

CAT with Couples

Presented by Maryanne Steele

Date:	Friday 29 th March 2019
Times:	9:30am – 4:30pm
Cost:	ACAT Member £110 (online) / £125 (invoice/cheque) Non-member £125 (online) / £140 (invoice or cheque)
Location:	Institute of Biomedical Science, 12 Coldbath Square, London, EC1R 5HL

Overview / aims

This day is aimed at individual and couple therapists who would like to work within a CAT model as well as at CAT therapists new to working with couples who would like to develop their practice further to include couples work. The relationship model of CAT lends itself very neatly into exploring the issues of a couple.

Learning objectives

This day will help you practice diagramming joint reciprocal roles, writing a joint reformulation letter and goodbye letter. There will also be space to explore what a joint therapy contract looks like and other issues around working ethically and with clear boundaries when seeing a couple for CAT.

Who is it suitable for?

This workshop is suitable for all individual CAT therapists who would like to consider moving into working with couples as well as Couple therapists who would like to explore working with Couples within a CAT framework. So if you have considered opening up your CAT practice to include couple work then this day is for you.

Presenter

Maryanne Steele worked in the health setting for many years before training as a counsellor. She is an experienced integrative therapist, EMDR therapist, CAT therapist and supervisor. She has over 25 years' experience in working within psychological settings in the NHS and also privately within her own counselling practice. Maryanne works extensively within a CAT framework to make sense of the various complex presentations of clients whom she sees. Areas of expertise include eating disorders, trauma and couple work.

ACAT reserves the right to change programme content and presenters.

How to book

- Book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/event/993/
- By email attaching the booking form 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 Telephone: 01305 263511

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