



# 7th International CAT Conference

*Hosted by ACAT and ICATA*

## 'New Frontiers in CAT Understanding and Practice'

20 to 23 September 2017

University of Nottingham, Jubilee Campus

#IntCAT17

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# PROGRAMME

with Appendices

Keynote Theme:

*'Reformulation and Memory: The stories we tell in reconstructing the past'*

Workshop Theme:

*'Working creatively with complexity'*

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*\*Please be aware\**

Presentations in the auditorium will be audio-recorded and there will be live tweets.

Photographs will be taken throughout the Conference.

Attendance signifies acceptance but please contact us if you have any concerns.



## 'New Frontiers in CAT Understanding and Practice'

The conference marks a collaboration between the International CAT Association (ICATA) and ACAT to bring together the CAT community from around the world, to celebrate the legacy of Tony Ryle, and continue the development of CAT theory and practice. The conference programme aims to strike a balance between exciting keynote speakers from the worlds of science, philosophy and psychotherapy, and a skills-based focus for workshops aimed at developing clinical expertise in those practising CAT.

The conference runs from Wednesday afternoon until lunchtime on Saturday, interspersed with an imaginative entertainment and cultural programme throughout the three days, including international cabaret, book launches, a Gala Dinner, and tango lessons for beginners.

### International CAT Conference 2017 Organisers:

Jason Hepple, Chair of ACAT, UK  
Katri Kanninen, Chair of ICATA, Finland  
Elizabeth McCormick, UK  
Robert Watson, Vice Chair of ACAT, UK  
Iannis Vlachos, Greece

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*(ACAT/ICATA reserves the right to make changes to the advertised programme)*

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## Conference Notes:

### Plenaries and Workshops:

Please refer to Appendices for full details of each Plenary and Workshop (*Subject to change*)

*\*Presentations and performances to the whole conference in the theatre will be audio-recorded / tweeted\**

### Workshops

Delegates are asked to book into workshops as most have restricted capacity. If you have not already booked in, please see the lists near the ACAT Information Desk and sign in where there are available places.

### Where?

Plenaries, research presentation and 'culture shots' will take place in the Business School South Main Theatre B52  
(*Abbreviated in programme: 'BSS Theatre'*)

Registration, information, bookstall and refreshments will be in the Business School South Foyer  
(*Abbreviated in programme: 'BSS Foyer'*)

All meals will be in the Catering Atrium

Workshops will be in either Business School South or Jubilee Conference Centre – please refer to workshop details  
(*Abbreviated in programme: 'BSS' + room number or 'JCC' + room number*)

### ACAT Information Desk

The ACAT Information and Registration Desk will be open in the BSS Foyer one hour prior to conference start and closing at the end of the daytime conference programme each day.

### Bookstall

We are delighted that John Tuffney of Bookmark is once again providing a bookstall for us.  
0117 967 2928 | [www.psychologicaltherapybooks.co.uk](http://www.psychologicaltherapybooks.co.uk)

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### Notes:

## Programme Summary | Wednesday 20 September 2017

*\*Presentations and performances to the whole conference in the theatre will be audio-recorded / tweeted\**

From 13:00	Delegate registration and ACAT Information Desk open   BSS Foyer
14:00-16:00	Equality and Diversity Forum – <i>open to all</i> .   BSS A25
14:00–16:00	<p><u>Workshops</u></p> <p>1. Steve Potter, Rabhya Dewshi, Lee Crothers, Marie-Anne Bernardy, Lucy Cutler, Ivona Amleh   <i>'Innovations in writing the reformulation letter: Side by side, off the map, bit by bit, from a template'</i>   BSS Theatre</p> <p>2. Louise McCutcheon and Emma Burke   <i>'Applying a developmental perspective to CAT with complex problems in young people'</i>   BSS A24</p>
16:00–16:30	Refreshments   BSS Foyer
16:30–16:45	Conference welcome and 'housekeeping'   Katri Kanninen and Jason Hepple   BSS Theatre
16:45–18:15	Opening Plenary Session   <i>'ICATA: National histories, identities and colours of CAT'</i>   Each CAT country will give a short presentation   Chairs: Katri Kanninen and Jason Hepple   BSS Theatre
18:15–18:30	Culture shot: Lucas Marks, featuring Jason Hepple (UK)   BSS Theatre
<b>Day one of conference closes at 18:30</b>	
19:30	Dinner for residential delegates   Catering Atrium

## Programme Summary | Thursday 21 September 2017

*\*Presentations and performances to the whole conference in the theatre will be audio-recorded / tweeted\**

07:00–08:40	Breakfast for residential delegates   Catering Atrium
07:15–08:00	Early morning chanting meditation with Jason Hepple   BSS A08
From 08:00	Registration for new delegates only. ACAT Information Desk Open   BSS Foyer
	Welcome to day and housekeeping   Conference Organisers   BSS Theatre
09.00-09:30	Culture Shot: <i>'A view of Greece'</i>   Iannis Vlachos (Greece)   BSS Theatre
	Culture Shot: <i>'Hindustani - The land of spices'</i>   Jessie Emilion and Ann Treesa (India)   BSS Theatre
09:30–10:45	Keynote Speaker: Prof Mikael Leiman   <i>'Reformulation and referential networks'</i>   Chair: Ian Kerr   BSS Theatre
10:45–11:15	Refreshments   BSS Foyer
11:15–12:20	Plenary Speaker: Dr Jason Hepple   <i>'A relational model of the psyche'</i>   Chair: Ian Kerr   BSS Theatre
12:20–12:30	Culture Shot: <i>'Cathode - A few minutes of electronic music for dreaming, feeling, experiencing'</i>   Steve Jefferis (UK)   BSS Theatre
12:30–13:30	Lunch   Catering Atrium
	During lunch, posters will be on display with an opportunity to meet the authors   BSS Foyer

### Thursday 21 September 2017 continued

	<p><u>Workshops</u></p> <p>1. Liz Fawkes &amp; Dawn Bennett   <i>'A glimpse into 40 sessions: Use of self and challenges to the therapist's sense of self in working with powerful enactments with clients who have had a raw deal in life'</i>   JCC Room One</p> <p>2. Deirdre Haslam   <i>'Working with, and resolving impasses and ruptures in the therapeutic relationship'</i>   BSS A24</p> <p>3. Esther Gimeno   <i>'Threats of therapeutic rupture: The "Ghosts" of the therapist'</i>   JCC Room Two</p> <p>4. Vikki Ryall   <i>'A pragmatic approach to including families in CAT therapy using the SSFC model'</i>   BSS A06</p> <p>5. Alison Jenaway &amp; Carol Gregory   <i>'Let's get physical – getting physical symptoms on the CAT diagram'</i>   BSS A26</p> <p>6. Vicky Petratos   <i>'Feeling stuck in a powerless, 'victim'-like self-state, how can creative CAT help with embracing the pain and exploring more dialogically useful ways of interacting?'</i>   JCC Room 3</p> <p>7. Nicola Crook   <i>'Landing in another country with CAT: Use of the model in nurturing self-care'</i>    Matti Kurronen -  <i>'TRE (Tension, Stress &amp; Trauma Release Exercise) for Psychotherapists and Clients'</i> (NB two workshops will be presented within this one session)   BSS A07</p> <p>8. Tim Sheard   <i>'How do we relate to our bodies in CAT: Positively included, taken for granted or thrown to the dogs?'</i>   BSS A08</p>
13:30–15:00	
15:00-15:30	Refreshments   BSS Foyer
15:30-16:30	Plenary Speaker: Dr Paul Sullivan   <i>'Response to Prof Leiman from a Bakhtinian perspective'</i>   Chair: Liz Fawkes   BSS Theatre
16:30-17:20	Research Presentation   Steve Kellett, Kate Freshwater, Katie Ackroyd, Adam Freear, Jayne Finch   <i>'CAT Consultancy - what works for whom'</i>   Chair: Liz Fawkes   BSS Theatre
17:20–17:30	Culture Shot   <i>'Song without Words'</i>   Stella Compton Dickinson (Oboe) and Jason Hepple (violin) (UK)   BSS Theatre
17.30-17.40	Culture Shot   <i>'A Song'</i>   Rosemary Parkinson and Nicola Rogal (UK)   BSS Theatre
<b>Day two of conference closes at 17:40</b>	
18:30–19:30	Book Launch and Drinks Reception, with raffle (prize offered by SAGE - £75 worth of SAGE books): <i>'Change for the Better'</i> (Fifth Edition), SAGE, Elizabeth McCormick and <i>'Cognitive Analytic Supervision: A Relational Approach'</i> , Routledge, Deborah Pickvance   BSS Foyer
19:30	Dinner for residential delegates   Catering Atrium
20.30 ish	Dinner is followed by an International Cabaret   Catering Atrium

## Programme Summary | Friday 22 September 2017

*\*Presentations and performances to the whole conference in the theatre will be audio-recorded / tweeted\**

07:00–08:40	Breakfast for residential delegates   Catering Atrium
07:15–08:00	Early morning Mindfulness with Liz McCormick   BSS A08
From 08:00	Registration for new delegates only. ACAT Information Desk open   BSS Foyer
	Welcome to day and housekeeping   Conference Organisers   BSS Theatre
08.50-09:15	Culture Shot   <i>'Poetry'</i> Liz McCormick (UK) Louise McCutcheon and Reem Ramadan (Australia)   BSS Theatre
09:15-10:30	Keynote speaker: Prof. Richard Lane   <i>'Memory Reconsolidation, Emotional Arousal and the Process of Change in Psychotherapy: New Insights from Brain Science'</i>   Chair: Jason Hepple   BSS Theatre
10:30-11:00	Refreshments   BSS Foyer
11:00-12:00	Keynote speakers: Prof. Nicola Clayton FRS and Clive Wilkins   <i>'The Creative Navigator's Compass: Exploring the subjective nature of perception and memory'</i>   Chair: Jason Hepple   BSS Theatre
12:00-12:30	Panel discussion   BSS Theatre
	Lunch   Catering Atrium
12:30–13:30	Posters on display, and announcement of Poster Prize   BSS Foyer
	1. Jay Dudley   <i>'Bridging the relational space - towards a new beginning'</i>   JCC Room 3
	2. Ann Treasa Rafi   <i>'Cognitive Analytic Therapy for the wise old 'Dadaji'* in India'</i>   Eleftheria Zampouridou   <i>'Recovering from substance abuse: The CAT effectiveness of Building Relapse Prevention and Life Skills'</i>   Päivi Räisänen   <i>'Applying CAT to a father of three with substance and sexual addiction problems'</i> (NB three workshops will be presented within this one session)   BSS A24
	3. Eeva Joki   <i>'The power and dark shadows of leaders'</i>   Rita Toli   <i>'Applying CAT in a Greek primary school'</i> (NB two workshops will be presented within this one session)   BSS A07
13:30-15:00	4. Louise Elwell   <i>'Reformulating Emptiness: how may we work actively with states of emptiness, desolation and boredom?'</i>   JCC Room One
	5. Kerry Manson, Marisol Cavieres & Sunil Lad   <i>'Developing a CAT understanding of Anti-social Personality Disorder (ASPD): Eliciting key reciprocal roles'</i>   BSS A26
	6. Jennifer O'Brien & Fritha Melville   <i>'Using experiential and creative approaches to contextualise workplace stress and support self-care practices for helping professions'</i>   JCC Room Two
	7. Paul Johanson & Sara Casado   <i>'Loving the unlovable: CAT, compassion and working with people who commit sexual crime'</i>   BSS A08
15:00-15:30	Refreshments   BSS Foyer
15:30-16:45	Plenary Speaker: Dr Caroline Dower   <i>'Moving Memories: The use of movement interventions to facilitate the development of agency and procedural change'</i>   Chair: Tim Sheard   BSS Theatre
16.45-16.55	Culture Shot: <i>'The voices of Spain through music'</i>   Esther Gimeno (Spain)   BSS Theatre
17:00-18:00	ACAT Annual General Meeting   BSS Theatre
<b>Day three of conference closes at 18:00</b>	
19:00-19:30	Pre-dinner drinks   Catering Atrium
19:30-21:00	Gala Dinner   Catering Atrium
21:00-01:00	Introduction to the 8-step tango for beginners with demonstration (Nicola Clayton and Clive Wilkins) and live music from 'Lucas Marks and the Glorious Unknown'   Catering Atrium

## Programme Summary | Saturday 23 September 2017

*\*Presentations and performances to the whole conference in the theatre will be audio-recorded / tweeted\**

07:00–08:40	Breakfast for residential delegates   Catering Atrium	
From 08:30	Registration for new delegates only. ACAT Information Desk open   BSS Foyer	
09.00-09:15	Welcome to day and housekeeping   Conference Organisers   BSS Theatre	
	Culture Shot: <i>'Portraits'</i>   Carol Gregory and Alison Jenaway (UK)   BSS Theatre	
09:15–10:45	Plenary Speakers: Debby Pickvance, Annie Nehmad, Jessie Emilion   <i>'CAT Supervision: new ideas, new practice'</i> Chair: Yvonne Stevens   BSS Theatre	
10:45–11:15	Refreshments   BSS Foyer	
11:15-12:45	Plenary Speakers: Marie-Anne Bernardy, Andrew Chanen, Steve Potter   Three thirty minute presentations looking at the future range of theory and practice in CAT: <i>'If I work with the mother will the child get better?'</i> Marie-Anne Bernardy <i>'Comparing three forms of early intervention for youth with borderline personality disorder (the MOBY study)'</i> Professor Andrew Chanen <i>'Reciprocal roles-mapping the mother of all ideas'</i> Steve Potter Chair: Katri Kanninen   BSS Theatre	
	12:45-12:55	Culture shot: <i>'Closing Improvisation'</i>   Helena Lonnfors (Finland)   BSS Theatre
	12.55	Close of Conference
	<b><i>The final day of conference closes at 13:00</i></b>	

Notes.....

## Appendix 1: Plenary - Wednesday

### 'ICATA ~ 'National histories, identities and colours of CAT'

Each CAT country will give a short presentation

Chairs: Katri Kanninen and Jason Hepple

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## Appendix 2: Plenaries and Research Presentation - Thursday

### Prof. Mikael Leiman ~ 'Reformulation and referential networks'

#### Abstract

A long-standing theoretical problem in CAT is the relationship of sign-mediation to the concepts of reciprocal roles and procedural sequences. My earlier (1996) attempt to reconcile roles and procedures by the idea of dialogical sequences did not solve the problem of signs as mediators of our mental activity. The problem can be located in the dialogic, or Bakhtinian, understanding of signs. I will present my current understanding of signs as referential networks. The implications of the new conception range from understanding very early development to issues of attention, memory, and the relationship between cognitive and emotional processes.

#### Biography

Prof. Leiman PhD, Professor (Emer) University of Eastern Finland, has been one of the leading contributors to the development of CAT theory and practice alongside Dr Tony Ryle.

Chair: Ian Kerr

### Dr Jason Hepple ~ 'A relational model of the psyche'

#### Abstract

CAT has evolved into a relational psychotherapy where the dialogic self is an un-finalised work in progress that is co-created through its inter-psychic activity. 'We interact and communicate therefore I become,' as Tony Ryle said. Jason will seek to address the following questions arising from this: How does a dialogic self relate to the topographical models of the psyche from psychoanalysis? What is CAT's understanding of conscious and unconscious process? How does dialogism relate to advances in neurobiology and trauma? Where is mindfulness and 'inner peace' to be found relationally?

#### Biography

Dr Jason Hepple MA (Oxon), FRCPsych, is a CAT Psychotherapist and Trainer and Chair of ACAT. He works in Somerset in the UK. He has developed CAT as a model for working in groups and is interested in exploring the dialogic depths of CAT in theory and practice.

Chair: Ian Kerr

### Dr Paul Sullivan ~ 'Response to Prof Leiman from a Bakhtinian perspective'

#### Abstract tbc

#### Biography

Dr Paul Sullivan BA, HDip (Education), PHD, is a Senior Lecturer in Psychology at the University of Bradford. He has a specialist interest in dialogical psychology and its applications to qualitative analysis and a wider interest in the interface between moral philosophy and psychology.

Chair: Liz Fawkes

### Research Presentation: Steve Kellett, Kate Freshwater, Katie Ackroyd, Adam Freear, and Jayne Finch ~ 'CAT Consultancy - what works for whom'

#### Abstract

Despite the methods of CAT consultancy being spelt out and also an increase in the approach being evident across Trusts in the UK, the evidence base for the approach remains limited. A collaboration has sprung up between South Yorkshire



and the Teeside regions of the UK to jointly develop evaluation programmes of the CAT consultancy provided in Secondary Care within CMHTs. This presentation will present the mixed methods evaluations of CAT consultancy in Teeside (Kate Freshwater, Jayne Finch, and Adam Freear) and in Rotherham (Katie Ackroyd, Jeetender Ghag, and Stephen Kellett). The Teeside data includes pre-post outcomes measures across staff and patients with associated qualitative interviewing. The Rotherham data includes a mixed method case series across staff and patients. The results will be combined and discussed and tips on best practice with regards to CAT consultancy shared.

#### Biographies

Stephen Kellett is a CAT psychotherapist living and working in Sheffield. He has a split post between the University as a Programme Director and the local NHS Trust as a Consultant Clinical Psychologist in the Specialist Psychotherapy Service. Kate Freshwater is a Consultant Clinical Psychologist and is the Lead for CAT in TEWV NHS Foundation Trust (mental health and learning disabilities) in the north east of England. TEWV has a network of 49 CAT practitioners and trainee practitioners.

Katie Ackroyd is a Clinical Psychologist and CAT practitioner working in Rotherham in a Community Mental Health Team. She works predominantly with individuals with a diagnosis of Personality Disorder and moderate to severe mental health problems offering both individual therapy and a Consultancy role to the teams.

Adam Freear is a Research Assistant working for the CAT Service within TEWV NHS Foundation Trust.

Jayne Finch is a Clinical Psychologist and CAT Practitioner working in an Affective Disorders Team within TEWV NHS Foundation Trust.

**Chair: Liz Fawkes**

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## Appendix 3: Plenaries - Friday

**Prof. Richard Lane ~ 'Memory Reconsolidation, Emotional Arousal and the Process of Change in Psychotherapy: New Insights from Brain Science'**

#### Abstract

The thesis of this talk is that enduring change in all major psychotherapy modalities, including behavioural therapy, cognitive-behavioural therapy, emotion-focused and psychodynamic psychotherapy, results from the updating of prior emotional memories through a process of reconsolidation that incorporates new emotional experiences. An integrative memory model with three interactive components – autobiographical (event) memories, semantic structures, and emotional responses - will be presented supported by emerging evidence from cognitive neuroscience on implicit and explicit emotion, implicit and explicit memory, emotion-memory interactions, memory reconsolidation, and the relationship between autobiographical and semantic memory. The proposed essential ingredients of therapeutic change include: 1) reactivating old memories; 2) engaging in new emotional experiences that are incorporated into these reactivated memories via the process of reconsolidation; and 3) reinforcing the integrative memory structure by practicing a new way of behaving and experiencing the world in a variety of contexts.

Implications of this new neurobiologically-grounded synthesis for research, clinical practice and teaching will be discussed.

Objectives: At the conclusion of this presentation audience members will be able to 1) describe the integrated memory model consisting of concurrent activation and interaction between emotional arousal, episodic memory and semantic structures; 2) discuss how behavioural, cognitive-behavioural, emotion-focused and psychodynamic psychotherapies access the integrated memory model from different entry points; 3) explain how emotional arousal and memory reconsolidation are necessary ingredients of change in all major forms of psychotherapy; 4) describe how the “working through” process consists of the conversion of episodic memories into semantic structures.

#### Biography

Prof. Richard Lane is Professor of Psychiatry, Psychology and Neuroscience at the University of Arizona. Prof. Lane's core academic interest is in understanding the psychology and neurobiology of emotional awareness and the mechanisms by which emotion contributes to physical and mental health.

**Chair: Jason Hepple**

**Prof. Nicola Clayton FRS and Clive Wilkins ~ 'The Creative Navigator's Compass: Exploring the subjective nature of perception and memory'**

Abstract

If we could tell you where you were going and how you could get there, would you want to know?

Imagine a crystal ball that could anticipate the future: Would you gaze into it, and if you did, what do you think you would see - your personal future, the futures of your loved ones, or other aspects of life and society? How does the direction of thought affect perception and choices of where to go next? In planning for the future, it is all too easy to make the assumption that what we imagine and remember will accurately reflect reality. Many of our greatest deceptions evolve out of such a faulty supposition.

The chances are that if there were such a crystal ball, we would be unlikely to make sense of what it revealed. Both perception and memory shimmer and change, and can be altered by our current point of view and state of mind. Alternative realities are constrained by our inability to perceive all that can be seen. Memories are not an accurate repository of what has happened, and thoughts of the future are often inaccurate and ill conceived, due to the subjective nature of perception and memory.

Nicky and Clive, a scientist and artist respectively, explore the complex relationships between memory, perception and human experience. Join them for a fascinating interactive presentation that incorporates science, literature and the performing arts.

Biographies

Prof. Nicola Clayton PhD, FRS, FSB, FAPS, is Professor of Comparative Cognition at the University of Cambridge, Scientist in Residence at Rambert Dance Company, a Fellow of Clare College, Cambridge, where she is Director of Studies in Psychology, and a Fellow of the Royal Society since 2010.

Clive Wilkins has worked as a fine art painter and has exhibited widely, including at the National Portrait Gallery, London on several occasions. He is a performer and magician and is particularly interested in the nature of illusion and the psychology of perception and the chosen ways we adopt to make sense of a strange world.

**Chair: Jason Hepple**

**Dr Caroline Dower ~ 'Moving Memories: The use of movement interventions to facilitate the development of agency and procedural change'**

Abstract

Caroline will explore the kinetic and kinaesthetic aspects of memory. The relational dance of the bodies of the therapist and client reflect relational history as it is lived in the present moment. Bringing awareness to the movement patterns within a talking therapy contributes to reflective capacity and development of our self-agency. Clinical vignettes will demonstrate the role for movement as a bridge from procedural to semantic memory, and as a playground for the emergence of new relational choices.

Biography

Dr Caroline Dower is Head of the Durham University Counselling Service and a former Consultant Psychotherapist in physical health. Caroline is an Integrative and CAT Psychotherapist, with further trainings in Developmental Somatic Psychotherapy in New York.

**Chair: Tim Sheard**

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## Appendix 4: Plenaries - Saturday

**Debby Pickvance, Annie Nehmad and Jessie Emilion ~ 'CAT Supervision: new ideas, new practice'**

Abstract

Though supervision has always firmly underpinned CAT therapy, it has not been widely discussed within the CAT community. This session draws on new ideas contained in the multi-voiced book, 'Cognitive Analytic Supervision' (2017, Routledge). It consists of three presentations followed by small group work. Each will offer new perspectives on CAT supervision, useful and relevant for supervisors and supervisees alike.

Debby Pickvance: 'How relational is our supervision?' - This presentation will propose a relational model of CAT supervision, built on open, interactive, mutual, intersubjective relationships between supervisor, supervisee and

supervision group. It will advocate a proactive approach to building the supervisory alliance, establishing a relational supervision contract, addressing enactments within the supervisory relationship, and making use of the self by supervisor, supervisee, and supervision group members.

Annie Nehmad: 'The Healthy Supervisor' - The qualities, skills and activity of an effective (healthy) supervisor are considered in CAT terms, as well as drawing on Hawkins and Shohet's Seven Eyed Model of Supervision, John Heron's analysis of interventions, and Daniel Siegel's Inter Personal Neurobiology (IPNB). In addition to being competent and knowledgeable, the Healthy Supervisor needs to be well-integrated in the moment, so that s/he can offer real "presence", i.e. awareness and receptivity. Supervision offers 'scaffolding' not only for inexperienced therapists, but also for experienced ones who may have become temporarily poorly integrated (usually due to 'recruitment' by the patient into a split-off state).

Jessie Emilion: "'In our Culture"- a dialogic procedure in supervision' - Culture, Race, Language, and Religion play a key part in the development of self, personality, and identity. Race and racism often create a sense of alienation and exclusion in individuals and in minority communities.

Language, as central to communication, plays a crucial part in the expression of distress, and also in the integration, positioning and acculturation of the individual in society. For many people not being able to speak the language of the host culture compounds the sense of alienation, loss, and displacement. Religion in its varied roles, is another key element when working across cultures and communities. Working across cultures, inter-culturally be it in therapy or supervision can be quite challenging even for most experienced clinicians and supervisors. What if I get it wrong? Will I be labelled a racist, a troublemaker with attitude or just as an incompetent clinician? These are some of the fears in every clinician's mind.

The presentation will highlight some of the key themes that have emerged from CAT training in India. It will offer some pointers as to how the supervisees and supervisors could address difference and diversity in a sensitive, professional, and ethical manner in their clinical work. CAT concepts will be used to discuss the power dynamics and intergenerational positioning, on an inter-personal, intra-personal, and societal level.

The presentation will be followed by a group exercise facilitated by Hilary Brown. Through fun and play there will be an opportunity to recognise and name the power dynamics and positioning in the interactions.

#### Biographies

Debby Pickvance is a CAT psychotherapist, supervisor and trainer, and the editor of 'Cognitive Analytic Supervision: A relational approach'. She worked for many years in a range of NHS settings and now does therapy in the Catalyse Sheffield group practice, supervises, moderates some ACAT training courses, and is a trainer on the CAT North/Catalyse Practitioner course.

Annie Nehmad, a founder member of ACAT, was Clinical Lead for CAT in an inner London NHS secondary care psychotherapy department until 2013. She now works in private practice as therapist, supervisor, and trainer. Her special interests include the process of supervision, eliciting the healthy self to aid the work of therapy, and continuing the Ryllian quest for the integration of the psychotherapies, within a scientific and intersubjective framework.

Jessie Emilion is a BACP accredited Counsellor and UKCP registered Cognitive Analytic Psychotherapist and Supervisor and is currently employed by South London and Maudsley NHS Foundation Trust as a CAT Psychotherapy Lead at the Munro Centre, Guys Hospital. She has a particular interest in bi-lingualism, culture, language and race, and the impact of these factors on mental health, development of self and therapeutic alliance. She teaches on the CAT programmes in the UK, India and in Qatar. She is central to the Introduction of CAT in India and has developed the model further by incorporating religious, cultural, and societal values, making it adaptive, appropriate, and relevant to the Indian Society and the Indian Psyche.

**Chair: Yvonne Stevens**

### **Marie-Anne Bernardy, Andrew Chanen and Steve Potter ~ Three thirty minute presentations looking at the future range of theory and practice in CAT**

#### Abstracts

'If I work with the mother will the child get better?' - Marie-Anne Bernardy will take her argument further that if you work with the parent the child will get better. In this way she will theorise, with examples, how trauma is transferred and carried in the relational space between mother and child.

'Comparing three forms of early intervention for youth with borderline personality disorder (the MOBY study)' - Professor Andrew Chanen will present for half an hour on the development of the second research trial and the difference between relational casework and CAT.

'Reciprocal roles-mapping the mother of all ideas' - Steve Potter will present for half an hour on an entertaining and forward-looking review of the reciprocal role concept and show it is at the heart of the future development of CAT whether in the field of psychoanalysis, developmental psychology, cognitive psychology or identity theory. Steve will use maps of vignette examples to show how versatile the Reciprocal Role idea is and how much it touches the core of our emotional development, eg 'mother of all ideas'.

Biographies

Marie-Anne Bernardy is a psychologist and psychotherapist in Paris working with children and families. She trained in CAT in the UK. Professor Andrew Chanen is Deputy Director, Research and Head, Personality Disorder Research at Orygen in Melbourne. Steve Potter is a psychotherapist based in London and focuses on the process of mapping as a co-creative therapeutic relational activity that gets us alongside the roots of our beliefs and patterns of interaction.

**Chair: Katri Kanninen**

## Appendix 5: Workshops and E&D Forum - Wednesday

### 1. Steve Potter (UK), Rabhya Dewshi (UK), Lee Crothers (Australia), Marie-Anne Bernardy (France), Lucy Cutler (Jersey), and Ivona Amleh (Palestine) | *'Innovations in writing the reformulation letter: Side by side, off the map, bit by bit, from a template'*

Abstract

An international group of contributors will showcase and explore their innovations in the use of writing in reformulation and invite participants to try them out. Those taking part can join us in a practice-based international research group to further evaluate innovations in reformulation writing.

Biographies

*Rabhya Dewshi* is a clinical psychologist and CAT practitioner based in Oxford, and working with adults and children, in a variety of contexts including schools and courts, and using a variety of models including CAT informed writing.

*Marie-Anne Bernardy-Arbuz* is a clinical psychologist and psychotherapist, working in an outpatient clinic attached to the department of psychiatry for children and adolescents, Robert Debré Children's Hospital, Paris. She is interested in the parent/child relationship.

*Ivona Amleh* is a psychiatrist and a CAT enthusiast. She works in Bethlehem, Palestine, and finds different modes of therapeutic writing a potent medium for encounter and change.

*Lee Crothers* is a CAT therapist based in Melbourne Australia and is Director of 'In Dialogue'.

*Steve Potter* is a CAT psychotherapist and is based in London. He is involved in using mapping and writing as a part of a continuous co-creative therapeutic process.

*Lucy Cutler* is a clinical psychologist working in Jersey. Lucy's presentation will be 'words for childhood need'.

**Chair: Liz McCormick**

### 2. Louise McCutcheon and Emma Burke | *'Applying a developmental perspective to CAT with complex problems in young people'*

Abstract

Adolescence and young adulthood is a "demographically crowded phase of life" with change occurring across a wide range of domains. Increasingly CAT is being used effectively with young people, but many clinicians feel they need to modify how they deliver CAT to suit these clients. We know that some clinicians delay the reformulation letter or simplify their diagrams, but how do they know what to do and when to do it? In this workshop, we will consider how the use of a developmental model might help us to reflect on how and why we might modify and adapt our CAT for the young individuals we are working with. In particular, we will focus on keeping collaboration at the forefront to engage young people, and to explore what might be a 'good enough' therapy experience. By the end of this workshop, participants will have: considered how a developmental framework might assist them in offering CAT to young people; considered what aspects of 'traditional' CAT might need adapting; have some ideas about how they might adapt their work to better meet the needs of young people.

Biographies

*Louise McCutcheon* is a clinical psychologist who jointly founded the HYPE programme, a CAT-informed early intervention programme for BPD at Orygen Youth Health in Melbourne Australia. She is a CAT practitioner, supervisor, and trainer, and

developed the Australian CAT training programmes in Melbourne. She is also the founding chair of ANZACAT. Louise presents the work of the HYPE programme nationally and internationally, and works with adolescent and youth mental health services to develop CAT-based early intervention programmes around the world.

*Emma Burke* is the coordinator of the HYPE programme at Orygen Youth Health. She is a CAT practitioner and supervisor, and has been using CAT with young people with complex problems and their families for the past 10 years.

**Chair: Robert Watson**

### Equality and Diversity Forum

We are focusing this year's workshop around ACAT's Codes of Conduct in relation to therapists, supervisees and trainers so it provides a space for us to think together about

- Our shared *expectations* about how inequality is acknowledged within our therapeutic encounters and our learning experiences
- *How* we want to ensure issues of equality and diversity are embedded in our practice
- *What* specific issues are added to, or addressed within, our practice and opportunities for learning.

UKCP require ACAT to have a formal group looking at Equality and Diversity issues as part of our professional regulation but these are not simple rules and this is not an empty exercise. We want to evolve the codes of conduct to reflect our lived experiences and our professional practice, - to embody our aspirations as well as our ways of managing difficult and conflictual encounters. The forum provides a place to share as well as a means of influencing the culture of our own organization in relation to these issues.

At the time of writing the world is a troubled place with inequalities erupting into violence in hotspots around the world, fuelled by pervasive structural unfairness between and within countries, communities, and families. CAT works with the painful feelings engendered by these fracture lines and cannot stay silent about them without seeming to condone injustice and/or to paper over its impact on individuals and their experiences of mental distress. But what can we say without unhelpfully adding to the burden on those seeking support in the face of such difficulties. "Pretending not to notice" leaves individuals doubting their understanding of what has harmed them sometimes slipping over into victim-blaming and stigma. But naming inequality risks speaking clumsily from positions of relative privilege into a painful and usually silenced vortex. What should we know and what should we do?

The workshop will be in four parts

- A discussion of the current guidelines and a chance to think about omissions and areas where we would like to go deeper
- A dialogue to explore what are our guidelines for...for example do we want "rule -bound" or "relational" ethics...,- to provide a set of "red lines", to prompt members about areas of concern, to act as a conscience for the organization, to provide examples and guidance for how to manage difficult situations or conversations?
- Some scenarios that we can all work with to explore our own approaches and skills in addressing issues of inequality.
- Time to consider the E&D's suggestions for amendments to our Codes.

Participants might want to look at ACAT's three documents that set out our current Codes of conduct. There will be plenty of time for people to contribute from their own experience.

Do come and add your voice to the dialogue.... all are welcome.

**Chair: Hilary Brown**

## Appendix 6: Workshops - Thursday

### 1. Liz Fawkes and Dawn Bennett | *'A glimpse into 40 sessions: Use of self and challenges to the therapist's sense of self in working with powerful enactments with clients who have had a raw deal in life'*

#### Abstract

This workshop is dedicated to and celebrates the work of Tony Ryle. He supervised the CAT therapy delivered by Liz and was active in Dawn's research on a CAT model of enactment resolution. Accessible accounts of the process of psychotherapy combining different perspectives are rare. The workshop gives glimpses into a 40 session Cognitive Analytic Therapy (CAT) with a woman with multiple problems who met the diagnostic criteria for Borderline Personality Disorder. Audio of the case material illustrates the challenges for client and therapist. Liz as therapist and Dawn as researcher aim to put flesh on the framework of the enactment resolution model that was developed with Tony. We hear his voice in the supervision of this therapy and in the guidance the model offers when working with powerful enactments in the therapeutic relationship. The workshop considers what CAT has to say about being authentically present in our work, yet not 'rescuing' and whether we can walk that fine line. It examines what CAT therapists 'do' and how we use the tools and the model to get our bearings when tested personally. We hope the workshop helps you to examine the integration of model with our own stance and personal style so that we can offer a meaningful connection in a relatively short therapy

- The first enactment will be used to set the scene
- Dawn will present an overview of the enactment resolution model and point out what she thought Liz as therapist did to manage this
- Further illustrations of key moments from the therapy will be presented by therapist and researcher as we extract some key moments in sustaining an alliance to allow change
- We will invite your reflections as to whether this is what Tony intended CAT to be

#### Key references:

- Bennett, D., Parry, G. & Ryle, A. (2006); 'Resolving threats to the therapeutic alliance in cognitive analytic therapy of borderline personality disorder: A task analysis. *Psychology and Psychotherapy: Theory, Research and Practice*', 79, 395-418
- Liz Fawkes & Val Fretten (2017); 'The use of the CAT model in the supervision of CAT therapists working with borderline personality disorder' in 'Cognitive Analytic Supervision: A Relational Approach', Routledge, 2016, Edited by Deborah Pickvance

#### Biographies

*Liz Fawkes* is a CAT Psychotherapist, Supervisor and Trainer, and Clinical Lead for CAT in Somerset Partnership NHS Foundation Trust. She is Course Co-Director for the Somerset CAT Practitioner Training, and teaches on the DClIn Psych CAT module in Exeter, as well as offering ad hoc CAT training days on other courses. She has recently taken up the role of Chair of ACAT Training Committee. She has long enjoyed working with people with a personality disorder, both in CAT and formerly leading a front-line personality disorder service, and recently took a step down from a senior management role in order to concentrate on CAT again. She co-wrote the chapter in the new CAT Supervision book with Val Fretten, based on work supervised by Tony Ryle.

*Dawn Bennett* is a Consultant Clinical Psychologist, Lancashire Care NHS Foundation Trust. She is an ACAT accredited CAT psychotherapist, trainer and supervisor and Course Co-Ordinator for the CAT North course and Vice Chair of ACAT Training Committee. She is actively involved in CAT training and supervision and particularly values the CAT model for how it allows us to work with process issues. Her doctoral research was on formulation, alliance threats, and therapist competence in CAT for borderline personality disorder. Her subsequent research developed a CAT competency measure (C-CAT). She rated this therapy on C-CAT in an NHS study of the efficacy of CAT in usual practice.

**Chair: Robert Watson**

### 2. Deirdre Haslam | *'Working with, and resolving impasses and ruptures in the therapeutic relationship'*

#### Abstract

I will begin by providing an example from my own practice regarding impasses and ruptures and how I addressed these. I will then invite participants to reflect on this before suggesting ways to resolve such ruptures and breakdowns in the future. Together we will formulate a set of suggestions for future practice.

*Learning outcomes* - Learning from practice; formulating strategies for future practice.

*Working creatively with complexity* - The very nature of the presentation invites being creative with the material. I will make reference between theory and practice by reference to the former when providing material from my own practice and subsequently by inviting participants to reflect on their own practice in relation to theory.

The presentation will begin with my making use of my own clinical material, before inviting participants to reflect on their own practice before coming up with a set of strategies for future practice. Using experiential exercises, participants in small groups will reflect on their own experiences of ruptures to the therapeutic relationship with the aim of being able to apply this learning in their own clinical work.

Biography

*Deirdre Haslam* has been a member of ACAT since its inauguration. She has, in the past, been a workshop presenter and has also been a supervisor on a number of the trainings provided by ACAT. At present she both works as a CAT practitioner in private practice as well as offering supervision both to trainees and also the members of ACAT.

**Chair: Sarah Cluley**

**3. Esther Gimeno | *'Threats of therapeutic rupture: The "Ghosts" of the therapist'***

Abstract

Although threats to therapeutic rupture are an inherent part of working with difficult patients, there are certain types of patients whose resolution is especially difficult. This is the case of working with personality disorders or trauma patients. I will propose different situations and real cases of threat to therapeutic ruptures and roles with which you can collude frequently in therapy.

*The aims of this workshop are:*

- To discuss the main roles with which it is easy to collude in each type of patient (illustrating with real cases and diagrams)
- To bring specific techniques to avoid colluding and take distance or regulate ourselves
- To discuss ways to treat with the patient and explain it, when collusion has been done

Link between theory and practice will be considered through the employment of diagrammatic reformulations to illustrate the collusions. Reference to clinical material will be made by presenting and discussing real cases and situations.

Biography

*Esther Gimeno Castro*: General Health Psychologist; CAT Skills Training Level.

**Chair: Sue Yabsley**

**4. Vikki Ryall | *'A pragmatic approach to including families in CAT therapy using the SSFC model'***

Abstract

Family inclusion is accepted as a key element of an effective response to people experiencing mental health difficulties. Family support is protective generally and during a person's care it can improve their engagement in treatment. Further, there is strong evidence that family interventions can lead to improved outcomes for the person. Despite the importance of family to a person's well-being, there are significant barriers to their routine inclusion in mental health care, and so the full potential of family involvement is often not realised. One such barrier has been the lack of integrated and effective models that support the inclusion of family and align with effective individual treatment model/s. The routinely involvement of families in CAT therapy with young people has been a priority across public mental health, primary care (headspace) and private practice. In 2016 whilst attending Single Session Family Consultation (SSFC) training sessions, repeatedly the alignment of SSFC with CAT became increasingly evident. Further, the practical support the SSFC framework could offer as a way of improving what families are offered seemed strikingly doable. In this workshop I will outline the SSFC framework, discuss its alignment with CAT, describe how I have come to routinely incorporate SSFC into my CAT therapies, provide several case examples to demonstrate the integration, and offer some initial reflections on what CAT might offer SSFC and vice versa.

Biography

*Vikki Ryall* joined headspace, the (Australian) National Youth Mental Health Foundation in 2009. She is an accredited mental health social worker who is trained in a range of different therapies. Vikki was part of the inaugural CAT training in Australia in 2003 and is now a CAT supervisor and member of the ANZACAT executive. Vikki is enthusiastic about the value of CAT psychotherapy in her work with young people. She is keen to extend the use of CAT in working with young people through other modalities such as consultation, and online and family work. Vikki has extensive experience in management and clinical leadership in youth mental health organisations and has worked in youth mental health for most of her 20-year career. Vikki has extensive clinical experience with young people who are difficult to engage, high risk and present

with complex needs in public mental health, primary care (headspace) and private practice. Vikki has published articles about high risk young people and presented at conferences in this area.

**Chair: Cheryl Delisser**

**5. Alison Jenaway and Carol Gregory | *'Let's get physical – getting physical symptoms on the CAT diagram'***

Abstract

In this workshop, we will be thinking about how physical symptoms and psychological issues interact and exploring different ways in which they can be included in the CAT reformulation process, and in particular placed on the CAT diagram so that they are available for reflection rather than seen as a fixed problem. We will present a relational model of physical health issues (both medically explained and unexplained) and briefly describe a few of our own cases to illustrate the different ways in which physical symptoms can appear on the map. We will then present a case in more detail, and encourage participants to create a CAT diagram in small groups which includes the patient's physical problems.

Biographies

*Alison Jenaway* is a consultant psychiatrist in medical psychotherapy in the liaison psychiatry department of Addenbrooke's hospital. She uses CAT with patients referred from the physical health teams with both explained, and unexplained, physical health problems.

*Carol Gregory* is a consultant psychiatrist and is trained in both CAT therapy and psychodynamic therapy.

Alison and Carol work closely together, and have been exploring the use of CAT as a reflecting tool for physical health staff.

**Chair: Liz McCormick**

**6. Vicky Petratou | *'Feeling stuck in a powerless, 'victim'-like self-state, how can creative CAT help with embracing the pain and exploring more dialogically useful ways of interacting?'***

Abstract

In this workshop we will explore the use of creative means to help our clients gain perspective and freedom from habitual 'victim'-like self-states which limit their potential for moving towards making more proactive choices in life. A common problematic relational pattern that we are often challenged with in therapy is the dilemma: 'either you are with me (as an ideal other who can read my needs and meet my needs perfectly) or against me (my enemy, someone deserving punishment and alienation)'. Many of our patients with complex psychopathology, who have experienced repeated harsh and/or narrow problematic reciprocal relationships, are often highly attached to their victimized self-states. Frequently such self-states are fuelled by a sense of injustice, betrayal, entitlement and a difficulty in noticing the problematic impact of their interpersonal reactions. Building and maintaining trust in therapy is a common and often painful challenge. How can we creatively work with such states in CAT to promote freedom to engage with more choices in life? We will also address specific difficulties when working with the angry/hungry/needy victim self-states that problematic dilemmas can often foster. We will explore relevant philosophical and mythological concepts on fortune, love and failure, review clinical cases, and engage in experiential activities (using art, movement and/or role-playing techniques) to shape ways of working creatively to help our clients identify and promote dialogue between their partially dissociated, self-states.

Biography

*Vicky Petratou* is a Cognitive Analytic Psychotherapist, supervisor, trainer, and a drama therapist. She has been practicing CAT for more than 20 years. She works as a Psychotherapist and Clinical Supervisor in private practice and for the NHS (at the Munro Clinic, Guy's Hospital, London). She is a tutor and a marker for the IRRAPT Cognitive Analytic Psychotherapy Course and the St Thomas' Practitioner Course. Originally, she comes from Greece, has a background in psychology and physical theatre, and is interested in exploring how philosophy, mythology, embodied playfulness, and artistic expression can enrich the practice and theory of CAT.

**Chair: TBA**

**7a Nicola Crook | *'Landing in another country with CAT: use of the model in nurturing self-care when integrating into a new job and country, New Zealand'***

Abstract

Arriving in New Zealand from the UK has been one big adventure! It has brought many a new experience in both my professional and private life. These have been both exciting and liberating whilst also sometimes highly challenging. Adapting to a new job as a Clinical Psychologist has required working with new systems, practices and structures, cultural differences and working relationships. This in itself has been testing at times, whilst also managing personal problems,



especially when your usual supports are no longer within the same time zone! I aim to share with you how my own experiences of using CAT tools, namely letter writing and mapping, have served as an anchor for me when feeling lost at sea. I intend sharing my personal journey as to how these have contributed to my own self-care when negotiating uncharted waters. The workshop aims to give participants a ‘mini’ experience of using these tools.

Biography

*Nicola Crook* is a UK trained Clinical Psychologist and CAT Practitioner with experience of working in an Adult Community Mental Health Team in the UK National Health Service (NHS). She has experience of working for the Mental Health, Addictions & Intellectual disability Service 3DHB in Wellington, New Zealand. She has worked within the Adult Community Mental Health Team here and is currently working for the Regional Personality Disorder Service (RPDS). She has experience of using CAT both individually and in group settings. Nicola has worked mainly with people presenting with severe and enduring mental health needs, including personality disorder. She has become increasingly interested in the application of compassion (CFT; Paul Gilbert) to her clinical work. Nicola completed her post graduate diploma in Cognitive Analytic Therapy in the UK in 2013.

**Chair: TBA**

**7b Matti Kurronen | ‘TRE (Tension, Stress & Trauma Release Exercise) for Psychotherapists and Clients’**

Abstract

TRE® is an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension, and trauma. It safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. The body is encouraged to return back to a state of balance. For psychotherapists, the implicit part of the work often goes unnoticed. The toll of the work shows in tiredness and tension. At worst, the sense of meaningfulness in work fades and family life suffers. Many psychotherapists in Finland have really taken to TRE. They use it regularly as a tension reliever. In this workshop, the participants get to experience how a TRE exercise works and get something concrete that they can take into their repertoire of self-care:

- How psychotherapists can promote client’s trauma work
- How psychotherapists can take care of one’s welfare
- Demonstration of exercise in which participants take part

*Comfortable clothes recommended*

Biography

*Matti Kurronen* has been a CAT Psychotherapist for ten years, work and organisation psychologist, lecturer at the University of Applied Science (social work), and FINACAT president.

**Chair: TBA**

**8. Tim Sheard | ‘How do we relate to our bodies in CAT: Positively included, taken for granted or thrown to the dogs?’**

Abstract

In this workshop we will give attention to how we relate to our bodies and with our bodies in CAT. In sessions with a client do we identify with our body as a relational subject, see ‘it’ as an object, as some kind of servant, or ignore it? Put in CAT language do we experience our relationship with our bodily selves as self-to-self or as if self-to-other? Does this matter, is this relevant to CAT? It is suggested that it can be vital when working with stuck or difficult therapeutic process, particularly with those suffering from developmental relational trauma (‘borderline’ or ‘PD’). We will begin to explore our bodily experiences when working with challenging process and how core problematic reciprocal roles may be experienced on a bodily level as ‘embodied counter-transference’. If this experience is marginalized or ignored then it can become a form of collusive reciprocation that will harm not only the therapeutic process but also lead to a bodily burdening of the therapist. On the other hand if we can creatively include our capacity to relate and attune through embodiment then this can support a freeing up of the therapeutic relationship and creative engagement with unmanageable experience.

This workshop will focus on beginning to map out the landscape of:

- Our relationship with our therapeutic bodies
- How much our bodies may be implicated in our work, particularly with developmental trauma
- How we may be carrying an unrecognized burden through our bodies

We will begin to look at the possibility of a more creative inclusion of our embodied relational capacity in CAT, but there will not be time to introduce positive embodiment skills that can be developed to address these issues. The workshop is largely experiential, with some theory included as we go along. Strong fluency in English is therefore not required.

### Biography

*Tim Sheard* is a CAT psychotherapist working in the UK and offering workshops and short trainings in integrating embodiment into CAT. A paper in the summer 2017 edition of *Reformulation* outlines this approach in more detail.

**Chair: Jay Dudley**

## Appendix 7: Workshops - Friday

### 1. Jay Dudley | *'Bridging the relational space - towards a new beginning'*

#### Abstract

The workshop is aimed at those working with complex personality disordered patients, eating disorders, and OCD. 'A word is a bridge thrown between another and myself' (Voloshinov). I will explore the sense of 'materiality' (Leiman) inherent in this statement. Ruptures and enactments will be understood in the context of the 'dialogic tension' between ideas and beliefs that hold 'me' from 'not me' and hinder change. Bakhtin's premise that 'the word wants to be heard' will be explored alongside his idea that this is possible only where the other (therapist) adopts a position of 'responsive understanding'. These ideas will be set against an early environment of 'missing parental provision' (I will give a brief overview of CAT's Object Relational frame through the lens of Winnicott, Balint, and Fairbairn). Ideas surrounding the emergence of a 'false self' construction (CAT's compensatory position) or a 'something rather than nothing' survival/defence will be explored using clinical material from 2 cases (one chronically OCD and one BPD) to explore in detail with CAT maps. I will argue that the tensions between familiar RRs that 'demand' our loyalty or allegiance, and the fragility of an unknown 'new beginning' are where change is forged. CAT Exits: a 'new beginning' (Balint) may occur if the therapeutic relationship is located in the language and gesture of 'responsive understanding' (Bakhtin). For change, in the form of new ideas, beliefs or internalised 'good objects', to be sufficiently 'internally persuasive' (Burkitt and Sullivan), we need to understand the underlying processes that can help to hold and contain. I will develop an original metaphor of a 'keystone' to help understand this in more detail and offer some connections between the 'two-sided nature of words' and 'meaning bridges' (William Stiles; Stephen Mitchell). My aim is to bring a fresh focus and deeper understanding to exits.

#### Biography

*Jay Dudley* is a CAT Psychotherapist and Supervisor, and previous Trainer and Course Co-Director for Somerset CAT Practitioner Training. He has presented CAT case vignette at the Royal College of Psychiatrists Conference (2015). Jay is presenter for two one-day workshops for CAT South West, and visiting Trainer on the Exeter DCLinPsych CAT Training. He is currently working as Principal Adult Psychotherapist, Personality Disorder Service, Devon Partnership NHS Trust, and is in private practice.

**Chair: TBA**

### 2. ICATA Masterclass: case presentations from around the world

#### 2a Ann Treesa Rafi | *'Cognitive Analytic Therapy for the wise old 'Dadaji'\* in India'*

#### Abstract

Cognitive Analytic Therapy (CAT) is a relatively new psychotherapy model that was founded by Dr Tony Ryle in the early 1980s. It was introduced in India in 2011 and the Indian Association for CAT was launched in 2012. The ICAT is still in its early stages and is being established in Bangalore. CAT provides a therapy model that views the self as both socially constructed and also a part of the social environment. A relational model such as CAT enables the therapist to work creatively, integrating both cultural and religious values into one's work where by the client is viewed from a holistic perspective. This paper outlines the progress of a client, who presented with the issues of alcohol use and excessive watching of pornographic material. It elucidates the application of CAT by identifying reciprocal roles, procedural sequences and mapping exits over a 16-session CAT. The current case was in a culture where elders are considered the wisest and the head of the family. Advice is sought from them on issues that include intra-family conflict and their decision is the final one. In this case the client, an elderly gentleman aged 75, was seeking therapy from a female counsellor who was much younger which would be considered rather unusual in this culture. The paper also highlights the changing client-therapist relationship over the course of therapy. Cultural struggles around the use of pornography by an elder and overcoming one's own challenges and prejudices as a therapist, learning to position oneself in a more compassionate role both for the therapist and client is highlighted through this presentation. (*\*Grandfather in Hindi*)

### Biography

*Ann Treesa Rafi*, M.Phil, M.Sc. (Counselling psychology) is an Assistant Professor of Psychological counselling at Sampurna Montfort College. She is involved in training students in counselling psychology and also works as a counsellor in the Montfort Counselling Centre. She has conducted various training programmes and workshops on topics like communication, relationships, stress management etc. She is interested in the inclusion of cultural symbols in therapy to make it more culturally-sensitive.

Ann has been using Cognitive Analytic Therapy extensively in her clinical work adapting the model further to fit well with the Indian Society and culture. She has an interest in understanding how relational procedures can be presented symptomatically as addictions and abusive behaviours. She has presented at various conferences in India and is a member of the Indian Association for Cognitive Analytic Therapy.

**Chair: Sue Yabsley**

### **2b Eleftheria Zampouridou | *'Recovering from substance abuse: The CAT effectiveness of building relapse prevention and life skills'***

#### Abstract

Beyond the detox and stabilization phases of any addiction treatment program, are the crucial practices that address the individual's needs to sustain abstinence and recovery efforts once treatment coming to an end. The CAT approach: in order to Enhancing Motivation for Change in Substance Abuse Treatment, to provide incentives for individual to remain abstinent, to understand and modify his attitudes and behaviours related to drug abuse, to develop balance and alternative ways of coping with stressful circumstances, to focus on ways of making better future choices.

#### Biography

Dr *Eleftheria Zampouridou* is a Consultant Psychiatrist - CAT Psychotherapist, Head of Kavala Substitution Treatment Unit, Greek Organisation against Drugs (OKANA)

**Chair: Sue Yabsley**

### **2c Päivi Räisänen | *'Applying CAT to a father of three with substance and sexual addiction problems'***

#### Abstract

In this paper, making reference to recorded transcripts of the work, I highlight the successes and challenges of using Cognitive Analytic Therapy to help a married father of three who presented with sexual and substance addiction problems. In addition the paper explores the utility of using CAT in a family consultation service as part of a systemic approach to helping families in difficulty.

#### Biography

Psychologist *Päivi Räisänen* has been working for Family Counselling since 2010. The topic of her master's thesis was about personality psychology. She had double academic credits in her degree and has undertaken comprehensive courses in, for example, neuropsychology, personality, and in mental health psychology. She has been working as a psychotherapist since completing her CAT studies at Helsinki University, 2013 - 2016.

**Chair: Sue Yabsley**

### **3a Eeva Joki | *'The power and dark shadows of leaders'***

#### Abstract

Does power over other people change our inner dynamic? If it does – how? And does power change a person's habitual ways of relating to other people? We look into questions of power at work but also into the dark shadows of some personalities when they gain more power – eg narcissistic, antisocial, and demanding leaders. What happens to their inner dynamic and interaction? And what happens to the people around? How can we understand the dynamic of the workplace? How can CAT's concepts add value to understanding some common behaviour and relating patterns of leaders? Here we look at Anthony Ryle's concepts of reciprocal roles, reciprocal role procedures, separate self-states and splits. We also apply Mikael Leiman's concepts of unbearable position, risk position, wanted position and protective position. Let's also look at the research of Professor Robertson and other psychological researches in power, DSM-5 Criteria, and Professor Kets de Vries' famous thoughts on dark side leadership. We go through some cases from workplaces, some public examples, and biographies. Together we'll consider some situations that come across during workplace counselling and in therapy.

#### Biography

*Eeva Joki* focuses on leadership advisory services and executive search on senior-level roles in Heidrick & Struggles' Helsinki office. She has over 15 years' of experience in management consulting and a broad experience in assessing

individuals for various positions including top management of large multinational companies. Eeva holds an MSc in Psychology and has received certifications of consultancy and coaching. She is a CAT Psychotherapist.

**Chair: Rosemary Parkinson**

**3b Rita Toli | *'Applying CAT in a Greek primary school: How reciprocal roles can minimise power battles between parents and teachers and inform direct child work'***

Abstract

CAT can be a useful way of working in contexts other than 1:1 psychotherapy considering the evidence from outreach teams (Kellet, Wilbram, Davis & Hardy, 2014) and community mental health teams (Carradice, 2012). Therapeutic work in a primary school can be challenging as there are often conflicting viewpoints regarding the difficulties and needs of the child. These need to be addressed before any interventions are offered. The use of therapeutic skills and an understanding of the family's reciprocal roles can promote positive and effective communication. In this workshop we will have an overview of how CAT can be used in non-clinical settings. We will then look at a case from the primary school including the initial concerns, the power issues that arose between the parents and the school, and how I tried to deal with them. We will identify RRs from a video from 'Frozen' and the description of my sessions with the student. Finally, we will discuss the interventions used so far and ways to move forward in the next school year.

Biography

*Rita Toli*, Clinical Psychologist, qualified at Sheffield University in 2014. She now lives in Athens and works in a private primary school. She also practices CAT psychotherapy with adults in a private practice.

**Chair: Rosemary Parkinson**

**4. Louise Elwell | *'Reformulating Emptiness: how may we work actively with states of emptiness, desolation, and boredom?'***

Abstract

Many of our clients' experience states of mind in which they feel empty, also alone, or desolate, as well as bored and disengaged. This may be either a detached state, a state that is more obvious when depressed, or a background state of mind, influencing one's whole experience. The work on this state may prove to be very important, very central, in a therapy, or simply a part of the whole jigsaw. But how should we work with this or should we simply be hopeful that this sense of emptiness will somehow be filled by the experience and work of therapy, and the therapeutic relationship? Moreover how should we think about this state, in terms of its history in the client's life and how it is held intrapsychically? I have been interested in these questions for a while and have come to feel that in spite of the nervousness we may have about making this state more central to the therapy, that it may be essential to do so in many cases. If we do not, we risk overlooking a key driving dynamic in the mind of the client. The state may be directly influencing certain distracting behaviours. Or it may simply be a place that feels so cut-off and alone that he/she has never shared this with anyone before, and never expects to – adding to feelings of loneliness and desolation - and so it may be easily overlooked. In fact there are many reasons that it may easily be overlooked or avoided in the work. I hope in the workshop to share what I have learnt about reformulating and working with this area with some of my clients and also some of my thinking so far about this area, the work in progress. The issues raised by it are in some ways subtle but I think extremely important. The starting point for the workshop is the therapeutic and technical aspects, but of course the experience of emptiness touches on philosophical and religious concepts which may be seen as germane for some people in thinking about this. I will plan this workshop so that there is plenty of time for thought and sharing between ourselves.

Biography

*Louise Elwell* has a professional background in psychiatric nursing and trained in psychodynamic and group analytic psychotherapy at the Warneford Hospital, Oxford, and in CAT at Guy's Hospital, where she was in the first cohort of the UKCP/MSc training. Louise now works at the Cardinal Clinic and in Oxford, seeing individuals, facilitating groups, and as a trainer and supervisor.

**Chair: Robert Watson**

**5. Kerry Manson, Sunil Lad, and Marisol Cavieres | *'Developing a CAT understanding of Anti-social Personality Disorder (ASPD): Eliciting key reciprocal roles'***

Abstract

It is generally recognised that individuals with ASPD are difficult to work with; those who meet criteria rarely seek treatment as well as many services being reluctant to work with this group. When people do attend there is often poor engagement and difficulty in establishing a therapeutic relationship, yet they can pose significant risk to others including

the public. We are interested in developing a CAT model for understanding the relational difficulties of men in prison with an ASPD diagnosis/traits, by identifying key reciprocal roles and common themes pertinent to this client group; what it means for our client group, and those attempting to engage with them. Whilst our interest has sprung from our clinical background in working with men with an ASPD presentation in both prison and forensic settings, this workshop is open to people who have had experience of working with this client group in a variety of settings (such as mental health, drug and alcohol, homeless services) are welcome to attend. We will assume that workshop participants are already familiar with this population. The purpose of the workshop is to share our initial model with an expectation that this can be developed further through sharing of ideas and clinical experience to contribute to the development of this model. The facilitators will provide a brief overview of the model using a PowerPoint presentation and clinical vignettes, to identify key ideas, and to encourage further dialogue through small group work and discussion. This workshop is based on an article written by the workshop facilitators, 'Developing a CAT understanding of Anti-Social Personality Disorder (ASPD)', published in the Summer 2017 issue of Reformulation.

#### Biographies

*Kerry Manson* is a CAT Practitioner and Supervisor in independent practice in Liverpool. Previously she worked as a Consultant Clinical Psychologist managing a therapy service and delivering CAT in a prison setting. She has also worked in a Personality Disorder Unit based within a prison.

*Sunil Lad* is a Counselling Psychologist, he works in a number of prison mental health teams and Community Offender Health Services within Northamptonshire Healthcare Foundation Trust, and is ACAT accredited in CAT skills.

*Marisol Cavieres* is a CAT practitioner in independent practice, accredited supervisor, and trainer with CAT North, and co-director of the national CAT skills case management course: working with complex clients. She is based in Wiltshire. Previously she worked as a consultant clinical psychologist within a community forensic team in Auckland, New Zealand, and has had various posts within adult mental health specialty in North West England and New Zealand.

**Chair: Ruth Carson**

### **6. Jennifer O'Brien and Fritha Melville | 'Using experiential and creative approaches to contextualise workplace stress and support self-care practices for helping professions'**

#### Abstract

Most of us in the helping professions are familiar with the demands of complex clients, team, organisational and systemic stressors. The complexity of these demands can evoke powerful emotional reactions, such as, feeling inadequate, minimised and powerless that if left unaddressed will impact on our wellbeing. The literature indicates that high workplace stress is associated with high staff turnover, sickness and absence, decreased work satisfaction and team dysfunction which ultimately impact on the clients we work with (Scanlan & Still 2013; Sprang, et al. 2011). "Self-care" is a term used to describe the practice of utilising strategies and approaches to managing, maintaining, and decreasing workplace stress. Individual and organisational approaches to self-care have been protective in reducing workplace stress, burnout, and turnover (Haarhoff, et al 2015; Spence, et al 2015). Applying cognitive analytic therapy to indirect work such as contextual reformulations, supervision and training, team and service assessments are now well established (Carradice, 2004; Walsh 1996). This workshop will experientially explore the contextual factors contributing to work place stress and self-care through a CAT informed relational lens. CAT advocates for a creative approach to understanding and revising target problems and procedures and utilising arts and creative modalities are another set of tools that can allow participants to engage and express themselves through non-verbal modalities (Lett, 1993). The intention is for participants to engage in experiential activities that combine the CAT framework and art therapy practices in order to understand work place stress and self-care and identify practical self-care exits.

#### Objectives:

- Engage with expressive modalities such as art, movement, and music to explore unhelpful reciprocal roles in the context of stress and professional resilience
- Explore and understand how engaging in a creative process can support professional resilience practices

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- Walsh, S. (1996) Adapting Cognitive Analytical Therapy to make sense of psychologically harmful work environments. *British Journal of Medical Psychology* 69, 3-20

#### Biographies

*Jennifer O'Brien* is a clinical Occupational Therapist who works and lectures at the Australian Catholic University and in private practice. She has postgraduate qualification in CAT and creative and art therapies. She has over 15 years' experience working within the health and community service sector specifically with youth, complex trauma and refugee and asylum seekers. Jennifer has an interest in utilising relational approaches via creative approaches such as through art, movement, and music. Utilising various modalities allows access to experiences in a completely different way than language can allow. She utilises these approaches when working with health and community professionals and their organisations to reflect on and improve upon the work. With experience in clinical mental health counselling, training and organisational development, Jennifer has spent the last 5 years specialising in utilising creative modalities in these areas.

*Fritha Melville* is a senior clinical psychologist with Orygen Youth Health, a public mental health service which works with young people aged 15 to 24 years with a serious mental illness. Fritha has over 15 years of experience working primarily with young people in the health and community sectors, including refugee specific services. Other roles have included working in training and community development contexts. Fritha's conceptual approach to mental health is based on a holistic framework, which advocates the integration of research, individual and community based interventions. Fritha has been involved in advocating for the needs of people from refugee background both through research and clinical work for over 15 years.

**Chair: Alison Jenaway**

### **7. Paul Johanson and Sara Casado | 'Loving the unlovable: CAT, compassion and working with people who commit sexual crime'**

#### Abstract

The talk will address the philosophical and ethical basis of CAT and how this supports and allows a compassionate approach to working with the most marginalised and, in this case, reviled populations. The relational nature of compassion will be explored, with an emphasis on the therapist's self-to-self relationship and how practising self-compassion can promote distress tolerance and build resilience, allowing the therapist to remain engaged with patients when strong emotions such as shame, disgust, and rage emerge in the therapeutic encounter. There will be an opportunity to experience some practices for developing self-compassion. A case example of work with a sex offender will illustrate how, in Tony Ryle's words, the compassionate practice of CAT allows a practitioner "to get close to a patient very quickly in the most important ways".

#### Biographies

*Paul Johanson* is a trainee CAT Psychotherapist, social worker, and Mindful Self-Compassion teacher. He has worked as a practitioner and team/service manager in criminal justice, substance misuse, serious mental illness, psychological therapies, cancer, and palliative care. He has worked as a strategic leader for the NHS in implementing national programmes in mental health, psychological therapies, and patient experience. He is a long-term practitioner and teacher of compassion and mindfulness meditation and is currently the Buddhist Chaplain at the University of Sussex and the Martlets Hospice in Hove, East Sussex.

*Sara Casado* is a trainee CAT Psychotherapist, and Consultant Forensic Psychologist working in Forensic Healthcare Services for Kent and Medway NHS Partnership Trust (KMPT). Sara has worked in criminal justice and healthcare settings and currently is the Lead Psychologist for the Medium Secure Units in Maidstone. She also contributes to the PD pathway as Lead for KMPT, working alongside the National Probation Service. She has a longstanding interest in working with people who commit sexual violence and has worked within this field since 2000. Sara is an accredited facilitator of the Thames Valley Sex Offender Programme and is also trained in the SOTSEC-ID Programme (adapted for those who are intellectually impaired). She has adapted her work with people who commit crime, and in particular sexual crime, using the CAT model and is currently undertaking a piece of research in this area considering 'CAT's contribution to these mainstream treatment programmes'.

**Chair: Liz McCormick**

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## Appendix 8: Posters

Posters will be on display in the Business School South Foyer for the duration of the conference.  
Poster authors will be available for questions during lunch on Thursday,  
and the prize winner will be announced during lunch on Friday.

1. *Anneke Gielen* | 'Setting up a new programme for early intervention for young people with BPD'
2. *Phyllis Annesley* and *Lindsay Jones* | 'Women's lives understood through a gendered lens: recognising and working with social inequalities for women within Cognitive Analytic Therapy'
3. *Chloe Sutton* | 'Applying CAT to working systemically with young people in out of home care'
4. *Jennifer O'Brien* and *Friitha Melville* | Digital Presentation: 'Working with refugees: a relational framework'
5. *Esther Gimeno* | 'The challenge of CAT therapists in training'
6. *Victoria Sleight*, *Claire Newman*, and *Stella Compton Dickinson* | Interactive Presentation: 'Discovering creativity within the complexities of an evidence-based model: witnessing and participating in change'
7. *Palwinder Athwal-Kooner* | 'The effectiveness of CAT informed relational training in a secure forensic hospital'
8. *Rhona Brown* | Interactive Presentation: '#ConnectingToConnected: Can Twitter Aid Our #CATDialogue?'
9. *Louise Yorke* | 'Relational Discovery - a model of culture change and clinical practice'

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*Notes.....*

We hope you have enjoyed the 7<sup>th</sup> International CAT Conference.

Please remember to complete and return a conference evaluation form  
(to be found in your delegate pack or ask for one at the  
ACAT Information Desk).

If you forget, please email [maria.cross@acat.me.uk](mailto:maria.cross@acat.me.uk) for a copy after  
conference and post to us.

Your feedback is important to us and is considered  
when preparing future conferences.

Thank you

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