

Two-day Introduction to

Cognitive Analytic Therapy

**Thursday 26th September and Friday 27th September 2019**

**CAMBRIDGE**

**9.30am to 4.30pm each day, lunch included**

**Facilitated by Dr Alison Jenaway, Dr Carol Gregory and Rosemary Parkinson**

This course teaches the basics of Cognitive Analytic Therapy (CAT). Through a combination of lectures and clinical exercises you will learn how to use CAT ideas with individuals and teams.

A CAT understanding of how people relate to each other is helpful in a variety of roles and settings, however, this course will be particularly relevant to those working as therapists and in teams. It is based on a popular course run for many years within Cambridge and Peterborough Mental Health Foundation Trust.

*The course will take place in the Collaborate training room at the University Staff Counselling Service, 2-3 Bene’t Place, Cambridge CB2 1EL. This is walking distance from the central Cambridge train station. Parking is available in the Grand Arcade car park.*

**There is a fee of £160 for the 2-day course for online bookings.   
For payment by cheque or increase the fee is £175**

**Any queries please contact us on** [contact@collaborate.me.uk](mailto:contact@collaborate.me.uk)

**Or call Alison Jenaway on 07771 595594.**

**To book, please go to the ACAT website at acat.me.uk**