



Introductory Training Pack Contents:

Four films showing the 3 Rs of CAT: Reformulation, Recognition & Revision (selected from a series of 12 films of a journey through sixteen session CAT)

This pack of films focuses on skills relating to the three Rs of CAT: Reformulation, Recognition and Revision but cover a range of additional skills. They illustrate both content and process, therapeutic boundaries, internalisation, the client's Zone of Proximal Development (ZPD), emergent Reciprocal Roles (RRs) and developing 'exits'.

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

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 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.

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