

## ACAT Relational Skills in CAT Supervision Residential

Holland House, Main Street, Cropthorne, Pershore, WR10 3NB

4.30 pm Monday 8<sup>th</sup> April to 3.00 pm Wednesday 10<sup>th</sup> April 2019

Cost: £330 online booking / £345 cheque or invoiced booking (*inclusive of full board for two nights*)

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*"The in-house supervision group.....was the enabling moment for me. I decided that I would go on from there and run my own supervision group. It was an excellent investment in time and a sharp learning curve. It made me aware of the power of the group to cover blind spots and how group wisdom is at times more than the sum of its parts when harnessed."*

### Aims

This intensive two and a half day residential course is open to any CAT Practitioner interested in CAT supervision. It is particularly designed for trainee CAT Supervisors or CAT Practitioners with 16 cases completed who are thinking of training in supervision. For trainee supervisors it offers an ACAT-approved alternative to sitting in with a senior supervisor. The course has also been highly valued as an opportunity for qualified and experienced supervisors to look more intensively at their own practice as part of their CPD.

The course will offer:

- Demonstrations of, and practice in, the relational competencies of being a CAT supervisor
- Opportunities to explore therapist and supervisor styles and their personal and professional implications
- Reflection upon the theory in practice of the 'dialogic, cognitive and analytic' understanding unique to CAT's relational supervision
- A framework for on-going reflective, relational practice as a CAT supervisor whether directly for individual therapy or indirectly with staff teams and individuals

### Methods

Skills practice and supervision of the key aspects of CAT will be demonstrated step by step through role play by the trainers followed by role play in small groups of three by the participants. This skills work will be alternated with personal reflection groups which will explore common enactments in the role of the CAT supervisor. Issues relating to being active, authoritative and flexible within the zone of the supervisee's learning will be explored. There will be two key presentations relating to CAT supervision on the topic of Transference and Counter Transference and therapeutic moments in the context of a dialogical and analytic approach to relational skills in the supervision of CAT. Part of the ethos of the course will be the shared experience of being a community of supervisors committed to CAT. Participants will bring details of a recent or current case, with which they are familiar, as the basis of role play.

The course will begin with a welcome and an introduction to the aims and methods at 4.30 pm on Monday evening. After an early evening meal, there will be a 90 minute skills practice followed by the personal reflection group. Days two and three will follow the same pattern and the course will finish at 3pm on Wednesday.

### Trainers for the course

**Steve Potter** is a widely experienced trainer and supervisor in CAT who has worked at all levels of CAT training. He is chair of the International Cognitive Analytic Therapy Association and was, for many years, a teacher of social group work and skills in group and interpersonal relations. Steve is attracted to CAT as a versatile, relational framework for mapping and tracking our psycho-social patterns of being in the world and their implications for mental health.

**Jane Stephens** is a CAT Psychotherapist and Supervisor. She co-facilitated the Practitioner Training in Southampton, and currently holds the role of National External Examiner for Supervisor Training in ACAT. Jane works in the NHS and in Private Practice, and has a keen interest in adapting her work both for 6 sessions and also for the longer term.

### Venue

The residential training will take place at Holland House, Main Street, Cropthorne, Worcestershire WR10 3NB, which has proven to be a very welcoming and suitable setting for CAT training. It is located five miles from Evesham railway station. **If you have specific requirements, including vegetarian, please notify ACAT in advance.**

For more information please visit: <http://www.hollandhouse.org/>

### Booking

- Book and pay by personal credit or debit card online instantly via the ACAT website: [www.acat.me.uk/course/1001/](http://www.acat.me.uk/course/1001/)
- By email with the booking form: [alison.marfell@acad.me.uk](mailto:alison.marfell@acad.me.uk)
- By post with the booking form and a cheque (payable to ACAT): ACAT, PO Box 6793, Dorchester, DT1 9DL

### Enquiries

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

### Terms and Conditions

Please refer to the website for [terms and conditions](#)

**Data Protection:** For the purposes of the Data Protection Act 1998, the data controller in respect of your personal data is the Association for Cognitive Analytic Therapy.