



## Full Training Pack Contents: Twelve films showing a journey through sixteen session CAT

**Film 1:** Introduces Paul, a teacher who has been referred for CAT and Lisa, his therapist

**Film 2: Target Problems**

We observe Lisa and Paul during an early CAT session, where they are discussing Paul's difficulties and agreeing target problems for the focus of his therapy

**Film 3: Target Problem Procedures**

Lisa and Paul develop a target problem procedure together using his experiences as a child with reflection on an event in therapy that illustrates this procedure

**Film 4: Reciprocal Roles**

Paul talks about his relationship with his dad, whom he has always felt criticised by, leaving him feeling 'not good enough'. This is similar to how he experiences a current relationship and Lisa uses these examples to develop a reciprocal role pairing, explaining the process to Paul in an accessible way.

**Film 5: Developing the SDR**

We observe how Lisa and Paul work together to develop the SDR with Lisa scaffolding Paul's understanding of how the target problem procedures reinforce and perpetuate the problematic reciprocal roles.

**Film 6: Reformulation letter**

Lisa shares the reformulation letter with Paul, and we are able to see the main structure points of the letter highlighted on screen.

**Film 7: Ruptures**

The film features different parts of the session to highlight how Lisa and Paul explore the rupture and ultimately are able to use this to inform new ways of relating.

**Film 8: Zone of Proximal Development**

Paul and Lisa develop the SDR further, with Lisa working within Paul's Zone Proximal Development (ZPD) to scaffold his understanding of how the Target problem procedures reinforce and help perpetuate his problematic reciprocal roles.

Catalyse

@ info@catalyse.uk.com

07842 137 745

@CatalyseC

www www.catalyse.uk.com

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Registered at: 3, Woodcock Street, Castle Cary, SOMERSET, BA7 7BJ



### Film 9: Boundaries

Paul has started to use a journal to aid his recognition of the target problem procedures and is clearly motivated. There are examples of within the therapy relationship which Lisa invites Paul to explore.

### Film 10: Recognition

Lisa and Paul work on recognition of the target problem procedures, including those experienced within the therapy relationship.

### Film 11: Revision through recognition

This is the thirteenth therapy session, three sessions to go before the end of therapy. Paul explains how he has started to recognise his procedures as they are happening, and describes how he has been able to revise a procedure he has been struggling with since the very first session.

### Film 12: Endings

We join Lisa and Paul in their final therapy session when Lisa shares her goodbye letter with Paul. The film details the suggested contents of a goodbye letter. Paul responds to the letter, and the ending of the therapy and gives Lisa a goodbye letter he has written for her.

Throughout the films, the viewer is encouraged to note the text on the screen highlighting salient parts of the process, and is guided to reflect upon aspects of the session.

### Supplementary materials

- To support discussion and aid in developing theory to practice links.
- Paul's referral for therapy letter
- Paul's CAT map (Sequential Diagrammatic Reformulation, SDR)
- Goodbye letter from Lisa to Paul
- Goodbye letter/card from Paul to Lisa
- Target Problems & Target Problem Procedures, highlighting links between Paul's early experiences and current behaviours.
- Suggested discussion topics to stimulate curiosity and engagement with the films, together with suggested activities to encourage independent and group learning
- Recommended learning objectives for each film"
- A comprehensive glossary of CAT terms and concepts
- The Competence in CAT (CCAT) Measure