



Association for Cognitive Analytic Therapy  
ACAT Courses

**Guidance Notes on the Application Process**  
for the  
**Inter-Regional Residential ACAT Psychotherapy Training**  
**2020 - 2022**

Thank you for your interest in the Inter-Regional Residential ACAT Psychotherapy Training commencing in May 2020

Please complete the application form and return it to Niki Larsen together with the following:

- A full CV
- An account of your important life experiences (word limit 600 words)
- An account of what has led you to seek further training as a CAT Psychotherapist (word limit 600 words)
- A summary of the professional and personal contribution you feel you would bring to the course (word limit 600 words)
- If you are paying by cheque, an application fee of £35 (non-refundable) - please see below for methods of payment.

**Please send your application to:**

STH, PO Box 140, Portslade, Brighton, BN41 9DJ

If you are posting in the UK, please use the Royal Mail postal services as mail from other carriers or couriers are not accepted by the PO Box.

**Application fee and how to pay**

£35 is payable with the initial application. We prefer payment online, via the ACAT website, however, you are also welcome to pay by cheque. To pay the application fee online by credit or debit card, please go to the ACAT website and follow the link to the payment page. To pay by cheque, please make the cheque payable to ACAT Ltd and send it with your application.

If called for interview an additional £100 will be charged, to cover the cost of interviewing. The interview process will consist of an individual interview and group interview and will take up to one day.

**Dates**

The closing date for applications is 14<sup>th</sup> December 2019. However, as places are limited you are encouraged to let the Course Administrator know that you intend to apply and do so as soon as possible. The interview week is planned to take place during the week commencing 3<sup>rd</sup> February 2020 at Holland House and the interview process takes one day. Depending on the number of applicants there may be a further interview week. Applicants will be notified if they are shortlisted or not for interview.

For enquiries about the application process, please contact Niki Larsen, Course Administrator:

Email: [niki.larsen@acat.me.uk](mailto:niki.larsen@acat.me.uk)

Telephone: 07564 920824

Address: STH, PO Box 140, Portslade, Brighton, BN41 9DJ

Please return your application form to this address.

For detailed enquiries about the course content please contact Hilary Beard, Course Director:

Telephone: 020 3228 9404

Email: [hilary.beard@slam.nhs.uk](mailto:hilary.beard@slam.nhs.uk)

Address: IPTT Lambeth, 151 Blackfriars Road, London, SE1 8EL.

We look forward to receiving your application.

*Training offered by the Association for Cognitive Analytic Therapy (ACAT)*

ACAT is a non-profit making organisation. Any surplus arising from training events / courses will be used for the charitable purposes of ACAT: promoting and providing research, education and training in Cognitive Analytic Therapy

ACAT Office Address: ACAT, PO Box 6793, Dorchester DT1 9DL || Company Number :: 06063084 || Registered Charity Number :: 1141793 ||

[www.acat.me.uk](http://www.acat.me.uk) || 01305 263511