

# CAT & EMDR CPD DAY

Friday 12<sup>th</sup> July 2019

## **“Taking a relational approach to working with trauma: drawing on EMDR and CAT”**

Over the day we will explore the integration of CAT and EMDR drawing on various strands of theory and practice. We will introduce Interpersonal Neurobiology (IPNB) and associated theories and concepts including Steven Porges - Polyvagal Theory. We will then consider how these principles – already explicit in some modalities apply to us as CAT and EMDR therapists when working with complexity. We will explore, via role plays and sharing, the ‘how to’ in terms of improving skills for skillfully using theory in the service of the client - this will involve revisiting attachment theory, safety, managing hyper and hypo arousal, facilitating ‘feeling safe’, some body work (from Taichi, Yoga and Qigong) as well as considering different ways to make sense of and integrate disparate theories.

### **Guest Speaker: Mark J Walker**

I am a Cognitive Analytic Therapy (CAT) therapist, trainer and senior supervisor and an EMDR Europe Accredited Consultant. Over 33 years in practice I have gained a wide range of experience having worked in therapeutic communities, out-patient and secondary care psychotherapy services, CMHTs and private hospitals as a clinician and service manager.

I am currently working partly in the NHS and partly in private practice, contributing to CAT and EMDR trainings across the UK. I offer private consultations, clinical supervision, training and therapy to individuals, groups and corporate organisations.

I have an interest in ‘integration’ and specifically bringing the body and spirituality into my work – hence my interest in current developments in neuroscience disciplines and body based therapies becoming more mainstream eg Yoga, Taichi, Qigong etc.

**You do not have to be either CAT or EMDR trained to attend this training although an understanding of both models would inform your understanding of the issues raised.**

**Venue: Lecture Theatre, Sussex Education Centre, Millview Hospital, Nevill Avenue, Hove, BN3 7HY. Limited free parking available.**

**Time: 9.30am – 4.30pm. Tea/Coffee will be available. Please bring your own lunch, or sandwiches/light snacks will be available for purchase.**

**Cost: £25 via Eventbrite <https://catemdr.eventbrite.co.uk>**

**Please contact Niki Larsen, Course Administrator, 1<sup>st</sup> Floor, EBCMHC, Brighton General Hospital if you require any further information. 01273 621984 Ext: 203192**

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