

External 2022/23 Practitioner training course

Cognitive Analytic Therapy

CAT East and Norfolk and Suffolk NHS Foundation Trust are offering training to enable mental health professionals to qualify as Cognitive Analytic Therapy Practitioners.

The course is particularly applicable to work in NHS setting with people with complex needs. The training leads to accreditation and professional membership of the Association for Cognitive Analytic Therapy (ACAT).

Those eligible to apply include current members of a mental healthcare profession with a minimum of two years post qualification experience in a mental health setting, prior psychotherapy/counselling at an introductory level and have attended a two-day CAT Introductory workshop.

ACAT is an organisational member of UKCP and this training course can be counted as the first two years of a four-year psychotherapy training in CAT.

This course will involve two year's part time study comprising a combination of lectures, presentations, small groups and experiential work focusing on personal exploration and development of CAT skills and their clinic application. These will be delivered by a team of highly experienced trainers in the field, running daytime predominantly face to face at a central location in Norfolk.

CAT really does change your view of life, not just your professional practice. I would recommend the CAT course to anyone interested in really exploring and developing themselves as a therapist.

The course will begin in April 2022, dates as follows:

12 April 2022	18 April 2023
26 April 2022	9 May 2023
10 May 2022	13 June 2023
14 June 2022	11 July 2023
12 July 2022	12 Sept 2023
13 Sep 2022	10 Oct 2023
11 Oct 2022	14 Nov 2023
8 Nov 2022	12 Dec 2023
13 Dec 2022	16 Jan 2024
10 Jan 2023	6 Feb 2024
14 Feb 2023	6 March 2024
14 March 2023	

More information

Course cost is £3,500 per trainee per year.

NOTE: Supervision costs are not included within course fees.

For [full course details](#) and an [application form](#) click on the links.

For more information call 01603 421541 or email jane.bolton@nsft.nhs.uk

See nsft.nhs.uk or the [ACAT home page](#) acat.me.uk for other courses

Closing date for applications: 16 Feb 2022

In conjunction with:



Course Director:
Jane Cawdron (right)

Deputy Course Director:
Conrad Barnard



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