



## **Somerset CAT Practitioner Training Course 2022 - 2024**

### **Course and Application Information**

This is a two-year in-service training leading to accreditation as a CAT Practitioner by the Association for Cognitive Analytic Therapy (ACAT).

This course enables staff already qualified in a core caring profession or with psychological therapy experience to enhance their understanding and skills in psychotherapy by learning the theory and methods of Cognitive Analytic Therapy. This, our sixth CAT Practitioner Training in the Trust, will start in May 2022, with applications being accepted from within and outside Somerset Partnership now.

The training programme is centred around supervised clinical work and 11 training days per year, seminar reading groups, written work, and a personal CAT therapy.

The Course Team:

**Jason Hepple; Course Co-Director:** Honorary Psychotherapist Medical Directorate, (retired consultant psychiatrist, GMC registered without licence to practise medicine); CAT psychotherapist and supervisor registered with UKCP and ACAT. Jason is an experienced teacher and trainer and a former chair of ACAT. He has published numerous papers and edited books on the practice of CAT particularly in the fields of later life and CAT in groups. Jason will liaise with ACAT and external trainers.

**Sarah Huish, Course Co-Director:** CAT Therapist and Supervisor, Clinical Lead for CAT in Somerset Foundation Trust. Sarah is an experienced CAT Therapist and Supervisor, and is developing her teaching skills alongside Jason and Liz. She is currently undertaking the advanced IRRAPT CAT Psychotherapy Training.

Liz Fawkes, **Course Trainer:** is a CAT psychotherapist and Supervisor, registered with UKCP and ACAT. She is a former Chair of ACAT Exam Board and Training Committee. Liz has taught and supervised CAT extensively for many years within and outside the Trust. She has led the CAT team in Somerset for 16 years until her impending retirement from the NHS in March 2022, and she will continue to offer CAT, Supervision and Training on a freelance basis.

## **Applicants from within Somerset Partnership**

The course will be open to appropriate staff from Somerset NHS Foundation Trust. Staff must have the support of their line manager to apply for and attend the course, and applications without a supporting email from the local manager will not be accepted. Course Director Sarah Huish is available to discuss the benefits of CAT training with team managers and line managers should that be helpful in gaining that support.

**Time Commitment:** Please ensure you have discussed and agreed the time commitment with your line manager – you will need at least 4 hours a week to see 2 CAT cases and have 90 minutes supervision, plus a day a month for 11 months each year.

## **Applicants external to Somerset Partnership**

We are pleased to be able to accept applications for external fee-paying places on the course. These applicants will have to demonstrate that they can fund the training, find appropriate clients and meet with them in a suitable setting. If making their own arrangements for supervision then they will need to demonstrate that this is appropriate for training supervision, that the supervisor is an ACAT accredited supervisor and a current member of ACAT, and that the supervisor is willing to complete the necessary processes and paperwork for ACAT practitioner accreditation. We can provide more information about this, and can sometimes help put people in touch with appropriate supervisors.

*Clinical Placements within Somerset Partnership:* We can offer external candidates a clinical placement via an honorary contract within the Somerset CAT Service, where we offer clinical supervision in return for seeing two cases throughout their training.

## **Requirements for all applicants**

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All applicants will be expected to demonstrate that they are academically capable of undertaking postgraduate study, having either a first degree or equivalent qualification, or other evidence of academic capability. They will already have (and will be asked to demonstrate) relevant experience of working with people in a mental health setting, and either a qualification in an NHS recognised core profession (e.g. nursing, clinical psychology, medicine, occupational therapy, social work), or evidence and qualification which demonstrates an equivalent level of competence. It is desirable for applicants to have attended a 1-day introduction to CAT or equivalent.

Applicants must have the personal qualities that make them suitable for the profession of psychotherapy and have sufficient emotional competence to deal with the psychological aspects of the work. We will be looking for a lively and enquiring mind, an ability to listen and respond with compassion and respect and without prejudice, evidence of self-reflection, self-awareness and a commitment to self-development, evidence of personal stability and appropriate boundaries, and a capacity for constructive working relationships.

Applicants will be expected to demonstrate awareness and sensitivity to issues of race, gender, sexual orientation, class and disability, ethnic and cultural difference.

### **Application Process**

#### **Applicants are required to submit:**

1. A current CV, with two referees. The first referee must be a clinical supervisor or equivalent, who is able to comment on your clinical work and your ability to take on CAT training. If applicants are doing their training within their paid employment role, the second referee must be a line manager or team leader who is able to confirm that the applicant has their support to undertake the training. Please discuss this with the referees and ensure you give us an up-to-date email address, telephone number and 'snail mail' address for each.
2. A personal statement indicating the reasons for choosing CAT training and how this fits and/or develops your current ways of working. This should be no longer than one (typed) side of A4.
3. An account of why it is important for therapists to develop an understanding of their own emotional life. This should be no longer than one (typed) side of A4.

These three elements should be sent to Sarah Huish, Clinical Lead for CAT:

[sarah.huish@somersetft.nhs.uk](mailto:sarah.huish@somersetft.nhs.uk)

**DEADLINE for applications:** The deadline for applications is Wednesday 23<sup>rd</sup> February 2022.

**Interview Process:** Interviews will take place online on Wednesday 2<sup>nd</sup> March 2022 and Friday 11<sup>th</sup> March 2022. This will be an individual interview with one of the course team. Further details will be sent with the interview offer.

### **Fees and Costs**

**Internal Candidates:** For Somerset NHS Foundation Trust employees, all course fees will be met as part of its ongoing commitment to improving access to psychological therapies for those with enduring and serious mental health difficulties.

**External candidates:** We are pleased to say that we have kept our fees the same, at £2000 per annum. Please note that the full year's training fee of £2,000 is required before the each first training day of the year.

**Additional Costs for all trainees:** Trainees, whether Somerset FT or external, will be required to meet the cost of a personal CAT therapy (16-session plus follow up) as this is not included in the course fees.

### **Training Dates and Venue**

The training dates for the first year of the 2022-2024 course have now been agreed. These will take place in Yeovil Innovation Centre, Copse Rd, Barracks Close, Yeovil BA22 8RN from 09:00 – 16:30 on the following Fridays:

**Year One:**

13/5/22 – 17/6/22 – 8/7/22 – 9/9/22 – 30/9/22 – 21/10/22 – 4/11/22 – 9/12/22 – 20/1/23 – 10/2/23 – 10/3/23

**Further information and enquiries:**

If you have any further questions, or would like to discuss your potential application, please do contact Sarah Huish via her email [sarah.huish@somersetft.nhs.uk](mailto:sarah.huish@somersetft.nhs.uk) and she will arrange a time for one of the course team to talk with you.