



## 6th CAT CUMBRIA EVENT, 11<sup>th</sup> May, 2019

**CAT CUMBRIA AIMS** to increase access to CAT in the Lake District and be a support network for CAT therapists in rural areas.

**Date & Time:** Saturday, May 11th, 2019, 10am – 4.30pm.

**Venue: Hawkshead, near Ambleside.** Overlooking fells and Esthwaite Water. 40 minutes from M6, junctions 36 or 40. Directions to be provided on booking.

**Co-Ordinator:** Barbara W. Williams, AFBPsS, CAT Psychotherapist & Supervisor

### PRESENTATIONS

**Dawn Bennett and Andrea Daykin**

#### Implementing, Adapting and Researching the 5 session Approach

Dawn will outline the 5-session approach and say how people can adapt it. She will describe its aims, stages and illustrate some of its components, clarifying the difference between this approach and doing therapy. Andrea will share her experience of applying this approach in a probation setting, describing how managers and offenders experienced this way of working. Some challenges for researchers in this area will be described.

In the afternoon, the group can continue to discuss this theme in relation to participants' own services or can consider a therapy audiotape to discuss skills involved in therapeutic work. The day will be shaped to meet participants' interests.

#### Facilitators

**Dawn** is a CAT Psychotherapist, supervisor and trainer. Her core profession is Clinical Psychology. She is Co-ordinator of the two year Catalyse Practitioner Training course, has a lead role in ACAT's Training Committee and is current chair of Catalyse Executive. Her research is on resolving ruptures in the alliance and CAT competences and she is currently working in related projects for ACAT. In her NHS role she worked in adult community services and as clinical lead. She was active in supervising CAT and also ran CAT skills courses for generic mental health workers in community and in-patient teams and is interested in promoting psychologically informed care.

**Andrea** is an ACAT Accredited CAT Psychotherapist and Supervisor having first trained as a Forensic Psychologist. She has been employed in forensic clinical settings in the NHS for the past 18 years, including Rampton High Secure Hospital and community settings. She is currently working on the OPD Pathway where she has been implementing the 5 Session CAT Consultancy with high risk personality disordered offenders and their offender managers. She uses CAT within her current role as well as offering CAT to non-forensic clients as part of her private practice which she has been running for the past four years.

**Cost:** voluntary contributions of £25 will be appreciated on the day to cover presenter expenses and refreshments which will be provided.

**Transport:** please let me know if you can offer or would like to request a lift, e.g. from Liverpool, Newcastle, Lancaster, Oxenholme Lake District or Grange-Over-Sands.

**To Book,** or for further information email: [barbara.williams.1@outlook.com](mailto:barbara.williams.1@outlook.com) with your dietary requirements. Places are limited and on a first- come- first- served basis.

