In Dialogue CAT Practitioner Training Year 1 (2025) _Online.

- Structure: Blended format with 16 hours of pre-recorded modules and 32 hours of live seminars and mapping workshops.

- Content: Explores CAT principles, relational mapping, reformulation techniques, and practical therapeutic applications.

- Requirements: Open to qualified professionals with prior experience in psychology, social work, occupational therapy, psychiatric nursing or related fields.

- Supervision: Requires 40 sessions of group CAT supervision each year (not included in course fees), and trainees must complete supervised CAT therapies to be accredited.

- Assessments: Includes quizzes, a mid-year oral presentation, and a year-end written case study.

For more information about fees, prerequisites, and detailed course structure, please contact the course coordinator through contact us on wwwindialogue.com.au.

Pre-Recorded Modules Schedule: (online modules are to be viewed in the following months and can be viewed in own time and over and over – if you wish)

February/March 2025

  - Module 1: Introduction to CAT – Overview of CAT principles and philosophy

  - Module 2: Key Theoretical Concepts – Reciprocal roles, self in CAT, Target Problems (TPPs)

April/May 2025

  - Module 3: The Therapeutic Relationship in CAT – Reciprocal role enactments, alliance, and use of self

  - Module 4: Reformulation and New Self-Narratives – Mapping and letter writing in reformulation

June/July 2025

  - Module 5: Integrative Influences on CAT – ORT, Kelly's Construct Theory, Vygotsky & Bakhtin

  - Module 6: Facilitating Recognition and Middle of Therapy – Observing self and how it promotes revision/change

August/September 2025

  - Module 7: Promoting Change and Revision – Techniques to modify unhelpful patterns

  - Module 8: Good Enough Goodbye – Writing goodbye letters, facilitating ending

Extra modules on identifying target problems and use of self through the 5R's.

Proposed Live Online Seminars and Mapping Workshop Schedule:

Seminar 1: **Wednesday, February 19, 2025, | 9:30 am - 12:30 pm**

 Introduction to course, group expectations, and relational learning patterns.

Mapping Workshop 1: **Wednesday, March 5, 2025, | 9:30 am - 11:30 am**

 Starting CAT – Identifying Target problems and mapping.

Seminar 2: **Wednesday, April 2, 2025, | 9:30 am - 12:30 pm**

 Reformulation – co-constructing a shared formulation.

Mapping Workshop 2: **Wednesday, May 7, 2025, | 9:30 am - 11:30 am**

 Building a map that considers a shared relational understanding.

Seminar 3: **Wednesday, June 4, 2025, | 9:30 am - 12:30 pm**

 Recognition – recognising patterns with compassion

*Mapping Workshop 3***: Wednesday, July 2, 2025, | 9:30 am - 11:30 am**

 Using maps and integrating other strategies for recognition.

 Seminar 4: **Wednesday, August 6, 2025, | 9:30 am - 12:30 pm**

 Revision – promoting change and zone of proximal development (ZPD)

Mapping Workshop 4: **Wednesday, September 3, 2025, | 9:30 am - 11:30 am**

 Exits on a map – how to support change 'in the room and outside the room'.

***Case Study Presentations:* Wednesday, September 10, 2025, | 9:30 am - 12:30 pm**

 & Wednesday, September 17, 2025, | 9:30 am - 12:30 pm

Seminar 5: **Wednesday, October 1, 2025, | 9:30 am - 12:30 pm**

 Endings and Follow-Up.- what is a 'good enough' goodbye.

Mapping Workshop 5: **Wednesday, November 5, 2025, | 9:30 am - 11:30 am**

 CAT and the unique demands and relational dynamics of our professional practice.

Seminar 6: **Wednesday, December 3, 2025, | 9:30 am - 12:30 pm**

 Next Steps and Closing.