



States, Self-states & State Shifts

Date : **Monday 19 March 2018**
Time : **10.00am to 4.45pm**
Venue : **Chancellors, Manchester M14 6NN**
Cost : (Includes lunch and refreshments)
ACAT member £125
Non-ACAT member £140

States, Self-states & State Shifts



Working with complexity using CAT's Multiple Self States Model

A one day skills-based workshop
led by
Sarah Littlejohn & Dawn Bennett

Who is it for?

This day is for clinicians wishing to deepen their knowledge and skills in working with complex interpersonal dynamics, including in work with people attracting a diagnosis of “personality disorder”

- ✓ Trainee CAT practitioners
- ✓ Qualified CAT practitioners & psychotherapists
- ✓ Other therapists with considerable experience & skills in cognitive analytic therapy

Workshop Outline

This day offers an opportunity to develop competencies for working with complexity in both direct and indirect work:

- learning will be structured around real clinical material
- helping participants recognise and identify states and self-states
- building skills in mapping complex material, tracking states and shifts
- using trainer role play to demonstrate competencies for working with in-session enactments
- offering opportunities for skills practice through experiential small-group work

Book now:
book & pay on-line at
<https://catalyse.uk.com/shop>

Hashtag: #CATmssm18

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