

Embodied CAT and Trauma: Safe Trauma Processing, Inner Attunement and the Development of the Adult Self, Online Workshop

Presented by John Bristow

Date: Friday 9th October 2020
Times: 10 am to 5 pm
Cost: ACAT Member £90 (online) / £105 (invoice) | Non-member £105 (online) / £120 (invoice)

Overview / aims

The overall aim is to develop the knowledge and skill to enable clients to acquire the resources and capacities for processing trauma and unmanageable emotional states, to strengthen and elaborate their adult self in relation to other parts of themselves and other people. This is primarily an experiential practice-based workshop, with demonstrations, exercises, group discussions and use of case examples from the trainer and participants. Conceptual input will be used where needed to guide and make sense of practice.

Learning objectives

- Experience and use a *conceptual framework for integrating* the stages and principles of trauma therapy with the CAT model and CAT tools, and practice core skills for specific processes at each stage
- Practice building up in clients the *resources, capacities, confidence and agency* they need to feel safe enough to engage actively in the processes of therapy and to collaborate more and more in regulating and guiding this. Share experience in adapting this to different types of client, their current problematic states, their degree of integration and their zone of proximal development.
- Practice using a range of *mapping techniques* that fit with CAT diagrams of self-states/reciprocal roles to equip the adult self, and to focus more on the parts of each self-state or reciprocal role.
- Practice the process of *inner attunement and two-way communication* between an adult self and emotional reactions and behaviour in other parts of the self: sensing and noticing, being open, curious, empathic and caring towards them, and so fostering greater understanding, trust, and integration between parts of the self and more self-responsibility and *self-leadership*.
- Experience and discuss the *use of the relationship* with the client, for establishing safety and trust, the acquisition of capacities, and the noticing of acquired patterns in parts of the self as they are enacted in the transference in the room and with others.
- Practice adding to the *therapist role* where needed (1) Giving neuro-psychology information to the client when they can relate it directly to subjective experience in the moment in a helpful way – the presenting problems, then later the knowledge behind therapeutic processes and practices. (2) Guiding therapeutic processes – more in earlier stages, less as the client can do it for themselves (be and do with other, then by self and with others - Vygotsky).

This is relevant to the following groups:

This is for all CAT therapists and those on Practitioner and the Inter-Regional Psychotherapy Course, and fits in with EMDR principles, stages and core protocols.

Presenter

John Bristow, CAT psychotherapist, supervisor and trainer. Since March 2016 I have been updating myself with trauma therapy training, seminars and reading on neurobiology for psychotherapists, and with peer supervision. I have now integrated this into my practice and supervision. Since its formation in March 2016, I have been an active member of the ACAT special interest group (SIG) on Embodied CAT and Trauma, in which we share our learning from somatic therapies and EMDR and from other psychotherapists who use neurobiology to inform their practice. We offer seminars and supervision, write papers and share our learning resources within ACAT.

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