**Cognitive Analytic Therapy (CAT) Workshop**

**Course Leaders:** Sara Casado and Paul Johanson

**Sara Casado** is a CAT Psychotherapist, and Consultant Forensic Psychologist working in Forensic Healthcare Services for Kent and Medway NHS Partnership Trust (KMPT). Sara has worked in criminal justice and healthcare settings and currently is the Lead Psychologist for the Medium Secure Unit in Maidstone. She also contributes to the PD pathway as Lead for KMPT, working alongside the National Probation Service.  Sara has a longstanding interest in working with people who commit crime and working with individuals who are often marginalized by society. She has worked within this field since 2000 and has found CAT to be a very useful therapy in working with forensic populations. She has adapted her work with people who commit crime, and in particular sexual crime, using the CAT model and is currently undertaking a piece of research in this area considering ‘CAT’s contribution to these mainstream treatment programmes’.

**Paul Johanson** is a CAT Therapist, social worker, and Mindful Self-Compassion teacher.  Paul has worked as a practitioner and team/service manager in criminal justice, substance misuse, serious mental illness, psychological therapies, cancer, and palliative care.  He has worked as a strategic leader for the NHS in implementing national programmes in mental health, psychological therapies, and patient experience.  Paul is a long-term practitioner and teacher of compassion and mindfulness meditation and is currently the Buddhist Chaplain at the University of Sussex and the Martlets Hospice in Hove, East Sussex.

**Session Outline**

The general aim of the course is to provide an introduction to the principles and practice of Cognitive Analytical Therapy (CAT). We will provide an opportunity for participants to try out methods and evaluate their interest in CAT.

CAT is a time limited therapy approved by ‘NICE’ as helpful in working with personality disturbance. We will discuss CAT’s integrative approach to psychological therapies and mental health work. We aim to cover:

* The underpinnings of CAT theory
* The structure of the therapy and the tools
* CAT’s understanding of problem patterns of relating
* Reciprocal roles and Mapping

**Intended Audience**

Counsellors, registered nurses, occupational therapists, psychiatrists, psychotherapists, psychologists, social workers and others interested in learning more about Cognitive Analytical Therapy as a response to mental health problems.

**How to Apply**

Please email [kmpt.training@nhs.net](mailto:kmpt.training@nhs.net) to apply for one of the following courses. You can book directly onto iLearn via this link: <https://ilearn.kmpt.org/course/view.php?id=4447>.

External applicants are welcome to apply for this course. The cost is £200. Please contact [kmpt.training@nhs.net](mailto:kmpt.training@nhs.net) for an external training application form.

**Dates**

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| **Dates** | **Time** | **Venue** |
| 4th & 5th June 2020 | 09.30 – 16.30 | Lecture Theatre, Elizabeth Raybould Centre, Bow Arrow Lane, Dartford, DA2 6PB |
| 17th & 18th August 2020 | 09.30 – 16.30 | The Cube Learning Centre, Littlebourne Road, Canterbury, CT1 1AZ |