



Association for Cognitive Analytic Therapy

*Please note booking for this event closes at **5pm on Friday, 15th March 2013***

20th Annual ACAT National Conference
9.15am Friday, 22nd March to 3.15pm Saturday, 23rd March 2013
Wokefield Park, Reading

“Cognitive Analytic Therapy and Ethical Practice: Maintaining our Professionalism and Humanity”

Tony Ryle developed CAT during the 1970s and 80s in order to respond to the high demand for mental healthcare for a deprived and ethnically diverse busy inner London area. CAT recognises the relational and social origins of distress and deprivation, and the need to offer short-term focused therapy for the NHS with its limited resources. It offers a model of therapy which is inclusive, non-elitist and non-stigmatising, and where each client provides a unique starting point for the therapy dialogue.

The ethical values of CAT can be difficult to maintain in systems that are moving towards, as Glenys Parry has put it, the ‘industrialisation’ of psychological therapies or where the needs of the system impinge on the freedom of the client and therapist to work creatively within the therapy contract and boundaries.

Keynote speakers to include (subject to change)

Anthony Ryle, President of ACAT, will address the conference through a pre-recorded short film* on ‘*Preserving the Key Values of CAT*’ and will look back over the last 30 years of CAT. A distinguished panel at the venue, to include Professor Mikael Leiman, Steve Potter, Annalee Curran, Laura Sutton and Ian Kerr, will then be able to respond to Tony’s thoughts before opening out to questions from the conference floor. This promises to be a memorable and stimulating session.

If you have a question you would like considered by the panel, please email to maria.cross@acat.me.uk.

*Sadly, Anthony Ryle will no longer be able to attend the conference in person.

John Ballatt, co-author of ‘Intelligent Kindness: reforming the culture of healthcare’ - ‘*Practising with Compassion: Challenges in the Modern NHS*’

Philip Pollock and Karen Shannon, Consultant Forensic Clinical Psychologists, - ‘*CAT in Forensic Practice: Reformulation of the Capacity to Harm*’

The Great Debate: ‘*Cognitive Analytic Therapy in the 21st Century – Art or Science?*’

Workshops

There will be opportunity to attend two or three workshop sessions on clinical and ethical CAT topics out of a choice of 20 in total. Further information regarding workshops will be available to download shortly. From 5th February those delegates who have already booked to attend the conference will be able to book a place in a workshop.

‘*Self-care and Nourishment for Therapists*’ - Presented by **Liz McCormick** and **Jason Hepple**, this will be an opportunity on Saturday afternoon to be nourished by a selection of grounding and mindfulness exercises, including chanting, mindfulness of breathing and body, walking meditation and visualisation.

Posters

We welcome poster contributions on any CAT related topic. Please complete the poster outline form and return to maria.cross@acat.me.uk

Training and Events Offered by the Association for Cognitive Analytic Therapy (ACAT)

ACAT is a Registered Charity and any surplus arising from training events / courses will be used for the charitable purposes of ACAT: promoting and providing research, education and training in Cognitive Analytic Therapy

Company Number :: 06063084

Registered Charity No: 1141793



Association for Cognitive Analytic Therapy

Conference Dinner

Entertainment will be provided by the vibrant folk and ceilidh band, '**Threepenny Bit**'. "Consisting of suitcase percussion, fiddle, flute, guitar and clarinet, they play a wide range of Irish, English, Cornish, Breton and Scottish diddly-dee music with a hint of klezmer!" For more information, and to get a taste of their music, visit www.threepennybit.net

Venue

ACAT departs from its traditional campus style conference venue this year to offer the 20th Annual Conference at Wokefield Park, a conference centre within an 18th century country house set in 250 acres of parkland. We are pleased that our inclusive **Whole Event Package** this year also includes free use of the leisure centre facilities at the venue together with delegate fees, lunches on Friday and Saturday, a wine reception, conference dinner and overnight bed and breakfast stay on Friday night. The venue offers free wi-fi and car parking and unlimited tea and coffee throughout the conference. The beautiful parkland and grounds offer opportunities for jogging and walking, or space for quiet reflection.

Experiential Closing Ceremony with Vicky Petratou!

We hope that this year's conference will provide a relaxing, supportive and stimulating environment in which to engage in dialogue about the creative solutions to maintaining our compassion, humanity and professionalism in the practice of CAT.

Jason Hepple, Yvonne Stevens, Sue Yabsley
Conference Planning Group

Booking and Other Information:

Bursaries:

ACAT is pleased to again offer a number of bursaries for financial help towards attending the conference - these bursaries are open to both ACAT members and also non-members. The bursaries will be awarded against the cost of the conference only - not against travel or other expenses incurred in attending. If you would like to apply due to financial need, then please download and complete the form, and return to ACAT **by 18th January, 2013**. We regret applications received after this date cannot be accepted.

Ways to book:

- book and pay online instantly using a credit or debit card
- use the downloadable booking form to pay by cheque and post to ACAT, PO Box 6793, Dorchester DT1 9DL
- use the downloadable booking form to request that your employer be invoiced, and email to maria.cross@acat.me.uk, or post to ACAT, PO Box 6793, Dorchester DT1 9DL

Please note that cheque and invoiced bookings attract an additional admin charge of £10

Bookings will close at 5pm on Friday, 15th March 2013

Cancellation / Refund Policy:

A refund, less a £25 admin fee, will be made if cancellations are received, in writing, at least four weeks before the event. We regret that any cancellation after this time cannot be refunded and refunds for failure to attend the event cannot be made.

Data Protection:

For the purposes of the Data Protection Act 1998, the data controller in respect of your personal data is the Association for Cognitive Analytic Therapy. Your data will be used to administer the event to which you have subscribed.

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