

3RD ANZACAT CONFERENCE – MELBOURNE, AUSTRALIA

VIRTUAL CONFERENCE 19TH AUGUST 2022



**RELATING TO CHANGE AND UNCERTAINTY:
INSPIRING CONNECTION AND GROWTH ACROSS
GLOBAL SOCIOCULTURAL CONTEXTS**

ANZACAT INC. Australian & New Zealand Association
of Cognitive Analytic Therapy

ONLINE CONFERENCE FRIDAY 19TH AUGUST, 2022 (8.30-16.30)

"We are living in times of profound and monumental change, change that challenges our very existence on this planet, driving an atmosphere of anxiety and uncertainty that pervades every aspect of our lives. Be it the threats of our changing climate, the uncertainties and insecurities generated by our exposure to the COVID-19 pandemic, or the vulnerabilities highlighted by the war in Ukraine, none of us are immune to these realities. We may either choose to make enormous adjustments and realignments to feel able to "keep calm and carry on" or we dive into a position of denial and disregard, but more likely we find ourselves seeking an uncertain middle ground, an acknowledgement of "how to be both", rather than holding steadfast to such polarised positions." (Assoc. Prof. Nick Barnes)

The 2022 ANZACAT Conference aims to bring the ANZACAT community together to reflect on how we make sense of our relationship with change and uncertainty. We are excited to have Assoc Prof Nick Barnes as our Keynote speaker, live at our online event. Yes, we have kept this as an online event but the upside is that we can have some international speakers. Our online conference will be a mix of mini workshops, tabletop presentations and opportunity to see and meet some fellow CAT community members.

Keynote Address: Relating to Change and Uncertainty – "It's All About Relationships" Assoc. Prof. Nick Barnes (Live from the UK)

Out of each of the current crises we currently face has come hope - stories of front line workers in the pandemic, radical solutions to sustainable and more ecological living, or care and shelter being offered to the millions of migrants seeking shelter from the war. But this hope is reliant on building trust and focusing on relationships. Through connecting with ourselves and each other we are offering a space for relating to change and uncertainty, but if this is to be translated into genuine hope and inform a sense of agency, then we need to recognise that "It's all about relationships".

Assoc. Prof Nick Barnes, Nick is a young people's psychiatrist and cognitive analytic therapist who has worked in child and adolescent mental health services for over 20 years. He is an Honorary Associate Professor within the Department of Clinical, Educational and Health Psychology at University College London. Nick's work has focused predominantly on young people who do not wish (or feel unable) to engage with (formal) mental health support. As a result, Nick has worked within the voluntary youth work sector to co-produce and co-deliver ways of working that might involve more creative and active methods of engagement. From film to sport, photography to cooking, the focus has been much more about the medium of delivery, and the locality for this. Recognising that relationships are very much at the heart of our practice the aim of this work has been to develop opportunities for connecting, enabling a feeling of being connected.

Mini workshops will include:

Nick Barnes on CAT, Creativity and Communities in Times of Uncertainty

Reem Ramadan & Co on Climate Change

Lee Crothers & Mari-Anne Bernardy-Arbuz on 'Self agency and change: Writing to empower'

Tabletop Presentations. Would you like to present?

More INFO & CONFERENCE REGISTRATION at

<https://www.anzacat.org.au> or email conference@anzacat.org.au