

An Introduction to Cognitive Analytic Therapy

Wednesday and Thursday 22nd and 23rd October 2025
9.30am – 4.30pm

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

Trainers:

Dr Allyson Waite and Dr Vicky Bostock, Clinical Psychologists and CAT Practitioners / Supervisors

Fees:

\$650 full rate (inc GST)

\$250 student rate (inc GST)

Please join us for this 2 day workshop!

A little about CAT:

CAT is an integrative and fundamentally **relational** model of the self and of therapy.

It focusses on relational patterns in terms of both how we relate to ourselves and how we relate to others, and looks at how these patterns play out both outside of and, importantly, within the therapy room.

It uses letters and mapping to assist in the **collaborative** process of exploring relational patterns and understanding their origins in a way that is sensitive to trauma within an interpersonal, social, political and cultural context.

It is a **time-limited** therapy with a focus on “ending-well”.

Why use CAT?

It's **transdiagnostic** approach allows practitioners to work with a wide range of symptoms from anxiety and depression to eating disorders, AoD, “personality disorders”, psychosis and more.

A particular strength of CAT is the ability to **engage and retain** clients/whaiora even when there are difficult interpersonal dynamics and a high potential for therapeutic ruptures.

It's relational and bio-psycho-social-political-cultural focus means it can help provide a **culturally safe** frame to work from and is well suited to the NZ-Aotearoa context.

It can be used to complement existing psychotherapy skills – particularly in the area of psychodynamic and cognitive therapies.

It's time limited nature means it is well-suited to working in the **public and private** systems.

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:

Provide an overview of the theory 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 and the collaborative use of letters and diagrams/maps

Explore how a range of therapeutic techniques can be woven into the CAT framework

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 in private practice in Auckland and previously worked for Te Whatu Ora and prior to that, the NHS. She 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. We are currently taking expressions of interest for the next cohort, provisionally starting in Autumn 2026. Please get in touch if you are interested!

Registration:

To register for the this 2 day Introduction to CAT training, please email:

communications@nzcat.nz

Please provide your name, contact number, work setting and role, and confirm if you need an invoice made out to you or your organisation.

Please note: early registration is appreciated so that numbers are known. This workshop will be subject to sufficient numbers and in the event of cancellation a full refund will be provided.

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