

Practitioner Training in Cognitive Analytic Therapy

organised by Catalyse
(formerly ACAT North)

October 2011 to July 2013

Practitioner Training

The Practitioner Training is a two year in-service training for people with a core mental health profession leading to accreditation and professional membership of the Association for Cognitive Analytic Therapy. The course also leads to a postgraduate diploma from Sheffield Hallam University.

For those interested in seeking UKCP registration as a psychotherapist, this course fulfils the entry requirements for Psychotherapy Training in CAT which is a further two years and leads to UKCP registration.

Aims of the Course

Catalyse (ACAT North) aims to provide a training programme to enable core professionals with competence in their own field to enhance their understanding and skills in psychotherapy by learning the theory and methods of Cognitive Analytic Therapy.

Structure

The course is spread over two years and consists of training days, seminars, supervised clinical work, experiential learning and a personal CAT.

Training Days

There will be 20 training days over the two years divided into the following themes:

- Fundamental CAT concepts
- Theoretical bases of integrative psychotherapy
- Theories of object relations and inter-subjectivity
- Personality disorders - theories and treatment
- Basic concepts in psychotherapy practice
- Evidence based psychotherapy practice
- Principles of ethical professional practice

The course aims to familiarise trainees with the theory of CAT, providing an understanding of the Procedural Sequence (Object Relations) Model and Reciprocal Role Relationships, as well as introducing later developments in CAT, of activity theory and self states. Trainees will be helped to apply these concepts, along with the CAT reformulatory tools (prose letters, diagrams and goodbye letters) through skills practice and supervised clinical work.

The training inputs will address the background theories which have informed the development of CAT and will also cover issues common to all psychotherapies within the CAT context: assessment; transference & counter transference; therapeutic alliance; process of change; working with difficult patients; termination; follow up. All the training inputs will be planned in the light of the social/political context and psychotherapy research. There will be a balance of presentations, clinical applications, experiential learning and skills training inputs.

There are ten days spread throughout each of the two years, starting with 2 days in October and 2 days in November, then 1 day each month from January to April. Each year ends with a 2 days residential in June/July. Single days are Fridays and 2 day blocks are Thursdays and Fridays.

Seminars

Trainees will be required to set up seminar groups of between 3 and 6 participants, meeting for an hour and a half 15 times a year (or equivalent). Each trainee will be expected to take responsibility for giving a presentation to the group and leading discussion around a chosen area. Each group will have some input from a seminar leader. However, the aim is to encourage trainees to take an active approach to their learning needs and to identify gaps in knowledge which their own activity can meet. The course trainers will provide the reading material and guidelines to assist study etc and will approve arrangements.

Personal therapy

Trainees are required to undertake a 16 session CAT during training.

Supervised clinical work

This is part of two **CAT practice skills** modules.

Trainees work with a minimum of 8 clients under the supervision of an accredited CAT supervisor. Supervision is weekly for 1½ hours, usually in groups of 3 trainees, with a minimum of 40 supervision groups each year. Trainees are expected to attend regularly and are required to be in supervision until the completion of all clinical work. This will normally take a minimum of two years but may extend up to a further six months depending on the individual trainee's case mix and circumstances.

Support

The course has one or two trainee advisors available for confidential consultation in the event of trainees having difficulties during the course.

Assessment

Supervisor & trainee reports on supervision.

Trainees submit two case studies for assessment, one by the end of each year of Practitioner Level Training

Trainees submit two essays about the application of CAT concepts in their clinical work of up to 4,000 words.

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## Venue

Training days are in Manchester, with the residential usually in South Yorkshire or Derbyshire. Supervision groups are currently run in Blackburn, Birmingham, Edinburgh, Leeds, York, Manchester, Merseyside, Sheffield, Sunderland and Hull. Seminar groups run at venues convenient to trainees. We provide a list of CAT training therapists but trainees have to be prepared to travel for therapy.

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Award

The award is a Postgraduate Diploma in CAT jointly accredited by ACAT and by Sheffield Hallam University. The award can be followed by doing CAT Psychotherapy Training with ACAT and/or an MSc in CAT by research at Sheffield Hallam. You may also count your academic credits gained through the diploma towards a higher degree.

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## Admission Criteria

The following criteria are offered as a general guide.

### *Essential Criteria:*

- Core professional training in the caring professions i.e. psychiatry, nursing, clinical and counselling psychology, social work, counselling, and occupational art therapy
- At least one and normally two years of post qualification experience in a core profession depending upon experience
- Introductory level experience/training in psychotherapy
- Appropriate access to clients

### *Desirable Criteria:*

- Personal therapy experience
- Work experience in a mental health setting – where the trainee has no such experience, they may be required to undertake a suitable placement

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Costs

Total: £5,900 approx:

Application Fees

- Initial application – £10 If called for interview – £40
- Academic Training: £1950 per year (including ACAT registration fee of £70 per year and Sheffield Hallam registration of £150)

Supervision:

- Trainees may be able to get supervision within their workplace or may be able to negotiate free placements in

exchange for seeing clients within the supervisor's work setting (normally NHS). Supervision usually costs £25 per session, £1000 for the year.

- Personal Therapy (approx) £750
- Optional additions: Books: 4 course texts (£60 approx), ACAT Annual conference attendance fees (£100 approximately x 2 years)

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## Teaching Team

### Principal Trainers:

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| • Dawn Bennett     | • Deborah Pickvance |
| • Mark Evans       | • Lawrence Welch    |
| • Sarah Littlejohn | • Glenys Parry      |

Some of the training days will also include invited speakers.

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How To Apply

Applicants are invited to submit a CV with 2 referees and are asked to provide details of source of referrals, assessment arrangements and venue for seeing clients.

In addition, applicants are asked to write:

- a personal supporting statement of around 750 words giving an indication of:
- your current therapeutic approach;
- what you hope to gain from training in CAT;
- why it is important for psychotherapists to develop an understanding of their own emotional life;
- one case summary of around 500 words.

Shortlisted applicants will then be invited for an interview.

Please send application & initial fee of £10, payable to 'Catalyse' to Frances Free, 20 Fleet Street, Beaminster, Dorset, DT8 3EF Tel: 07842 137745

email: admin@catalyse.uk.com

Dates

Please note that following a first round of interviews there are still some spaces available on the 2011 course. Further applications are invited to be received by 15th June. The interview date will be 22nd July, 2011.

The course commences on 6th & 7th October, 2011.

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## ACAT North (Catalyse)

ACAT North has developed a successful CAT Practitioner Training programme in the North of England since 1992. It also offers in-house training and supervision, consultancy and research by arrangement.

It is one of the regional trainings of the Association for Cognitive Analytic Therapy (ACAT), for which more information can be obtained online at [www.acat.me.uk](http://www.acat.me.uk) or email [admin@acad.me.uk](mailto:admin@acad.me.uk) telephone 0844 800 9496.