



Catalyse

## 5-Session CAT Approach: Skills Training

Date : **Mon 5 & Tue 6 November 2018**

Time : **10.00am to 4.45pm**

Venue : **Chancellors, Manchester M14 6NN**

Cost : (Includes lunch and refreshments)

ACAT member £230

Non-ACAT member £250

## The 5-Session CAT Approach: Skills Training



Using CAT to inform care planning whilst working jointly with the service user and the care co-ordinator:

**A two day workshop led by Angela Carradice & Dawn Bennett**

### Who is it for?

These days are particularly designed for those providing direct work with service users and either providing, or planning to begin, indirect consultancy as internal consultants.

- ✓ Qualified and trainee CAT practitioners
- ✓ Others who have completed a work based placement in CAT, and completed at least one supervised CAT therapy
- ✓ Likely professional background includes clinical psychologists, or other mental health professionals providing consultancy as part of their role

### Workshop Outline

These days offer an opportunity to enhance understanding and skills to enable effective team working with people with complex difficulties who are unable to make use of individual psychotherapy and often have significant risks and instability in their lives.

- Supporting the aim to “do no harm”
- Learning to develop “here and now” reformulations jointly with service users and staff to inform case management
- Working with presenting risks, developing shared goals, agreeing shared plans for change and how the person and care-coordinator will work together
- Developing a contract with the service, including how endings will be planned and managed
- The workshop includes demonstration of key skills, plus opportunity for observed practice with feedback from trainers

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

**Hashtag: #CATfive18**

**More details:**



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