



Catalyse

Technology-assisted Cognitive Analytic Therapy

**A one day online workshop
with Glenys Parry, Steve
Kellett, Cal Nield & Jo Varela**

This day aims to build awareness of ways CAT can be blended, supported, enhanced and delivered using digital technologies.

Learn about the recently developed CAT app designed to support face to face therapy practice.

Take away practical tools, skills and resources for continuing your digital CAT journey.

Who is it for?

- Trainee and qualified CAT practitioners & psychotherapists

Book now:
book & pay online at
www.catalyse.uk.com/

More details:



07842 137745



frances@catalyse.uk.com



www.catalyse.uk.com



@CatalyseC

Technology-assisted CAT

Date : **Tues 20 October 2020**

Time : **9:30am to 4.30pm**

Cost : **£125 ACAT members**
£140 Non-ACAT members
(plus £15 if invoicing required)
(Includes supplementary materials)



Workshop Outline

- Learn about current best practice in delivering CAT remotely, through video, phone or messaging options
- Consider one's own reciprocal roles and procedural enactments in relation to these technologies
- Know how to assess suitability for online CAT or blended therapy
- Understand ethical issues and risks associated with online delivery and internet-based therapies
- Consider one's own digital footprint as a therapist and how clients may track therapists' lives & views online
- Know how to stay safe online and manage the interface between the NHS and the internet.

Hashtag: #CATtacet20

