



**Practitioner Training in
COGNITIVE ANALYTIC THERAPY (CAT)
October 2026 – October 2028
Application Procedure**

Applicants are invited to submit

- Application form (including details of referees)

**this is the same application form for all applicants whether funded by employer (local NHS Trust, other), self funded or if you have been put forward and approved for a NHS England funded place. There is a section for manager sign-off to signify you have approval to apply.*

This includes sections for:

- Your CV
 - Details of source of referrals, assessment arrangements and venue for seeing clients.
 - A personal supporting statement of around 750 words giving an indication of:
 - your current therapeutic approach;
 - what you hope to gain from training in CAT;
 - why it is important for psychotherapists to develop an understanding of their own emotional life.
 - One case summary of around 500 words (*A brief account of a 1:1 therapy you have delivered, using any model or approach*);
 - Additionally, those applying for the NHSE funded pathway should also address what CAT will bring to their work with clients with complex early trauma.
- Also complete the Advance Supervision Information form even if you currently don't have any initial plans for supervision.

Shortlisted applicants will then be invited for interview.

Closing date for applications: 30th May, 2026

Principal date for interviews: 26th June 2026

Fees:

- You can pay the application fee by clicking the link below:
<https://catalyse.uk.com/shop/cat-practitioner-application-fees-2026/>
- Before proceeding to pay online, please ensure you read & understand our terms and conditions: <https://catalyse.uk.com/catalyse-terms-conditions/>
- If you wish to pay by cheque or bank transfer, please contact the Catalyse administrator – admin@catalyse.uk.com (Tel: 07842 137745)
- Fees for the application and interview are included in the NHSE funding for NHSE applicants.

<https://catalyse.uk.com/training/practitioner-training/2026-2028-practitioner-training/>