



Catalyse

Personal Reformulation Packages

What is a Personal Reformulation?

Personal reformulation is a form of personal and professional development based on Cognitive Analytic Therapy (CAT). It is increasingly being used within a range of training contexts and with different professions. The focus of the personal reformulation is negotiated collaboratively and develops from exploring your professional role with reference to relationships with yourself and others. A central aim is to improve your experience of work relationships. It is not therapy but aims to give useful insight into the psychology of workplace relationships.

What does it involve?

Personal reformulations (PRs) involve one extended session of two hours with a follow-up session of an hour at an agreed interval, usually a month later. This is a confidential space to reflect on your work role and use concepts from CAT such as 'mapping' to aid the conversation. By the end of the first session, you will have developed a 'rough' map which captures the key workplace relational patterns that you brought to discuss. It is an opportunity to experience being in the 'other chair' and to reflect on difficult pushes and pulls at work, as well as considering how this impacts on your role. This takes into account issues such as leadership, teamwork and wellbeing.

Options for Personal Reformulation

- **Stand-alone Personal Reformulation** – can be requested by any individual clinician and self funded or funded by their organisation subject to agreement. This can be booked through the Catalyse website

- **Personal Reformulation as part of Clinical Psychology or ACAT training** - PRs are currently part of the personal development portfolio of an increasing number of Clinical Psychology Doctorate courses. They are also part of ACAT skills courses and Foundation Courses

- **Personal Reformulation as part of introductory CAT courses** - Introduction to CAT courses (usually two days) are frequently requested by teams wanting to learn more about CAT concepts and how these might be applied in their settings. These can support clinicians wishing to practice CAT informed therapy, or can help co-workers reflect on team dynamics. CAT as a model places emphasis on the relational; what happens between us. As such, clinicians having awareness of what they bring to the interaction is an important component. A Personal Reformulation alongside these courses aims to enhance clinicians' awareness of their own workplace map and what they bring to the helping relationship.

- Personal Reformulation as part of CPD and self development

Personal Reformulations can be part of an additional package for any of our existing CPD training sessions. This would particularly include any reflective practice or introductory trainings.

- Personal Reformulation as part of Leadership training, CPD and consultation

Personal Reformulation can be part of an additional package along with any Catalyse leadership package.

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