

# Introduction to Cognitive Analytic Therapy - Manchester

## A two-day introduction to the skills and concepts in practice

This highly-rated, short course is offered by ACAT for people new to the CAT way of working

Date: Friday, 13<sup>th</sup> and Saturday, 14<sup>th</sup> September 2019  
Time: 10.00 – 17.00 on Friday / 09.30 – 16.30 on Saturday  
Course Fee: £245 (£230 if paying online with a personal credit/debit card)  
Venue: Chancellors Hotel and Conference Centre, Moseley Road, Manchester M14 6NN  
Presenter: Sarah Littlejohn

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### Aims:

This hands-on, two day course offers an introduction to the ideas, methods and skills of Cognitive Analytic Therapy. It combines short theoretical inputs with role play and video demonstrations by the trainers of CAT practice and work in pairs and small groups to try out CAT skills. The versatility of the approach will be explored and a range of clinical examples highlighted. Participants will gain skills in mapping, tracking and negotiating problem patterns with clients and for supervision. Participants will need some familiarity with the use of psychological ideas and methods in responding to mental health problems and emotional distress.

### Key ideas to be taught:

- The influence of early interactions in shaping personality: reciprocal roles, multiple positions
- Developing therapeutic attitudes through joint activity within a structured, focused, time limited therapy
- Relational understanding of trauma: its origins, maintenance in current life and enactment in the helping setting
- reciprocal roles and a dialogic understanding of problem patterns
- enactments and therapeutic moments

### Typical methods to be practiced:

- shared therapeutic activity of making maps side by side with the client
- use of reformulatory diagrams and writing to hold and guide therapy
- using the educational and therapeutic relationship between client and therapist as the key to mechanisms of change
- working directly and indirectly with a client
- active and therapeutic use of time and endings

### An integrative and dialogic approach:

- to psychological therapies and mental health work
- differences and similarities with other cognitive relational models of therapy

### Suitable for:

Clinical psychologists, psychotherapists, nurses, psychiatrists, counsellors, social workers and others working with mental health

### Course Trainer:

Sarah Littlejohn has been teaching and training CAT for many years

### Booking:

- book and pay by personal credit or debit card online instantly: [www.acat.me.uk/course/1029/](http://www.acat.me.uk/course/1029/)
- by email, attaching the booking form and including full invoicing details, to: [alison.marfell@acat.me.uk](mailto:alison.marfell@acat.me.uk)
- by post, together with a cheque payable to ACAT, to: Alison Marfell, ACAT, PO Box 6793, Dorchester DT1 9DL

### Enquiries:

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

**NB LUNCH IS NOT INCLUDED ON EITHER DAY**

**Cancellations / Refund Policy:** A refund, less a £25 administration fee, will be made if cancellations are received, in writing, at least four weeks before the event. We regret that any cancellation received after this time cannot be refunded, and refunds for failure to attend the event cannot be made.

**For full terms and conditions** please visit: [www.acat.me.uk/page/acat+events+terms+and+conditions](http://www.acat.me.uk/page/acat+events+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. Your data will be used to administer the event to which you have subscribed.