

**ICATA Conference 2023: Helsinki, June 15-17  
PROGRAMME**

PLENARY
PRESENTATION
WORKSHOP

	Program/Title	Presenters	Country
<b>Thursday June 15th</b>			
<b>12:00-13:00</b>	<b>Registration</b>		

13:00-13:10	Welcome to the Conference	Chairs of ICATA and FINCAT	Finland
13:10-14:20	What is the underlying of CAT? From Semiotic Object Relations Theory (SORT) to metaphor	Mikael Leiman and Jason Hepple	Finland/UK
<b>14:20-14:50</b>	<b>COFFEE</b>		
14:50-15:35	Finland, Happiness, Coconuts and Peaches: <i>Cultural and Social Influences that Shape and Form Us</i>	Amarena Guevara Celsi, Leonie Sweeney	Scotland
15.35-16:05	In Among our CATs: <i>Interactive meeting and greeting</i>	Steve Potter and Katri Kanninen	UK/Finland
<b>16:30-18:30</b>	<b>Welcoming Ceremony with drinks and small buffet</b>		

**Friday June 16th**

9:00-9:30	A Body-Oriented Journey	Minna Martin	Finland
9:30-10:00	Ghosts in Our National Psyches	Elaine Martin and Steve Potter	Ireland/UK
10:00-10:30	Living with the Climate and Ecological Emergency	Sami Kivikkokangas, Tim Sheard, Rabhya Dewshi, Reem Ramadan	Finland
<b>10:30-11:00</b>	<b>COFFEE</b>		
<b>Parallel sessions</b>			
11:00-12:30	<b>Session 1:</b> Embodiment & CAT - demonstration and practise	Minna Martin and Mirka Lammi	Finland
11:00-12:30	<b>Session 2:</b> Mapping the Power of National Psyches in our Lives	Elaine Martin and Steve Potter	Ireland/UK
11:00-12:00	<b>Session 3:</b> Living with the Climate and Ecological Emergency	Sami Kivikkokangas and Tim Sheard	Finland
12:00-12:30	Emotional practices used by young climate activists to communicate climate change: Reciprocal roles	Rosealee Rhodes	New Zealand
11:00-12:00	<b>Session 4:</b> Relational care in tertiary youth public mental health settings	Louise McCutcheon and Reem Ramadan	Australia
12:00-12:30	Emotional Blast: Implosion or explosion. Young adults CAT group in complex care	Dr Jessie Emilion and Rosie Carr	UK
11:00-12:00	<b>Session 5:</b> Working at the edges of human experiences: A shared workshop applying a CAT approach	Jamie Kirkland and Joe Judge	UK
11:00-11:30	<b>Session 6:</b> A new relational perspective on cognitive-analytic psychotherapy - is it time for integration?	Edua Holmström	Finland
11:30-12:30	Understanding the dynamics of using CAT in private practice and cultural differences: Case studies	Rita Toli and Iannis Vlachos	Greece
<b>12:30-13:30</b>	<b>LUNCH (poster presentations 13:45-14:00)</b>		
13:30-14:15	The vulnerability of memory	Julia Korkman	Finland
14:15-15:00	Back to the Future: Tracing the story of CAT - Trauma and the Self	Frank Margison	UK
<b>15:00-15:30</b>	<b>COFFEE</b>		

<b>Parallel sessions</b>			
15.30-17:00	<b>Session 7:</b> Integrating the marginalised voice of the body into CAT	Tim Sheard	UK
15:30-17:00	<b>Session 8:</b> Sibling relationships and CAT	Marie-Anne Bernardy-Arbuz and Steve Potter	France/UK
15:30-17:00	<b>Session 9:</b> Working in and out of the clinic – Exploring meanings and understandings of culture through case discussions, from India to the Scottish Highlands	Nick Barnes and Sivakami Suresh Prabalkumar	Scotland/India
15:30-16:00	<b>Session 10:</b> Maori and mental health: Towards a cross-cultural, CAT-based, socio-relational meta-perspective or <i>korowai aria</i>	Simon Waigh and Ian B. Kerr	New Zealand
16:00-16:30	Understanding restrictive practice in acute mental health crisis: A Contextual CAT approach to managing containment	Adrian Hayes	UK
16:30-17:00	The Court Report Recommends: CAT and Parenting Classes, 10 cases	Sarah Cluley	UK
15:30-16:00	<b>Session 11:</b> Learning CAT using film: reformulation with a film of a therapy focusing on loss	Frank Margison	UK
16:00-17:00	Olenka's reciprocal relations to her love objects. From Chekhov's short story <i>The Darling</i> . Analyzed together using a dialogical approach.	Soile Tikkanen	Finland
<b>19:00-19:30</b>	<b>GALA DINNER: Arrival and drinks reception</b>		
19:30-24:00	Buffet and music		

### Saturday June 17th

9.00-9:45	CAT Competencies	Glenys Parry (ICATA training committee)	UK
9:45-10:30	Processes of Emotional Change in Therapy: A research perspective	Erkki Heinonen	Finland
<b>10:30-11:00</b>	<b>COFFEE</b>		
<b>Parallel sessions</b>			
11:00-12:30	<b>Session 12:</b> CAT Competencies: Workshop	Glenys Parry, ICATA training committee, Louise McCutcheon, et.al.	UK
11:00-12:30	<b>Session 13:</b> Using CAT in dialogue with gender diverse people	Dr. Anna Laws	UK
11:00-12:30	<b>Session 14:</b> The art of presence: Using improvisation and play to facilitate openness and responsiveness in CAT practice	Vicky Petratou and Emma Walton	UK
11:00-11:30	<b>Session 15:</b> A CAT-based, automated digital formulator	Katri Kanninen	Finland
11:00-12:30	<b>Session 16:</b> A reflective workshop to consider ethnicity within the therapeutic relationship and our workspaces	Dr. Jenny Bowe and Anam Elahi	UK
11:00-12:00	<b>Session 17:</b> Working with stones in therapy (in Finnish)	Maria Hämäläinen	Finland
<b>12:30-14:00</b>	<b>LUNCH (poster presentations 13:45-14:00)</b>		
<b>13:15-14:00</b>	<b>ICATA Annual General Meeting</b>		
14:00-14:30	CAT and Gender Dysphoria	Anna Laws	UK
14:30-15:00	CAT-informed crisis work in early intervention for BPD - HYPE	Christel Hessels and Anneke Gielen	Netherlands
15:00-15:30	Reflections on the ongoing evolution of CAT, its current status, and future challenges	Ian B. Kerr	New Zealand
<b>15.30-16.30</b>	<b>Integrating and Ending</b>		