



# Obsessions and Transformations in CAT

Presented by Jason Hepple

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Date: Friday 5<sup>th</sup> April 2019  
Times: 9:30am arrival for 10:00am start, 4:30pm finish  
Cost: ACAT Member £110 (online) / £125 (invoice/cheque) | Non-member £125 (online) / £140 (invoice or cheque)  
Location: Pembroke College, St Aldate's, Oxford, OX1 1DW

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## Overview / aims

Jason would like you to join him in a day of two parts:

### Morning: Working with obsessionality in CAT

For the last few years Jason has been seeing clients with obsessional presentations (including Anorexia) and has been holding workshops on the topic in the UK and in Greece. He has now formulated a 'third' CAT template for considering the relational underpinnings and enactments found when working with people with obsessional symptoms, together with thoughts about the zone of proximal development and ways of formulating exits. The session will be interactive and will welcome discussion about your own cases.

### Afternoon: Transformation. Going deeper in CAT to elicit lasting change

In Notes made in 1970-1971 (Bakhtin, 1986) Mikhail Bakhtin writes: '*... it has been reflected in the consciousness of the other: this has caused it to be changed radically, to be enriched and transformed... something absolutely new has appeared, a supra-existence has emerged*'. Using ideas on inter-subjectivity from Bakhtin, Vygotsky and Leiman as well as some work from contemporary neuroscience on the nature of traumatic memory, rumination and the 'Default Network', Jason will lead a reflection on the nature of deeper, lasting, change in CAT.

## Learning objectives

At the end of the day you will have:

- A framework for delivering CAT to clients with obsessional problems
- Developed skills to think about how CAT can help process emotional trauma and elicit deeper change

## Presenter

Jason Hepple ACAT Life Member. Jason is a CAT psychotherapist and trainer and a past chair of ACAT. He works in Somerset and has written on CAT in later life, CAT in groups and the dialogic self in CAT.

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## How to book

- Book and pay by personal credit or debit card online instantly through the ACAT web site: [www.acat.me.uk/event/1025/](http://www.acat.me.uk/event/1025/)
- By email attaching the booking form to: [alison.marfell@acad.me.uk](mailto: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](mailto:alison.marfell@acad.me.uk) Telephone: 01305 263511

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