



Introduction to Cognitive Analytic Therapy

2 Day Online Workshop

Presented by Alison Jenaway and Robert Watson

Date:	26 and 27 June 2020
Times:	10am till 4pm
Cost:	£190 (online) / £205 (invoice)
Location:	Online via Zoom

Overview / aims

This brief course offers an opportunity to learn some of the basics of cognitive analytic therapy. The format will be a combination of didactic teaching and experiential exercises aimed at helping you understand how cognitive analytic therapy (CAT) can be helpful in your work with clients. There will be a chance to see clips from a simulated CAT therapy and also time to think about clients that you are working with, using ideas from CAT.

This is relevant to the following groups:

It will be of interest to all staff working in mental health and social care settings, also counsellors and therapists trained in other modalities, the content is based on a successful 2 day course run for many years within Cambridge and Peterborough Foundation Trust, which has had excellent feedback.

Presenters

Alison Jenaway is a consultant medical psychotherapist (recently retired) and CAT therapist and supervisor. She has written about using CAT with young people and their parents, and also about using CAT in physical health settings. She is currently Chair of the Association for Cognitive Analytic Therapy.

Robert Watson is a Clinical Psychologist with 17 years' experience and has extensive experience in public and private settings working with clients with complex psychological presentations. He is an accredited CAT therapist and supervisor and is the vice-chair of the Association for Cognitive Analytic Therapy

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/course/1105/
- To pay by invoice (purchase order number required) please email attaching the booking form (available via event documents at www.acat.me.uk/course/1105/) to: alison.marfell@acad.me.uk

Enquiries

- Email: alison.marfell@acad.me.uk Telephone: 01305 263511

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