

## Cognitive Analytic Therapy (CAT) Practitioner Training Course

### For NHS secondary care staff working with people with Complex Relational Problems

#### CAT Practitioner Training for Complex Relational Problems

Cognitive-Analytic Therapy is a time limited, evidence-based, NICE-approved psychotherapy which integrates theories derived from cognitive psychology, psychoanalytic psychotherapy, developmental psychology and other approaches. This training funded by NHS England is predominantly for clinicians working with adults (including older people) in community services with complex relational problems and adverse childhood experience, who would be likely to meet criteria for a diagnosis of "Borderline" or "Emotionally Unstable" Personality Disorder.

#### Qualification

Following successful completion of the course, trainees will be accredited as CAT Practitioners, and entitled to become full members of the Association for Cognitive Analytic Therapy (ACAT).

#### Course Structure

The course is part-time across two years, comprising a programme of training days, seminar reading groups, weekly supervised clinical work, assignments and a personal CAT therapy.

#### Training Days

The 10 training days each year consist of a combination of preliminary reading, presentations, videos, small groups and experiential work focusing on personal exploration and the development of CAT skills and their clinical application.

#### Seminar Groups

These consist of small groups meeting to support reflective learning, experiential work and guided reading. There are 16 hours of seminars per year.

#### Personal Psychotherapy

Trainees are required to have an experience of personal therapy during their training. This is a standard 16 session CAT (+ follow up) conducted by an accredited CAT therapist.

#### Supervised Clinical Work

Trainees will usually work with a minimum of 8 patients over a minimum of 128 supervised therapy hours. Supervision is weekly with an accredited CAT supervisor, usually in groups of three trainees for 1.5 hours weekly. The clinical component is for a minimum of two years but it can often take longer to complete all training cases.

#### Assessment, including assignments

Successful completion of the course will comprise of

85% attendance; completion of clinical practice requirements with supervisor appraisals every 6 months; completion of a personal therapy; and satisfactory completion of four assignments: two essays and two case studies. Each case study includes real practice, one a session recording with accompanying analysis and reflection assessed using the Competence in CAT (CCAT) Measure.

#### Diversity and Inclusivity

Issues of class, race, gender, sexual orientation and disability, particularly in relation to power and social exclusion, are central to the CAT model and the course will aim to address them throughout the training. The course works closely with Experts by Experience and is committed to attracting applicants from as diverse a population as possible.

#### Course Location

This training is delivered in five sites in England: in Manchester with a residential in Sheffield (for the North-West and Midlands), Newcastle (for the North-East), London and Brighton (for the South-East) and Devon (for the South-West). Training days are as above whilst supervision is in work settings. They are principally face-to-face, while some other elements, including seminar groups, may be done remotely.

#### Cost

Fees for all aspects of the training for successful applicants will be met by NHS England.

#### Criteria for Application

Applicants will be capable of postgraduate study, members of a core mental health-care profession with at least 1 years' experience of delivering psychological therapy and 1 years' post qualification experience of working with people with a diagnosis of personality disorder.

#### How to Apply

Submit the application form to the course in your region, see accompanying map of NHS Regions: <https://www.hee.nhs.uk/sites/default/files/HEE%20REGIONAL%20Map.pdf>  
Areas 1-4: North-East site (2-4 may also be NW site)  
Areas 5-18: North-West site  
Areas 19-35: South-East site  
Areas 36-42: South-West site

#### Details of course start through Regional Leads and:

For the NE site, contact [cspttraining@cntw.nhs.uk](mailto:cspttraining@cntw.nhs.uk)  
For the NW site, visit [www.catalyse.uk.com](http://www.catalyse.uk.com)  
For the SE site, contact [spft.cat@nhs.net](mailto:spft.cat@nhs.net)  
For the SW site, contact: [cft.cat-sw@nhs.net](mailto:cft.cat-sw@nhs.net)