

## ***Introduction to 'Contextual-Conceptual Therapy' – Level 1***

**venue:** The Social and Health Education Project  
Village Chambers  
The Village Centre  
Ballincollig  
Co. Cork

**dates:** 28<sup>th</sup> - 29<sup>th</sup> May

**time:** 9:30 – 6:00

This workshop is a rare opportunity to work with the founder of Contextual-Conceptual Therapy (CCT), Fredric Matteson, and CCT Therapist James Hayes. They will give an introduction to a revolutionary concept of Suicide Therapy, which frames suicide as an *identity crisis*, not as an “illness”. CCT is a new and exciting approach to suicide therapy which draws upon Matteson's unique experience as a poet to use “Maps, Models, & Metaphors” to help the suicidal client bypass their logic and find a way to transform the pain that is causing them to be suicidal. Matteson’s unique approach combines expressive arts techniques, education, and therapy.

In this interactive and experiential workshop participants will learn how the suicidal crisis is, at its core level, a crisis of identity and how it can be turned into a liminal opportunity for transformation towards authentic selfhood. They will learn the indirect and paradoxical method of communication needed to bypass the resistance of the suicidal person’s fierce intelligence and specious logic which sustains the psychological and emotional “trap” that binds them.

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An opportunity will be given to learn about a sampling of the 32 complementary CCT "assignments" that are available to tailor to the specific needs of each suicidal person to begin the process of introducing them to a new pathway out of suicide.

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For more information and to book your place, please email Gitti Maas  
[gittimaas@gmail.com](mailto:gittimaas@gmail.com)

Please note, this is an external training, awarded at 14 IACP CPD points.

### **DAY 1**

9:30 - 10:00 registration, tea&coffee

10:00 - 1:15 morning session (incl. short break as needed)

1:15 - 2:30 lunch

2:30 - 6:00 afternoon session (incl. short break as needed)

### **DAY 2**

9:30 - 9:45 tea&coffee

9:45 - 1:00 morning session (incl. short break)

1:00 - 2:15 lunch

2:15 - 5:30 afternoon session (incl. short break)

## **Presenter Bio:**

### **Fredric Matteson**

Contextual-Conceptual Therapy (CCT) is the creation of Fredric Matteson. He has distilled this innovative model through the lens of his dual skills as a poet and as a psychotherapist. In addition to his training in mental health, he completed a degree in Expressive Arts, followed by post-graduate work in an MFA program in Creative Writing. An award-winning poet, he brings metaphor into the work of healing suicidal persons, with great success. Early work in his 30 years in the mental health field included work in psychiatric institutions in California as well as in the mental health units of public hospitals in Washington State. For 25 years, Matteson worked as a therapist in individual and group therapy with over 16,000 suicidal patients in an inpatient program primarily for suicidal clients.

Fredric is an experienced presenter and was the keynote speaker at the 2014 World Suicide Prevention Day Conference in Dublin. He has presented CCT to audiences in Switzerland, Ireland, Scotland, and in numerous American universities. He has also given radio and television interviews.

### **James Hayes**

James Hayes is a CCT Associate at the CCT Centre, Seattle, Washington. From 2000-2012 James worked as a Day Therapist in St. Francis Hospital, Federal Washington where he was active in the development of a mental health program. Since 2013 he is a Mental Health Specialist at the University of Washington School of Medicine at Harbor View Medical hospital.

James is an experienced presenter and was a Co-Facilitator at the 2014 World Suicide Prevention Day Conference in Dublin. He also spoke at the Aeschi Conference Aeschi, Switzerland - Theoretical Psychology (ISTP) at York University, Toronto, Canada - Seattle University Master of arts Psychology Program: "Breaking Suicide's Code: Understanding the Metaphorical Language of the Suicidal Person" - NHS of England - the annual St Aubyn Centre Conference - the 12th European Symposium on Suicide and Suicide Behavior (ESSSB12) Glasgow, Scotland.

### **CANCELLATION POLICY**

Full refunds (minus a €25 processing fee) will be made for cancellations made prior to Monday 13 May 2019. There will be no refunds made for cancellations after that date. In the event of the workshop being cancelled by the organisers, a full refund will be issued.