

## **An Introduction to Cognitive Analytic Therapy** **Online 2 Day Training**

Thursday 28th – Friday 29<sup>th</sup> October 2021  
9.30am – 4.30pm  
Online via Zoom

Dr Allyson Waite, Clinical Psychologist & CAT Practitioner/Supervisor  
Dr Nicola Crook, Clinical Psychologist & CAT Practitioner/Supervisor

\$450 full rate  
NZPS & NZCCP members \$400  
\$200 student rate

Cognitive Analytic Therapy (CAT) is a time limited (8-24 session) therapy approach that combines concepts from psychoanalytic psychotherapy, personal construct theory, cognitive behavioural therapy, and developmental approaches into a coherent, integrative and relational model of psychopathology and therapy. CAT is a clinically effective psychological therapy that has been established in the UK for 30 years. Rigorous research trials have demonstrated CAT to be an effective treatment for a wide range of difficulties including anxiety, depression, relationship problems, adjustment to life events and personality disorders. 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 whose hallmark feature is the process of reformulation, which facilitates the client's capacity to recognize and revise unhelpful and self-limiting patterns. It utilizes the client's capacity to observe and modify their own cognitions, feelings and behaviours, and seeks to understand their origin in terms of early experiences of relationships. There is an emphasis on the therapist-client relationship and using concepts of transference and countertransference in the process of change.

### **Aims of the 2 day workshop:**

During the 2 day workshop we will:

- 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/organizations)

### **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 NZCAT 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 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 [allywaite@xtra.co.nz](mailto:allywaite@xtra.co.nz) and should include the following information:

Name:

Phone number:

Postal address:

E-mail:

Work setting and role:

All registrations will be acknowledged so if you have not heard back within the week, please ring 021 060 4992.

#### Payment:

Payments via internet are preferred: ASB: 12-3019-0692514-50

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 8<sup>th</sup> October and early registration is appreciated so that numbers are known. This training will run if there are sufficient participants. In the unlikely event that the training is cancelled full refunds will be provided.