

An Introduction to Cognitive Analytic Therapy

Wednesday 26th – Thursday 27th October 2022

9.30am – 4.30pm

Jubilee Building – Parnell Community Centre, 545 Parnell Road, Parnell, Auckland

Dr Allyson Waite, Clinical Psychologist & CAT Practitioner/Supervisor

Dr Nicola Crook, Clinical Psychologist & CAT Practitioner/Supervisor

\$550 full rate (inc GST)

NZPS & NZCCP members \$500 (inc GST)

\$250 student rate (inc GST)

Cognitive Analytic Therapy (CAT) is a coherent, integrative and fundamentally relational model of 'psychopathology' and therapy that combines concepts from psychoanalytic psychotherapy, personal construct theory, cognitive behavioural therapy, Vygotskian activity theory, and psycho-developmental research. It is characterised by a focus on time limitation and 'ending well' with therapies typically lasting 8-24 sessions. CAT is a clinically-effective psychological therapy that has been established in the UK for 30 years and is by now used in many other countries around the world. Rigorous research trials have demonstrated CAT to be an effective treatment for a wide range of presentations including anxiety, depression, relationship problems, adjustment to life events and 'personality disorders'. However, the approach overall is transdiagnostic with a 'whole person-whole context' focus. A particular strength of the approach is its ability to engage and retain even 'difficult' and 'challenging' clients in therapy. CAT has the added advantage for mental health professionals in that it can be built on and used to complement existing psychotherapy skills – particularly in the area of psychodynamic and cognitive therapies.

CAT is a radically social model that sees the Self as fundamentally shaped and formed by early socio-relational experience. A hallmark feature is the process of collaborative reformulation which facilitates the client's capacity to recognise and revise unhelpful and self-limiting coping patterns (reciprocal role procedures) whilst acknowledging and addressing their origins in early relational experiences (internalised as 'reciprocal roles'). It utilises the client's capacity to observe and modify their own cognitions, feelings and behaviours, facilitated by the experience of a benign, collaborative and non-collusive therapy relationship that is understood to be healing in itself. There is, therefore, a major emphasis on the therapist-client relationship and challenges to it, understood as enactments of reciprocal roles and analogous to the concepts of transference and countertransference. More recent applications of the model include use in consultancy work addressing complex systemic dynamics arising around teams and services, and as a common language for teams and services and for reflective practice groups.

Aims of this 2 day workshop are to:

- Provide an overview of the theoretical basis and key concepts in CAT
- Use clinical case material to illustrate the practice of CAT
- Offer an opportunity to practice the use of some CAT assessment tools
- Develop skills in CAT's approach to collaborative reformulation using letters and diagrams
- Practice skills of mapping problem patterns and relationship histories in a therapeutic and educational way using CAT concepts.
- Explore how a range of therapeutic techniques can be woven into the CAT framework in the middle phase of therapy
- Explore the use of the time limited structure of CAT and endings
- Demonstrate the diverse applications of CAT to different presenting problems, different clinical settings, and different levels of intervention (individual to systems/organisations)

About the trainers:

Allyson is a Registered Clinical Psychologist and CAT practitioner/supervisor, trained in the UK. She currently works in private practice where she offers psychological assessment and treatment, supervision and training. Ally has a particular interest in CAT approaches to working with sexual issues and in using CAT formulation in working with complex presentations. She is a co-director of NZ CAT and NZ representative for ANZACAT. Her background is working in public health with adults and older people presenting with severe and enduring mental health difficulties.

Nicola is a Registered Consultant Clinical Psychologist and CAT practitioner/supervisor, trained in the UK. She currently works in public health for the Regional Personality Disorder Service (RPDS) in Wellington. Her role involves offering individual and group therapy, consultation, supervision and training. Nicola has a particular interest in using CAT with complex presentations including attachment difficulties, trauma and 'personality disorders'. She has a background of working in adult community mental health services. Nicola is involved in delivering CAT supervision and training on the NZ CAT practitioner training course.

REGISTRATION:

Registrations are by e-mail to communications@nzcat.nz. All registrations will be acknowledged so if you have not heard back within the week, please ring 021 060 4992. Please include the following information:

Name:

Phone number:

Postal address:

E-mail:

Work setting and role:

Payments via internet are preferred: **NZCAT LIMITED**
02-0108-0619200-000

Please reference payment with the name of the person attending and "CAT Intro". Receipts will be provided on the day of the workshops, as will certificates of attendance.

NOTE: Registrations close on Friday 7th October and early registration is appreciated so that numbers are known. Participants supply their own lunch but morning and afternoon tea will be provided.

Please note that this workshop will be subject to sufficient numbers. In the event of cancellation of this workshop a full refund will be given.