

21st Annual Conference LIVERPOOL 10th to 12th July 2014

“Celebrating 30 years of Cognitive Analytic Therapy:
Culture, Identity and Pride”

Workshops (Subject to change)

Friday, 11th July 2014 | 13:45 – 15:15

❖ **Elizabeth Wilde McCormick**

How to enjoy writing a prose reformulation

Biography:

Liz McCormick is a founder member of ACAT, a psychotherapist, supervisor and trainer. She is also a writer and the author of several books including ‘Change for the Better’, the CAT self-help book.

Abstract:

Writing is a powerful form of communication and one of CAT’s unique therapeutic tools. The reformulation and goodbye letter offer a shared and portable connection between therapist and patient. But many of us experience snags or difficulties when faced with writing, and often these are related to our culture and identity. This workshop will offer creative ways for loosening the soil around the process of writing so that we might nourish our imagination and find words that arise from our understanding.

❖ **Barbara Williams**

“Wounded Healing”

Biography:

Barbara Williams is a CAT Psychotherapist and Supervisor. She was employed as a full-time NHS clinical psychologist from about 1969 – 2011, barring some years, mainly post-maternity, when she worked in Adult Education teaching counselling skills and setting up peer-support groups. In 2006-7, she ran a CAT pilot project for MIND. She is a co-counselling (CCI) teacher. Her childhood legacy / “wound” - “Whenever Barbara opens her mouth she puts her foot in it” - influenced her efforts to involve Users in shaping services, and redefining what it seems okay to say.

Abstract:

In this workshop we review briefly earlier concepts and categories of wounded healing. We then introduce a CAT take on these ideas. This leads to a consideration of what helps healing and what hinders it where the past hurts of the therapist become salient in the therapeutic encounter. We explore how CAT culture can enable best practice, so that we can own and utilize our vulnerabilities without chagrin, to enable us to grow more confident and proud in our identities as “wounded” therapists. The workshop will be in part experiential, aiming to give permission to say, whilst preserving the right to stay silent.

❖ **Karen Shannon with Andy Watson and Louise Heywood, Geese Theatre Company**

Using CAT and Theatre to understand relational and systemic patterns surrounding child sexual abuse (CSA)

Biography:

Karen Shannon is a Clinical Psychologist, CAT Practitioner and Supervisor who is in independent practice. She has developed and provided services for women NOPs for health, social services and the family courts for over a decade. She has published in the use of CAT and NOPs in the Journal of Sexual Aggression in 2013.

Andy Watson is the Artistic Director of Geese Theatre Company. Andy trained in Paris at the Lecoq School of Mime and Physical Theatre, joining Geese in 1997, and becoming Artistic Director in 2003. Andy has a particular interest in working with high-risk offenders, offenders with personality disorders and young people who engage in sexually harmful behaviour.

Louise Heywood joined Geese in 1991 and is now Deputy Artistic Director with responsibility for managing Geese practitioners and delivering training for new company members and outside agencies. She takes a lead role in creating interactive performances and, to date, has written over 100 pieces for professionals and service users.

www.geese.co.uk

Abstract:

Sexual offending against children remains a significant and destructive societal problem. There is a lack of information regarding women who find themselves in relationships with men who pose a sexual risk to children. Women Non-Offending partners (NOPs) fulfil important roles of mother, stepmother, carer and supervisor who, on discovery of abuse potential (whether within or outside the home), can be denigrated and blamed more than the offender, and their intentions and identities scrutinised. I am delighted to be delivering this workshop with the Geese Theatre Company, a team of professional theatre practitioners working throughout the UK Criminal Justice System since 1987. The company's portfolio in the sexual offending field includes group work input with young people who display harmful sexual behaviour, partnerships with Probation Trusts to deliver on the Community Sex Offender Group work Program, interactive conference performances and training courses on the use of drama-based group work methods. This workshop will demonstrate, through performance, how the rich and stimulating medium of CAT and theatre can be used to safely help women to develop a relational formulation within their ZPD; to enhance their ability to protect their children, and themselves, from abuse. The workshop also reflects upon the contributory relational patterns in our systems and wider culture.

❖ **Jo Varela and Phil Clayton**

CAT, Care and Compassion: Working therapeutically with Culture, Identity and Pride in health care providers- A dynamic reformulation of the problem procedures identified in the Francis report and our own organisations

Biography:

Jo Varela is a Consultant Clinical Psychologist and CAT Practitioner. She has worked with adults with learning disabilities for 15 years in a variety of settings and organisations and now works with children with learning disabilities and their families. She has contributed chapters on working therapeutically with a learning disability and challenging behaviour to the recently published book 'Cognitive Analytic Therapy for people with intellectual disabilities and their carers'. She has an interest in social inclusion and least restrictive practices for people who challenge.

Phil Clayton is a CAT Practitioner and Psychotherapist and is co-editor of the recently published 'Cognitive Analytic Therapy for people with intellectual disabilities and their carers'

Abstract:

The Francis report identified severe failings in the care 'role' and 'procedures' in a specific NHS trust. Issues of Culture, Identity and Pride were found by the report to be central to many of the difficulties experienced by staff and patients.

Professor John Glasby: 'The trouble with culture is everyone blames it when things go wrong but no-one really knows what it is or how to change it.'

This workshop explores how the CAT model can formulate cultural issues in the NHS and support healthy change. A reformulation of the Francis report findings and recommendations within the CAT model will be described.

The difficulties experienced at Mid Staffs were acknowledged by the Francis report to be present in many organisations providing care, and indeed, there have been a number of headlines in the news since about similar processes in other care providers.

'The other is a reaction that I've had from quite a lot of people within the NHS, which is actually that's the sort of thing that goes on in virtually all hospitals, and there but for the grace of God go we. Now, I'm not saying that to defend poor care, because I think poor care is indefensible, but I am saying that Stafford is not a peculiar hospital in spite of the shocking nature of the report', Francis report. A reformulation of common 'problem procedures' present in the modern health care model of provision will be explored to understand why caring staff function in uncaring ways as a reaction to difficulties in organisational culture.

A discussion will be facilitated around

- How the CAT model can support health care providers and foundation trusts to 'name the un-nameable', formulate organisational dynamics and provide 'good enough care' for both staff and patients.
- How attendees can formulate and work with organisational dynamics and distress in the organisations they work for and take a therapeutic stance using the CAT model.

❖ **Palwinder Athwal and Tammy Wachter**

'They are too risky': the use of CAT in Forensic Settings

Biography:

Palwinder Athwal is a Chartered Forensic Psychologist and accredited CAT Practitioner. She was employed within the secure services from 2007 to 2013 as a chartered forensic psychologist, where she also engaged in CAT practice. She is currently working at the University of Winchester as the Programme Director for the MSc in Forensic Psychology programme, as well as maintaining links to forensic practice. Within her role in forensic mental health, she utilised the CAT approach systematically, in case consultation and offered 1:1 CAT therapy. She has a keen interest in attachment, personality difficulties and trauma, particularly how they contribute to offending/risky behaviours, as well as the CAT perspective regarding this. She is a trainer for the HCR-20, RSVP & START risk assessments, and therefore has experienced the 'tension' between the necessity of risk management and prioritising therapy to promote change. In her experience, CAT provides a helpful way of understanding and balancing this tension, and working with clients and teams within a forensic setting. She facilitates a CAT in Forensic workshop for the BPS CPD programme and has presented a CAT in ASD Populations workshop for the 5th Annual ASD Conference, as well as offering CAT for teams training in her previous role.

Tammy Wachter is a Consultant Clinical Psychologist, CAT practitioner and CAT supervisor. She has experience working in forensic settings including medium secure units and prison settings. Her interests are in the assessment and treatment of Personality Disorders and trauma. She is currently the Head of Programmes at Cygnet Hospital, Stevenage, a secure hospital with medium and low secure wards for both males and females detained under the MHA and /or presenting with challenging behaviour. She uses CAT therapy and CAT ideas in her daily practice through individual therapy and delivering relation training to Teams and incorporating the CAT model in reflective practice. She is a CAT supervisor.

Abstract:

This workshop will describe the various applications of CAT in a forensic setting. In line with the theme of the conference, there will be a focus on the culture within a forensic setting, specifically cultural Reciprocal Roles. The facilitators will discuss the development of a CAT service in their previous setting to understand and work within a forensic culture. In particular, facilitators will discuss how the CAT approach can be adopted to understand and formulate challenging team dynamics when working with complex client groups in a forensic setting. Potential strategies to support teams to reflect about forensic cultures and promote healthy RR's with their clients within this culture will be discussed.

❖ **Robert Watson**

Working affirmatively with sexual minority clients

Biography:

Robert Watson is a Clinical Psychologist and Accredited CAT Therapist. He qualified as a Clinical Psychologist in 2001 and has worked in the NHS for eight years in adult mental health and sexual health/HIV services. Robert has worked to a senior level in the profession, managing services and training and supervising others. Since leaving the NHS in 2009, he has set up a successful private practice. He has worked with sexual minority clients for many years on a wide range of issues to do with sexual and emotional well-being.

Abstract:

Gay men and women still report unsatisfactory experiences when accessing therapy in the NHS and in private practice. This clinical practice based workshop will provide participants with ideas in how to practice affirmatively with sexual minority clients in their CAT work and more generally.

❖ **Deborah Tee**

Bringing God, religion and spirituality into dialogue: finding a shared language in CAT

Biography:

Deborah Tee is a CAT psychotherapist and Mental Health Nurse, having worked in both private organisations and the NHS for the past 12 years; with a special interest and extensive experience in eating disorders. She currently works for the Leeds and York Partnerships NHS foundation Trust in a dual role of Psychological Therapist and Nurse Specialist at the Yorkshire Centre for Eating Disorders. She completed the Manchester CAT practitioner training in 2009 and IRRAPT Psychotherapy course in 2013. Deborah continues to remain active within the Leeds CAT Special Interest Group and delivering CAT teaching to 2nd and 3rd year Clinical Psychology trainees.

Abstract:

From infancy onwards, the growth of one's religious or spiritual identity remains firmly embedded within our immediate and wider culture. Yet this deeply personal aspect of ourselves can be neglected in the therapy relationship and unfolding dialogue. This presentation will explore the challenge of finding a place for God and spirituality within CAT; considering historical influences on the attention to or neglect of our spiritual selves within psychotherapy, and reviewing relevant CAT and other literature. The meaning making of spiritual or religious experience as this occurs within the client, the therapist and jointly between them and how this dialogue can enrich the CAT journey will be discussed; drawing on an Object Relations approach and using case material to illustrate how these themes were brought alive for a client in therapy. The audience will be invited to explore dilemmas and boundaries around a spiritually accommodative approach to therapy.

Saturday, 12th July 2014 | 11:30 – 13:00

❖ **Julie Lloyd and Hilary Brown**

Argument for mainstreaming mental health service for people with ID (diagnosed and undiagnosed but presenting to mental health services)

Biography:

Julie Lloyd is a CAT Practitioner, supervisor and trainer and Clinical Psychologist, with over 30 years' experience of working in the NHS; in the community with people with learning disabilities and also in hospital with people with severe mental illness. She also co-edits Reformulation, the journal of the Association of Cognitive Analytic Therapy and chairs the learning disability CAT special interest group.

Hilary Brown has recently retired from Canterbury Christ Church University where she has worked on issues of safeguarding and learning disability. She also works as a CAT Psychotherapist with people with learning disabilities within the Sussex Partnership NHS Trust and supervises trainee CAT therapists working in this specialty. Her current work includes the conduct of serious case reviews many of which hinge on complex issues of mental capacity.

Abstract:

Workers in health Learning Disability teams are generalists and by contrast, Mental Health services are divided into specialities. People with intellectual disabilities fall into all speciality groups as well, but usually their primary “label” gets in the way of their receiving specialist services. There have been shocking statistics that show people with learning disabilities die younger than their peers on account of these omissions within mainstream health service provision. Mental health problems (which occur more often) are more frequently overlooked and if there is a whiff of a learning disability the person is excluded from mental health services. The gold standard for demarcation is the IQ test plus two areas of significant social deficit. Where do CAT practitioners stand on this? If CAT projects itself fundamentally as a relational model, why is it that it goes along with IQ as a reason for limiting access to only certain professionals? In CAT why do we perpetuate this apartheid approach instead of responding to standards in the Disability Discrimination Act 2005 to ensure the delivery of effective mental health services for people with learning disabilities and additional needs? Why do we not offer an integrated and inclusive approach which does not differentiate LD CAT cases from non LD ones in terms of CAT training requirements? DEBATE

❖ **Kim Dent Brown**

Six-Part Story making – the briefest possible introduction!

Biography:

Kim Dent Brown is a CAT practitioner and a psychology lecturer at the University of Hull. He researched the 6-Part Story for his PhD and has taught it to CAT trainees and practitioners for many years.

Abstract:

The telling of stories seems to be a feature of all human cultures, past and present. Stories told by people way apart from us in time and/or space seem to speak to us across that distance. Can clients’ imaginative, fictional stories work in the same way – allowing them to communicate something of their real essence and identity in a new and imaginative way? This workshop will give participants a brief experience of creating and telling their own six-part story, and listening to others. Ways of implementing this in CAT will be outlined, for example in contributing to the reformulation letter and to identifying reciprocal roles.

❖ **Beth Greenhill and Kieron Beard**

Histories of homotopia and homophobia; a CAT perspective on working with Lesbian Gay Bisexual and Transgendered (LGBT) identities in therapy and in our communities

Biography:

Beth Greenhill is a CAT Practitioner and Clinical Psychologist working with people with learning disabilities in Liverpool for Mersey Care NHS Trust. Beth is also a Senior Clinical Tutor on the University of Liverpool Doctoral Training Programme for Clinical Psychology where she co-ordinates the Learning Disability teaching module with colleagues. Beth’s research interests include applying human rights approaches in healthcare, clinical risk-sharing partnerships, and sexuality, primarily with People with Learning Disabilities. Beth has a strong personal, political, and professional interest in human rights and equality issues.

Kieron Beard is a recently qualified Clinical Psychologist working full-time in the Lambeth Mental Health in Learning Disabilities Team (South London & Maudsley NHS Trust). He qualified as a Clinical Psychologist at the University of Liverpool in 2013. Kieron completed his doctoral thesis in the area of mental health and sexuality and has experience of working with voluntary sector LGBT organisations. He was introduced to the CAT model whilst undertaking this training and completed a 12 month specialist CAT-LD placement in his final year of training, supervised by Beth Greenhill. Kieron hopes to undertake his CAT Practitioner training in the future.

Abstract:

Liverpool is a city with a vibrant and proud LGBT community. Liverpool Pride, which in 2014 hosted a 60,000 strong celebration of sexual diversity and LGBT culture, continues to be a magnificent response to the tragic and homophobic murder of Michael Causer in our city. Our social and psychological relationships to our own and others’ sexual identities are complex and multifaceted. This workshop will explore a neglected area of CAT’s application: understanding sexual orientation and diverse sexual identities. CAT’s relational approach has much to offer in developing our understanding of how the sexual identities of therapist and service user may shape therapeutic journeys. It also provides a way of mapping the cultural and historical context of our social relationships with sexually diverse identities. This workshop will provide opportunities for beginning to map both therapeutic and social relationships with sexual identity

❖ **Kerry Manson and Gemma Hurst**

Using a combination of CAT and Drama Therapy to share formulations within forensic settings

Biography:

Kerry Manson is a Consultant Clinical Psychologist and CAT practitioner/supervisor who manages a Primary Care Psychological Service at HMP Liverpool

Gemma Hurst is a Clinical Psychologist and Drama Therapist, who has worked in a range of psychological services within forensic settings.

Abstract:

It can be difficult for offenders who have committed serious and high profile offences to have a sense of culture, identity and pride. This workshop will explore ways in which we have attempted to use a combination of CAT and Drama Therapy to explore relational issues and try to get the balance between helping offenders gain a more positive sense of self whilst still acknowledging the seriousness of their offending behaviour. We will be looking at the similarities and differences in the theoretical basis of the two

therapies and how we addressed this. We will also include group activities such as identifying reciprocal roles creatively and using characters from films/stories etc in CAT work

❖ **Clive Turpin**

"I can't do this!" – negotiating therapy with Jean

Biography:

Clive Turpin is a Cognitive Analytic Psychotherapist with over 19 years' experience of working in the NHS in varying areas of mental health, including acute/intensive care, adolescent therapeutic community and research. Currently he works in a Psychotherapy Service in North Manchester offering individual and group CAT. Additionally, Clive works in a self-harm team in Central Manchester offering very brief therapy (Psychodynamic Interpersonal Therapy and CAT). He has an interest in brief work and promoting therapeutic and relational approaches with front-line services and highlighting the benefit of using these skills during assessment.

Abstract:

I met Jean after she had come through the A&E department with self-harm, but left before being assessed. She regularly attends her GP surgery in crisis and A&E intoxicated and often having self-harmed. Jean frequently misses appointments and has very limited skills of reading and writing, all of which impacts on her access to care. This is a brief story of her therapy, which certainly did not 'fit into a box'

❖ **Sophie Rushbrook**

Working Creatively with Dreams in CAT

Biography:

Sophie Rushbrook is a Chartered Clinical Psychologist, and Acting Head of the Intensive Psychological Therapies Service (IPTs), a Beacon service in Poole, Dorset. The service provides CAT and Dialectical Behaviour Therapy (DBT) to people with personality disorders. IPTs is a University Department of Mental Health, linked to Bournemouth University part of Dorset HealthCare University NHS Foundation Trust.

Abstract:

I will present the paper I co-wrote with Nicola Coulter; 'Sleep Tight: Working Creatively with Dreams in CAT' published in Reformulation, Summer 2012. The paper presents a technique based on Fritz Perls' approach to dream analysis and how we have incorporated this into our CAT practice. According to Ryle (1991) dreams can be used in therapy as, 'Their meaning to the patient and their relation to the therapy can be considered jointly by patient and therapist in the same way as all the other communications of the patient'. I will share how we work with dreams in CAT, demonstrating clinical practice with the aid of a case study, illustrating how this technique elegantly fits with the CAT model and CAT tasks. Our experience of using this dream work is with people who have a diagnosis of Personality Disorder (PD) and symptoms of Post-traumatic Stress Disorder (PTSD). An interactive workshop

Saturday, 12th July 2014 | 14:00 – 15:30

❖ **Jason Hepple and Elizabeth McCormick**

Mindfulness and yoga practice in everyday life

Biography:

Jason Hepple, Chair of ACAT, is a CAT Psychotherapist and enjoys using yoga practices for personal development and relaxation

Liz McCormick is a CAT Psychotherapist with a regular mindfulness meditation practice and an interest in the interface between mindfulness and clinical work

Abstract:

We are pleased to offer this workshop again as it has proved popular as a chance to ground oneself and relax a little.

This is a workshop space for anyone curious about or interested in developing the practice of mindfulness and some aspects of yoga practice for his or her own reflection, relaxation and nourishment. We will be offering experiences of chanting, mindfulness of breathing, body and walking, breathing exercises and singing. There will be opportunities for sharing experiences in a friendly non-judgmental environment. If you wish to sit on the floor for part of the workshop please bring a cushion to sit on. Chairs will be available as well

❖ **Lawrence Welch**

The Politics of Culture and Identity

Biography:

Lawrence Welch is a Consultant Psychotherapist in the Northumbria Healthcare Trust's Psychological Therapies Service. He first trained in CAT in the late 1980's and is a Founder member of ACAT and a trainer and supervisor in Catalyse (formerly ACAT North). He completed a PhD on the reliability and validity of reformulations and the process of writing them in 2010. He has had an active interest in socialist politics since leaving South Africa in 1969 and, from the early 70's, has been a supporter of a socialist group now known as Worker's Liberty.

Abstract:

The aim of this workshop is to explore a political template based on reciprocal roles arising from the workforce response to the undemocratic privatisation of the NHS. This template is in turn generalizable to other areas of cultural and social conflict. The cuts in services and pressures to achieve unrealistic targets are creating a culture in which the workforce typically feels helpless and criticised with a powerful experience of a lack of control where the sense of professional identity and pride in the work is undermined. For those of us working in the NHS as therapists, this experience also mirrors the experience of so many of the patients we see and it is vital for our clinical work that we find a place in which we do not succumb to defeatism. This workshop will look at how our understanding of reciprocal roles can help us be aware of the internal triggers to an unquestioning internal despair in the face of the intense threats we face within our services. We will look at how our commitment to dialogue and collaboration is fundamental to building alliances so that we are able to talk about how to say no to those in higher management, whose key task is to be seen to be carrying out the dictates of a government driven by finance and not patient care.

❖ Steve Potter***Mapping the feelings of difference for individuals, groups and teams*****Biography:**

Steve Potter is a CAT Psychotherapist, Chair of ICATA, Vice Chair of the ACAT Training Committee and Co-director of Jersey CAT Practitioner Training. His main interest is in the use of CAT conceptual tools to facilitate mapping as an aid to developing reflective capacity.

Abstract:

Conversational -mapping using reciprocal role procedures to name and voice moments of identity, compassion, pride and uncertainty in working with individuals, groups, teams and cultures. We will micro-map our responses to three short videos: one of which highlights a feeling of difference within and between work teams in a large organisation; the second highlights feelings of difference in individual therapy and the third highlights feelings of pride and uncertainty in regional national identities in the wider and looser context of being British. We will review the value of conversational style of mapping as an aid to building reflective capacity both in the individual and in society

❖ John Mulhall***Using a CAT approach to inform group work with adolescent inpatients*****Biography:**

John Mulhall's background is in social work. He has practised in Child and Adolescent Mental Health Services (CAMHS) for the past 11 years. He is a CAT Practitioner who is part of the current IRRAPT cohort.

Abstract:

This workshop will use practical examples and material to discuss and explore how CAT approaches can inform both open and closed time limited group work with this often hard to connect with client group, who may be inpatient for a limited time. It will be a participative and interactive workshop aimed at sharing ideas, promoting helpful discussion, and having fun! Whilst the topic is inpatient adolescents, the ideas are transferable to all types of groups

❖ Rhona Brown and Paul Harfleet***Quiet Resistance and Conceptual Shields: A CAT Journey alongside the Pansy Project*****Biography:**

Rhona Brown is a clinical psychologist and CAT practitioner living and working in Manchester. She is interested in community psychology and how CAT can be used fruitfully as a tool in understanding and addressing inequalities. London based artist **Paul Harfleet** has a multi-disciplinary practice that primarily focuses on his on-going artwork, The Pansy Project. He plants pansies at the site of homophobic abuse. He then photographs the interventions, and places them on his website www.thepansyproject.com. Over the past nine years the artist has explored the complexities of this simple concept, with 'poster campaigns' shared on line, various collaborations with designers and by presenting The Pansy Project to the public through 'Pansy Handouts'.

Abstract:

The Pansy Project began in 2005 in Manchester as a quiet yet powerful response to homophobic abuse, following artist Paul Harfleet's personal experience of a succession of verbal assaults over the course of one day. He has described his artistic practice of planting a pansy at the site of homophobic abuse as a 'conceptual shield' against what CAT might term the dilemma of either internalising the abuse, or challenging it openly and risking an escalation in hostility. Much like the self-seeding pansy, Paul's work has grown and developed over the years in both planned and unplanned directions. Promotion of his project through social media and public plantings has resonated with many others across the globe. Paul maintains links with Liverpool through a number of collaborations with the Homotopia Festival. Rhona Brown has found his work helpful in considering how individual exits in response to abuse can be recognised, shared, and adopted more collectively in order to challenge inequalities. For several years, Paul and Rhona have been having a virtual dialogue about these issues from their differing perspectives as artist and therapist. They will present an update on the Pansy Project from a CAT perspective, inviting participants to join them to reflect on the concept of quiet resistance, and how CAT might support individuals and communities in constructing conceptual shields against abuse and inequality