

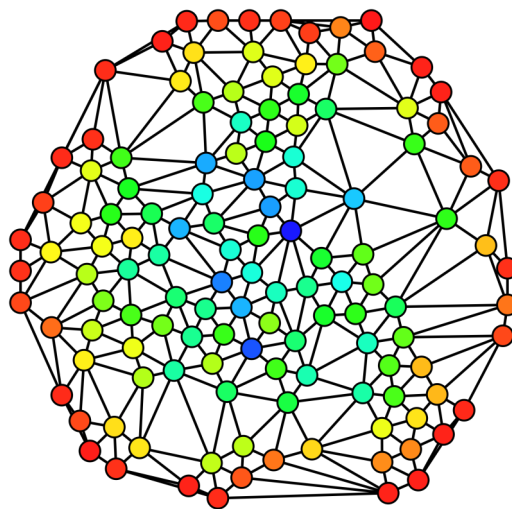


Projects Forum: Friday 16th October 2015, 10am—1pm
GMCVO, Ardwick Green North, Manchester M12 6FZ
With skills lab — details below — and lunch afterwards

Skills Lab Hour

Social Support Network Analysis:

Led by Glenys Parry, CAT psychotherapist



As CAT therapists we know the importance of social context and the dangers of therapy simply filling a vacuum in our client's social support system, rather than helping them to develop better social scaffolding.

This skills lab applies research on social network and social support analysis to the consulting room. It's a chance to learn and practise some simple methods to explore the client's social network structure and support mobilisation potential.

Try it out on yourself and discover the impact of system density, the difference between your instrumental vs emotional support networks, how some social networks can be psychotoxic, and the strength of your weak ties.

All qualified CAT Practitioners and Psychotherapists welcome. For further information and to confirm your attendance, please contact Frances Free at frances@catalyse.uk.com or phone 07842 137745.