



ACAT's Annual Meeting of Trainers and Supervisors

Wednesday 27th and Thursday 28th March 2018

St Anne's College, University of Oxford, OX2 6HS

From 12 noon on Wednesday to 4.30pm Thursday

The meeting, in its inspiring and welcoming location, is open to all CAT trainers and supervisors, including trainee supervisors (to whom we extend a very warm invitation), and also to members of ACAT's committees. The aim of each of these annual meetings has been to create and maintain a space for a reflective dialogue so that we can monitor and develop the key role of supervisors and trainers in developing CAT practice in all its variety.

This year we are bringing two issues of contemporary interest for reflection and discussion. The first of these is gender identity and gender dysphoria, which have become touch points for social media, for services, for activists in gender and sexual politics and for mental health professionals. A younger generation is entering adulthood with more fluidity and choice about their gender identity than any generation before. Referrals to the Tavistock gender-identity clinic, rocketed from 97 cases in 2009 to almost 2,600 by the end of 2017, and 70% were born female. The historical involvement of the psychiatric profession in the assessment and validation of transition is challenged, as is the necessity for mental health professionals and psychotherapists to be involved in any way in these very personal choices. These questions are being taken forward through the Gender Recognition Act currently going through parliament. Meanwhile, some people are self-identifying and accessing hormonal transition drugs from the internet. Aside from the political debate, it is likely that we will be alongside more trans men and women in our day to day lives, in our families, friendships and working lives. In our clinical practice the presenting issue may or may not be gender identity/dysphoria – so are we aware, prepared and informed? How should CAT assimilate these issues in our clinical practice, supervision and training?

The second issue for discussion is regarding CAT and the use of diagnostic and medically derived language in our practice, on the ACAT website and in our training materials. ACAT has embarked on a public engagement exercise and consultation to explore the public face of CAT in response to how our use of language to describe human distress is being reflected back to us on Facebook and Twitter, and some of what is being fed back to us is challenging of the way we think, talk, write about the model and how we practice CAT.

We will focus on these issues with a peer led programme that offers a mix of presentations, debate, discussion, group activity - but most importantly the opportunity to share our knowledge and skills with each other and learn from each other. We will endeavour to reach a consensus statement or action plan regarding each of the topics we discuss over these two days.

In addition, there will be space for topics for discussion suggested by delegates. Attendees are therefore invited to consider in advance any areas that they wish to discuss with their peers relevant to CAT training and supervision. Please submit by email to Yvonne Stevens at yjs@pobox.com by 1st March 2019.

We look forward to seeing many of you again in Oxford.

Yvonne Stevens and Jason Hepple.

Cost

Includes lunch, evening meal and student accommodation on Wednesday, breakfast and buffet lunch on Thursday.

Whole event: £155 (online)

Whole event: £170 (cheque or invoice)



Association for Cognitive Analytic Therapy Ltd, PO Box 6793, Dorchester, DT1 9DL | 01305 263511 || www.acat.me.uk || admin@acad.me.uk

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- book using a *personal* credit or debit card online instantly via www.acat.me.uk/event/1000/
- by email, attaching the booking form and providing full invoicing details, 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 or telephone: 01305 263511

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