

Using CAT to Help Parents

Date: **Friday, 5th February 2016**
Cost: **ACAT Member £100 (online) / £115 (invoice or cheque) | Non-member £115 (online) / £130 (invoice or cheque)**
Location: **Orton Hall Hotel, Peterborough PE2 7DN**
Presenters: **Alison Jenaway, Anna Bettles and Debbra Mortlock**

CAT is increasingly being recognised as a helpful intervention for people who are struggling with the difficult task of being a parent. CAT is ideally placed as a way to help people explore the way they are as a parent because of its theory of personality development and the key importance of early parent child relationships in the development of personality and emotional regulation.

The day will start with a presentation of the CAT model of early child development and how this can be used as a non-blaming model when working with parents. We will then present work from the point of view of a therapist working with adult clients who are concerned about their parenting, a therapist working in CAMH services with adolescents where parents are a key part of the work, and a therapist working in a ward that admits whole families and uses CAT as one of the ways of helping parents to help themselves.

We will explore applying the theory of CAT to help parents understand the impact of their own relationship patterns on their relationships with their children. Also how CAT can help professionals working with families develop a greater understanding of familial interaction patterns and trans-generational relationship patterns.

Clinical examples will be presented throughout, and active participation encouraged. We hope to learn as much from the expertise of the audience as they do from us.

Aim

To share our ideas and ways of working and encourage debate about parent CAT work and how to take it forward.

Learning Outcome

Participants will have a greater understanding of the different ways in which CAT can be used for parents and feel more confident about using these ideas actively in their own clinical work. They will learn new ways of helping parents to develop the ability to reflect on their parenting behaviour.

Presenters

Alison Jenaway is a consultant psychiatrist in psychotherapy in the liaison psychiatry department of Addenbrooke's hospital. She also works as the psychiatrist to the Cambridge University counselling service. In the past, she has worked with adolescents and is passionate about finding ways to involve parents in this work and improve their parenting skills. She has written about using CAT with parents, and presented it at several ACAT conferences.

Debbra Mortlock is a clinical psychologist who has specialised in working in core CAMHS. More recently Debbra has worked in an inpatient psychiatric unit for children up to 13. The unit admits parents alongside their children.

Anna Bettles is a mental health nurse by background, and has worked for Cambridgeshire and Peterborough Foundation Trust since 2001. She initially worked in adult mental health day services and for the crisis resolution home treatment team. Anna moved to the child and adolescent mental health service in 2006 initially as a specialist practitioner for self-harm and then became the team manager. She qualified as a CAT practitioner in 2012.

How to book

- Online instantly using a personal credit or debit card: www.acat.me.uk/event/847/
- By email, attaching the booking form and providing full invoicing details: maria.cross@acad.me.uk (*incurs an additional £15 administration fee*)
- By post, enclosing the booking form and a cheque made payable to ACAT, to: ACAT, PO Box 6793, Dorchester, DT1 9DL (*incurs an additional £15 administration fee*)

Please note, lunch is not included

Enquiries

Email: maria.cross@acad.me.uk || Phone: 01305 263511

Cancellations / Refund Policy

A refund, less a £25 administration fee, will be made if cancellations are received, in writing, at least four weeks before the event. We regret that any cancellation after this time cannot be refunded, and refunds for failure to attend the event cannot be made.

Data Protection

For the purposes of the Data Protection Act 1998, the data controller in respect of your personal data is the Association for Cognitive Analytic Therapy. Your data will be used to administer the event to which you have subscribed.