



CAT in the Perinatal Period

Date : 9 & 16 September 2025

Time : Both 4 - 7 pm Melbourne Time

Online: via Zoom

Cost : £130 – online payments only

CAT in the Perinatal Period



A series of 2 half day online workshops led by Sarah Douglass

Giving participants opportunity to:

- Gain an enhanced understanding of the importance and challenges of the perinatal period through a CAT lens
- Develop understanding and confidence in applying a CAT model to the perinatal context
- Benefit from a range of presentations plus action based learning including role play, large and small group discussion and practice of mapping

Who is it for?

- CAT practitioners and psychotherapists
- Trainee CAT practitioners
- Other qualified therapists

Prior experience of using CAT is not required, but some familiarity with the model will enhance the usefulness of the learning

Workshop Outline

- Providing an accessible overview of the field of perinatal mental health, drawing initially on a UK perspective
- Applying this through a CAT lens to enhance understanding of the specific use of CAT in the perinatal field
- Considering the unique challenges of working perinatally and adaptations to CAT practice to support this work
- Collaboratively exploring this work within the unique cultural contexts of ANZACAT participants' client groups
- Exploring approaches to involvement of infants and partners
- Using mapping to reflect on the challenges for staff working perinatally

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www.catalyse.uk.com/

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