

**Celebrating 25 Years of CAT Practitioner Training in the North**

**17th May 2019, Chancellors Conference Centre, Manchester**

**Programme**

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| 9.00 | *Coffee & Registration* |  |
| 9.30 | Conference Welcome & Introductions  History of CAT Practitioner Training in the North  Introducing our CAT Tree | Dawn Bennett  Mark Evans  Trainers’ Group, past & present |
| 10.00 | Keynote: The Gift of CAT: Balancing Risk and Safety | Glenys Parry |
| 10.35 | Parallel Workshops 1 |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | **a. David Harvey** | **b. Amanda Tetley** | **c. Jo Coggins &**  **Sue Raggett** | **d. Claire Wilson** | | Can CAT concepts inform operational & strategic leadership in services? | "Have we played a role?": Developing an observing eye on locked wards | Reflections on working with people who have narcissistic traits | Using CAT to understand and work with complex trauma: Asylum seeker and refugee populations | | |
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| 11.15 | *Break for Refreshments* |  |
| 11.35 | Parallel Workshops 2 |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | **e. Paddy Crossling & Rhona Brown** | **f. Andy Haley** | **g. Sarah Douglass** | **h. Angela Carradice & Andrea Daykin** | | A Graceful CAT: how systemic thinking & the Social Graces model may enrich CAT practice | Differentiating between the C in CBT and the C in CAT | CAT and the perinatal period | The 5 session CAT consultation approach: An application in probation services | | |
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| 12.20 | Sixty Second Poster Presentations | | |
| 12.30 | CAT Community as Consultants  How do we sustain CAT practitioner training in the North? | Sarah Littlejohn | |
| 12.45 | *Lunch* |  |
| 13.40 | Culture Shot: Bringing Stories to Life: Animation in CAT | Rhona Brown & Regine Blattner |
| 13.50 | Plenaries: Using CAT versus Doing CAT: |  |
|  | Creating a Psychologically Informed Environment | Karen Shannon & Marisol Cavieres |
|  | An Overarching Relational Framework Within Forensic Care | Kate Freshwater & Jenny Marshall |
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| 14.50 | Parallel Workshops 3 |  |
|  | |  |  |  |  | | --- | --- | --- | --- | | **i. Natalie Bork** | **j. Charlotte Morris** | **k. Kate Freshwater & Jenny Marshall** | **l. Sharon Croskin** | | Intellectual disability and systems | CAT against the odds: Engaging the hard to engage | Sustaining reflective practice | Is it all about the bass, no treble or the RRs, SDR or ….? A case study of a 16 session CAT with a client with Anorexia Nervosa | | |
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| 15.30 | *Break for Refreshments* |  |
| 15.45 | Plenaries:  Effectiveness of CAT with Complex & Common Psychological Problems  Making the CAT training films | Stephen Kellett, Nate Shearman & Rebecca Dalby  Kathryn Pemberton |
| 16.30 | Round up of the day, with feedback from our CAT Tree  How CAT in the North will be sustained | Glenys Parry  Mark Evans  Sarah Littlejohn  Dawn Bennett  Marisol Cavieres |
| 16.45 | *Close* |  |

**You are very welcome to stay on in the bar area after the**

**close of the conference**

**Abstracts & further details about the Conference programme:**

**Plenary and Workshops**

**10.00 Keynote: The gift of CAT: Balancing risk and safety: Glenys Parry**

For several years I have been studying negative effects of therapy and struggling to understand the potential of therapy to harm people. Tony Ryle developed CAT to be a practical, researchable and *safe* NHS therapy for people with complex mental health problems. In this presentation I shall take up the challenge of testing Tony’s claim that CAT is intrinsically safe, using the evidence we have accumulated about harmful therapy. I suggest that there is no such thing as an effective but risk-free therapy, and share my ideas of what we can do to practise safe CAT.

**10.35 Parallel Workshops 1 - choose one option from:**

1. **David Harvey: Can Cognitive Analytic Therapy concepts inform operational and strategic leadership in services**

In this workshop I will talk about how I have come to see CAT as a way in which strategic aims and operational activity in services for offenders with ‘personality difficulties’ can be underpinned by psychological theory. I am not arguing that CAT offers a ‘special’ or new way of approaching these issues necessarily, but that the coherent framework it provides for leaders in these services, drawing together different strands of theory in an accessible, coherent and profoundly containing way, is its unique contribution.

1. **Amanda Tetley: “We have played a role?”: Developing an observing eye on locked wards**

In this workshop, I will reflect on my experience of implementing CAT across all levels within locked wards; from individual therapy, to indirect work, to mapping the broader system. There will be two parts to the workshop. In the first part, I will consider the model I have implemented. The second part will comprise of my reflection, using CAT, on the relational process involved in achieving this.

1. **Jo Coggins & Sue Raggett: Reflections on working with people who have narcissistic traits**

How do we look after ourselves during this emotionally challenging work, how do we access the empathy needed to make the human connection and how is the work different within a team vs being a lone therapist.

1. **Claire Wilson: Using CAT to understand and work with complex trauma: Asylum seeker and refugee populations**

In this workshop I will talk about how CAT can offer a rich opportunity to scaffold discussions around race, inequality and different experiences in therapy. Layers of impact can be represented within the SDR – addressing both current and historical influences and it is a way to consider social development of self, power and cultural issues. It is a flexible application of CAT as we need to ask if clients have sufficient stability to do this work. However, I will talk about how CAT is useful for therapists and teams even if the client not able to use CAT in its structured form as it aids reflection on wider systemic issues.

**11.35 Parallel Workshops 2 - choose one option from:**

1. **Paddy Crossling & Rhona Brown A Graceful CAT: reflecting on how the Social Graces model may enrich CAT practice**

We introduce John Burnham's concept of Social Graces and other models of systemic practice, which place cultural influences as the highest but often invisible and unvoiced context markers in shaping identity. We hope that by marrying CAT and systemic tools, participants will be able to reflect on their own contextual influences, value the importance of this and think with us about creative ways to integrate this into the reformulatory aspects of CAT.

1. **Andy Haley: Differentiating between the C in CBT and the C in CAT**

I will talk about the distinction between the C in CAT and the C in CBT and how discovering this distinction lead to a shift in my understanding of the concept of 'self' and how this understanding moved from a multi-level construct with a fixed schematic core, to a relational construct that is in a flux of dialogical progression. I will also reflect on how CAT differs from CBT regarding the process of noticing, naming and adjusting of non declarative processes i.e. the three R's of CAT and how the use of the CAT tools are essential in the scaffolding of this process. Prior to distinguishing the difference between the C in CAT and the C in CBT I was to some degree providing a form of CAT that was more influenced by Beckian concepts rather than being truly relationally focused.

1. **Sarah Douglass: CAT and the perinatal period**

In this workshop I will describe how CAT can be of benefit in the perinatal period and suggest certain modifications to the approach that might be considered in light of the specific challenges of the perinatal period and the parent infant relationship. I will describe how these ideas are being used with a current client.

1. **Angela Carradice & Andrea Daykin: The 5 session CAT consultation approach: An application in probation services**

We will give an outline of the 5 session CAT consultation approach, illustrate the key features, the aims of the approach and how it differs from therapy. Andrea will then share her experience of applying this approach in a probation setting (on the OPD Pathway) and will present emerging findings from her research: how both offenders and offender managers experienced this way of working and the challenges of recruiting to the research and why this approach was offered as opposed to therapy.

**13.40 Culture Shot - Bringing Stories to Life: Animation in CAT: Rhona Brown & Regine Blattner**

We will present a brief stop-frame animation based on a shared problematic procedure we identified together which was still tripping us both up a decade later! We reformulated and mapped this, then moved into a creative story making mode which helped us discover exits. We share this process and what we learned from it, show the co-created animation and also offer a little linkage of theory re where possibilities for animation might lie within CAT.

**13.50 Plenaries: Using CAT versus Doing CAT**

**Creating a Psychologically Informed Environment: Karen Shannon & Marisol Cavieres**

We will present our joint work on training and working with CAT as a framework for organisations, consultation, relational care management and systemic risk management focusing on two areas of work. Firstly, the evolution and impact of the 6 months national CAT Skills course for staff working with complexity and forensic issues in mental health services. Secondly, the CAT Skills Case Management in house course provided for a range of non mental health services working with homeless people with multiple complex needs and women’s refuges in Merseyside.

**An overarching relational framework within forensic care: Kate Freshwater & Jenny Marshall**

We will talk about the development of CAT in TEWV, including working organisationally using the CAT model and the overarching relational model based on CAT within the forensic service. There will also be a workshop on sustaining reflective practice within the service.

**14.50 Parallel Workshops 3: choose one option from:**

1. **Natalie Bork: Intellectual disability and systems**

Since starting my CAT training, I have had a special interest in how CAT can be used with people who have Learning Disabilities with a focus on how this can be adapted to work with people who have cognitive difficulties. The workshop will focus on (i) how adaptions can be made for people who have lower level abilities and (ii) how CAT can be used when you have a multiagency involved in someone’s care to help others’ understand the relational difficulties from a systems perspective.

1. **Charlotte Morris**: **CAT against the odds: Engaging the hard to engage**

The theme of my workshop will be around engaging those with psychosis in a rehabilitation setting and where there is limited expressed emotion and an avoidant attachment style. I will talk about a client and I’m hoping that we can consider how CAT might be adapted for psychosis as well as how to manage the therapeutic alliance.

1. **Kate Freshwater & Jenny Marshall: Sustaining reflective practice**

This workshop will consider how to sustain reflective practice and influence culture and compassion using the relational model of CAT. Kate and Jenny will map relational themes which have both enabled and presented challenges to sustaining reflective practice within a forensic service. Participants will have an opportunity to practice mapping in relation to developing and embedding a relational model in their own service.

1. **Sharon Croskin: Is it all about the bass, no treble or the RRs, SDR or ….? A case study of a 16 session CAT with a client with Anorexia Nervosa**

I will talk about this therapy and how an SDR that succinctly captured the essence of this client’s RRPs was crucial for helping her face the emotions that were keeping her trapped in her eating disorder. This moved the focus away from only food and behaviour as was typical in her past treatment. I will talk about how the various CAT tools and processes helped focus the work and contained the overwhelming projections about the imminent ending and her fluctuating weight. This case reflects my journey of becoming a CAT therapist.

**15.45 Plenaries**

**Effectiveness of CAT with Complex & Common Psychological Problems: Stephen Kellett, Nate Shearman & Rebecca Dalby**

We will present evidence for the effectiveness of CAT with complex and common psychological disorders.  Within the evidence base for Cognitive Analytic Therapy (CAT), there has been an accumulation of N=1 quasi-experimental studies assessing outcomes across variety of complex mental health disorders. Twenty two cases have been identified and we will present the results of an analysis and also consider the result in relation to the core features of the CAT model.

**Making the CAT training films: Kathryn Pemberton**

I was the production manager for the new CAT Training films which were completed at the end of last year. I will reflect on the process of making the films, from considering the format and content, to the production and actual filming. There will be the chance to see clips from the completed films and for you to ask questions about the process, end result and what happens next.

**Details as of April 2019: NB final programme may be subject to change**