



## **Cognitive Analytic Therapy (CAT) Practitioner Training 2022**

Expressions of interest and applications are now invited for the New Zealand CAT Practitioner training commencing in February 2022.

### Overview

This training will comprise of two stand-alone modules (Levels 1 and 2) over two separate years. Successful completion of both of these modules will lead to accreditation as a CAT Practitioner. It is possible to complete only Level 1 in the first instance and completion of Level 1 alone would normally allow the trainee to embark on another accredited CAT Level 2 training elsewhere or at a future date.

The course will involve participation for 10 training days (in 5 blocks) each academic year. Face to face training days will be held in Auckland on Thursdays and Fridays. Depending on circumstances some of these training days may need to be undertaken 'virtually'.

The NZ CAT Practitioner course is accredited through ANZACAT (Australia and NZ Association of Cognitive Analytic Therapy) and ICATA (International Cognitive Analytic Therapy Association).

## Course Detail

The course will offer a comprehensive training in the theory and practice of CAT both as an individual therapy and as a basis for group, systemic and team consultancy work.

### Level 1

- The first year of training will offer a comprehensive introduction to the theory and practice of CAT including working with more challenging and 'severe and complex' presentations. There will be an introduction to generic issues relating to the practice of a predominantly relational form of psychotherapy. These include ethical issues, contextual (including socio-cultural) issues, and consideration of the nature of evidence in relation to psychotherapy.

### Level 2

- The second year of training will offer a consolidation of the Level 1 introduction and a further, deeper exploration of the topics. It will also involve the acquisition of further therapeutic experience.

*Please note the proposed timetable and planning may be subject to revision due to changing circumstances related to the Covid pandemic.*

## Course Requirements

- The course will involve participation in 10 training days (in 5 blocks) each academic year. Face to face training days will be held in Auckland on Thursdays and Fridays. Depending on circumstances some of these training days may need to be undertaken 'virtually'.
- The training will include a strong experiential focus with an emphasis on personal development. The course will include regular reflective group work during training days and a requirement for all participants during Level 1 to undertake a personal brief CAT therapy or, as a minimum, a personal 'reformulation' experience.
- Trainees will undertake supervised CAT therapies with at least 4 clients/patients each year. These therapies are normally 16 sessions each but can possibly include one longer and one shorter therapy. Up to two prior cases may be accepted *in lieu* if undertaken under an accredited CAT supervisor.
- Supervision of cases can be by local personal/work-based arrangement with an accredited CAT supervisor or (at additional expense) by arrangement through the NZ CAT training group.
- Trainees will be required to write up one case study and submit one essay each year.

## Application Process

- Applicants will normally be expected to have an appropriate professional background (e.g. clinical psychology, counselling, nursing, occupational therapy, social work, psychiatry), to have undertaken an introductory short course in CAT, and to have undertaken/have experience of some form of supervised case work using the CAT model.
- Applicants will be asked to cite two referees, ideally with a clinical and/or psychotherapeutic background. Candidates will also be asked to submit a 750 word personal statement exploring and reflecting upon their decision to apply for this training.
- Appropriate applicants will be asked to attend for interview with members of the NZ CAT training group. Interviews will be held online.
- Deadline for applications is 3<sup>rd</sup> December 2021 with interviews mid December 2021.

Enquiries from interested persons may be directed to Dr Allyson Waite ([allywaite@xtra.co.nz](mailto:allywaite@xtra.co.nz)).

## Costs

The cost of the training will be \$5000 annually (to cover tuition, training days and processing of academic work). There will be additional costs for supervision unless locally sourced, and additional cost for a brief therapy/personal reformulation experience in year one. A small number of bursaries may be available for financially disadvantaged candidates.

## Training Group

The NZ CAT training group will comprise of:

- Vicky Bostock, Clinical Psychologist, CAT Practitioner and Supervisor
- Emma Bosworth, Clinical Psychologist, CAT Practitioner and Supervisor
- Nicola Crook, Clinical Psychologist, CAT Practitioner and Supervisor
- Ian Kerr, Psychiatrist, CAT Psychotherapist and Supervisor
- Allyson Waite, Clinical Psychologist, CAT Practitioner and Supervisor