



Catalyse Cognitive Analytic Therapy Training Films

Series 1

A series of twelve films, suitable for use in introductory, Foundation level and year one of CAT Practitioner level training



These films portray a fictional sixteen session CAT therapy through the journey of a client Paul, working together with his therapist Lisa.

The package includes:

- a total of 80 minutes' running time
- depiction of key CAT concepts, skills and concepts
- integration with CCAT descriptors
- individual film summaries
- linked learning objectives
- suggested training exercises for both trainers and learners
- illustrative CAT tools including CAT map and letters
- a copy of the C-CAT measure, and
- a comprehensive glossary of CAT terms

Subscribe on a 3 month or 12 month basis (£300/£650).

Individual access for trainees of subscribing courses for an additional fee of £15 per head.

“The opportunity to see CAT ‘in action’ has complemented the teaching and reading ... I feel it is a bridge between theory and practice and have found it to be an excellent resource and valued addition to training material and the literature.”

More details:



07842 137745



jane@catalyse.uk.com



www.catalyse.uk.com



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