COGNITIVE ADAPTATION TRAINING (CAT) IS AN EVIDENCE-BASED TREATMENT USING ENVIRONMENTAL SUPPORTS SUCH AS SIGNS, CHECKLISTS, ALARMS AND THE ORGANIZATION OF BELONGINGS TO BYPASS COGNITIVE PROBLEMS AND IMPROVE TARGET BEHAVIORS AND FUNCTIONAL OUTCOMES FOR INDIVIDUALS WITH SERIOUS MENTAL ILLNESS.

LEARN CAT FROM THE DEVELOPERS. DAWN VELLIGAN IS AN INTERNATIONALLY RENOWNED EXPERT IN THE DEVELOPMENT AND TESTING OF PSYCHOSOCIAL TREATMENTS FOR INDIVIDUALS WITH SERIOUS MENTAL ILLNESS.
What is CAT?

Cognitive Adaptation Training (CAT) is an evidence-based treatment using environmental supports such as signs, checklists, alarms and the organization of belongings to bypass cognitive problems and improve target behaviors and functional outcomes.

Randomized studies have demonstrated the efficacy of CAT for improving symptoms and independent living skills and decreasing rates of relapse. CAT has been implemented in outpatient treatment settings world-wide.

Why Attend?

Nowhere else will you be able to learn directly from the developers of CAT. Dawn Velligan is an internationally renowned expert in the development and testing of psychosocial treatments for individuals with serious mental illness. CAT interventions are designed to improve daily hygiene, independent living skills such as shopping, cooking, housekeeping, laundry as well as social skills, leisure skills and vocational skills.

Who Should Attend?

Occupational therapy assistants, occupational therapists, case managers, providers of assertive community treatment, social workers and psychologists.

Training includes:

• An Introduction to CAT
• Overview of the CAT manual
• Review of Assessments to Plan Treatment
• Common and Low Cost CAT Interventions
• Specific Strategies for Early and Late Phase Interventions
• How to get Reimbursed for CAT
• Break out groups to practice/discuss CAT techniques

Learning Objectives: By the end of the 12 hour course, attendees will be able to:

1) Describe the cognitive impairments that characterize patients with schizophrenia and their relationship to functional outcomes
2) Identify behavioral disinhibition and apathy and how they interfere with completion of goal directed activities
3) Describe CAT strategies based upon cognitive deficits and behavior that will be most appropriate for targeting specific improvements in functional outcome
4) Develop CAT treatment plans
5) Describe reimbursement strategies for CAT services
6) Explain the evidence base supporting the use of Cognitive Adaptation Training for improving functional outcomes in schizophrenia

Continuing Education will be offered for occupational therapists, social workers, and psychologists at no extra charge. Number of hours offered TBD.
What others think about CAT

“The great thing about CAT is that it is tailored to the individual, their goals, and functioning in day-to-day life. CAT is easy to learn and put into practice regardless of the therapist’s professional background.”
--Kelly Allot Ph.D., Australia
The University of Melbourne

“CAT is a very promising treatment for patients with schizophrenia and related disorders in the Netherlands. We are currently piloting CAT at a long-stay clinic and an outpatient clinic. Both sites are going to implement CAT as a part of the usual treatment.”
--PiotrQuee, MSc,
University Medical Center Groningen

“One of the most striking things that we are seeing with CAT, along with it being readily integrated into a large outpatient service, is the reaction of clinicians to its effectiveness. They are seeing clients who have been stuck for years suddenly starting to make gains in a wide range of functional areas – at a service level this is really grabbing people’s attention and is making inroads in our larger effort to have a more recovery-oriented program.”
--Sean A. Kidd, Ph.D., C.Psych., CPRP
Centre for Addiction and Mental Health - Schizophrenia Program
Assistant Professor, University of Toronto Department of Psychiatry
Travel Information

Conference Hotel
Hilton Palacio del Rio
200 South Alamo Street
San Antonio, TX 78205
Phone Number: 210.222.1400
Location: 200 S. Alamo St. | San Antonio, Texas 78205
Check-In: 3:00 pm guaranteed; check-out is noon.

Rates: CAT has acquired the following room rate of $106.00 single or $126.00 for double occupancy plus applicable tax.

**Group Code: UTHS**

The Hilton San Antonio, TX hotel features the following amenities:

- The only downtown hotel with private balconies in every room
- Garden Terrace overlooking downtown San Antonio
- Pool and Whirlpool Spa
- Fitness Center featuring cardiovascular and strength training equipment
- Wired and wireless high-speed Internet access

**Things to see & do in San Antonio:**

For more information on all activities listed below in San Antonio or access more information, activities and attractions please visit the San Antonio Visitor & Conventions Bureau. [http://www.sacvb.com](http://www.sacvb.com)

- **The Alamo**
  300 Alamo Plaza | San Antonio, TX 78205
  210.225.1391 x 34

- **Hemisfair Park**
  200 South Alamo | San Antonio, TX 78205
  210.253.0314

- **Tower of the Americas**
  600 Hemisfair Plaza Way | San Antonio, Texas 78205
  210.223.3101

- **Rio San Antonio Cruises**
  Tour the Riverwalk from the best vantage point, the river.
  210.244.5700 / 800.417.4139

- **San Antonio Zoo**
  3903 N. St. Mary's St. | San Antonio, TX 78212
  210.734.7184

- **Six Flags Fiesta Texas**
  17000 IH 10 West, San Antonio, TX 78257
  210.697.5050 / 800.473.4378

- **Splashtown San Antonio**
  3600 IH 35 North | San Antonio, TX 78219
  210.227.1400

- **Schlitterbahn Waterpark Resort**
  305 W. Austin St. | New Braunfels, TX 78130
  830.625.2351

- **San Antonio Children’s Museum**
  305 E. Houston St. | San Antonio, TX 78205
  210.212.4453

- **Ripley's Haunted Adventure, Guinness World Records Museum**
  329 Alamo Plaza | San Antonio, TX 78205
  210.226.2828

- **The Museo Alameda - The nations first formal Smithsonian affiliate**
  101 South Santa Rosa | San Antonio, TX 78207
  210.299.4300

- **Market Square / El Mercado - The largest Mexican market outside of Mexico**
  514 W. Commerce | San Antonio, TX 78207
  210.207.8600

- **San Antonio Botanical Gardens**
  555 Funston Place | San Antonio, TX 78209
  210.207.3250
REGISTRATION FORM

PLEASE COMPLETE THIS FORM AND SEND BY FAX TO 210-567-1291 OR BY EMAIL TO: CAT@COGNITIVEADAPTATION.COM. BEFORE MONDAY, SEPTEMBER 3RD 2012

Should you have any questions, please do not hesitate to contact Leticia Sanchez at: Tel: (210) 567-5437 or E-mail: sanchezla@uthscsa.edu

PERSONAL INFORMATION (PLEASE TYPE OR PRINT CLEARLY)

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Early Bird Registration*
General: $170

Standard Registration
General: $240

* Early bird rates available until June 1, 2012