CAT TRAINING AUSTRALIA

CAT Skills & Year 1

Proposed training dates | February 2027 - January 2028

DRAFT CALENDAR / Online live learning + flexible LMS study

Start with CAT Skills. Choose whether to continue.

Live learning is generally held on the first Friday of each month, with additional oral case presentation seminars at the end of each stage. All times are Melbourne time (AEST/AEDT).

01 CAT Skills | First six months

February - July 2027 / 20 supervision sessions

Fri 5 Feb 2027	Seminar 1	CAT foundations & reciprocal roles 9:30 am - 12:30 pm
Fri 5 Mar	Mapping 1	Target problems & procedures 9:30 - 11:30 am
Fri 2 Apr	Seminar 2	Reformulation & the therapeutic relationship 9:30 am - 12:30 pm
Fri 7 May	Mapping 2	Developing collaborative CAT maps (SDRs) 9:30 - 11:30 am
Fri 4 Jun	Seminar 3	Recognition, enactments & use of self 9:30 am - 12:30 pm
Fri 2 Jul	Mapping 3	Recognising patterns using CAT maps 9:30 - 11:30 am
Fri 23 Jul	Oral case study presentations	CAT Skills 9:30 am - 12:30 pm

02 Continue to complete Year 1

August 2027 - January 2028 / A further 20 supervision sessions

Fri 6 Aug 2027	Seminar 4	Recognition, revision & facilitating change 9:30 am - 12:30 pm
Fri 3 Sep	Mapping 4	Exits & alternative procedures 9:30 - 11:30 am
Fri 1 Oct	Seminar 5	Therapeutic enactments, ruptures & repair 9:30 am - 12:30 pm
Fri 5 Nov	Mapping 5	Complex relational patterns 9:30 - 11:30 am
Fri 3 Dec	Seminar 6	Endings, goodbye letters & follow-up 9:30 am - 12:30 pm
Fri 7 Jan 2028	Mapping 6	Consolidating clinical formulation 9:30 - 11:30 am (subject to change due to the summer break, depending on the group)
Fri 21 Jan	Oral case study presentations	Year 1 9:30 am - 12:30 pm

Small group, responsive learning

Dates may move by agreement, and topics can be added or adapted to meet the group's learning needs. Weekly supervision starts in the week of 8 February; group times and breaks will be agreed.