

An Introduction to Cognitive Analytic Therapy

A two-day course for mental health professionals

Tuesday 14th and Wednesday 15th December 2021
ONLINE
9.30am – 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

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.

Mary Verrall – Mary is a Mental Health Nurse working in the NHS in a primary care mental health service. Mary is a qualified CAT therapist and is currently working towards accreditation as a CAT Psychotherapist with the UKCP. Mary has delivered CAT both in primary and secondary services. In addition to her work as a lead Primary Care Mental Health Practitioner, she offers CAT on a honorary basis to the Brighton Assessment and Treatment Service. Mary is a member of the Brighton Embodied CAT and Trauma special interest group. She enjoys working with complex presentations and has an interest in Early Attachment Trauma.

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.

To reserve a place, please return your completed application form to
Niki Larsen-Johnson by Friday 3rd December 2021
[**ppt@sussexpartnership.nhs.uk**](mailto:ppt@sussexpartnership.nhs.uk)