



Catalyse | Change in Action



The Academy

Sheffield Psychotherapy and Counselling
Education

Two-day workshop: 13th & 14th April, 2018

- Time:** 9:30am to 4:30pm
- Venue:** Quaker Meeting House, St James St, Sheffield S1 2EW
- Cost:** £230.00
£190.00 for counsellors in training and voluntary sector workers
(includes lunch and refreshments)
Please note invoicing incurs a £15 additional fee

An Introduction to CAT

led by Sarah Littlejohn and Emma Taylor

Outline of the Workshop

This hands-on, two-day course offers an introduction to the values, ideas, methods and skills of Cognitive Analytic Therapy. It combines short theoretical inputs with role play 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 using CAT as a framework for a range of therapeutic interventions from early formulations in brief focused therapy to working with complexity and personality difficulties. There will be opportunities to practice the skills of mapping, negotiating and resolving problem patterns within the therapy relationship. Participants will need some familiarity with the use of psychological ideas and methods in responding to mental health problems and emotional distress.

Course aims/objectives

- Introduce Cognitive Analytic concepts and methods.
- Draw out or “map” diagrams of problematic, repeating relationship patterns, using live demonstrations, case examples and your own practice
- Introduce CAT tools of letter writing. We will use examples, and you will have the opportunity to experience framing client histories, problems and repeating problematic patterns in letter writing.
- Discuss how CAT can be used to understand relational patterns in the therapy room, help predict issues associated with poor motivation and engagement, and work with endings.

Who is it for?

Any qualified professionals working with mental health difficulties, i.e. social workers, psychotherapists, counsellors, occupational therapists; IAPT workers, psychologists, art therapists and doctors. Trainee counsellors are welcome. Please enquire if you are unsure whether the days are relevant for you.

Facilitators

Sarah Littlejohn is a CAT psychotherapist, supervisor and trainer. She originally trained as an integrative psychotherapist and then qualified as a CAT practitioner in 2001. She's been a lead trainer for the Catalyse/ CAT North Practitioner Training for over a decade and she also provides supervision for CAT practitioner and CAT psychotherapy level trainings.

Dr Emma Taylor is a clinical psychologist, accredited CAT practitioner and CAT supervisor. She has 25 years clinical experience, including 16 years in the NHS and seven years in private practice. She offers therapy, supervision, training and acts as an expert witness for Family Courts and has delivered training for many professionals and organisations over the years.

For more information about introductory courses in CAT, visit the ACAT website [here](#).

For full details and information including terms and conditions and to book your place please visit the Catalyse website: catalyse.uk.com/training/other-training-events/introduction-to-cat/ or phone 07842 137745

For the Counselling Academy please visit :: <http://www.counsellingacademy.org/>