

# NZCAT

## An Introduction to Cognitive Analytic Therapy

Thursday and Friday 2<sup>nd</sup> and 3<sup>rd</sup> November 2023

9.30am – 4.30pm

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

Trainers:

Dr Allyson Waite, Clinical Psychologist & CAT Practitioner/Supervisor

Dr Vicky Bostock, 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 and supervisor, trained in the UK. She is also the chair of ANZACAT (Australia and New Zealand Association for Cognitive Analytic Therapy). She currently works for Te Whatu Ora, Counties Manukau, in Mental Health Services for Older People as well as in private practice. Allyson has extensive experience of working with people with complex difficulties and the use of CAT in this context. She also has a particular interest in CAT approaches to working with sexual issues and couples work.

Vicky is a Registered Clinical Psychologist and CAT practitioner and supervisor, trained in the UK. She currently works for Te Whatu Ora, Counties Manukau, in an adult CMHC as well as in private practice. Vicky has experience working with people with complex presentations and has an interest in working with psychosis. She is experienced in using CAT as a model of therapy as well as using CAT as a model for consultation and reflective practice.

Both Allyson and Vicky are co-directors of NZCAT Ltd. and facilitate the CAT Practitioner Training in New Zealand / Aotearoa. This is a 2 year part-time course, next commencing in March 2024. It will be open for application shortly.

### **REGISTRATION:**

**Registrations are by e-mail to [communications@nzcat.nz](mailto: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 banking are preferred:

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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:** Early registration is appreciated so that numbers are known. 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.

Participants supply their own lunch (there is a good café next door) but morning and afternoon tea will be provided.