
COGNITIVE ANALYTIC THERAPY PRACTITIONER TRAINING COURSE YEAR ONE

COURSE SCHEDULE 2026



WORKSHOPS

Each day will run from 9.30am-4.30pm. Registration commences at 9.15am.

Location: Orygen, 35 Poplar Road, Parkville 3052. Note that this may change to an online format in certain circumstances.

Catering: This training is not catered for, however, there is a café on-site for purchase of drinks, snacks or meals.

DAYS ONE AND TWO:

Thursday, 5 and Friday, 6 February.

DAYS THREE AND FOUR:

Thursday, 23 and Friday, 24 April.

DAY FIVE:

Thursday, 11 June.

DAYS SIX AND SEVEN:

Thursday, 13 and Friday, 14 August.

DAYS EIGHT AND NINE:

Thursday, 12 and Friday, 13 November.

COURSEWORK

1. Reflective essay assignment:

Thursday, 4 June, 9am.*

2. Case presentation:

Day five (Thursday, 11 June).*

3. Case study assignment:

Thursday, 10 September, 9am.*

4. Student study session (SSS) group reflective journal:

- SSS1: Thursday, 16 April, 9am (before Day three).*

REVOLUTION IN MIND

- SSS2: Thursday, 6 August, 9am (before Day six).*
- SSS3: Thursday, 5 November, 9am (before Day eight).*

SUPERVISION EVALUATIONS AND CLINICAL LOGBOOKS

1. Mid-year supervision evaluation:

Friday, 31 July, 9am.*

2. End of year supervision evaluation and clinical logbook:

Friday, 18 December, 9am.*

TRAINING PAYMENTS

1. First instalment payment:

Friday, 20 January, 9am.*

2. Second instalment payment:

Friday, 27 March, 9am.*

3. Third instalment payment:

Friday, 19 June, 9am.*

4. Fourth instalment payment:

Friday 21 August, 9am.*

SUBMISSION GUIDELINES

Submit coursework, supervision evaluations and clinical logbooks to: training@orygen.org.au

Please follow guidelines found in the CAT Year 1 trainee Course Manual on naming and format of submissions.

LATE SUBMISSION FEE

A late submission fee applies to trainees who submit their CAT assignments, CAT supervision evaluation forms and clinical logbooks after the due date.

A fee of \$150.00 is payable for each late submission.

*Due dates are subject to change. Orygen takes no responsibility for expenses incurred as a result of changed dates.