



SOUTH WALES CAT PRACTITIONER / THERAPIST COURSE

INVITATION FOR APPLICANTS 2022 INTAKE

The South Wales Cognitive Analytic Therapy (CAT) Practitioner / Therapist Course is a course run by accredited CAT supervisors, psychotherapists and practitioners. It is accredited by the Association for Cognitive Analytic Therapy (ACAT).

The next intake is planned for September 2022 as long as there is sufficient interest. With this in mind, the course now invites expressions of interest for this intake.

WHAT IS THE PRACTITIONER/THERAPIST COURSE?

CAT practitioner training is a 2 year course leading to accreditation as a CAT practitioner/therapist by ACAT.

QUALIFICATIONS REQUIRED

Applicants must usually have prior qualifications in a core profession and normally have a minimum of 2 years post qualification experience including experience of one-to-one therapy.

WHO CAN APPLY?

Applications will be accepted from Mental Health Nursing, Clinical Psychology, Counselling Psychology, Psychiatry, Psychotherapy, Social Work, Occupational Therapy. Other suitably qualified professionals will be considered.

COURSE FEES:

£2350 / year

ADDITIONAL COSTS:

Weekly group supervision by an ACAT accredited supervisor is a requirement throughout the course.

A 16 session CAT personal therapy must be completed during the 2 year training.

COURSE BASE:

To be confirmed, but likely to be Beechwood House, Newport NP19 8AJ

FURTHER INFORMATION

Email Susie Black susie@psychsolution.co.uk, or Clare Fisher clare.fisher@mail.com

HOW TO APPLY – we plan to open for applications in March/April 2022

Please note: there is a minimum number of places in order for the course to proceed

What is Cognitive Analytic Therapy? (CAT)

CAT is a focussed, time-limited psychological therapy suitable for a wide range of conditions and developed with the needs of NHS clients in mind. Clients are usually seen for between 16 and 24 weeks, once a week for an hour. CAT offers a collaborative way of working with the problematic ways a person thinks, feels and acts, by exploring events and relationships (often from childhood) that underlie their current experiences and maintain their problems. CAT is tailored to a person's individual needs and to his or her own manageable goals. CAT is a relational therapy that aims to enable recognition and facilitate change and gives clients tools and strategies for maintaining their progress. For further information on CAT, see the website of the Association for Cognitive Analytic Therapy (ACAT – www.acat.me.uk)

CAT Practitioner Training is a two year course and consists of the following elements:

1. **Training days:** 12 days per year. The course will probably be based in Beechwood House, Beechwood Park, Christchurch Road, Newport NP19 8AJ (this will be confirmed in Mar/Apr 2022).
2. **Supervised practice:** You will see eight cases for CAT under weekly supervision with an accredited CAT supervisor. These cases will usually be of 16 weeks duration. If your usual work is not in adult mental health you may be required to see some cases from an adult mental health setting. Supervision fees are not included as part of the course fee.
3. **Academic requirements:** Two case reports and two essays are required over the two years to demonstrate your understanding of the model and of its application. You will have a course tutor with whom you can discuss this aspect of the course.
4. **Personal Therapy:** You will need to undertake a 16 week CAT therapy with an accredited CAT Practitioner or Psychotherapist. This is not assessed in any way but is a course requirement as it is felt to be very important that you are able to reflect on your own experiences and how these impact on you as a therapist. Please note that this element of the course is not funded and you will need to pay for it yourself.

About us:

There are three members of the course core group, who will deliver the training in Newport.

Clare Fisher, Course Director (D.Clin.Psy, CAT Psychotherapist, CAT Supervisor)

Rachel Akande, Co-Trainer (D.Clin.Psy, CAT Practitioner, CAT Supervisor)

Susie Black, Co-Trainer and Course Administrator (D.Clin.Psy, CAT Practitioner, CAT Supervisor).

In addition to the core group, we have a larger group of markers, supervisors and occasional guest trainers who also contribute to the running of the course.

How to Apply:

Once we confirm we have enough interest, we will open for applications from March/April 2022. Application packs will be available from Susie Black (susie@psychsolution.co.uk).