

# **Integrating EMDR into CAT: Theoretical and Practical Considerations**

**A half day online workshop given by Mark Walker**

**Relevant to CAT therapists and trainees interested in EMDR  
and those who have EMDR training.**

**Friday 27<sup>th</sup> November 9.30am -1.00pm**

**This workshop is provided by the CAT South West SIG  
ACAT is providing a booking service**

Increasing numbers of CAT therapists are also training in EMDR and exploring how the two approaches can be integrated. This session is aimed at those who are trained in or interested in EMDR and have started thinking about how to use it within a “CAT envelope.”

We will cover:

## **CAT & EMDR – Theoretical Perspectives**

- 1) The CAT theory of personality development, with a focus on Trauma Induced Dissociation, and how this maps on to more general theories around Structural Dissociation emerging in neuroscience literature.
- 2) Discussion about embodied trauma and trauma-derived reciprocal roles (particularly Self to Self), and the processes of ‘change/healing’ in CAT.
- 3) We will explore how EMDR and the AIP model, can contribute to formulation and specific CAT work.

## **CAT & EMDR – Practical Considerations**

- 1) Targeting trauma driven symptoms and procedures, even if not full PTSD.
- 2) Processing the traumatic memories underlying reciprocal roles which feel stuck.
- 3) EMDR as a great way of installing positive resources, and creating the felt experience of healthier reciprocal roles, even if no trauma work is possible.

## **Learning Outcomes**

A chance to think through the theoretical similarities and differences between the CAT model and the EMDR model and have a clearer idea of how they can work together.

## **Mark Walker**

Mark is a CAT Therapist and Supervisor and an EMDR Europe Accredited Consultant working within Birmingham and Solihull Mental Health Foundation Trust and also has a small private practice. He is a former Course Co-Director of the Oxford CAT Practitioner Course and a member of the core training team running the Midlands CAT Practitioner and CAT Skills Trainings in addition to being a committee member of the EMDR West Midlands Support Group.

He is also a qualified Taichi and Qigong instructor and when appropriate uses these as an adjunct to formal therapeutic approaches to working PTSD and developmental trauma.

Mark has written about CAT and EMDR integration generally and continuously works to integrate an awareness of the body along with current findings within Interpersonal Neurobiology (IPNB) to his approach with his clients and supervisees.

Workshop fee: £30 (for online bookings) bookable only through ACAT, £45 for invoice bookings.

If an invoice is required please email your completed booking form and purchase order to [alison.marfell@acat.me.uk](mailto:alison.marfell@acat.me.uk)

NB maximum of 30 participants to allow dialogue and use of 'break-out rooms'

Closing date for applications: Monday 23rd November

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