

MENTAL HEALTH IN A CHANGING WORLD
MÁLAGA, THURSDAY 3RD TO SATURDAY 5TH OCTOBER 2013
Hotel Monte Málaga

5th International Conference Cognitive Analytic Therapy (CAT)

Hosted jointly by the International Cognitive Analytic Therapy Association (ICATA) and the Spanish Association for Cognitive Analytic Therapy (APCAE)

Come and join us in the welcoming city of Málaga in the South of Spain. We are meeting at the Hotel Monte Málaga, by the sea near the port.

All welcome, from beginners to the highly experienced.

The main language of the conference is English. Friday plenaries will be simultaneously translated into Spanish.

The conference themes are: personality disorder, trauma and relationships, therapeutic tools and the process of change, working together across boundaries of culture, profession and model, values in CAT.

Topics and sessions include:

- *Presenting: Prof Mikael Leiman, Prof Dieter Herman, Dr James Lowe, Dr Carlos Mirapeix, Dr Jason Hepple...*
- *Using CAT for consultation and change in organizations and teams*
- *Psychotherapeutic responses to economic and political crises*
- *Bringing theory alive: wide range of experiential workshops*
- *Does CAT fit with the new DSM5 view of Personality Disorders?*
- *CAT's version of mentalisation, metacognition and levels of affect regulation*
- *What to do in the "middle of a CAT therapy"*
- *Evaluating change in CAT: symptom relief or therapeutic understanding*
- *CAT over the lifespan: adolescence, adulthood, older age*
- *Values in the consulting room: personal, cultural, social and spiritual.*



To book a place follow
this link to the
conference website:
www.internationalcat.org

Details of the
programme, hotels and
links to travel options can
be found there.

Inscriptions and
payments from 1st
March 2013.

Cost of the conference
€200 for the 3 days
(Before June)

As there are limited places
at the conference early
booking is highly
recommended. For offers
and enquiries about
presentations and posters
email us to:

[ConferenceICATA2013@
gmail.com](mailto:ConferenceICATA2013@gmail.com)