



Personal Reformulation

A brief structured approach to personal and professional development

Presented by Clive Turpin

Date:	Friday, 7 th October 2016
Times:	09:15 for 09.30, to finish at 16:30
Cost:	ACAT Member £110 (online) / £125 (invoice/cheque) Non-member £125 (online) / £140 (invoice or cheque)
Location:	Rougemont Suite, Exeter Library, Castle Street, Exeter, EX4 3PQ

Personal reformulations (previously known as mini therapies) have been offered to trainees of a number of University Clinical Psychology Doctorate courses as well as CAT Skills courses for the past 8 years. This was initially established by Steve Potter. The usual format is an initial 2 hour session followed by a 1 hour follow up approximately one month later.

CAT's brief structured approach to psychotherapy with an emphasis on active, collaborative and early reformulation lends itself to a foreshortened, diagram or mapping focused reformulation experience. This has developed into a distinctive approach which is being increasingly used in a multitude of contexts and with differing professions.

The personal reformulation (PR) sessions involve mapping out relevant patterns of relating with an emphasis on their impact on work roles. It has particular value for those who want to see the bigger picture of how they might be pulled into limiting or self-defeating patterns of interaction and the coping strategies which are used. Opportunities for increased self-awareness and improved relationships with colleagues and clients are created.

BPS guided developments with the Clinical Doctorate courses throughout the country will now require trainees that select CAT as their second model of competence to undertake a personal reformulation. Therefore the demand for these sessions will increase.

The overall aim of the workshop is to share what has been established as good practice of PRs based on feedback from 3 University courses in the North of England and CAT Skills participants. In addition to the reflective practice from a number of CAT practitioners and psychotherapists who regularly offer PRs.

The areas covered will include:

- Explanation of the approach and structure and some of the background
- Exploration of the different formats and how this slightly alters the approach
- Using the received feedback to help inform how to make best use of such a brief structure, whilst maintaining containment
- Review what works well - shared clinical practice and feedback
- Potential challenges, issues that might arise during the sessions and how these might be managed
- Procedures for feedback, links with the University or courses
- Establishing a PR therapist network
- Summary and feedback

How to book

- Book and pay by personal credit or debit card online instantly through the ACAT web site: www.acat.me.uk/event/872/
- By email attaching the booking form to: alison.marfell@acad.me.uk
- By post enclosing the booking form and a cheque to: ACAT, PO Box 6793, Dorchester, DT1 9DL

Enquiries

- Email: alison.marfell@acad.me.uk Telephone: 01305 263511

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