NECAT (North East Cognitive Analytic Therapy)

Mapping mortality in CAT

**a 1-day workshop led by Mandy Wildman, Friday 27th April 2018**

**9.30am – 4.30pm**

**To explore the ways in which we can work with the difficult conversations about mortality in therapeutic encounters.**

As psychotherapists, practitioners and clinicians we concern ourselves with the human dilemmas, difficulties, fears, distress and other preoccupations that life brings. We could perhaps say that our work is about understanding the human condition. In our lives we all constantly manage the tensions between opposites, moving between confidence and doubt, belonging and isolation, sickness and health, life and death. Our mortality is often not a subject that we find easy to approach, either with ourselves or with our clients and patients, but it is woven into every part of our life story.

This study day is designed to bring compassion, respect, and some humour, to a subject that can induce guilt, shame, confusion and anger. Its aim is to allow us to feel more at ease with our feelings, more confident in expressing them and more comfortable in talking with our clients about their experiences, as they present in our CAT work.

**Who is it for?**  
Qualified and trainee CAT therapists and other therapists with knowledge and understanding of CAT, including familiarity with mapping and reciprocal roles.

[**Mandy Wildman**](https://catalyse.uk.com/about/about-catalyse/people-working-with-catalyse/mandy-wildman/) has worked in social care and health settings for approx 25 years, taking early retirement in 2013 to focus on working privately. More recently, due to both casework and personal experience, she has worked much to understand issues relating to mortality and to try to understand these within a CAT framework.

Location: Royal Station Hotel, Neville Street, Newcastle Upon Tyne, Tyne & Wear NE1 5DH Tel: 0191 232 0781 (easily accessible by train, metro or car, with parking behind the station for the day).

Cost: £90 including lunch and refreshments

* **Please note: we do not invoice employers, payment is needed prior to training.** We can provide a receipt if needed. NECAT is a non-profit making network run by volunteers. We try to keep administration to a minimum.
* Any queries please contact: Claire Martin or Hayley Hawksby at networknecat@gmail.com

NECAT (North East Cognitive Analytic Therapy) is a CPD network run by and for practitioners of Cognitive Analytic Therapy. Our events are open to anyone with an interest in psychological therapy and speakers will assume that participants have a basic understanding of CAT terminology, theory and approach.

Please send application form and payment (or email application to networknecat@gmail.com) to:

Claire Martin

38 Hotspur Street

Tynemouth

Tyne & Wear

NE30 4EN

Your place at the event/on a cancellation list will be confirmed by email. Max 30 attendees.

Any queries please email: networknecat@gmail.com

Requirements:

Diet (please specify) …………………………………………………………………………………………………

Access/Hearing/Vision/other (please specify) …………………………………………………………………….

Experience in CAT ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

I would like to attend Mapping Mortality in CAT – Mandy Wildman 27th April 2018

**Name and work title/role …………………………………………………………………...**

**Contacts: email …………………………………………………………………..**

**telephone(s) ……………………………………………………………………**

□ I enclose a cheque (made payable to NECAT) for £…………

□ I have transferred payment to NatWest account 80549640 sort code 60-09-47

with reference [your name]