

## **CAT in Groups**

### ***Working with Clients and CAT Reflective Practice***

**Presented by Jason Hepple**

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Date: Thursday 17<sup>th</sup> October 2019  
Times: Arrival 9:30am for a 10am start, 4:30pm finish.  
Cost: ACAT Member £110 (online) / £125 (invoice/cheque) | Non-member £125 (online) / £140 (invoice or cheque)  
Location: The Museum of English Rural Life, University of Reading, Redlands Road, Reading, RG1 5EX

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#### **Overview / aims**

Jason has many years' experience of running CAT groups for harder to help clients in tertiary care. He has developed a 'dialogic' approach that uses CAT principles in a 'slow open' format where clients join the group for 52 sessions whenever a space is available. The CAT process centres on mapping, finding commonality amongst client stories and maximising the benefits of a group experience in terms of the group's ability to witness and empathically respond to trauma and endings.

More recently Jason has written about the benefits of running CAT Reflective Practice groups as an alternative to Balint groups, where the CAT facilitator moves agilely between the roles of reflector, container, reformulator and educator.

The day will be divided between these two topics with both theoretical discussion and the chance to participate in a role-played client group and a CAT Reflective Practice group.

- *Hepple J (2012) Cognitive Analytic Therapy in a group. Reflections on a dialogic approach. British Journal of Psychotherapy 28(4): 474-495*
- *Hepple J and Bowdrey S (2015) Cognitive Analytic Therapy in an open dialogic group – adaptations and advantages. Reformulation 43:16-19*
- *Hepple J (2019) CAT reflective practice groups. Reformulation 51 (current edition).*

#### **Learning objectives**

- Understand the principles of a dialogic CAT group for clients
- Understand the principles of a CAT Reflective Practice Group
- Gain experience of a dialogic CAT group using role play
- Gain direct experience of a CAT Reflective Practice Group

#### ***This is suitable for:***

Primarily for those with a background in CAT who wish to develop their ability to facilitate client and reflective practice groups. Those from outside the CAT world, however, would be more than welcome.

#### **Presenter**

**Jason Hepple** MA (Oxon.) FRCPsych is a CAT psychotherapist and trainer and an ACAT life member. He is known internationally for speaking and teaching on CAT in later life, the dialogic heart of CAT, CAT in groups and CAT's relational model of the self.

*ACAT reserves the right to change programme content and presenters.*



### **How to book**

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### **Enquiries**

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