

About therapy?

Therapy can be a very rewarding and enjoyable experience, but is also a significant undertaking that requires joint working between you and your therapist. Revisiting past memories and feelings can be painful and may make you feel worse to begin with. Together, through the experience your therapist brings and the structure of the CAT model, strong feelings can be contained.

Sometimes being in therapy can affect your relationships with friends and family. You may need to talk with your therapist and others involved in your care about your concerns at these times. People have found that this is useful in helping to manage difficult situations.

How can I find out more about CAT?

You can find out more about CAT and whether it might be helpful to you by talking to your recovery coordinator or your GP.

You may also find more information on the Association for Cognitive Analytic Therapy website at www.acat.me.uk

Reference: 241/10/17

Contact details

Psychology and Psychological Therapies -
South Devon
Sherborne House (2nd Floor)
Kingsteignton Road, Newton Abbot TQ12 2PF
t: 01626 203510

Psychology and Psychological Therapies -
Exeter, East and Mid Devon
Church Lane, Heavitree, Exeter EX2 5DY
t: 01392 676376

Psychology and Psychological Therapies -
North Devon
Riversvale Centre, Litchdon Street,
Barnstaple EX32 8PJ
t: 01271 312961

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



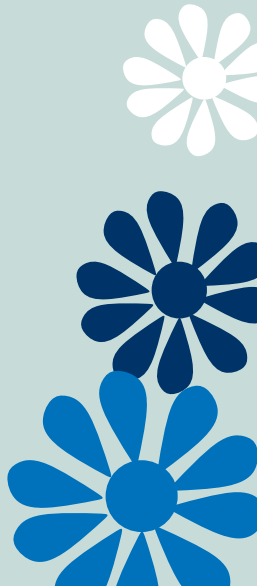
NHS

Devon Partnership
NHS Trust

Cognitive Analytic Therapy (CAT)

*Information for
people who use
our services*

www.dpt.nhs.uk



What is Cognitive Analytic Therapy?

Cognitive Analytic Therapy (CAT) draws on ideas from different therapeutic traditions and brings them together within a unique coherent model.

CAT recognises how relationships play a central role in our wellbeing and aims to offer new ways of understanding childhood experiences. Current patterns of coping will be reviewed and placed in the context of these early relationships to enable better informed choices.

The usual duration of CAT, including a follow-up appointment, is approximately seven months but sometimes a contract of between eight to 24 sessions may be agreed.

There is a period of post-therapy follow up which is an important part of the consolidation process.

How does CAT work?

CAT provides a structured framework and a way of working with your therapist that allows for:

- Actively working together towards a shared understanding of your experiences
- Anticipation of how blocks to progress in therapy can be foreseen and overcome
- Clear aims and agreed objectives for therapy
- You, with your therapist, get to the heart of your difficulties quickly and safely
- Building a greater recognition of patterns of relating through self-reflection
- Learning from your therapist as they share how they are feeling in response to the relationship patterns as they emerge between you
- Change to occur by noticing differences, reflecting on alternatives and learning through greater self-understanding
- Continual thoughtful consideration to the impact of loss and separation in the context of a time-limited therapy.

Who is it for?

The scope of CAT is broad. However, within our service, CAT is offered as a way of helping people to overcome disabling emotional distress.

Difficulties might helpfully be characterised as complex and/or long-standing, and may often include symptoms or diagnoses such as, trauma, eating disorders, deliberate self-harm, or personality disorders.

People may have somebody else actively working with them and involved in their care.

Is everything I say confidential?

What we talk about in therapy is held in confidence within the mental health service and any records, written, or otherwise, are kept safe in the same way as other health service records. In certain circumstances we may need to talk to other health professionals if your wellbeing or that of other people is cause for concern.