those working within Physical Healthcare  
settings who are interested in using ideas from Cognitive  
Analytic Therapy

Cost £70 for the day, booking via acat website, [www.acat.me.uk](http://www.acat.me.uk)

Speakers to include:

**“Integrating ACT into CAT, or ACTing in CAT?”** - *Dr Rachel Benford-Brown, senior clinical psychologist Royal Papworth Hospital.*

**“Using CAT in Older adults with Physical Health Problems.”** - *Dr Carol Gregory, consultant psychiatrist and CAT therapist, Liaison psychiatry department, Addenbrooke’s Hospital.*

**“Using CAT diagrams in a paediatric diabetes service.”** - *Lucy Parkin, clinical psychologist, North Middlesex University Hospital.*

**“Rabbit holes and cow urine: living with chronic fatigue.”** - *Louise Kenward, Artist and CAT trained Psychologist living with Chronic Fatigue.*