

# **Aotearoa - New Zealand Cognitive Analytic Therapy (CAT) Level 1 Training 2026 - 2027**

Expressions of interest and applications are now invited for the Aotearoa - New Zealand CAT Level 1 Training, commencing July 2026. This is a year long training comprising of 10 teaching days, supervised case work and written assignments.

Upon completion of Level 1 training, trainees will be eligible to undertake Level 2 training at a later date, should they so wish. Successful completion of Level 2 training leads to accreditation as a CAT Practitioner.

The in-person training days will be held in Tāmaki Makaurau - Auckland on Thursdays and Fridays at the Jubilee Building, Parnell on the following dates:

17<sup>th</sup> and 18<sup>th</sup> September 2026

19<sup>th</sup> and 20<sup>th</sup> November 2026

18<sup>th</sup> and 19<sup>th</sup> February 2027

29<sup>th</sup> and 30<sup>th</sup> April 2027

17<sup>th</sup> and 18<sup>th</sup> June 2027

## Overview

This Level 1 course will offer comprehensive training in the theory and practice of Cognitive Analytic Therapy, including working with more challenging and 'severe and complex' presentations. The course will offer training in CAT both as an individual therapy and as a basis for group, systemic, and team consultancy work.

The course also introduces key issues relating to the practice of a predominantly relational form of psychotherapy such as ethics, socio-cultural and contextual influences, and consideration of the nature of evidence in psychotherapy. The course places strong emphasis on the wider social and political factors that contribute to mental health difficulties, and explores cross-cultural considerations – particularly within Aotearoa New Zealand, including working with Māori populations.

This Level 1 training forms the first half of a 2 year CAT Practitioner Training. Completion of Level 1 will allow the trainee to embark on Level 2 training at a future date. The Aotearoa - NZ CAT Level 1 course is accredited through ANZACAT (Australia and NZ Association of Cognitive Analytic Therapy) and ICATA (International Cognitive Analytic Therapy Association).

## Course Requirements

- The course will involve participation in 10 training days (in 5 blocks). Face to face training days will be held in Tāmaki Makaurau - Auckland at the Jubilee Building in Parnell on Thursdays and Fridays. Please see the front page for dates.
- 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 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/whaiora over the year. These therapies are normally 16 sessions each but can possibly include one longer and one shorter therapy. One case may be accepted in lieu if previously undertaken under the supervision of 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 CAT A-NZ training group.
- Trainees will be required to write up one case study and submit one essay each year.

## Costs

The cost of the training is \$6000 +GST annually (to cover tuition, training days and processing of academic work). There will be additional costs for supervision if you do not have access to an accredited supervisor in your workplace, and an additional cost for a brief therapy/personal reformulation experience.

Fees can be paid in instalments throughout the year if required (please contact us to make an arrangement). A small number of bursaries (please enquire) may be available for financially disadvantaged candidates. This will be judged on the basis of candidates' access to professional development funds.

## Training Group

The CAT A-NZ training group will comprise of:

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

The training will also be contributed to by guest speakers.

## Application Process

- Applicants will normally be expected to have an appropriate professional background (e.g. psychology, counselling, nursing, occupational therapy, social work, psychiatry), to have undertaken an introductory short course in CAT or engaged in relevant personal study, and to 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 CAT A-NZ training group. Interviews will be held online.
- The deadline for applications is Thursday 28<sup>th</sup> May with interviews commencing in the first week of June.

Applications from interested persons should be sent to [communications@nzcat.nz](mailto:communications@nzcat.nz). If you are interested but unsure if you meet all the requirements, please do get in touch to discuss.

*Please note, the running of this course will be subject to sufficient numbers of suitable applicants.*