

# Introduction to Cognitive Analytic Therapy



**Wednesday 29th April and Thursday 30th April 2020**

**9.30am – 4.30pm**

**St Martin in the Bull Ring (De birmingham room),  
Central Birmingham, B5 5BB**

(1 minute from the Bull/market, a 5 min walk from New Street/Moor Street Stations or Digbeth Coach Station, just by the multi-storey car park in Edgbaston Street).

- Want to learn about CAT to build & keep good therapeutic relationships?
- Want to add to your existing practice, helping people with relational problems more successfully?
- Frustrated when relational issues limits progress?

This exciting 2-day learning experience will offer an introduction to the CAT model and skills. Suitable for all psychological practitioners and those with a background in working therapeutically. CAT brings together cognitive, object-relations based psychoanalytic ideas, and attachment theory in a model developed in the context of the UK NHS, and as such will complement the skill set of practitioners using a variety of different psychological interventions.

CAT is an integrative therapy with a particular focus on reformulation which takes account of both ways of relating to others and patterns of thinking, feeling and behaviour. The course includes theoretical overview, a range of case material and skills development exercises.

**“Excellent – enjoyable, engaging, accessible” (past participant).**

**The course facilitators are both experienced CAT Practitioners with many years of experience in the NHS as Consultant Clinical Psychologists.**

## **Course Facilitators: Jurai Darongkamas and Jeanette McLoughlin**

**Course fees: £195 for 2 days (certificates of attendance will be issued)**

**Apply for Workshop Places at eventbrite**

**<https://www.eventbrite.co.uk/e/introduction-to-cognitive-analytic-therapy-cat-birmingham-tickets-84116786573>**

**We are sorry that the venue is not fully disabled friendly/accessible as there are 5 steps into the room.**

### **Course Topics**

- ***Overview of CAT Theory Including Key Concepts and Ideas:*** CAT as an integrative approach, how CAT developed, CAT terminology and concepts - including Reciprocal Roles, Problem Procedures (Snags, Traps, Dilemmas)
- ***Introduction to CAT Practice:*** The workshop will provide an *overview* of the typical features of CAT in practice, including Reformulation (including Reciprocal Roles & patterns of self-management as attempts to cope), the different phases of therapy, the therapeutic relationship, the aims of CAT therapy and constructing goals, developing CAT 'tools' (i.e. reformulation diagrams/maps & letters), therapeutic strategies & techniques, the use of self and working with transference, repairing ruptures, endings and 'goodbye' letters.

### **Learning Methods**

Mini-lectures, work in small groups, discussion, experiential learning exercises, build your skills through direct use and practice of CAT tools, use of participant's own anonymised case material.

### **Who Is the Workshop For?**

Qualified health professionals (e.g. CMHNs, Social Workers, O.T.s, Psychologists, Psychiatrists, Counsellors, CBT therapists) who currently provide psychological therapies as part of their role and are interested in gaining an understanding of CAT. Previous experience of a related model (i.e. CBT, Psychodynamic) is preferable. [The course is aimed at individuals who wish to attend an Introductory Workshop to learn how to use some aspects of CAT to inform their current practice and for those preparing to apply to a 2-year part-time Practitioner Training Course in CAT.]

### **Workshop Leaders**

**Dr Jurai Darongkamas, and Ms Jeanette McLoughlin, Cognitive Analytic Therapists, Trainers and ACAT accredited supervisors, Consultant Clinical Psychologists**

Jurai is Director of [clinicalpsychologyservice.co.uk](http://clinicalpsychologyservice.co.uk) and past Director of the W. Midlands 2-year CAT Practitioner course. Psychologist specialising in Psychotherapy, Senior Practitioner status (BPS). Associate Fellow of the British Psychological Society (AFBPsS)

(More information about Jurai can be found at <https://www.clinicalpsychologyservice.co.uk>)

Jeanette has most recently worked at Black Country Partnership Foundation Trust as the Lead for Psychological Professionals and has a background in Adult Mental Health Services.

(More information about Jeanette can be found at <https://www.khmpsychologypractice.co.uk>)

Each have over 30 years of experience working with people with complex difficulties in the NHS.

**Closing Date: 20<sup>th</sup> April 2020 but places are limited (to enable good group discussion) so book your place soon. Refunds are possible but only up to 30 days before the event start day.**

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**Hot drinks will be provided but no lunch. Why not bring a sandwich (small fridge in training room annex); network over lunch in an informal atmosphere. There is a café on-site and in the immediate surrounding areas.**