



## **Catalyse - CAT Practitioner Training**

### **Termination and Goodbye Letters**

**Day 7 – 6<sup>th</sup> March 2026**

**Trainers:** Kathryn Pemberton and Jenny Marshall

#### **PROGRAMME**

9.30 – 9.45	Course business, introductions
9.45 – 10.00	Intro to endings, what we'll cover today
10.00 – 10.45	PPT Endings in brief therapy & main group discussion
<b>10.45 – 11.00</b>	<b>Break</b>
11.00 – 12.30	PPT: Active use of endings in CAT
<b>12.30 – 1.30</b>	<b>Lunch</b>
1.30 – 2.30	Video of Paul's final session & sharing of letter
2.30 – 3.00	PPT Goodbye letters
<b>3.00 – 3.15</b>	<b>Break</b>
3.15 – 3.45	Exercise: Practise writing a goodbye letter
3.45 – 4.00	PPT: Ending and follow up
4:00 – 4:15	Main group discussion & reflections on the day
	Feedback forms, AOB