



Catalyse | Change in Action

## 1-day Workshop : : Wednesday 14th May 2014

**Time:** 9:30am to 4:30pm

**Venue:** Dalton Ellis, Manchester, M14 5RL

**Cost:** Discount for booking before 3rd March:

	Book before Mar 3rd	Book after Mar 3rd
ACAT Member	£80	£95
Non Member	£100	£120

# Establishing and Running a CAT Group

*A Practical Guide to the Process of Reviewing Different Formats*  
*Turning anxiety into creativity and obstacles into possibilities*

**This workshop will be of interest to:** anyone interested in running a CAT group who is qualified or experienced in the CAT model, or someone with an interest in CAT who has support from a more experienced CAT practitioner.

### The workshop aims are:

- To discuss why participants might consider offering a group
- To explore personal anxieties, reluctance or obstacles to running a CAT Group
- To discuss the recommendations highlighted in CAT books and articles of how to offer group CAT
- To reflect on a variety of adaptations of group CAT (*from facilitators own research*)
- To learn more about our experience of running CAT groups - what we have learnt, and what we feel is effective
- To consider alternative ways of offering CAT groups - what would best suit participants and their services
- To discuss what participants would need to set up a CAT group within their service or make helpful changes to their current approach
- To consider ways of challenging and overcoming obstacles

**Workshop facilitators:** Cheryl Delisser and Clive Turpin. See website link below for further information about the trainers, the workshop and how to book:

[Establishing and Running a CAT Group - information and online booking](http://catalyse.uk.com/index.php/events-and-calendar/running-a-cat-group-14th-may-2014/)

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If you have queries about booking, please contact the administrator on 07842 137745

**Cancellations / Refund Policy:** A refund, less a £25 administration 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. A refund for failure to attend the event cannot be made.

**Data Protection:** For the purpose of the Data Protection Act 1998, the data controller in respect of your personal data is Catalyse. Your data will be used to administer the event to which you have subscribed.