



Association for Cognitive Analytic Therapy

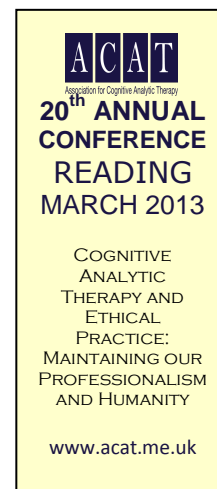
20TH NATIONAL ACAT CONFERENCE

“CAT AND ETHICAL PRACTICE:
MAINTAINING OUR PROFESSIONALISM AND
HUMANITY”

22 TO 23 MARCH, 2013
READING

PROGRAMME

WITH
WORKSHOP AND PLENARY
PRESENTATION
INFORMATION





20TH NATIONAL ACAT CONFERENCE 2013
“CAT AND ETHICAL PRACTICE:
MAINTAINING OUR PROFESSIONALISM AND HUMANITY”
22 MARCH – 23 MARCH, 2013

PROGRAMME

FRIDAY, 22 MARCH, 2013	
08.00 - 09.15	Registration in the Mansion House Lower Reception (entrance 27 on site map) Coffee, tea and refreshments Maple Bar
09.15 - 09.30	Welcome and Conference opens Maple Room Jason Hepple, Yvonne Stevens and Sue Yabsley Conference Organisers
09.30 - 11.00	Plenary Maple Room John Ballatt 'Practising with compassion: challenges in the modern NHS'
11.00 - 11.30	Coffee, tea and refreshments Maple Bar
11.30 - 13.00	Plenary Maple Room Dr Anthony Ryle via a short film 'Preserving the key values of CAT' Panel Professor Mikael Leiman, Steve Potter, Annalee Curran, Annie Nehmad and Ian Kerr
13.00 - 14.00	Lunch Maple Bar During lunch there will be an opportunity to meet with ACAT's Trustees on an informal basis prior to the afternoon's AGM Maple Room
14.00 - 15.30	Friday Afternoon Workshops (<i>one to be chosen</i>) (<i>rooms identified in Appendix</i>) 1 <i>Oliver Ramsbotham</i> : 'Is there a theory of radical disagreement?' 2 <i>Dan Weinstein</i> : 'CAT as a treatment model to support the reintegration of children from the care system to the care of their parent' 3 <i>Robert Watson</i> : "Sex Addiction?" How can CAT make a compassionate and useful contribution to working with clients with out of control sexual behaviour? 4 <i>Jane Blunden</i> : 'Adapting CAT for the profoundly deaf' 5 <i>Sue Walsh</i> : 'Can CAT be used to understand and defuse hostile work environments for staff working in NHS settings?' 6 <i>Claire Tanner</i> : 'Sharing openness and supervision: a CAT Model of Reflective Practice' 7 <i>Amrit Sachar and Caroline Dower</i> : 'Communicating with the body - using CAT with patients who experience medically unexplained physical symptoms' 8 <i>Rene Bosman</i> : 'CAT and Dissociation'
15.30 - 16.00	Tea, coffee and refreshments Maple Bar
16.00 - 16.45	ACAT 2013 Annual General Meeting Maple Room
16.45 - 18.00	The Great Debate: Cognitive Analytic Therapy in the 21st Century - Science or Art? Maple Room 'This House believes that for its successful future development, CAT should consider itself more a science than an art'
19.00	Wine reception Maple Bar to include book signing by John Ballatt 'Intelligent Kindness: reforming the culture of healthcare' (copies may be purchased) this will be followed by the Conference Dinner Maple Room 20.00 After dinner band: 'Threepenny Bit'

Please see attached appendix for full details of each Plenary and Workshop



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22 MARCH – 23 MARCH, 2013

PROGRAMME

SATURDAY, 23 MARCH, 2013	
08.30 – 08.55	Registration for new delegates only Maple Lounge Coffee, tea and refreshments Maple Bar
08.55	Welcome Jason Hepple, Yvonne Stevens and Sue Yabsley Conference Organisers
09.05 – 10.30	Saturday Morning Workshops (<i>one to be chosen</i>) (<i>rooms identified in the Appendix</i>) 1 <i>Paul Sullivan</i> : 'Dealing with intertextuality when writing up a case' 2 <i>Beverley Costa and Jessie Emilion</i> : 'Therapy across multi-linguistic borderlands' 3 <i>Roger Kingerlee, Jane White and Conrad Barnard</i> : 'Breaking the silence: doing CAT with men' 4 <i>Nicola Murphy and Rani Dhaliwal</i> : 'The Brooklands Offender Relationship Treatment Programme' 5 <i>Cheryl Delisser and Steve Potter</i> : 'Putting differences on the map' 6 <i>Meherzin Das</i> : 'Changing World, Challenging Boundaries: Involving Service Users in Service Delivery' 7 <i>Eva Burns-Lundgren and Debby Pickvance</i> : 'Ethical issues in CAT Supervision' 8 <i>Ruth Carson and Uma Patel</i> : 'CAT for weight management: working with acceptance'
10.30 - 11.00	Coffee, tea and refreshments Maple Bar
11.00 – 12.00	Plenary Maple Room Philip Pollock and Karen Shannon 'CAT in Forensic Practice: reformulation of the capacity to harm'
12.00 – 13.00	Lunch Maple Bar
13.00 - 14.30	Saturday Afternoon Workshops (<i>one to be chosen from self care and nourishment for therapists or choice of four experiential workshops</i>) (<i>rooms identified in the Appendix</i>) 1 <i>Liz McCormick and Jason Hepple</i> : 'Self-care and nourishment for therapists' 2 <i>Rachel Pollard and Julie Lloyd</i> : 'Power, censorship and silenced voices' 3 <i>Claire Tanner and Elisa Rivera</i> : 'The function of the unmet need in CAT' 4 <i>Steve Potter</i> : 'The ethics of working in the here and now' 5 <i>Jessie Emilion and Hilary Brown</i> : 'Cross cultural supervision - challenges and opportunities'
14.45 - 15.25	Experiential Closing Event Maple Room Vicky Petratos
15.25 - 15.30	Closing Comments Maple Room

Please see attached appendix for full details of each Plenary and Workshop



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PROGRAMME APPENDIX:
FULL INFORMATION ABOUT WORKSHOPS AND PLENARY PRESENTATIONS
FRIDAY, 22 MARCH

FRIDAY MORNING PLENARY SESSION:

Friday 22 March, 2013

Plenary Session | 09.30 – 11.00 | Maple Room

John Ballatt

‘Practising with Compassion: challenges in the modern NHS’

Chaired by Yvonne Stevens

Biography:

John Ballatt is an independent consultant advising on health and social care and organisational systems. He is co-author of ‘Intelligent Kindness: reforming the culture of healthcare’.

Abstract:

Compassionate clinical practice requires, at the best of times, hard emotional work – to stay with the patient’s distress or disturbance, to maintain the capacity to imagine, to think and to respond. In the face of ill-being and anxiety, practitioners need to be able to reflect on what is happening if they are to maintain this capacity.

But there is more. In the contemporary NHS, individual, team and organisational life is shaped and profoundly influenced by public anxiety, a culture of distrust, limited resources and a range of processes and systems that, if not carefully considered and managed, can perversely undermine compassionate work. John Ballatt will explore these dynamics in his talk. He will argue that practitioners, managers, regulators and politicians need to understand and work to minimise this ‘pull towards perversion’.

FRIDAY MORNING PLENARY SESSION:

Friday 22 March 2013

Plenary Session | 11.30 – 13.00 | Maple Room

Anthony Ryle, President of ACAT

‘Preserving the key values of CAT’

Panel: Professor Mikael Leiman, Steve Potter, Annalee Curran, Annie Nehmad and Ian Kerr

Chaired by Jason Hepple

Dr Anthony Ryle will address the conference through a pre-recorded short film

Biography:

Anthony Ryle, President of ACAT, developed CAT during the 1970s and 1980s in order to respond to the high demand for mental healthcare for a deprived and ethnically diverse busy inner London area.

Abstract:

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

FRIDAY AFTERNOON WORKSHOP SESSIONS:

Friday 22 March 2013

Workshops | Afternoon | 14.00 – 15.30

(please sign up to one workshop from the following eight, if not already done so)

1. Oliver Ramsbotham | Chaired by Julie Lloyd | Room: Grazeley (Lower Ground Floor)

'Is there a theory of radical disagreement?'

Biography:

Oliver Ramsbotham is Emeritus Professor of Conflict Resolution at the University of Bradford, Chair of the Oxford Research Group, President of the Conflict Research Society and author of 'Transforming Violent Conflict: Radical Disagreement, Dialogue and Survival' (Routledge 2010) and 'Contemporary Conflict Resolution' (with Tom Woodhouse, Hugh Miall, third edition, Policy 2011)

Abstract:

The presentation is about intractable conflicts in which all attempts at conflict resolution (negotiation/settlement; dialogue/transformation) so far fail. The focus is on linguistic intractability and radical disagreement. The question is whether there is an adequate third party description/explanation of radical disagreement which can form the basis of alternative approaches. My interim conclusion, having spent a long time looking for one, is that there is no adequate theory. This has major implications both for understanding intractable conflicts and for responding to them, which we can perhaps draw out in discussion.

2. Dan Weinstein | Chaired by Yvonne Stevens | Room: Swallowfield (Lower Ground Floor)

'CAT as a treatment model to support the reintegration of children from the care system to the care of their parent'

Biography:

Dan Weinstein has been working with children in care, their carers and their families for over ten years as a CAMHS worker and CAT therapist; the last five years in a specialist CAMHS team for children in care with more complex needs. Over the last year this role has included providing therapeutic services and consultancy to the Atkinson secure children home in Devon.

Abstract:

This is an active workshop to look at the benefits and challenges of using CAT in this context.

3. Robert Watson | Chaired by Theresa Sired | Room: Silchester 3 (Lower Ground Floor)

"Sex addiction?" How can CAT make a compassionate and useful contribution to working with clients with out of control sexual behaviour?'

Biography:

Robert Watson is a Clinical Psychologist and qualified in 2001 from University College, London. He is also an Accredited Cognitive Analytic (CAT) Therapist, having a special interest in using CAT to help people overcome problems with sex addiction. Robert has worked for the National Health Service in both Sexual Health/HIV and Adult Mental Health Services. In these areas he has worked as a therapist, supervisor, manager and team leader. He currently works in private practice.

Abstract:

Sex addiction is *not* about having a lot of sex, and labelling someone as a 'sex addict' is not a good way to try to help people whose sexual behaviour is out of control and who are in distress in my experience. Using clinical material from my own practice, I will discuss how CAT has been useful in helping clients understand and overcome sexual behaviour that has been problematic for them. I will also discuss the challenges I have encountered in this work clinically and systemically.

4. Jane Blunden | Chaired by Petros Lekkos | Room: Palmer (Ground Floor)

'Adapting CAT for the Profoundly Deaf'

Biography:

Jane Blunden: Consultant Psychiatrist in Psychotherapy; CAT Psychotherapist, Supervisor and Course Director of the Brighton CAT Practitioner Training.

Robert: whose experience of CAT we will be sharing and discussing; a life-long knowledge of what it is like to be profoundly deaf in a largely hearing world.

Sharon Cox: BSL/English interpreter

Abstract:

This workshop will present and discuss work done with Robert, a man who has been profoundly deaf since birth, whose first language is British Sign Language, who cannot lip read and whose comprehension of written English "is about 40%". There were several layers of difficulty that were encountered along the way:-

- Difficulty accessing services
- The necessity of using a BSL interpreter
- Encountering a new culture
- Adapting CAT tools
- Ethical issues associated with the use of new technologies

5. Sue Walsh | Chaired by Steve Potter | Room: Silchester 2 (Lower Ground Floor)

'Can CAT be used to understand and defuse hostile work environments for staff working in NHS settings?'

Biography:

Sue Walsh is Joint Director of Clinical Practice at the University of Sheffield and Consultant Clinical Psychologist in Specialist Psychotherapy

Abstract:

The NHS is once again currently undergoing significant organisational change with £61 billion pounds of public funding identified as the budget for the new GP consortia from March 2013. This shift in financial priorities has had significant consequences for the structure and strategic priorities of mental health services, and therefore the working experience of NHS staff. Alongside new structures, there is an increasing concern (Ballatt and Campling 2012) about the apparent loss or diminution of compassionate working relationships between staff and therefore between staff and the public. Changing structures of provision coupled to the need to meet performance targets has increased the likelihood that compassion and thought for the other struggle to be coupled to performance targets. The scandal of the Mid Staffs Inquiry provides just such an example of the de-humanising, and degrading consequences of just such rigidity (Frances Report 2010, 2012/2013). The precedent of using CAT as an organisational tool has long been established (Walsh, 1996). Using a number of different sources this presentation explores the integration of external organisational processes with hostile/vulnerable staff responses. The aim is to question whether CAT can use its therapeutic frame to better support staff in identifying exits to the development of harmful work practices both to other staff members and to the public we serve.

6. Claire Tanner | Chaired by Eva Burns-Lundgren | Room: Mortimer (Ground Floor)

'Sharing Openness and Supervision: a CAT Model of Reflective Practice'

Biography:

Claire Tanner is a CAT Psychotherapist, Trainer and Supervisor who has offered training and supervision in an Eating Disorders, Self-Harm and Personality Disorders Unit in London. She has run over a dozen Practitioner Trainings nationally and runs a private practice in London.

Abstract:

There was a very serious boundary violation at the Peter Dally Clinic in CNWL which went on for over 15 years. And although there are predators who abuse patients, NHS Treatment Units can also provide fertile climates that enable abuse to take place. Using Tom Main's paper the Ailment, this Workshop will present the boundary violations that took place at the Peter Dally Clinic and offer SOS using a CAT framework as a way of changing the climate in an in-patient NHS Unit by translating Main's paper into CAT language and practice.

7. Amrit Sachar and Caroline Dower | Chaired by Hilary Beard | Room: Silchester 1 (Lower Ground Floor)

'Communicating with the body – using CAT with patients who experience medically unexplained physical symptoms'

Biographies:

Amrit Sachar is currently training to be a CAT practitioner and uses it in her every day work. She has been a full Consultant in Liaison Psychiatry in Imperial College Healthcare NHS Trust for seven years. There she runs an inpatient service and uses contextual CAT techniques to assist medical and surgical teams with understanding their patients. She also delivers outpatient services for neurological functional disorders specialising in non-epileptic seizures. She has been working with this complex group of patients by using CAT in the clinic setting. Amrit has been increasingly involved in integrated care locally and has been leading on the mental health aspects of the Diabetes pathway in the North West London Integrated Care Pilot. One aspect of this is regular case conferences with community and acute care professionals. Here she has used the contextual and individual model for CAT to help professionals understand why their well-educated patients do not self-manage their diabetes. Amrit has worked extensively as a medical educationalist, running the undergraduate psychiatry course for Imperial Medical School, developing e-learning tools for nurses, and delivering Train the Trainer courses in London.

Caroline Dower is an Integrative and CAT Psychotherapist working in the North-East. Caroline works in a multidisciplinary team in Gastroenterology and has an independent practice for therapy, supervision and training. She has a special interest in somatic presentations and integrating body-based methodologies into psychotherapy.

Abstract:

Amrit Sachar will describe her work as a liaison psychiatrist using CAT to help medical teams think about complex patients with functional presentations. Caroline Dower will present a clinical case of functional bowel disorder to illustrate how to approach the formulation of symptoms in a CAT framework and ways of working with the body to deepen the felt sense of reciprocal roles and exits.

8. Rene Bosman | Chaired by Mark Westacott | Room: Old Lounge (Ground Floor)

'CAT and Dissociation'

Biography:

Rene Bosman is a Consultant Clinical Psychologist with the Norfolk and Suffolk NHS Foundation Trust. He is a CAT Practitioner and Supervisor and works mainly with adults with complex mental health needs. He is also in private practice.

Abstract:

Dissociation in the face of trauma and extreme hostility is prevalent in a range of borderline and dissociative presentations of psychological distress. The initial survival strategy becomes part of a neuro-psychological set up that remains focused on detecting danger and keeping safe. This workshop emphasises the interpersonal nature of dissociation that often results in haphazard learning and development. Practitioners may become confused and/or polarised in their attempts to help highly vulnerable and fragile people. CAT has scope for sound creative and flexible ways of thinking; an engaging and safe therapeutic experience that offers hope, healthy optimism and that facilitates relational learning. Authenticity may challenge boundaries and the person's developmental needs may go beyond time pressures in the current economic climate. An initial CAT model for working with Dissociation and Dissociative Identity Disorder is proposed, in which the balance between compassion, safety, resourcefulness and focus takes centre stage.

FRIDAY AFTERNOON PLENARY SESSION:

Friday 22 March 2013

Plenary Session | 16.45 – 18.00 | Maple Room

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

Chaired by Jason Hepple

'This House believes that for its successful future development CAT should consider itself more a science than an art?'

For: Julie Lloyd and Barney Dunn

Against: Hilary Beard and Liz McCormick



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PROGRAMME APPENDIX:
FULL INFORMATION ABOUT WORKSHOPS AND PLENARY PRESENTATIONS
SATURDAY, 23 MARCH

SATURDAY MORNING WORKSHOP SESSIONS:

Saturday 23 March 2013

Workshops | Morning | 09.05 – 10.30

(please sign up to one workshop from the following eight, if not already done so)

1. Paul Sullivan | Chaired by Jason Hepple | Room: Silchester 3 (Lower Ground Floor)

‘Dealing with Intertextuality when writing up a case’

Biography:

Paul Sullivan is an academic Social Psychologist at the University of Bradford, who takes an interest in dialogical relationships. He has recently published a book: ‘Qualitative Data Analysis using a Dialogical Approach’ with Sage. He has enjoyed engaging with an ACAT audience at previous conferences and gave a main conference presentation in 2008. ACAT is delighted to welcome him again in 2013.

Abstract:

This workshop will look at the complicated relationship between the author’s voice and the client’s voice when writing up a case. Participants in the workshop will work through two short write-ups on schizophrenia – one from the DSM case-book, the other from Laing and Esterson. The relevance to CAT will be outlined and debated.

2. Beverley Costa and Jessie Emilion | Chaired by Sue Yabsley | Room: Silchester 1 (Lower Ground Floor)

‘Therapy across Multi-linguistic Borderlands’

Biographies:

After training as a group and individual Psychotherapist and Psychodramatist, **Beverley Costa** set up Mothertongue, a culturally and linguistically sensitive therapeutic support service for people from Black and minority ethnic communities, in 2000. Mothertongue also runs a Mental Health Interpreting Service. In 2008 Mothertongue won the Award for Excellence in the Practice of Counselling and Psychotherapy from the British Association for Counselling and Psychotherapy and in 2009, The Queen’s Award for Volunteering. Beverley has published a number of papers and chapters about language, culture and therapy. Her doctorate documented the genesis and development of Mothertongue multi-ethnic counselling service: beverley@mothertongue.org.uk | www.mothertongue.org.uk.

Jessie Emilion is a BACP accredited Counsellor and UKCP registered CAT Psychotherapist and supervisor. She has been working in the NHS for the last 20 years in various capacities. She is currently employed by South London and Maudsley NHS Foundation Trust as a senior clinician, trainer and manager. She is also the clinical lead for diversity within Lewisham Psychological Therapies Service and has extensive experience of working with refugee communities and asylum seekers in London. She is trilingual and is also a trained interpreter.

Abstract:

This workshop invites therapists who are monolingual, bilingual and multilingual to come together to share thoughts and experience on working therapeutically across languages. We will draw on some personal and professional experiences of the facilitators as therapists with a range of language competencies who work therapeutically across languages. We hope to draw on such experience within the participating group. We will explore some research and theory regarding the role of additional languages and additional language acquisition in the development of the individual’s social and emotional world, linking this with ideas within a CAT context.

3. Roger Kingerlee, Jane White & Conrad Barnard | Chaired by Sonia Hilder | Room: Silchester 2 (Lower Ground Floor)

'Breaking the Silence: doing CAT with men'

Biographies:

Roger Kingerlee, Jane White and Conrad Barnard are CAT therapists at Norfolk & Suffolk NHS Foundation Trust, engaged in on-going CAT research in this domain.

Abstract:

After examining the evidence around male psychologies, their application to doing CAT with men will be explored. Dialogue with and between participants about therapeutic (dis)connection with males will be actively encouraged.

4. Nicola Murphy and Rani Dhaliwal | Chaired by Julie Lloyd | Room: Swallowfield (Lower Ground Floor)

'The Brooklands Offender Relationship Treatment Programme'

Biographies:

Nicola Murphy is a Senior Clinical Psychologist and Cognitive Analytic Therapist who works with adults with learning disabilities: two days in a CLDT and three days in a regional Secure Service.

Rani Dhaliwal is a trainee Forensic Psychologist. She works three days a week in the regional Secure Service and is undertaking her Doctorate in Forensic Psychology.

Abstract:

The workshop will give an overview of the rationale and theoretical underpinnings of this group treatment for adults with learning disabilities who are detained in a secure setting. There will then be a demonstration of the creative means and tools which have been used to explain CAT concepts.

5. Cheryl Delisser and Steve Potter | Chaired by Annalee Curran | Room: Palmer (Ground Floor)

'Putting Differences on the Map'

Biographies:

Cheryl Delisser is a UKCP Registered CAT Psychotherapist working in Manchester. She currently offers individual and group CAT to adults with secondary care mental health needs. She has worked in adult mental health for 15 years in a variety of roles and settings. Cheryl has a particular interest in the impact of social identity on relationships, helping raise relational awareness for people in non-therapist roles as well as group CAT and supervision.

Steve Potter is a UKCP registered CAT Psychotherapist and is involved in training and supervising CAT with a wide variety of groups. He is interested in therapy approaches that can address the way contemporary society has damaged ties of identity and community for many groups of people to the detriment of their mental health.

Abstract:

It is unethical not to address differences of class, race, gender, disability and sexuality in our work and yet finding the words and creating the alliance for a constructive, educational, helpful and therapeutic conversation is not easy. It is hard to talk about differences not least because perceived differences between groups feed on anxieties about attachment within groups. For talking about differences in a therapeutic and educational way to be successful we need help coping with all the relational factors that are exposed in the process. Can mapping using CAT's concepts and tools help? In this workshop we give live examples of working with differences of identity and background. We want to show that process mapping using CAT tools can help us listen, have the courage to be curious and share our attempts at understanding in a more equal relationship. The enactments that arise from working with difference in a more open and conversationally human way are important ethical moments but also important as a gateway to working more fully with the whole person and the real relationship in the room.

6. Meherzin Das | Chaired by Liz McCormick | Room: Mortimer (Ground Floor)

'Changing World, Challenging Boundaries: Involving Service Users in Service Delivery'

Biography:

Becoming a CAT therapist seemed a natural development for **Meherzin Das**, who was first enthused by brief analytic therapy while qualifying as a Clinical Psychologist in India. Over the past 13 years, she has used CAT in mental health settings, in the management of pain, in teaching and is constantly evolving the way in which she integrates CAT with other models. As Clinical Lead of the Dorset Pain Management Unit, Meherzin is a passionate ambassador for chronic pain.

Abstract:

CAT makes an invaluable contribution to pain management, helping people understand the impact of early life experiences on their management of pain. At the Dorset Pain Management Unit, CAT is used extremely effectively in conjunction with CBT and ACT in individual therapy as well as within our Pain Management Programmes. Within the ever-changing world of the NHS, involving service users in the design and delivery of services has become increasingly important and over the past two years, we have invited our service users, following the completion of their treatment, to participate in project work and service redesign. They also provide peer support to other patients on PMPs through our Pain Chain, for which they receive specialist training. When the very axis of the professional relationship changes, what are the resultant shifts in reciprocal roles likely to be? What challenges do traditional therapists face in adjusting to this changing world? Which boundaries are sacrosanct – professionally and personally – and where do the goal posts lie? These and other conundrums are submitted for reflection at this workshop.

7. Eva Burns-Lundgren and Debby Pickvance | Chaired by Yvonne Stevens | Room: Old Lounge (Ground Floor)
'Ethical issues in CAT Supervision'

Please note: *This workshop is intended for CAT Supervisors and those currently in supervisor training only*

Biographies:

Eva Burns-Lundgren initially trained as a social worker and has spent most of her career working in adult mental health. She is a CAT Psychotherapist, Supervisor and Trainer and ran the Oxford CAT Practitioner Course for ten years until retiring last year. She was involved in the training of the first Australian CAT Practitioners and Supervisors and played a role in ensuring model fidelity in their RCT.

Debby Pickvance is a CAT Psychotherapist and Supervisor, and a trainer on the CAT North Practitioner Course. She chaired the ACAT Training Committee for several years and is also an external course moderator. She worked for many years in the NHS, latterly as a manager of a psychotherapy service and has wide experience of supervision.

Abstract:

This workshop will engage participants in a joint reflection on the role of supervision in the process of:

- Exploring the Ethics of 'Obedience' to the CAT model
- Developing each clinician's awareness of the Ethics of 'Reason' – and capacity for reflection and reasoning
- Keeping the Ethics of 'Care' uppermost in our minds at all times – care of patients/clients and of our trainees

This will be done through a combination of an initial presentation with small group-work on a fictionalised supervision scenario and large group feed-back/discussion.

8. Ruth Carson and Uma Patel | Chaired by Norma Maple | Room: Grazeley (Lower Ground Floor)
'CAT for weight management: working with acceptance'

Biographies:

Ruth Carson (Consultant Lead Psychotherapist) and **Uma Patel** (Clinical Psychologist) both work in a busy outpatient department in Liverpool. Primarily, they work within the NHS offering both individual and group therapy to clients referred with eating disorder related difficulties and also within a busy regional weight management service. They both have small private therapy clinics.

Ruth and Uma support the weight management service in a number of ways, providing peer supervision, consultation, assessment and therapy. They have developed a relationship with their colleagues from medicine, dietetics, and physiotherapy in which they are now seen as a central, fundamental and importantly essential part of the multidisciplinary team.

Ruth and Uma are both CAT Practitioners, Ruth is also an accredited supervisor. They both offer specialist CAT placements for students on DCLin psychology training courses.

Abstract:

Due to the constraints within the NHS and funding streams, Ruth and Uma have been forced to look at how they can best provide CAT when resources are limited. They have developed skills in assessment and offering brief therapy over 8 sessions. They have also developed a 16 week group therapy programme.

In addition, they provide group peer supervision to their colleagues. These include GP's, (other medics), dieticians and physiotherapists. They are also available for consultation within the team and provide training.

The aim of this workshop is to share some of their clinical skills.

The workshop will have a clinical focus, with Ruth and Uma aiming to demonstrate how they have managed to maintain the authenticity of the CAT model when being delivered in a health care setting that has high demands and low resources.

They will also share experiences of working with a group of people who often hold the belief and core pain, that due to obesity they are 'unacceptable within society'. We will look at when acceptance can be nurtured and when it may be 'acceptance' that actually sabotages changes.

The workshop will require participants to bring themselves in an open way, ready to engage in debate, share a little of themselves and allow themselves to be a little vulnerable whilst engaging in a practical skills workshop.

SATURDAY MORNING PLENARY SESSION:

Saturday 23rd March 2013

Plenary Session | 11.00 – 12.00 | Maple Room

Philip Pollock and Karen Shannon

'CAT in Forensic Practice: Reformulation and the Capacity for Harm'

Chaired by Sue Yabsley

Biographies:

Philip Pollock works as a Consultant Clinical and Forensic Psychologist in Northern Ireland, specialising in the areas of complex case work, psychosis and personality disorder within the NHS. He is Director of a private forensic clinical psychology service that provides assessment, intervention and consultancy in the UK and beyond. He is editor of two CAT books (Cognitive Analytic Therapy for Survivors of Childhood Abuse: Approaches to Treatment and Case Management, 2001 and Cognitive Analytic Therapy for Offenders: A New Approach to Forensic Psychotherapy, 2006) and a number of peer-reviewed articles relating to CAT practice and applications.

Karen Shannon is a Clinical Psychologist, ACAT Accredited Practitioner, Supervisor and Trainer who has worked in high, medium, low and community forensic services in the National Health Service (NHS) where she developed Community Forensic Psychology services and Trust-wide Multidisciplinary risk assessment and management services. Based in Liverpool, she works in independent practice providing psychological and risk assessment to family courts' in care proceedings and CAT supervision to individuals working in forensic NHS and prison services in UK and Ireland. She has recently launched 'Empowering to Protect' a 'not for profit' Community Interest Company – providing CAT therapy and protective skills to improve individual's ability to protect children and families from sexual harm. Karen has many years experience and a longstanding commitment to working with marginalised, and 'hard to help' clients with mental health problems, personality disturbance, offending behaviours and also those at risk of harm. She has broad experience of the application of CAT in a variety of forensic and adult mental health settings both as a therapy and as a framework for consultation, care planning and systemic risk management. Karen is committed to using CAT to enhance mental health professionals' skill and confidence in the development of relational approaches in the care and management of individuals with complex presentations. She is the co-founder and co-Director of the CAT skills certificate course 'working with complex clients in adult mental health and forensic settings', a national course run through Catalyse. She has provided in-house CAT skills training in UK and Ireland and taught CPD courses for a number of years. Karen has been external examiner for CAT courses and is an invited trainer on the Catalyse CAT Practitioner Training (PG Dipl) course. She has published in the area of CAT in risk assessment/management, women non-offending partners, male aggression/violence and Bipolar Disorder.

Abstract:

The present paper discusses how CAT can assist the clinician, team **and multiple agencies** to conceptualise, understand and intervene for those clients who demonstrate a capacity to harm either self or others. In many cases, clients struggle to articulate the underlying processes that determine why they harm themselves or others. It is proposed here that CAT serves as a conceptual tool to articulate a shared model for client and therapist towards improved understanding, ownership and joint intervention towards change. The client's capacity for harm and capacity for concern are addressed during a process whereby the clinician 'bear witness' to the intolerable RRP's and states of mind that underpin harm. The paper provides illustrative clinical examples of CAT perspectives on capacity for harm and concern issues across the spectrum of such behaviours. How CAT reformulation can be useful within risk assessment and management is highlighted.

SATURDAY AFTERNOON WORKSHOP SESSIONS:

Saturday 23rd March 2013

Workshops | Afternoon | 13.00 – 14.30

(please sign up to one workshop from the following five, if not already done so)

1. Liz McCormick and Jason Hepple | Room: Maple Room

'Self-care and Nourishments for Therapists'

Biographies:

Liz McCormick is an ACAT founder member and trustee and the author of 'Change for the Better', the CAT self-help book. She is interested in the interface between mindfulness and psychotherapy, and has a regular mindfulness meditation practice.

Jason Hepple is currently Chair of ACAT and has an interest in Yoga and Yoga philosophy. He uses some of these ideas himself and in his psychotherapy practice.

Abstract:

An opportunity to be nourished by a selection of grounding and mindfulness exercises, including chanting, mindfulness of breathing and body, walking meditation and visualisation. Please bring some drawing materials and possibly a poem that you may wish to share. Chairs will be available, but bring a cushion and rug if you would like to sit on the floor.

2. Julie Lloyd and Rachel Pollard | Chaired by Ruth Carson | Room: Silchester 1 (Lower Ground Floor)

'Power, censorship and silenced voices'

Biographies:

Julie Lloyd and Rachel Pollard are joint editors of Reformulation and this workshop arises out of their reflections on their editing experience. Julie is a Clinical Psychologist in the NHS and works with people who often do not have a voice; people with learning disabilities and severe mental illness. Rachel is a CAT Psychotherapist in private practice and has previously worked in adult mental health in the NHS.

Abstract:

Censorship and language are interdependent manifestations of human culture that are impossible to conceive of as distinct phenomena. In psychotherapy we think a lot about language, how we use it and its many possibilities of meaning but for everything that is said, there are other things that are not said. We choose our words and utterances carefully and each choice of response means that many alternative responses have been rejected. Experienced therapists might not be consciously aware that they are doing this, so automatic has this process of consideration become, but every utterance has a shadow: words that could have been used but weren't. Similarly, we listen carefully to what our patients say and speculate about the significance of what has not been said – the silences, omissions and hesitations. This workshop will look at some of the varied ways that censorship functions in human culture – from its overt political use in repressive and undemocratic regimes and institutions to the ways in which we consciously or unconsciously censor ourselves and other people. In doing so we will draw on psychoanalytic and Bakhtinian/dialogical perspectives on censorship. We will attempt to consider how political and cultural contexts influences what can be said and what cannot be said in psychotherapy and how censorship or silencing disproportionately affects some people more than others in either overt or covert ways. The workshop will involve some work in pairs and/or small groups as well as opportunities for individual reflection.

3. Claire Tanner and Elisa Rivera | Room: Old Lounge (Ground Floor)

'The Function of the Unmet Need in CAT'

Biographies:

Claire Tanner is a CAT Psychotherapist, Trainer and Supervisor working in both private practice and the NHS.

Elisa Rivera is a CAT Practitioner who works in Devon with people with eating disorders.

Abstract:

When we describe Core Pain in CAT we name the unmet need and the unmanageable affect as the components of the Core Pain. We work with the emotions that are present in procedures but rarely explicitly name and work with unmet need. Our hypothesis is that unmet is powerfully linked to shame and therefore very difficult to access and process for both client and therapist. This workshop will explore the content of unmet needs, and consider alongside participants ways to work with shame and unmet needs.

4. Steve Potter | Chaired by Sarah Cluley | Room: Mortimer (Ground Floor)

'The ethics of working in the here and now'

Biography:

Steve Potter is a CAT Supervisor, Psychotherapist and teacher and is centrally concerned with the micro-details and human quality of the therapeutic process in the room as the key mechanism of change. He is Chair of the International Cognitive Analytic Therapy Association and Vice Chair for Supervisor Training for the ACAT Training Committee.

Abstract:

This workshop will explore our immediate responses to a sequence of ethically charged moments when using and doing CAT. It will explore the tension between genuine human to human contact, relational awareness, working with transference and professional role distance. This will be helped by a simple, diagrammatic checklist of ethical traps, snags and dilemmas involved in struggling to stay human together as therapist and client during the shared work of therapy. We will look at how joint mapping of the here and now

process also helps share an ethical, human and therapeutic response. Participants should go away feeling a little bit more human than when they came in, with a heightened experience of working ethically, openly and actively in the here and now using CAT tools.

5. Jessie Emilion and Hilary Brown | Chaired by Ian Kerr | Room: Palmer (Ground Floor)

'Cross cultural supervision – challenges and opportunities'

Biographies:

Jessie Emilion is a BACP accredited Counsellor and UKCP registered CAT Psychotherapist and Supervisor. She has been working in the NHS for the last 20 years in various capacities. She is currently employed by South London and Maudsley NHS Foundation Trust as a senior clinician, trainer and manager. She is also the Clinical Lead for Diversity within Lewisham Psychological Therapies Service and has extensive experience of working with refugee communities and asylum seekers in London. She is trilingual and is also a trained interpreter.

Hilary Brown is Professor of Social Care at Canterbury Christ Church University, UK. She has a doctorate in social work and is a qualified Psychotherapist and Supervisor dividing her time between consulting to social services departments on issues of abuse and disability and working with individual patients. Her clinical work in the NHS specialises in helping people with intellectual disabilities and she has set up a specialist service to provide therapy for this often marginalised group. She also has a small private practice seeing patients from all walks of life.

Abstract:

The facilitators are hoping to share their experiences of setting up the CAT programme and supervision groups in India and openly discuss the challenges of working through Skype and face to face across continents and cultures.

FOR NOTES.....

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