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**Introduction to Cognitive Analytic Therapy: A three day course**

A course for professionals working with mental and/or physical health interested in the concepts and practice of CAT

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| **Dates:** | Friday 17th April, Friday 24th April and Friday 1st May 2020 |
| **Times:** | 9.30 a.m. – 4.30 p.m |
| **Venue:** | The Education Centre, West Suffolk Hospital, Hardwick Lane, Bury St. Edmunds, IP33 2QZ |
| **Facilitators:** | Dr Caroline Bunting, Dr Jonathan Lyons, Dr Louise Candey, Dr Sarah Leggett |

**About Cognitive Analytic Therapy (CAT):**

Please click on the following link for further information

<https://www.acat.me.uk/page/about+cat>

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**Aims of the course:**

Using a variety of interactive teaching methods, including clinical examples, observation, large and small group exercises and role play to:

* Give an overview of the history and development of CAT
* Teach the theory underpinning the formulations and applications of CAT
* Introduce and practice using key CAT tools

The course is split into three days:

Day one: CAT theory

Day two: CAT as a therapy

Day three: CAT skills

All those attending will receive a certificate of attendance and an Introduction to CAT information pack. This includes hand-outs for each teaching day attended, a glossary of CAT terms, a reading and a reference list. You will also be given copies of CAT tools such as the Psychotherapy File, Assessor’s Response Form, Rating Sheets and guidance for Reformulation and Goodbye Letters.

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**Who the course is for:**

Those with a professional qualification working with mental or physical health within or outside Norfolk and Suffolk NHS Foundation Trust (e.g. clinical psychologists, psychotherapists, psychiatrists, GPs, nurses, counsellors, social workers, physiotherapists, and allied professionals).

**Number of places:**

30 with 10 places for applicants from Norfolk and Suffolk NHS Foundation Trust, 10 places for applicants from Suffolk GP Federation and 10 places for those external to both organisations.

**About the Facilitators:**

Caroline Bunting is a Clinical Psychologist, an ACAT accredited CAT Supervisor and CAT Practitioner working in the Ipswich adult community mental health team. Jonathan Lyons is a Consultant Psychiatrist and an ACAT accredited CAT Practitioner working in the child and family and youth community teams in West Suffolk. Louise Candey is a clinical psychologist, and an ACAT accredited CAT Practitioner in the Coastal adult community mental health team in East Suffolk. Sarah Leggett is an accredited CAT Practitioner and Clinical Psychologist working for the Suffolk GP Federation and Lead for Chronic Pain in the West Suffolk Integrated Pain Management Service.

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**Practical bits:**

**Booking:**

**Please contact Emma Cassidy, Governance Administrator, Suffolk GP Federation ([emma.cassidy1@nhs.net](mailto:emma.cassidy1@nhs.net)) to book your place**

**Deadline for applications:**

Friday 3rd April 2020. However, early booking is advisable as places are expected to fill up.

**Cost (for external applicants):**

£200 for the entire 3 day course.

**Travel:**

West Suffolk Hospital is located to the South of Bury St Edmunds town centre. It is within easy reach of the A14.

Parking arrangements have been made with West Suffolk Hospital for delegates to park at the daily staff rate (currently £2.10, but a tariff review may take effect from 1st April 2020). However parking spaces are first come first served and so cannot be guaranteed and car sharing is encouraged where possible. Delegates who wish to park will be asked to provide their car registration number to facilitators on the day so they can be set up at the staff rate for the day. Delegates will then have to visit the pay machine to pay their parking charge prior to leaving site.

The railway station is on Station Hill about 1 mile from the town centre and 2 miles from the hospital. There are at least five train services daily between Bury St Edmunds and Ipswich and Cambridge; the journey time for either is approximately 45 minutes. There is bus service from the station which runs to the main bus station in St Andrew's Street North, with connecting services to the hospital. There is also a taxi rank outside the station, and further taxi offices on Station Hill. To contact the train station please call: 01284 484950

The main bus station is in St Andrew's Street North, a few minutes’ walk from the town centre. Mulleys Bus Company runs the M11/M22 bus service from here to the hospital and return; currently this runs at hourly intervals at 10 minutes past the hour arriving at the hospital at 27 minutes past. For timetable enquiries, please call Mulleys: 01359 230234. Stephensons Bus Company runs the Bury St Edmunds Town Breeze Service from here to the hospital and return; currently this runs at half hourly intervals, at 15 and 45 minutes past the hour arriving at the hospital at 25 and 55 minutes past. For timetable enquiries please call Stephensons: 01440 704583. For details of all buses in the Bury St Edmunds area log on to www.suffolkonboard.com

**Refreshments:**

Refreshments and lunch will not be provided but there is a range of options at the West Suffolk Hospital including a well stocked and served cafeteria.

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