

CAT for psychosis: A relational approach

Presented by Dr Claire Seddon and Dr Alex Perry

Date: Friday 15th March 2019
Times: 9:30am till 4.00pm
Cost: ACAT Member £110 (online) / £125 (invoice/cheque) | Non-member £125 (online) / £140 (invoice or cheque)
Location: Institute of Biomedical Science, 12 Coldbath Square, London, EC1R 5HL

Overview / aims

- To consider how we might use a CAT framework to reformulate experiences such as voice hearing, unusual/unshared ideas and confused states.
- To consider our understandings of what psychosis is, including a review of research.
- To explore and map reciprocal relationships between self, other and experiences labelled psychosis.
- To look at how we might adapt CAT tools and interventions with this client group.
- To consider how and when to use the therapeutic relationship when someone is experiencing psychosis

Learning objectives

- To build on our knowledge and confidence as CAT therapists working with people experiencing psychosis.
- To develop our understanding of how we might adapt our approach to work with this client group.
- Generate some practical ideas for how we might approach some of the specific issues that this client group may bring.

This is relevant to the following groups:

CAT therapists, trainees or therapists with a good knowledge of CAT.

Presenters

Dr Claire Seddon, CAT practitioner & Consultant Clinical Psychologist, Mersey Care Early Intervention for Psychosis (EIP) Service

Dr Alex Perry, CAT practitioner & Lead Clinical Psychologist, Aspire EIP Leeds.

ACAT reserves the right to change programme content and presenters.

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Enquiries

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