

# CAT, Consciousness and a Relational Self

Friday 14<sup>th</sup> May 2021

## CAT, Consciousness and a Relational Self

How does CAT view the idea of consciousness? What makes up a person's 'self'. Jason will look at recent neurobiological, genetic, epigenetic, collective and dialogic influences on the self that show that the human self is far from a 'tabula rasa' at birth and will consider possible mechanisms for the transmission of trauma trans-generationally. He will present a relational model of the self. In the afternoon there will be the opportunity to explore complex case work using these ideas and the exercise 'the microcosm' that considers how reciprocal role re-enactments occur down the generations and through systems.

### Guest Speaker: Jason Hepple

Jason Hepple FRCPsych is an ACAT Life Member, CAT Psychotherapist and Trainer.

**You do not have to be CAT trained to attend this training although an understanding of CAT or other relational models would inform your understanding of the issues raised.**

**Venue:** Lecture Theatre, Sussex Education Centre, Millview Hospital, Nevill Avenue, Hove, BN3 7HY. Limited free parking available.

**Time:** 9.30am – 4.30pm. Tea/Coffee will be available. Please bring your own lunch

**Cost:** Sussex Partnership NHS Foundation Trust staff - Free  
All Others £30

**To Book:** Please complete booking form and return to: Niki Larsen-Johnson,  
Course Administrator

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