



Introduction to Cognitive Analytic Therapy

2 Day Online Workshop

Presented by Alison Jenaway and Robert Watson, 26 & 27 June 2020

Timetable

Friday

- 10.00am Introduction, putting CAT in context
- 10.45am Reciprocal roles – Relationships at the heart of CAT
- 11.30am Coffee break
- 11.45am Video case discussion on reciprocal roles
- 12.15pm What are CAT procedures?
- 1.00pm Lunch break
- 1.30pm Video case discussion – mapping procedures
- 2.00pm Writing Reformulation Letters – theory and case example
- 3.00pm Tea break
- 3.15pm Putting it all together – starting to map your own clients

The programme should be finished by 4 pm

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Saturday

- 10.00am Recap of yesterday - where are we so far? – Alison Jenaway
- 10.30am Diagrams template – Keeping it simple - Alison Jenaway
- 11.00am Coffee break
- 11.30am DVD clip of simulated early CAT session, for discussion.
- 12.00pm Practising diagrams in pairs with own clinical examples, using the template.
- 12.30pm Lunch break
- 1.30pm Recognition and Revision.
- 2.30pm DVD of simulated further CAT session, highlighting recognition, for discussion.
- 3.00pm Tea and coffee break
- 3.20pm Endings in CAT and the goodbye letter.
- 3.50pm Plenary – Final questions, what can you take away and use, and next steps in training?

The programme should be finished by 4pm

If you would like to do some introductory reading before the course then we would recommend that you visit the ACAT website on line at www.acat.org.uk and read the introductory information there. Alternatively, you could read some of the useful introductory books on CAT:

“Change for the Better” by Elizabeth Wilde McCormick,

“Cognitive Analytic Therapy (Psychotherapy and Counselling Distinctive Features) by Claire Corbridge, Laura Brummer and Philippa Coid

“Introducing Cognitive Analytic Therapy” by Anthony Ryle and Ian Kerr