

In association with

## **The Association for Cognitive Analytic Therapy (ACAT)**

# **Cognitive Analytic Therapy (CAT) Practitioner Training Course**

### **2022**

#### **CAT Practitioner Training**

Cognitive analytic therapy is a time limited psychotherapy (normally 16 to 24 sessions) which integrates theories derived from cognitive psychology, psychoanalytic psychotherapy (mainly object relations) and ideas derived from Vygotsky and Bakhtin. CAT involves developing an active collaborative therapeutic relationship with the patient and is particularly applicable to work in NHS settings with people with complex needs. CAT Practitioner Training is relevant to the needs of a diverse range of care professionals who wish to establish CAT as one of their core skills.

#### **Qualification**

Following successful completion of the course trainees will be accredited to practice CAT within their core professions and will be entitled to become full members of the Association for Cognitive Analytic Therapy (ACAT). The course is also relevant to individuals who wish to acquire the Practitioner Training as a prelude to applying for further training as a CAT Psychotherapist and registration with the United Kingdom Council for Psychotherapy (UKCP). This involves further selection procedures and two additional years of training on completion of the Practitioner Training.

#### **Course Structure**

The course is part-time and runs from April 2022 to March 2024. Each year is divided into three modules with their own themes. Training days with the whole training group run alongside smaller seminar groups. Tutors and the Course Director are available in between meetings. Supervision groups and clinical work occur weekly. The intake for this course is usually biennial. This course is a sister course to the CAT Practitioner training in South London, and intakes will be timed so that together we provide an annual intake for the South East of England.

#### **Training Days**

There are 10 training days per year held on Friday and/or Saturdays. Training days consist of a combination of lectures, presentations, small groups and experiential work focusing on personal exploration and the development of CAT skills and their clinical application. These will be facilitated by course and guest trainers.

#### **Training Themes**

The themes covered by the course over the two years include the development of the self and damage to the self, the therapeutic relationship, transference and counter-transference, CAT theory (Procedural

Sequence Object Relations Model, Reciprocal Role Relationships, Self States), CAT Skills (Psychotherapy File, Target problems, Target Problem Procedures, Prose and Diagrammatic Reformulations, Goodbye letters), Assessment, CAT in context, self and society, use of time and models of change, CAT research, CAT applied to specialist settings/patient groups, CAT and the "hard to help" patient, CAT within organisations and teams, and issues of professional practice and personal development.

#### **Seminars**

These support and extend the work of the training days. Seminars consist of small groups meeting with a seminar leader who will facilitate a mixture of reflective learning, experiential work and guided reading. Some seminars will be peer led. Each module will have 12 hours of seminar meetings (ie. 36 hours per year). These are usually divided into 2, 3 or 4 hour meetings held at times that are mutually agreed between seminar leader and trainees. In the past, these have been held on a weekday evening or Saturday.

#### **Tutorials**

Each trainee has the opportunity to meet with their individual tutors three times a year (once each module) to plan and evaluate their individual learning process and to access support with their written assignments.

#### **Supervised Clinical Work**

Supervision typically takes place weekly for one and a half hours in groups of 3 trainees with an accredited CAT Supervisor. Clinical work is for a minimum of two years but usually takes longer (on average it takes 3 years to complete 8 cases). Trainees are expected to remain in supervision for the duration of the taught part of the course and until course requirements are fulfilled. Most trainees opt to take up a clinical placement within Sussex Partnership NHS Foundation Trust, where supervision is provided at no charge if the trainee sees Trust patients on an honorary (no payment) basis. Trainees are normally expected to be on placement within an NHS setting. However, some trainees may prefer to arrange their clinical placements in other NHS Trusts or settings. Each placement needs to be approved in advance by the Course Director as meeting all requirements of the training. Any cost incurred for this supervision outside of Sussex Partnership must be met by trainees. Placements are available at various sites within Sussex but it cannot be guaranteed that every trainee will be able to attend a nearby clinical supervision placement, so some travel may be necessary. Clinical placements are separate from the course and hence the cost of supervision is not included in the fees for this course.

## Clinical Work

Trainees will be expected to work with a minimum of 8 patients over a minimum of 128 supervised therapy hours. Six of the 8 cases would normally be at least 16 session cases. The remaining 2 cases can be any length. Trainees should see patients with a range of difficulties and demographic characteristics. Trainees usually complete at least 4 adult mental health cases. Where the trainee works with more specialised clinical populations and where the supervisor agrees it, the remaining 4 cases can usually be with other clinical populations. Two cases are normally carried concurrently where possible.

## Personal Psychotherapy

Each trainee will be expected to complete a minimum of a 16 session (+ follow up) weekly personal CAT during the first year of the course. The cost of this is not included in the fees for the course.

## Written Work

One case study and one theory paper each year. Final accreditation may involve a viva. In addition, trainees need to ensure they allow sufficient time for private study.

## Psychiatric Placement

In cases where a trainee may not have sufficient psychiatric experience, a placement will be an additional component to the course.

## Ethical Practice

Trainees will become Trainee members of ACAT and will be expected to work within ACAT's Code of Practice and Ethics for Members, as well as within their Appeals and Complaints Procedures.

## Assessment

Successful completion of the course will comprise of regular attendance at all aspects of the course (85%); satisfactory completion of case studies, written papers and viva within specified timescales; completion of clinical practice requirements; satisfactory reports from trainers and supervisors; and completion of a personal therapy.

## Diversity and Inclusivity

As a therapeutic model, CAT has always been aware of the need to maintain a focus that is much wider than individual interaction and which integrates the societal and cultural context of personal difficulties. Therefore, issues of class, race, gender, sexual orientation and disability, particularly in relation to power and social

exclusion, are central to the CAT model and the course will aim to address them throughout the training. The course is committed to attracting applicants from as diverse a population as possible, and applications from black and minority ethnic candidates and other minoritised groups are very much welcomed.

## Course Location

COVID restrictions-permitting, the intention is for training days to be held face to face in Brighton. Seminars are likely to be held mainly online but may also involve some face to face meetings in Sussex. Supervision groups are available in Brighton and Crawley but may also be available at other sites where ACAT accredited supervisors are able to run supervision groups.

## Teaching Team

The core course team comprises of Dr Robert Marx, Dr Elisabeth Mason, Paul Johanson and Sara Casado. Guest speakers have previously included Steve Potter, Dr Ian Kerr, Prof Glenys Parry, Julia Coombes and Prof Hilary Brown. Other staff are involved as supervisors, tutors and markers. The course is committed to drawing on service user expertise in delivering the training.

## Cost

Training Fees are £3,900 per annum. This includes the cost of training days, seminars, tutorials, marking, and ACAT's annual registration fee for the duration of the taught part of the course. It does not include the cost of course books, personal psychotherapy and supervision (see 'Supervised Clinical Work'). A discretionary reduction in fees will be applied to those who applied for the bursary scheme when applying. The amount applied will depend on the financial viability of the training and is unlikely to be more than 20% of the fees. The course is non-profit making and every effort will be made to avoid turning away eligible applicants on financial grounds.

## Criteria for Application

Applicants are generally current members of a health-care profession with 1 year's post qualification experience and some prior experience and/or training in psychotherapy/ counselling at an introductory level. Attendance at a 2 day CAT introductory course is helpful prior experience. Applicants without a health-care profession may be considered if they can demonstrate evidence of equivalent experience through a mixture of the following elements: attendance at a CAT introductory course, supervised clinical experience, theoretical teaching gained from other counselling/psychotherapy training courses, experience of working within a mental health setting, experience of personal psychotherapy

## How to Apply

The Course Directors are Dr Robert Marx and Dr Elisabeth Mason.

For an application form or further enquiries please contact the Course Administrator, Niki Larsen-Johnson.

Email: [niki.larsen@spft.nhs.uk](mailto:niki.larsen@spft.nhs.uk); Tel: 0300 373 6707.

Address: Niki Larsen-Johnson, CAT Practitioner Training Course, Aldrington House, 35 New Church Road, Hove, BN3 4AG.

There is a direct train link from London Gatwick Airport to Brighton that takes less than 30 minutes and there is a direct train from London Victoria to Brighton which takes about an hour. We have increasingly taken trainees from further afield and welcome applications nationally and internationally.

**Applicants are encouraged to apply as soon as possible as places are limited, and date of receipt of application will be taken into account if the course is oversubscribed. A minimum number of trainees are required for the course to go ahead.**

**Deadline for applications: 31<sup>st</sup> December 2021**

