With the support of Palestine Pilgrimage, BASR’s Psychosocial Program organized the second module of “Cognitive Analytic Therapy” (CAT) for two days, led by the Psychologist Steve Potter and the Psychiatrist Donald Bermingham, targeting 24 social workers and mental health professionals working in public institutions, hospitals and Mental Health Directorates in Hebron and Bethlehem districts along with some of BASR staff.

The module encompassed new therapeutic methods of helping clients with diagnoses of personality disorder, eating disorder and trauma, using CAT model of focusing on reformulation through writing and map drawing, as well as using active and conversational approach with a clear use of time and endings for solving high level problems.
“Through presentations, practical exercises and group work, we received an advanced framework for applying and integrating a variety of overlapping psychotherapeutic approaches simulating medicine, social welfare and psychological well-being”, commented one mental health participant from Hebron city.

Upon the completion of the training, participants interested in this new approach, were invited to take part in more in depth training with online supervision, in order to become Palestinian CAT therapists.