



**Year 1 - Day 6**  
**5<sup>th</sup> March, 2026**  
**RRs, the therapeutic relationship and ruptures**  
**Kathryn Pemberton, Jo Coggins & Dawn Bennett**

10-00am      Check in / course business

Morning: RRs, RR Enactment and Ruptures incl examples and reflections on your work

10.15-11.15    **TALK 1**  
RRs & Enactments – presentation  
Incl time to reflect on RRs with your own client(s) (using the exercise sheet)  
Group work: What are the likely enactments between Lisa & Paul?  
\*try to watch films up to the ruptures film prior to the teaching day

11.15 – 11.30    **Break**

11.30 – 1.00    **TALK 2**  
Identifying Enactments in CAT – presentation  
Group work: Spotting enactments (SDRs provided Nicola & Nick)  
Further reflection on your own client (using the exercise sheet)

1.00 – 2.00      **Lunch**

2.00 – 3.15    **TALK 3** How do we work with Enactments in CAT continued (Talk 2 handout)  
Case material 'Dan' (SDR provided)  
Watching film 7  
Some text of the enactment example with Dan (provided as handout)

3.15 – 3.30      **Break**

3.30 – 4.30    **Practice and application:**  
Group work with the CAT enactment model  
Taking this forwards / Reflection

4.30              Feedback / reflections

4:45pm          Close of training

*Additional handout*

RRs in pictorial form provided by the CAT Learning Disability SIG (handout)