

# An Introduction to Cognitive Analytic Therapy

## A two-day course for mental health professionals

**Friday 27<sup>th</sup> and Saturday 28<sup>th</sup> November 2020**  
**Lecture Theatre, Sussex Education Centre, Millview Hospital Site,**  
**Nevill Avenue, Hove, BN3 7HY**  
**9.00am – 5.00pm**

### Overview

This course will provide participants with an introduction to the theory and practice of cognitive analytic therapy (CAT).

### Who should attend?

This course would be of interest to mental health professionals who want to incorporate CAT concepts and tools into their therapeutic work with individuals or groups. It would also be useful for those considering whether to apply for a two year CAT Practitioner Training Course.

### Course Aims

- To introduce course members to the theory and practice of CAT
- To understand key concepts used in CAT, including reciprocal roles, dilemmas, snags and traps and reformulation
- To explore the use of CAT tools in therapeutic practice, including the psychotherapy file, therapeutic letters, diagrams and goodbye letters
- To consider current applications of CAT in the NHS
- To look at endings in brief, time-limited therapeutic interventions through the lens of CAT theory
- To plan with participants ways in which aspects of CAT could be introduced into, or adapted for, their own clinical practice

### About the course presenters

**Teresa Greenfield** – Teresa is an Occupational Therapist working in the Crawley NHS Assessment and Treatment Team for people with complex mental health difficulties. She also sees a small number of individual private clients. Teresa is a qualified CAT therapist and supervisor, and supports the Brighton CAT Practitioner course as a supervisor, tutor and marker. Teresa uses CAT within her role as a Lead Practitioner within the team, delivering individual therapy, offering supervision to other team members and supporting the training of junior doctors via a weekly CAT supervision group.

**Rachael Howell** - Rachael is a Clinical Psychologist and CAT practitioner working in a Specialist Older Adults Mental Health Service within NHS. She makes use of the CAT model for formulation and intervention with older people, including those with complex issues of later life. She also draws on CAT-informed ideas during team formulation, to support colleagues to think about their work with clients and families.

### Booking Information

This course is offered free to employees of Sussex Partnership NHS Foundation Trust, and is open to others at a cost of £150 per head. Refreshments will be available but attendees should make their own arrangements for lunch.

**To reserve a place, please return your completed application form to**  
**Niki Larsen by Friday 13<sup>th</sup> November 2020**  
[ppt@sussexpartnership.nhs.uk](mailto:ppt@sussexpartnership.nhs.uk)