



**Sixth International CAT conference Cognitive Analytic Therapy in practice: A relational approach to mental health (25th-27th September) 2015 Porto Rio Hotel, Patras, Greece, hosted by ICATA and Hellas CAT**

***First Draft Conference Programme***

Friday 25th September		Saturday 26th September		Sunday 27th September		Monday 28 <sup>th</sup>
9.00	Pre-conference extended workshops: Approaches to supervision Louise McCutcheon, Katri Kanninen, Lee Crothers A mindful dialogue with reciprocal roles Liz McCormick Working with Groups Jason Hepple Introduction to CAT in Greek Vicky Petratos, Iannis Vlachos, Arravela	09.00	Welcome and 2nd Plenary Relational Mental Health: The client CAT's relational approach to understanding BPD Ian Kerr Working alongside Parents Nick Barnes Transference and reciprocal roles with Eating Disorders Piacenza Group and Ruth Carson	4th Plenary: Relational Mental Health: The system The state we are in: Voices in the crisis The Mediterranean Viewpoint – Spain, Italy & Greece: A CAT exploration of the impact of the economic and political crisis on mental health and psychological resilience in three Mediterranean countries: Greece, Italy and Spain Louise McCutcheon, Iannis Vlachos, Roseangela Caruso, Gabrielle Stabler Andrew Chanen and Louise McCutcheon The relational formulation of treatment and care alongside the therapy intervention		Journey Home Or conference visit to Olympia: the original home of the Olympic Games
10.30		10.30	Refreshments	Refreshments :		
11.00		11.00	Workshop/Seminars : self-harm, eating disorders Nick Barnes Peer mentoring schemes The use of CAT in peer mentoring projects  Liisa Uusitalo-Arola Choosing psychotherapists into trainings  The feeling of mapping – a client's perspective	Workshops/Seminars, body work, eating disorders, Sexual disorders and CAT Aravela Adamopoulou Leena Ehrling short versus long: looking at the process of time in CAT Mandy Wildman Andrea Wragg, Kath Sykes 'Time' in the context of therapy		
12.30	Lunch	12.30	Long Lunch	Long Lunch		
2.00	Pre conference extended workshops Continue as above	2.00	3rd Plenary: Relational Mental Health: The therapist	Workshops/Seminars: CAT and Health Care Luigi Grassi, Rosangela Caruso		



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4.00 Coffee tea break and free time		How do you feel? Integrating Embodied Awareness into CAT Caroline Dower Voicing moments of emotion in the reading and rewriting of the prose description Steve Potter	Working with inpatient staff of an acute adult mental health unit. Sarah Cluley Working with Exits in CAT Vicky Petratou Where is CAT going to help: Jason Hepple Using CAT mapping as an aid in brief consultations Aisling White	
	4.00	Workshop/Seminars: How do you feel? Integrating Embodied Awareness into CAT Caroline Dower Working with time in therapy Mandy Wildman, Cath Sykes, Marie-Anne Bernardy-Arbuz 4-5 sessions of CAT for parents within the Webster-Stratton approach to a parent group Reflective practice in teams and organisational change Hackney Group Voicing the prose-reformulation Steve Potter	5th Plenary: Relational Mental Health: The model CAT with open borders: integrating other approaches into CAT's reformulation scaffolding Psychosis Is the Analytic now relational? Mikael Leiman Video from FinCAT, Has Core Pain come back and does the letter always come before the diagram? Liz McCormick and Steve Potter (What is and is not CAT and who decides)	
5.30	Conference Launch: Introduction from the Major of Patras 1st Plenary session: A celebration of our diversity of ways of applying CATs relational framework	5.30	Free time/sunset time	Conference closes:
6.00	Welcome beach reception	6.00		ICATA AGM
8.00	Conference evening meal	8.00	Conference Gala Meal	Evening meal in local restaurant for those staying