

Apply now for a place on the:



West Midlands Cognitive Analytic Therapy (CAT) Practitioner Training

A 2 year part time training commencing January 2012.



Successful completion of the course leads to eligibility for accreditation as a

CAT Practitioner

with the Association for Cognitive Analytic Therapy (ACAT)

and the award of

Diploma in Cognitive Analytic Therapy

(Sheffield Hallam University),

Closing date: 12th September 2011.

Contact us after the date to see about any remaining availability.

If you have a professional background of working in any discipline in mental health, are interested in taking your psychological practice skills further, and are looking to extend your professional growth and job satisfaction – read on!

Cognitive Analytic Therapy (CAT) is an integrative psychological therapy which appears to be highly acceptable to patients and therapists alike. CAT has been found to result in positive outcomes for patients and can also help improve team understanding of working with people with complex needs. CAT is especially indicated for those patients with recurring difficulties in relationships and emotional self management.

The course aims to provide training in Cognitive Analytic Therapy (CAT) to Practitioner Level for a range of professionals. It aims to provide an understanding of the integrated theory of CAT as it applies to human development. It also aims to provide trainees with skills to deliver the collaborative, structured therapy of CAT within trainees' core professions. (See also certain NICE guidelines).

Course Fee: £2,500 per year which includes all training days, reading seminars, tutorials, marking, moderating and examining, and all ACAT and SHU fees.

These fees exclude costs of supervision and personal therapy (course components details below)

For more detail about the course including fees and specific application procedure, see under the West Midlands course on www.acat.me.uk, or contact the course at cat.course@nhs.net.

The course components:

Training days:

There will be 10 training days per year over two years. These will consist of a combination of preliminary reading, lecture format presentations, group discussions, experiential learning, skills practice and case discussions as appropriate. They will be led by the Course Core Trainers with some visiting speakers. Please see handbook for details of the syllabus.

Seminar / reading groups:

There will be 9 reading seminars per year of 1.5 hours each. The aim of the reading groups is to support and extend the work of the training days and to hold the continuity of the course content. They are not intended to be therapy groups, and issues of group process have to be referred to the training days. They will consist of small groups of trainees meeting with a leader, who facilitates a mixture of problem-based learning, discussion, and guided reading.

Supervised Clinical Work:

You will be expected to complete eight CAT therapies under the supervision of an ACAT accredited supervisor. The work should include a range of problems and patients/clients, including working in the latter part of the training with 'hard to help' patients. Wherever possible, you should obtain the experience of one case of brief (8 session) and one longer (24 session) CAT, in addition to the standard 16 week CAT.

Supervision will usually take place on a weekly basis for one and a half hours in groups of usually three trainees. Time will be allocated with on average a minimum 15 minutes weekly per client, but with flexibility in the allocation according to client and trainee need. There must be a minimum of 40 supervision groups per year, and you are expected to attend regularly. You will be expected to remain in supervision until the completion of all clinical work, which will normally take a minimum of two years.

The cost of supervision is not included in the course fees. It can often be available from ACAT accredited CAT supervisors free of charge in exchange for a clinical placement within an NHS trust where CAT is available.

Supervisors will be asked to provide feedback on your development and use of supervision at regular intervals, usually twice in each year via the clinical appraisal form. This will be based on a collaborative discussion, where you will jointly identify developmental aims and targets, and where you will also have the opportunity to comment on your experience of the supervision and to make suggestions for changes.

The course components (Continued)

Personal Therapy:

The cost of personal therapy is **not** included in the course fees. Within the field of psychotherapy training, each individual involved also makes a personal commitment to personal development in order to manage their own selves (roles and procedures) so that personal difficulties are not enacted unhelpfully with patients or on the course. This requires developing the capacity for self-reflection, responsiveness to feedback from trainers, supervisors and fellow students and consolidating flexible self-management skills. Personal therapy is considered an essential part of the process of self-development necessary to becoming a CAT practitioner. Trainees are therefore required to undertake at minimum a 16 session CAT plus follow up during the course. You are strongly encouraged to undertake it, or to have set it up, before the end of the first year of the course. Most trainees find it an invaluable experience, which invariably deepens the understanding of the process and application of CAT. The confidentiality of the personal therapy will be respected.

Tutorials:

Trainees will have the opportunity to meet three times a year for 1.5 hours each with their tutor in order to discuss their individual learning process and/or assignments.

Written work:

There will be one case write up and one essay each per year.

Other time commitments:

These include all associated travel, personal reading, academic assignments, writing up of client sessions for supervision, personal reflective log book, recording of progress towards learning goals and the achievement of learning outcomes.

Psychiatric / Mental Health Placement

In cases where a trainee may not have sufficient psychiatric experience, a placement will be an additional component to the course (to be discussed at interview stage with the applicant).

Ethical Practice

Trainees will become Trainee members of ACAT and will be expected to work within ACAT's Code of Practice and Ethics for Members, as well as within their Appeals and Complaints Procedures.

The course components (Cont.)

Assessment:

Satisfactory attendance at all course components (minimum 85% attendance at training days and seminars; satisfactory supervisor clinical appraisals; pass marks for two case studies (one at the end of each year) and two essays about the application of CAT concepts in your clinical work.

Applications and Costings

Application is by a specific process outlined on our course information at www.acat.me.uk. (Please note you will need some time to write about yourself and some work you have done). Also, by the time the course starts, you are **expected to have attended a 2 day CAT Introductory workshop**.

If called for **interview** there will be an additional cost of £45 to fund the interview process. Training Fees are £2,500 per annum per trainee. This includes the cost of training days, seminars, tutorials, marking, SHU fees, and ACAT's annual registration fee for the duration of the taught part of the course. It does not include the cost of course books, personal psychotherapy and supervision.

The course organisers reserve the right to increase fees in Year Two, although the intention is that they remain the same as Year One and will only increase due to exceptional and unforeseen circumstances.

For more detail about the course including fees and specific application procedure, see under the West Midlands course on www.acat.me.uk, or for any queries, contact the course at cat.course@nhs.net.

(N.B. After successful completion of this practitioner diploma level course, participants will be eligible to practice as a CAT Practitioner. However, if further training is desired, s/he will be eligible to apply to either the ACAT Psychotherapy training for the additional 2 year training or to extend the diploma into a Masters training through the University through further enrolment at Sheffield and on payment of their fees)