

# **COGNITIVE ANALYTIC THERAPY (CAT) 2-DAY INTRODUCTORY WORKSHOP**

We are delighted to offer the  
2-day introductory workshop on:

**Thursday 12<sup>th</sup> & Friday 13<sup>th</sup> March 2020  
9.30am – 4pm**

**Provided by CNTW Cognitive Analytic Therapy Service,  
Centre for Specialist Psychological Therapies  
Northumberland, Tyne & Wear NHS Foundation Trust**

**VENUE:**

**Training Room 1, Benfield House,  
Walkergate Park, NE6 4PF**

**Fees:**

**£150 for external applicants**



## **About CAT**

Cognitive Analytic Therapy (CAT) is an integrative and time-limited approach to psychological therapy which is well established in the NHS. It is a collaborative programme for looking at the way a person thinks, feels and acts, and the events and relationships that underlie these experiences.

As its name suggests, it brings together ideas and understanding from different therapies into one user-friendly and effective treatment, tailored to a person's individual needs and goals for change. At its heart is an empathic relationship between the client and therapist, the purpose of which is to help the client make sense of their situation and to find ways of making changes for the better.

CAT is proving to be particularly helpful in secondary care mental health, physical health and specialist settings working with clients for whom problematic interpersonal relations are a core feature of their difficulties and are enacted in, and disrupt, the provision of care. There continues to be substantial demand for training in CAT from nurses, psychologists, psychiatrists, therapists and counsellors, as well as from other health and social care professionals dealing with people with complex problems (including in primary care and physical health settings). Increasingly CAT is used as a consultation tool to help teams and individuals work more effectively in delivering effective routine care to clients.

More information on CAT can be found at [www.acat.me.uk](http://www.acat.me.uk)

**Our two-day Introductory Workshop** aims to offer a basic understanding of the practice and theory of CAT; we will be using a mixture of presentations, small and large group exercises and case discussions. During the Workshop we will:

- Outline what CAT involves, for therapist and patient
- Explain how CAT understands psychological difficulties (including similarities and differences with other major models of therapy)
- Introduce participants to key CAT concepts and methods (such as procedures, reciprocal roles, reformulation letters and diagrams) and give some opportunities to put these into practice
- Show how CAT can be used to treat a variety of psychological and personality problems, and
- Discuss how patient difficulties can affect the wider team, plus how this can be managed using CAT methods.

**This workshop is recommended for** professionally qualified staff who want to find out what CAT involves, and for potential CAT Practitioner Training applicants who have not yet had any other training or supervision in CAT. It is designed to stimulate interest in CAT but does not by itself equip participants to offer CAT as a psychological therapy.

**The training team** consists of three clinical staff members who make up part of the NTW CAT Development Group. **Dr Jonna Siitarinen** (Clinical Psychologist) is an ACAT-accredited CAT Practitioner and Supervisor currently working within West Newcastle Community Treatment Team, **Dr Anna Luce** (Clinical Psychologist) is an ACAT-accredited CAT practitioner and working within Newcastle Early Intervention for Psychosis (EIP) Team. They are joined by **Jak Smith** (CAT Psychological Therapist) who is an ACAT-accredited CAT Practitioner and currently works within the NTW CAT Service as part of the Centre for Specialist Psychological Therapies based at Benfield House, Walkergate Park, Newcastle upon Tyne.

**Applications.** Early applications are advised as places are limited, and past courses have been over-subscribed. **Closing date** for external applications is midday **14 February 2020** and we will confirm your booking by **24 February 2020**. Note: you need to be able to attend both days of the training. Please complete the form over the page, which can be edited electronically.

Please complete and return the application form by email, post or fax at the address below. If these courses are oversubscribed we will let you know and keep you on our mailing list for the next Introductory Workshops.

Non-NTW applicants will be invoiced for the course fees. Please give clear details of your invoicing contact or we will be unable to accept your application.

**Venue** Benfield House, Walkergate Park, Benfield Road, Newcastle upon Tyne, NE6 4QD  
<https://www.nhs.uk/Services/hospitals/MapsAndDirections/DefaultView.aspx?id=29986>

**Public Transport.** There are many bus services from Newcastle city centre that head along Benfield Road. You can take Stagecoach's number one service and get off at the TA Centre on Debdon Gardens. From there walk onto Benfield Road and turn right. Walk past the allotments and you will find Walkergate Park opposite Benfield School.

Walkergate Park is a short walk from Walkergate Metro station. Turn left out of the station and head along Benfield Road. Walkergate Hospital on the left hand side, after Benfield Park Medical Group.

### **Metro timetables**

See [www.nexus.org.uk/metro](http://www.nexus.org.uk/metro) and [www.travelinenortheast.info](http://www.travelinenortheast.info)

**Parking.** Car parking on site is free for NTW permit holders and charged per hour for other visitors.

**Access:** via the main reception at Walkergate Park.

**Refreshments:** Coffee and Tea will be provided. Please bring your own lunch, or there is a hospital canteen Café Tanni on site.

## **CAT INTRODUCTORY WORKSHOP – 12 & 13 March 2020**

### **APPLICATION FORM**

Name: \_\_\_\_\_ Organisation: \_\_\_\_\_  
Work address: \_\_\_\_\_

Contact tel. no: \_\_\_\_\_  
Email: \_\_\_\_\_

Current work position: \_\_\_\_\_

Client group(s) served: \_\_\_\_\_

Please tell us why you are interested in this course as we try and offer the course to clinicians who can make use of it in their current work role:

#### **For Non-NTW applicants only**

Contact details for invoicing:

Name \_\_\_\_\_ Organisation \_\_\_\_\_

Address \_\_\_\_\_

Email | \_\_\_\_\_

#### **Send applications and other enquiries to:**

Email: [csptraining@ntw.nhs.uk](mailto:csptraining@ntw.nhs.uk)

Post: NTW CAT Service, Centre for Specialist Psychological Therapies  
Benfield House, Walkergate Park, Benfield Road, Newcastle upon Tyne NE6 4PF  
Phone: 0191 287 6100 - Fax: 0191 287 6101

**CLOSING DATE FOR APPLICATIONS: 14 February 2020**