Association for Cognitive Analytic Therapy

Introducing Cognitive Analytic Therapy (CAT)

A two-day introduction to the skills and concepts in practice, led by Steve Potter and Annalee Curran

This highly-rated short course is offered by ACAT for people new to the CAT way of working.

Dates:	Friday 28th and Saturday 29th February 2020
Times:	10.00 – 17.00 on Friday | 09.30 – 16.30 on Saturday
Course Fee:	£230 (online) / £245 (if invoicing requested or paying by cheque)
Location:	National Council for Voluntary Organisations (NCVO), Society Building, 8 All Saints Street, London, N1 9RL

Aims and Background

This hands-on, two day course offers an introduction to the ideas, methods and skills of Cognitive Analytic Therapy. It combines short theoretical inputs with role play and video demonstrations by the trainers of CAT practice and work in pairs and small groups to try out CAT skills. The versatility of the approach will be explored and a range of clinical examples highlighted. Participants will gain skills in mapping, tracking and negotiating problem patterns with clients and for supervision. Participants will need some familiarity with the use of psychological ideas and methods in responding to mental health problems and emotional distress.

Key ideas to be taught:

- The influence of early interactions in shaping personality: reciprocal roles, multiple positions
- Developing therapeutic attitudes through joint activity within a structured, focused, time limited therapy
- Relational understanding of trauma: its origins, maintenance in current life and enactment in the helping setting
- reciprocal roles and a dialogic understanding of problem patterns
- enactments and therapeutic moments

Typical methods to be practiced:

- shared therapeutic activity of make maps side by side with the client
- use of reformulatory diagrams and writing to hold and guide therapy
- using the educational and therapeutic relationship between client and therapist as the key to mechanisms of change
- working directly and indirectly with a client
- active and therapeutic use of time and endings

An integrative and dialogic approach:

- to psychological therapies and mental health work
- differences and similarities with other cognitive relational models of therapy

Suitable for:

Clinical psychologists, psychotherapists, nurses, psychiatrists, counsellors, social workers and others working with mental health

Course Trainers:

Annalee Curran and Steve Potter have been teaching and training CAT for many years in the UK and internationally

Booking:

- book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/course/1072/
- by email, attaching the booking form and purchase order to: alison.marfell@acat.me.uk
- by post, enclosing the booking form and a cheque: ACAT, PO Box 6793, Dorchester DT1 9DL

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, and refunds for failure to attend the event cannot be made.

Data Protection: For the purposes of the Data Protection Act 1998, the data controller in respect of your personal data is the Association for Cognitive Analytic Therapy. Your data will be used to administer the event to which you have subscribed.

For full terms and conditions please visit www.acat.me.uk/page/acat+events+terms+and+conditions

Enquiries:

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