



Catalyse | Change in Action

1-day Workshop :: Friday, 14th July 2017

Time: 9:30am to 4:30pm
Venue: Dalton Ellis, Manchester M14 5RL
Cost: ACAT Member :: £125.00
Non ACAT Member :: £140.00

(includes lunch and refreshments)

Please note invoicing incurs a £15.00 additional fee

Mapping Mortality in CAT

led by Mandy Wildman



As psychotherapists, practitioners and clinicians we concern ourselves with the human dilemmas, difficulties, fears, distress and other preoccupations that life brings. Our mortality is often not a subject that we find easy to approach, either with ourselves or with our clients and patients, but it is woven into every part of our life story. It can be an important issue in therapy in a broad range of settings, whether in mental or physical health, or more directly in palliative care.

This study day is designed to bring compassion, respect, and some humour, to a subject that can induce guilt, shame, confusion and anger. Its aim is to allow us to feel more at ease with our feelings, more confident in expressing them and more comfortable in talking with our clients about their experiences, as they present in our CAT work. Alongside presentations, discussion and small group work, we will use CAT mapping to help us to consider these themes and to develop understanding, confidence and skills for therapeutic practice.

Learning outcomes:

- ★ Preparation for working with difficult conversations around mortality
- ★ Enhanced communication and relational skills
- ★ Increased capacity to engage in effective, realistic and compassionate dialogue around death & dying
- ★ Increased resilience in ourselves as workers
- ★ Greater confidence in working with complex issues that have 'no solution', so that we are able to be alongside our patients and clients when exploring these

Who is it for?

Qualified and trainee CAT therapists and other therapists with knowledge & understanding of CAT.

Facilitator:

Mandy Wildman has worked in a social care and health setting for approx 25 years, and has a long standing special interest in working with people who have experienced trauma. More recently she has worked to understand issues relating to mortality and to try to understand these within a CAT framework.

Event Hashtag: #CATmort17

For full details and information including terms and conditions and to book your place please visit <https://catalyse.uk.com/training/cpd/mapping-mortality-cat/> or phone 07842 137745

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