



30th Annual ACAT Conference 2026

Reformulating Power.

**A CAT Approach to Inequality and
Polarisation**

Sunday 28th to Tuesday 30th June 2026

Leeds University

PROGRAMME

With Appendices

Please be aware

Presentations in the auditorium will be audio-recorded.

Photographs will be taken throughout the Conference. Attendance signifies acceptance but please contact us if you have any concerns



'Reformulating Power. A CAT Approach to Inequality and Polarisation'

What are the forces in society and constructs in the individual that are leading to increased inequality and increased polarisation? The role of CAT in healing fragmented communities and individuals.

ACAT National Conference 2026 Organisers:

Sarah Cluley
Ranil Tan
Rajinder Dhanjal

Index

ACAT reserves the right to make changes to the advertised programme

Conference Notes	Page 3
Programme Summary: Sunday	Page 5
Programme Summary: Monday	Page 6
Programme Summary: Tuesday	Page 8
Appendix 1: Keynote ~ Sunday	Page 9
Appendix 2: Keynote ~ Monday	Page 13
Appendix 3: Keynote ~ Tuesday	Page 15
Appendix 4: Workshops ~ Monday	Page 16
Appendix 5: Workshops ~ Tuesday	Page 23
Appendix 6: Research ~ Monday	Page 29
Appendix 7: Research ~ Tuesday	Page 30

Conference Notes

Where to Find

Keynote presentations will take place in the Auditorium G.02 in the Business School (Maurice Keyworth Building)
Please refer to Appendices for full details

Workshops will be in seminar rooms located in the School of Management building.
Please refer to addendum for room allocations

If you have pre-booked your workshop selection ticket(s) will be in your delegate pack.
If you have not booked then a 'first come, first served' policy will apply, if additional spaces are available.

****Presentations, and performances, to the whole conference in lecture theatre SOM 010 will be audio-recorded****

The **AGM** will be in the Auditorium G.02 at 12:00 on Monday

Refreshments will be served in Rooms 1.32 and 1.33 in the Business School (Maurice Keyworth Building)

Lunch on Monday will be served in Rooms 1.32 and 1.33 in the Business School (Maurice Keyworth Building)

The **ACAT registration and information desk** will be located in the Business School (Maurice Keyworth Building) foyer and will be open:

Sunday 12:00 - 17:45 | Monday 08:30 – 17:45 | Tuesday 08:30 – 13:00

The **bookstall**, provided by Bookmark, and located in Room 1.32 in the Business School (Maurice Keyworth Building), will be open:
Sunday 15:00 – 18:30 and Monday 08:30 to 16:00

Information for Residential Delegates

Check-in for Residential Delegates

Accommodation check in will be at the accommodation registration desk at Storm Jameson (Charles Morris Hall).
Check-in is from 3:00pm. Check out is by 10:00am on your day of departure.

For those delegates who have selected the residential option, accommodation will be on campus in the Storm Jameson 'court' a few minutes' walk from the business school. The en-suite single rooms include tea and coffee making facilities, bed linen and towels. Breakfast will be served in the Refectory using a voucher system. There is also a communal seating area in the court and picnic bench outside in the courtyard area.



General Information

Parking

Paid for parking (subject to availability) is in the 'orange zone' of the campus, see map here: - [Car Parking - Estates and Facilities - University of Leeds](#). The Maurice Keyworth building is under the category 'LUBS' in the red zone which is approx. 15 minutes' walk from the orange zone car parking. Codes and prices are as follows:

- Day (£7) code: **60546** – Payment **on departure (you would input code on departure)**.
- Overnight code: **227294** – Payment **on arrival (you would input code on arrival)**. Driver selects how many 'days' they plan to park (this would be for anyone parking overnight and staying in accommodation).

Alternatively, regular buses run to the campus (there is bus stop just outside the business school) from the Woodhouse Lane Arena car park which is located just off the ring road. Other car parks are available locally.

Catering – times and location of all meals and refreshment breaks are detailed in the Programme included in your delegate pack. If you have pre-booked a vegetarian/vegan meal, or have notified us in advance of specific dietary requirements, a dietary card for evening meals will also be in your pack. Please ensure you bring this with you to enable catering staff to identify the correct meal for you.

WiFi is free of charge throughout the site

Feedback – your feedback is much appreciated via our online survey – you will be sent a link via email after the conference

Lanyards and badges – please wear the delegate badge provided during the conference and return it to the **ACAT registration desk** before leaving the conference; thank you.

Certificates of Attendance can be downloaded from the ACAT website after the conference. Email notification will be sent when these are available.



Programme Summary - Sunday

From 12:00	Delegate registration, Foyer, Business School (Maurice Keyworth Building)
12:45–13:15	Welcome and housekeeping, Auditorium G.02, Business School (Maurice Keyworth Building)
13:15 – 14:15	Plenary: <i>'From custody to community: CAT-informed participatory practice with young people</i> - Caroline Wyatt and Kimberley Hastings joined by Lee Weston Auditorium G.02, Business School (Maurice Keyworth Building)
14:15 – 15:00	Plenary: <i>'Instinctive Valuation and Othering: Introducing the Gani Cross and Check Theory - a framework for understanding relational choices'</i> – Dr Margaret Gani Auditorium G.02, Business School (Maurice Keyworth Building)
15:00-15:30	Refreshments, Rooms 1.32 and 1.33, Business School (Maurice Keyworth Building)
15:30–16:30	Keynote: <i>'Tackling Racial Inequality in Leeds Mental Health Services –'dismantling the master's house with new tools''</i> – Sharon Prince Auditorium G.02, Business School (Maurice Keyworth Building)
16:30–17:45	EDI Committee with Anne Aiyegbusi 'Past and Present: An Artificial Divide? '& Philip Stokoe 'Power (entitlement), polarisation and leadership in organisations' Auditorium G.02, Business School (Maurice Keyworth Building)
Day one of conference closes at 17:45	
19:00-20:30	Dinner for residential delegates, Refectory <i>A bottle bar will be available serving a limited range of drinks from 18:30</i>

Notes.....

Programme Summary - Monday

08:00–09:00	Breakfast for residential delegates, Refectory
From 08:30	Registration for new delegates only, Foyer, Business School (Maurice Keyworth Building)
09:00-10:30	<p>Workshops</p> <p>Steve Jefferis, Anna Smith & Attilio Colosi – <i>‘Researching CAT in Primary Care and beyond: A Case Series exploring CAT with people who have not recovered with standard IAPT treatment, and an exploration of the experience of delivering CAT in Primary Care’</i></p> <p>Cristina Tabacu – <i>‘Using CAT within homelessness, with a particular focus on formulation and consultation rather than direct therapeutic work’</i> and</p> <p>Bethan Davies, Erica Milton, Corey Morgan-Forsyth - <i>‘CAT in a tent and other stories: How CAT is informing our work with rough sleepers in Leeds’</i></p> <p>Stephen Kellett, Benjamin Michael, Ruby Warren & Mathilda Hall – <i>‘Cognitive Analytic Therapy – Guided Self-Help (CAT-GSH) for anxiety and depression in NHS Talking Therapies services. What is it, how it works and what it enables’</i></p> <p>Rowan Tinlin-Dixon & Vikki Ball – <i>‘Moving from powerless to empowered: reformulating gender diverse experiences in the current sociopolitical climate’</i></p> <p>Harriet Fletcher & Alex Perry - <i>‘CAT with Neurodivergence and Trauma: More than making reasonable adjustments’</i></p> <p>Kate Reilly, Steve Potter & Katy Woodward – <i>‘Deepening Divisions: The Narcissism in Our Ideas and the Yearning for Common Ground’</i></p> <p>Nargis Islam & Rhona Brown - <i>‘Knowing and not knowing: Epistemic harms in the therapeutic relationship’</i></p>
10:30–11:00	Refreshments, Room 1.32, Business School (Maurice Keyworth Building)
11:00–12:00	<p>Plenary - <i>‘Reformulating self-harm relationally: clinical practice and research evidence’</i> – Dr Peter Taylor and Dr Samantha Hartley</p> <p>Auditorium G.02, Business School (Maurice Keyworth Building)</p>
12:00-13:00	AGM – Auditorium G.02, Business School (Maurice Keyworth Building). <i>We kindly request that full, voting members attend to ensure the meeting is quorate.</i>
13:00-14:00	Lunch, Rooms 1.32 and 1.33, Business School (Maurice Keyworth Building)
14:00 –14:45	<p>Research Presentation – <i>‘Inpatient brief CAT: acceptability, safety, effectiveness and impact on readmission’</i></p> <p>– Prof Steve Kellett</p> <p>Auditorium G.02, Business School (Maurice Keyworth Building).</p>
14:45 – 15:45	<p>Keynote – Dr Adrian Whittington</p> <p>National Clinical Lead for Psychological Professions, NHS England</p> <p>Auditorium G.02, Business School (Maurice Keyworth Building).</p>
15:45–16:00	Refreshments, Rooms 1.32 and 1.33, Business School (Maurice Keyworth Building)
16:00-17:00	<p>Plenary - <i>‘Using CAT to formulate power in the care of patients detained under the MHA. An exploration of leadership of compulsory, restrictive care as an Approved Clinician’</i> – Dr Jo Varela</p> <p>Auditorium G.02, Business School (Maurice Keyworth Building)</p>



17:00-17:45	Trustee Q and A <i>Auditorium G.02, Business School (Maurice Keyworth Building)</i>
<i>Day two of conference closes at 17:45</i>	
18:30-19:30	Pre dinner drinks, Bhangra workshop with Hardeep Sahota, Refectory
20:00-23:00	Dinner followed by entertainment, Refectory

Notes.....

Programme Summary – Tuesday

08:00–09:00	Breakfast for residential delegates, Refectory
From 08:30	Registration for new delegates only, Foyer, Business School (Maurice Keyworth Building)
09:00-10:30	<p><i>Workshops</i></p> <p>Julie Lloyd & Lorraine Welch - <i>‘How did EDI end up as an insult or just plain boring virtue signalling?’</i></p> <p>Mel Moss - <i>‘A relational approach to international human rights monitoring/protective presence’</i></p> <p>Luke Yates & Anna Sampson - <i>‘Adapting the Five Session Cognitive Analytic Consultancy Model in a Community Learning Disability Service’</i> and</p> <p>Jackie Edwards - <i>‘Mapping Climate Distress: A CAT-Based Workshop Using the Climate and Ecological Emergency Booklet’</i></p> <p>Chiara Sacco & Nargis Islam - <i>‘Reformulation of Reflective Practice: Power, Polarisation, and Reciprocal Roles in Inpatient Staff–Patient Relationships’</i></p> <p>Raj Dhanjal & Sophie O’Connor - <i>‘The political uncertainty within healthcare: Can CAT help to navigate Organisational and System change?’</i> and</p> <p>Christine Omar, Zahra Ahmed, Joseph Onyia, Princewill Obeni, Maisie Hawes and Niamh Somodi-Spence - <i>‘Enhancing Compassion and Reducing Burnout in Support Staff: Contextual CAT Training and Reflective Practice in Residential Care’</i></p> <p>Rachel Akande & Susie Black - <i>‘Toxic environments - stories of survival 2 years on’</i></p>
10:30–11:00	Refreshments, Rooms 1.32 and 1.33, Business School (Maurice Keyworth Building)
11:00:-12:00	<p>Plenary – <i>‘Life flies at us in bright splinters’: Psychotherapy, ghosts, and the limits of narrative-</i> Brendan Stone</p> <p>Auditorium G.02, Business School (Maurice Keyworth Building)</p>
12:00– 12:45	Research Presentation - <i>‘From CAT Skills to CARS: The Development of the Cognitive Analytic Relational Skills (CARS) Framework’</i> – Kate Portman, Ranil Tan and Glenys Parry
12:45-13:00	Closing remarks
13:00	<i>The final day of the conference closes at 13:00</i>

Appendix 1: Keynote and Plenaries~ Sunday

Caroline Wyatt and Kimberley Hastings joined by Lee Weston

Abstract

This presentation explores how CAT-informed practice can help young people move from fragmentation toward connection and community, both upon release and within longer sentences. Drawing on dialogue between practitioners and experts by experience, we consider how early relational disruptions and custodial environments can split young people into “child” or “offender,” making it difficult to hold their whole story in mind. We then examine how CAT-based 1:1 work can support integration, relational repair and new patterns of connection, and how these individual shifts can ripple outward to influence staff, peers, and communities. The session invites delegates into a collaborative conversation about reformulating power and creating participatory practices that challenge inequality and polarisation.

Biographies

Caroline Wyatt and Kimberley Hastings are clinical psychologists and CAT practitioners based in Secure CAMHS within a Young Offenders Institute. Their work centres on understanding young people in custody as whole individuals, recognising their histories, relationships, strengths and potential, whilst also engaging honestly with the realities of their offending and the contexts in which it occurred. They support staff and systems to work with young people in ways that hold curiosity, compassion and accountability, and are committed to strengthening participatory practice and amplifying young people’s voices within secure settings.

They are joined by Lee Weston, Founder and CEO of Believe & Achieve CIC, who first worked therapeutically with Caroline while in custody aged 17. Since his release, Lee has become a leading care-experienced changemaker, using his lived experience to support young people and influence services across Liverpool and beyond. His work centres on empowerment, opportunity, and challenging the narratives that limit young people’s futures.

The presentation has been co-produced with another young person who remains in custody and whose perspective and narrative have shaped the session throughout.

Chair: Jessie Emilion

Instinctive Valuation and Othering: Introducing the Gani Cross and Check Theory - a framework for understanding relational choices'

Dr Margaret Gani

Abstract

How do we go from othering to understanding?

Maybe we try to understand our instinctive reactions to people and then attempt to apply this improved comprehension to interactions with our patients, our colleagues and our communities.

Cognitive Analytic Therapy (CAT) is an excellent modality for navigating uncomfortable themes. If we are able to sincerely sit with the unease around instinctive valuation, and approach it with benign curiosity, then we can work towards better understanding both the people we relate with, and our choices in relating with ourselves and with others.

This keynote will explore how these early valuations—rooted in dimensions of difference and sameness—influence the aims, behaviours, and consequences we encounter in CAT work. It will explicate how our unconscious valuations shape positioning, power dynamics, and othering in therapeutic relationships, and identify practical applications for challenging inaccurate valuations in clinical work and personal reflection.



The theory adds to CAT discourse by highlighting how valuations start early in our relational patterns, feeding into reciprocal roles and procedural sequences. As we understand why we behave in certain ways, we can then reformulate more effectively, recognise more accurately and revise more efficiently, and contribute towards healing both fragmented individuals and disjointed communities.

The journey from othering to understanding requires recognizing these automatic valuation processes in ourselves and others, examining which boxes we place people in and why, and challenging our inaccurate valuations—both of others and of ourselves.

The Gani Check and Cross Theory offers a practical, straightforward framework for this conversation. It names a process that many of us have observed but perhaps lacked apt language to describe. It invites us to bring these unconscious valuations into awareness, to reformulate them when they're inaccurate or harmful, and to revise our relational patterns accordingly. It reminds us that while we cannot eliminate the human tendency to evaluate and categorize, we can become more conscious of how we do it and create space for ambiguity and complexity.

We can move from automatic othering toward genuine understanding.

Biography

Dr Margaret Gani is a Consultant Liaison Psychiatrist with a specialism in Preventative Mental Health. She is also a Cognitive Analytic Therapist.

After studying Medicine, she earned an MSc in Public Health from the London School of Hygiene and Tropical Medicine, and trained as a Consultant Psychiatrist in Manchester, UK, where she also completed her Cognitive Analytic Therapy training on the Catalyse programme.

She has worked internationally and, in the NHS, in roles across acute inpatient psychiatry, community mental health, public mental health, and public health.

Founder of The Mental Wellness Consultancy Ltd, she offers a variety of services including mental wellbeing sessions, leader coaching, talks, and retreat facilitation for groups and individuals.

Dr Gani collaborates with the Royal College of Psychiatrists, various Postgraduate Medical Schools, and Residency Training Programmes to integrate Public Mental Health into training and practice, building future rounded Psychiatrists.

A dynamic trainer and speaker, Margaret brings a fresh, engaging perspective to the topics she speaks on. She has spoken at ACAT, Catalyse and Royal College of Psychiatrists' events, among others.

At the Royal College of Psychiatrists UK, she is the Equity Champion for the Liaison Faculty, through which she drives equity initiatives. She is also involved in Global Mental Health initiatives through the Association for Black Psychiatrists, UK.

She is the originator of the Gani Check and Cross Theory, which emanated from her observations of interactions within society.

She is passionate about preventative mental health, effective communication, medical education, and psychological therapies. She enjoys music, science fiction, hiking and dancing.

Chair: Jessie Emilion



Tackling Racial Inequality in Leeds Mental Health Services –‘dismantling the master’s house with new tools’

Sharon Prince

Abstract

This session examines the role of psychologically informed leadership in advancing racial justice within mental health systems, drawing on the author’s lived experience and the development of the Synergi Leeds Partnership—a cross-sector, whole-systems initiative addressing the disproportionate detention and poorer outcomes experienced by Black and Asian communities. Using frameworks such as Bronfenbrenner’s bioecological model, psychological safety, system convening, and epistemic justice, the work highlights how traditional service structures marginalise racialised voices and limit meaningful change. The Synergi approach reframes these challenges by centring lived experience, fostering psychologically safe spaces for candid dialogue about racism, and leveraging creative, community-driven methods to influence strategic decision-making. The paper illustrates how relational, authentic, and disruptive leadership can reshape organisational culture, build trust with communities, and catalyse sustainable system transformation toward racial equity.

Biography

Sharon is a Consultant Clinical & Forensic Psychologist; Chair of the Psychological Professions Network for the North East and Yorkshire, and until recently was Deputy Director for Psychological Professions at Leeds & York Partnerships NHS Foundation Trust for many years. She has worked in the NHS for over thirty years and is passionate about the importance of psychologically informed mental health care, specialising in working with those with complex and severe mental health presentations. She has provided clinical and strategic leadership to award winning and highly regarded services and projects, winning a HSJ Award for Mental Health Innovation of the Year 2023 and being shortlisted for Inspiring Diversity & Inclusion Lead, National BAME Health & Care Awards, 2024. She has also co-edited the book ‘Working Effectively with Personality Disorder’..

Chair: Sarah Cluley

EDI Committee with:

'Past and Present: An Artificial Divide?' Philip Stokoe 'Power (entitlement), polarisation and leadership in organisations' - Anne Aiyegbusi

Abstract

At a time of apparent geopolitical destabilisation around the globe, it feels apt to consider why it is that past social trauma inevitably finds its way into the present. Is the past ever really the past? Or is the past always in the present if we could but see it? Through the group analytic construct of the social unconscious, such questions will be explored in this presentation with the aim of considering the role of psychotherapy in recognising and addressing the implications within different spheres of practice and learning.

Biography

Dr Anne Aiyegbusi is a Group Analyst and Forensic Psychotherapist. She is currently the President of the International Association for Forensic Psychotherapy (IAFP). Anne has spent much of her career concerned about the treatment of people who find themselves on the margins of mainstream mental health care and treatment. In which case, stories of personal, institutional and social trauma have tended to predominate whilst also being formally unrecognised. Anne worked for many years in Women’s Secure Services and has a special interest in racial trauma. She has a track record of publishing and presenting in these areas.

and

'Power (entitlement), polarisation and leadership in organisations' - Philip Stokoe

Abstract

Behaviours that we encounter in organisations can be quite baffling.

This paper will present a model for understanding what a “healthy” organisation looks like. Of course, just like the people who populate organisations, the organisation itself is never consistently healthy, but an understanding of the mechanisms that can be discovered in all organisations which appear to function well provides us with a template against which we can begin to understand what may be going wrong with our own organisation. The paper will go on to demonstrate some of the things that can take over the underlying, that means unconscious, preoccupations that distort the agreed primary task and delegated roles within the organisation.

The aim is to create a template against which there can be a full discussion with the audience about the distortions that can occur particularly distortions of power, polarisation and leadership.

Biography

Philip is a Psychoanalyst in private practice working with adults and couples, and an Organisational Consultant, providing consultation to a wide range of organisations.

He worked in the Adult Department of the Tavistock & Portman NHS Foundation Trust between 1994 and 2012, he was the Clinical Director from 2007.

He is a member of the European Psychoanalytic Federation Forum on Institutional Matters since 13/9/2015, which studies the nature of psychoanalytic institutions.

His book, *The Curiosity Drive: Our Need for Inquisitive Thinking*, was published by Phoenix Publishing House in November 2020 and short-listed for the Gradiva® Award for Best Psychoanalytic Book in 2021.

Appendix 2: Keynote and Plenaries ~ Monday

‘Reformulating self-harm relationally: clinical practice and research evidence’

Dr Peter Taylor and Dr Samantha Hartley

Abstract

Self-harm is a complex behaviour that can have a profound impact on a person’s life. Rates of self-harm are on the increase but despite this, people who self-harm can struggle to access effective support. Cognitive Analytic Therapy (CAT) shows promise as an intervention for people who self-harm and has now been the focus of two nationally funded trials. In this talk we draw on research and clinical experience in reflecting on the CAT approach to working with self-harm. We will start by exploring how self harm can be understood relationally and framed within CAT. We consider themes of power, inequality and polarization, both at the individual level and with regards to how self-harm is viewed and responded to societally. We will then introduce the 8-session CAT approach to self-harm and provide an overview of the developing research in this area. The results of the recent NIHR-funded RELATE (relational approach to treating self-harm) trial of CAT for self-harm in adults will be shared, as well as the ongoing RELATE-YP trial (relational approaches to working with young people who self-harm). We will close the talk by summarising potential future developments and next steps for research in this area.

Biographies

Dr Peter Taylor currently works as a clinical reader at the University of Manchester. He completed both his PhD and clinical training at the University, before working for three years at the University of Liverpool as a lecturer in clinical psychology. He returned to work at Manchester in September 2016. Dr Taylor’s research focuses primarily on self-harm and suicidal behaviour. This has encompassed work into the psychosocial mechanisms underlying suicide and self-harm, including investigations of the affective processes surrounding self-harm and suicide (specific mood states like shame and emotional instability more generally), and traits and risk factors related to risk of self-harm (e.g., impulsivity, socio-economic deprivation). His research has also included evaluation of psychological therapies to help people who struggle with self-harm. He has a particular interest in Cognitive Analytic Therapy (CAT).

Dr Samantha Hartley is passionate about working with young people and the systems around them, with a focus on effective therapeutic relationships. She has over 10 years' post-qualification experience in specialist child and adolescent mental health services and has combined research and clinical practice, recently holding an NIHR post-doctoral clinical academic fellowship. She is a qualified Cognitive Analytic Therapy Practitioner and trial therapist on the RELATE-YP trial, exploring the feasibility of CAT for young people who self-harm. Her substantive role is leading a team in partnership with social care, working together to support practitioners, young people and families.

Chair: Alex Perry

‘Closing the Gap Between Evidence and Care: Psychological Therapies, CAT, and the 10 Year Health Plan’

Dr Adrian Whittington

Abstract

NICE psychological therapies work, but far too few people receive them. This keynote will explore how CAT can help to close this treatment gap, and how this push aligns to current policy developments in the NHS.

Biography

Dr Adrian Whittington is National Clinical Lead for Psychological Professions at NHS England, where he provides strategic leadership on policy, workforce development, and service transformation linked to psychological professions and psychological practice. He has a particular focus on improving access to evidence-based interventions, strengthening



professional standards, and supporting integrated, outcome-focused care. Adrian works closely with national partners, professional bodies, and regional psychological professions networks to maximise the impact of psychological professions across the NHS.

Chair: Jessie Emilion

'Using CAT to formulate power in the care of patients detained under the MHA. An exploration of leadership of compulsory, restrictive care as an Approved Clinician'

Dr Jo Varela

Abstract

The MHA gives health and social care professionals powers to detain and treat patients under compulsion and restriction. These powers infringe on patient rights to liberty, private and family life, autonomy and, at times, their right to be free from inhumane and degrading treatment. This presentation explores the use of MHA powers through a CAT formulation lens. It will offer formulation of common dilemmas when delivering care under a frame of compulsion and restriction, and explore roles and coping that both staff and patients may adopt. It offers a structure to consider least restrictive and restorative practice when resolving challenging dilemmas.

Biography

Jo is a CAT practitioner who has worked for people with acute mental health difficulties and people with learning disabilities in hospitals and other restrictive environments throughout her career. She uses CAT to consider dilemmas of power and compulsory or restrictive care to support patients to regain autonomy. This led her to become an approved clinician, overseeing the care of patients detained under the MHA. She currently works in Sheffield as an Approved Clinician on mental health wards for working age adults.

Chair: Bethan Davies

Appendix 3: Plenary ~ Tuesday

“Life flies at us in bright splinters’: Psychotherapy, ghosts, and the limits of narrative

Brendan Stone

Abstract

There are experiences of distress which elude the clinical encounter. Indeed, some approaches to psychotherapy are effectively designed to exclude some phenomenologies of distress. I will argue that this matters, and will attempt to identify modalities of knowing and understanding which might better accommodate uncanny experiences of fragmentation, fugue, haunting and dislocation. Drawing on a number of sources, including Judith Butler’s *Giving an Account of Oneself*, I will argue that epistemic uncertainty and ambivalence can be important in assisting a client towards a form of necessarily partial and incomplete sense-making in which their lived experience nevertheless can find a home.

My argument will be that sometimes it is in narrative fragments or (to cite Butler) “enigmatic articulations” that the truth of the person is revealed. For some whose lives have been shaped by inconsistency and disruption such articulations which “cannot easily be translated into narrative form” may have a powerful resonance.

Biography

Brendan Stone is Emeritus Professor of Social Engagement and the Humanities at The University of Sheffield where he was also Deputy Vice President for Education. Over many years, he has worked intensively with people who live with severe and enduring mental illness, including in high secure forensic services, and also with a wide range of statutory and third-sector organisations which provide support. Brendan’s work with NHS England has included chairing the Strategic Oversight Group for the programme on the Use of Restrictive Interventions in NHS Commissioned Health Care. He is currently a member of the leadership team for the NHS England national Culture of Care Programme. For seven years, Brendan served as a Non-Executive Director for Sheffield Health and Social Care NHS Trust (now Sheffield Health Partnership University NHS Foundation Trust), and he is a founding Director of the mental health charity Sheffield Flourish. Brendan has lived with serious mental illness since his teenage years.

Chair: Sarah Cluley

Appendix 4: Workshops ~ Monday

Steve Jefferis, Anna Smith & Attilio Colosi – “Researching CAT in Primary Care and beyond: A Case Series exploring CAT with people who have not recovered with standard IAPT treatment, and an exploration of the experience of delivering CAT in Primary Care”

Aims:

- Reflect critically through group exercises on what CAT has to offer in adult primary care services, and to service users whose needs are not routinely met by them
- Present the results of two recent studies: a Case Series exploring CAT with people who have not recovered with standard IAPT treatment, and an exploration of the experience of delivering CAT in Primary Care.

CAT is recognized by NHS England as an evidence-based treatment for complex relational problems. Earlier in the pathway, there are many who do not reliably recover from standard Primary Care treatments but do not meet the thresholds for treatment in Secondary Care. Yet there are few recognized treatments to fill the gap. CAT is in principle a strong candidate here, so this gap is a suitable target for attention in CAT research.

1) Anna Smith’s study “A peaceful pain”: Exploring Cognitive Analytic therapy for individuals with personality and relational difficulties who have not recovered after Improving Access to Psychological Therapy (IAPT) interventions. This is a multiphase single case design (SCED) study of three post-IAPT clients treated with standard CAT. Changes on daily measures of relational integration and target problems, reliable and clinically significant change are presented, offering tentative support for the use of 16 session CAT as an alternative treatment in IAPT.

2) Attilio Colosi’s study CAT in primary care: What can be learned from the experience and observations of context, delivery, and outcomes from clinicians? A model, based on clinicians’ experiences, is offered to theorise the use of CAT in Primary Care. There are three core categories 1) Systemic Landscape, 2) Primary Care Landscape, 3) Delivering CAT. The theory highlights the benefits of CAT in Primary Care, both at a service level and therapeutically for patients.

Biographies:

Steve Jefferis is a CAT Practitioner, Supervisor, Trainer and Clinical Psychologist at Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust. He is Clinical Lead for the CNTW CAT Service, and CAT Training Lead for the service which delivers the NHS England funded CAT Practitioner training in Newcastle. Alongside other things, he has long been interested in how to grow the CAT evidence base including the use of routine outcome data. The work presented here is the first outcome of a workstream exploring how a specialist CAT service might to contribute to the growth of the CAT evidence base.

Anna Smith is a Clinical Psychologist at Sunderland and South Tyneside NHS Foundation Trust

Attilio Colosi is a Clinical Psychologist at Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust.

Chair: TBC

Using CAT within homelessness, with a particular focus on formulation and consultation rather than direct therapeutic work’

This workshop will examine the application of Cognitive Analytic Therapy (CAT) in homelessness services, focusing on CAT-informed formulation and consultation rather than direct therapy. Working within multi-agency and third-sector systems—where clinical governance, containment and shared frameworks are often limited—the workshop highlights how these conditions intensify fragmentation, risk and relational strain for both clients and staff. Using an indirectly worked case, the discussion will revolve around how CAT tools such as mapping, reciprocal role procedures and the Multiple Self-States Model helped illuminate the client's difficulties alongside the relational patterns emerging across the wider system. Attention will be given to how fragmentation, enactments and parallel processes emerged across the client,



team and service network. The workshop will reflect on how CAT-informed consultation supported shared understanding and psychological containment within a pressured system, and will consider the strengths and limitations of applying CAT in indirect and system-level work.

Biography

Cristina Tabacu is a Clinical Psychologist within the Specialist Therapeutic Outreach Team (STOT) at Forwards Leeds. With a background in adult mental health and a commitment to health inclusion, community psychology and CAT-informed practice, she works alongside teams supporting people experiencing multiple disadvantage. Her role is grounded in trauma-responsive and relational approaches, using psychological formulation to hold complexity, honours lived experience and support thoughtful, collaborative decision-making. Cristina works closely with third-sector partners and statutory services, helping to weave together inter-agency responses that create safer and more accessible pathways for those often absent from mainstream provision. Her focus is on inclusion—on ensuring that individuals who are routinely unseen within system

and

'CAT in a tent and other stories: How CAT is informing our work with rough sleepers in Leeds'

Presented by: Bethan Davies, Erica Milton, Corey Morgan-Forsyth

Our workshop will give an overview of the new Rough Sleepers' Mental Health Service in Leeds, which is making use of CAT in its work with people experiencing multiple disadvantages and significant health inequality. We will describe how we are using CAT to develop and run our service at 3 different levels:

1. Clinical work with rough sleepers (and those at most immediate risk) - Corey will describe his work providing 5-session CAT at the entrance of a rough sleepers' tent (with the service user's consent)
2. Developing psychologically informed thinking in teams - Erica will describe the challenges of her new role providing psychological leadership in the MGL housing project: a new housing provision for the most entrenched rough sleepers of Leeds where our team provides the mental health input
3. Setting up services with CAT in mind: Bethan will describe how CAT has influenced the development of the service and its clinical and consultation work, in the context of a complex partnership of statutory and voluntary-sector organisations.

Throughout the presentation we will talk about how CAT can be used in the work of developing Psychologically Informed Environments (PIEs) and the limitations of this. We'll look at how we can find the middle ground between over-promising and giving up. We'll ask you to think about how CAT can be used as a tool for offering hope, connection, honesty and understanding when problems are entrenched, barriers are multiple, resources are limited, and traditional or formal therapy isn't an option.

We will give short presentations for each of the three areas, with break for questions/ discussion after each section.

Biographies

Bethan is a Clinical Psychologist who's a CAT practitioner and supervisor. After years working in CMHTs, she's spent the last two years as part of a team setting up and growing the Rough Sleepers' Mental Health service for LYPFT in Leeds. The rest of the time she's a foster Mum and vegetable grower.

Erica is a Senior Clinical Psychologist in MGL (My Gaff Leeds) that sits within the Rough Sleepers' Mental Health service for LYPFT. The majority of her work has been in forensic settings, from high secure settings to the community in Scotland and England. Other than psychology, Erica enjoys developing her aerialist skills doing pole fitness.

Corey

Corey is a third-year Trainee Clinical Psychologist currently on placement with the Rough Sleepers' Mental Health Service for LYPFT in Leeds. Before starting clinical training, Corey worked in both NHS and third-sector homeless services in Sefton and Liverpool. Outside of work, Corey spends a lot of his free time DJ'ing and producing house music.

Chair: Sarah Cluley



Stephen Kellett, Benjamin Michael, Ruby Warren and Mathilda Hall- *First steps to sustainable futures: CAT at YMCA Together Cognitive Analytic Therapy – Guided Self-Help (CAT-GSH) for anxiety and depression in NHS Talking Therapies services*

This workshop aims to introduce Cognitive Analytic Therapy-Guided Self Help (CAT GSH) as an evidence based, low intensity psychological intervention within NHS Talking Therapies. Drawing on ongoing research and service implementation work, including an ongoing trial in Leeds and Tameside, the session will outline the theoretical rationale for CAT GSH, its structure, approach and its clinical application at Step 2 of TT services. The step 2 leads will present their experience of implementation.

The workshop will present key findings from CAT GSH research, including the case series completed and the large patient preference randomised control trial comparing CAT GSH with CBT GSH. Particular attention will be paid to the role of expanding patient choice, engagement with recurrent service users, and the relational focus of CAT GSH within a guided self help framework.

By the end of the workshop, participants will:

- Understand the core structure and principles of CAT GSH and how CAT concepts are adapted to low intensity work
- Be familiar with the emerging evidence base for CAT GSH, including effectiveness and acceptability outcomes
- Appreciate how CAT GSH can broaden treatment choice and engagement within Talking Therapies services
- Reflect on the potential role of CAT GSH within their own service or clinical context

The workshop will begin with a short presentation outlining the development of CAT-GSH, the research programme, and outcome data from recent project with repeat service users within Leeds and Tameside NHS Talking Therapies. This will be followed by an open Q&A, encouraging discussion, reflection, and questions from participants about clinical application, training, and service implementation.

Biographies:

Prof Stephen Kellett

Steve is a Consultant Clinical Psychologist within Rotherham Doncaster and South Humber NHS Foundation Trust, with roles spanning clinical work, supervision, and research. He has a longstanding interest in developing and strengthening the evidence base for Cognitive Analytic Therapy (CAT), particularly within routine NHS settings.

Steve has led a programme of research exploring CAT informed guided self help interventions, including CAT GSH for anxiety and depression within NHS Talking Therapies. His work has focused on treatment acceptability, patient preference, engagement, and clinical outcomes, alongside the practical realities of delivering low intensity psychological interventions. He is a frequent contributor to CAT research, training, and professional forums, and continues to collaborate with services nationally on the development and evaluation of CAT based innovations

Dr Benjamin Michael

Ben is a Clinical Psychologist based within Primary Care Psychological Therapies at Leeds and York Partnership NHS Foundation Trust. He also holds a Service Development and Training Lead role, with a focus on workforce development, supervision, and the implementation of evidence based psychological interventions across primary care settings.

Ben has a particular interest in Cognitive Analytic Therapy (CAT), including its application in brief and low intensity formats, and is actively involved in supporting CAT informed practice within NHS Talking Therapies services. His work includes facilitating training, supervision spaces, and clinical forums, and supporting service innovation that balances accessibility, clinical depth, and relational practice.

Ruby Warren

Ruby Warren is a Clinical Lead within NHS Talking Therapies in Leeds and a qualified Psychological Wellbeing Practitioner. Alongside her clinical leadership role, she is the Principal Investigator for the CAT GSH research project at the Leeds site.

Ruby has a strong interest in the development and improvement of treatment modalities within NHS Talking Therapies, with a particular focus on ensuring that innovations are both evidence based and clinically meaningful within routine services. She is also passionate about staff satisfaction and the importance of supporting practitioners to train in and



deliver new therapeutic approaches, recognising this as central to sustainable service development and high quality patient care.

Mathilda Hall (Tilly)

Mathilda Hall (Tilly) is a Clinical Lead within NHS Talking Therapies in Leeds and a qualified Psychological Wellbeing Practitioner. She is the Deputy Investigator for the CAT GSH research project at the Leeds site, working closely with colleagues to support the delivery and evaluation of CAT informed guided self help interventions.

Tilly shares a strong interest in improving treatment modalities within NHS Talking Therapies and is particularly committed to enhancing staff experience through opportunities to train in new and developing therapeutic approaches. Her work reflects a focus on innovation, collaboration, and the practical realities of implementing new models of care within NHS services.

Chair: TBC

Rowan Tinlin-Dixon & Vikki Ball - *'Moving from powerless to empowered: reformulating gender diverse experiences in the current sociopolitical climate'*

Aim:

Take the participants on a journey from the familiar powerful---powerless reciprocal role of services/lived experience, to a state of empowerment (the 'empowered healthy island').

Learning outcomes:

- Understand more about the exclusion and fragmentation experienced by the gender-diverse community, and how this can also be mirrored for clinicians working in gender services.
- Understand more about self-system reciprocal roles in relation to intersectionality and all facets of identity (for example, ethnic minorities, neurodiversity etc).
- Be able to map how power exists within self-self, self-other and self-system reciprocal roles for the gender diverse community.
- Practice discussing and creating a healthy island, with power, inclusion and social division in mind.

Content:

Explore how the RR powerful---powerless features in trans healthcare. With a focus on the lived experience of trans and gender diverse people, staff working in gender clinics, and at a service and wider society level. For example, the controlling---controlled RR of societal forces (funding/commissioning/policy) that services exist within. Or the fearing/dismissing RR that the trans community experience with the media, which impacts relationships with services and clinicians.

After we share information, lived experience and research related to the above. The workshop will run through these themes in relation to self-self, self-other, self-system, and at each point participants will be invited to map this out live, and consider their own identity, services, clinical practice and how this might influence their therapeutic relationships.

We will then explore together how to move from a powerless position to an empowered state. This will include the generation of a "empowerment island" (a healthy island that participants will co-create, alongside stories from our practice and experience working in gender services as CAT practitioners).

Biographies:

Vikki Ball:

I have been a Specialist Nurse with the Northern Region Gender Development Service for 4 years. Alongside being a qualified nurse, I am also an accredited Cognitive Analytic Practitioner. I believe passionately about inclusion, and equal access to healthcare for marginalised communities. Although my background is in adult nursing, I have spent almost all of my 20-year career working within mental health settings, specifically with those isolated and marginalised from society. The CAT model has been extremely useful in our work with gender diverse and neurodiverse individuals, and specifically helpful in thinking more broadly thinking about the interplay with services and society too.



Rowan Tinlin-Dixon:

I am a Clinical Psychologist working in the Northern Region Gender Dysphoria Service, specializing in gender identity and neurodiversity. I am an accredited CAT practitioner and have been involved in researching the applicability and efficacy of CAT.

I have worked in NHS mental health services for ten years and more recently held a clinical academic position which allowed me to fine tune my passion for clinical research and improving access and treatment options for those belonging to an oppressed group or whom are isolated from society.

Chair: TBC

Harriet Fletcher & Alex Perry - *'CAT with Neurodivergence and Trauma: More than making reasonable adjustments'*

Abstract

Aims:

- to share some of our experiences and dilemmas when working in the CAT model with people who are autistic or otherwise neurodivergent (the main focus will be on autism)
- to facilitate a group discussion on this subject, to reflect together and share insights and learning with each other

Content:

- we will share a short presentation (approx. 20-25 minutes) covering a brief update about understandings of neurodevelopmental conditions in mental health services (including different ideas about the relationship between trauma and neurodivergence). We will then share a case example and some reflections about the challenges for psychotherapists in general and CAT therapists in particular, based on our own experience, as well as about ways in which CAT is well suited to this work, and insights which can be brought in from other therapeutic models
- We will facilitate small group and wider group discussion about the issues raised
- In terms of the themes of the conference, we will have a particular focus on neurodivergent people as a social minority who suffer exclusion and disempowerment, thinking about how CAT can offer therapy which is sensitive to this context and how as CAT therapists we can be mindful of our power and positionality when working with a neurodivergent client

Biographies

Harriet Fletcher is a consultant psychiatrist in psychotherapy in NHS mental health services in Leeds. She is a CAT practitioner and also has training in psychodynamic psychotherapy and in DBT. She has additional training as a psychiatrist in working with neurodevelopmental conditions and has an interest in working therapeutically with neurodivergent people as well as with people who may have been given a label of personality disorder.

Alex Perry is a consultant clinical psychologist and CAT practitioner in Leeds. He leads a service providing psychological therapy for people who may fall into the gap between NHS Talking Therapy services and Community Mental Health Teams. A significant proportion of the people accessing the service are neurodivergent and have frequently come to this understanding/diagnosis later in their life.

Chair: TBC

Kate Reilly, Steve Potter & Katy Woodward - *'Deepening Divisions: The Narcissism in Our Ideas and the Yearning for Common Ground'*

- Introductions and how we came to create this workshop and participants expectations
- Overview of the societal issues that are leading people to seek solace in 'big ideas', and the fallout when we get over-attached to our ideas, overvalue them to the point that they become over inflated and fragile and cannot see beyond them to the extent that they become divisive and depleting. (Narcissism in Ideas Chapter 12, Talking with a Map, Potter 2022).



- Rebecca's Solnit's (2020; 2025) writing to think through the dangers of "deference to intolerance"
- Revisit the conflict of ideas between Hannah Arendt and Eric Fromm as they seek a philosophy strong enough to face up to authoritarianism and fascism in the wake of WW2.
- Illustrations of current societal issues that are simultaneously personal and political
- Experiential exercises individually and in small groups noticing, naming and negotiating contrasting attachments to different ideas . Exploring how we might tell a "fortified story" about how opinions differ and seek common ground with those we disagree with. What practical steps might open this up to "push where it moves"?
- Reflection on how these issues come into the therapy room, affect our emotions and the debate around whether-or-not when we engage with identity we also engage with 'ideology' and politics.
- The workshop will be interactive, and participants will go away with CAT informed ideas about how to work with narcissism in ideas as part of personal, professional or societal and political ideologies.

Biographies:

Kate Reilly is a Clinical Psychologist and CAT Therapist working in HIV Services in the North East of England; a role which constantly prompts reflections on intersectionality, power and privilege. She is passionate about using CAT to get alongside people struggling with HIV stigma and trauma.

Steve Potter is a CAT psychotherapist (UKCP) life member of ACAT and past chair of ACAT and ICATA. He is a trainer and supervisor and the author of three books on CAT www.mapandtalk.com

Katy Woodward is a Consultant Clinical Psychologist and CAT therapist working for Newcastle-upon-Tyne Hospitals. She takes a Human Rights approach and has an interest in working with marginalised communities such as refugees. She is also passionate about engaging with the climate and ecological crisis.

Chair: TBC

Nargis Islam & Rhona Brown - *'Knowing and not knowing: Epistemic harms in the therapeutic relationship'*

Therapeutic work is always shaped by context: history, culture, power, and difference. This workshop draws on Cognitive Analytic Therapy's relational and dialogic foundations to explore how therapists and clients navigate difference that involves structural inequality, marginalised experience, and epistemic harms. The workshop will introduce the concept of epistemic harm as applied to CAT theory and process.

Drawing on Bakhtin's dialogic model of selfhood, we consider how internalised 'voices', shaped by social positioning, privilege, and marginalisation, emerge in the therapeutic relationship. We discuss how epistemic harm can arise across individual clinical practice and organisational systems, even within empathic, technically sound CAT work, inadvertently displacing social-historical meaning and leaving clients with misrecognition, shame, or withdrawal. Explicitly noting that not all voices carry equal authority, the workshop explores what happens when a client's knowledge or experience is heard but not believed or actively dismissed or rendered invisible within the dominant clinical framework. We consider how epistemic harm operates not primarily through individual therapist bias, but through the reproduction of broader social and institutional hierarchies within the clinical encounter; here understood as systemic as well as an individual account of epistemic injustice (Fricker, 2007; Islam, 2026, in prep). The workshop explores with participants how such issues might be considered when working with recognition, enactments, repair, and contextually grounded reformulation.

Aims & Learning Outcomes

- Deepen understanding of the dialogical social self and how epistemic authority is distributed within the therapeutic relationship.
- Develop familiarity with epistemic harm as a concept applied to CAT theory and process.



- Recognise how systemic epistemic hierarchies may reproduce themselves within clinical practice.
- Identify clinical signals through which epistemic harm may manifest in the therapeutic relationship.
- Explore the therapist's own positioning within social and epistemic structures, and its implications for practice.

Biographies:

Dr Nargis Islam

Nargis Islam is a Consultant Clinical Psychologist, CAT Practitioner, and Clinical Lead for Inpatient Psychological Therapies (Buckinghamshire) at Oxford Health NHS Foundation Trust. She has held Clinical Psychology Doctorate tutor posts at the Universities of Lancaster, East London, and Oxford, also supervising research primarily on social inequality. Since 2014, Nargis has worked in Development and Humanitarian settings on mental health, workforce planning, and practitioner training, including a 2019 publication on transnational belonging and the mental health of displaced communities. With a focus on systems processes, her approach is shaped by CAT's relational framework, applied to power, hierarchy, and inequality, particularly within academia, health organisations, and the wider public sector. Nargis chaired the BPS Accreditation Committee for Training in Clinical Psychology (2021–2025), recently completed an MSc in Global Healthcare Leadership at the University of Oxford, and is a Council Member and EDI Lead for PPN-SE. She works with senior NHS Leaders on inclusive systems and organisational transformation and delivers training on working with difference to trainees and qualified staff.

Rhona Brown

Rhona Brown is a CAT Practitioner and Supervisor with a core training in clinical psychology. She recently left a 40 year career in the NHS, the majority of that time spent working clinically in the north west of England. Her interest in inequality issues grew particularly from working within Manchester's many diverse communities. CAT as a model continues to support her in the ongoing process of exploring, understanding and responding to the complexities that inequalities bring to us all. She has published a number of related articles and chapters, including 'CAT and Social Context' in the Oxford Handbook of Cognitive Analytic Therapy. Within ACAT, Rhona has worked towards enhancing public engagement and CAT, and with its Equality & Diversity Committee. She also works with Catalyse in the North West, contributing to training and other activities.

Chair: TBC

Appendix 5: Workshops ~ Tuesday

Julie Lloyd & Lorraine Welch - *'How did EDI end up as an insult or just plain boring virtue signalling?'*

- To empower us as clinicians to push back against the increasingly regressive political commentary leaking into society and negatively influencing our lives.
- To brainstorm real-life exits to the problem of EDI initiatives and strategies in organisations feeling piecemeal, and to explore how the response of partakers can become performative or virtue-signalling.
- To acknowledge the felt danger experienced by affected people in response to the rise of harmful, exclusionary, and fascist-leaning ideologies.
- To come up with real-life exits that can make discussions about inequality within organisations feel less overwhelming, less irrelevant, and more genuinely productive.

Biographies:

Julie Lloyd CAT Practitioner & Supervisor and Clinical Psychologist, past Reformulation co-editor, and co-editor of 'CAT for People with Intellectual Disabilities and their Carers' and 'CAT and the Politics of Mental Health', now in independent practice after 40 years in the NHS.

Lorraine Welch is a Cognitive Analytic Therapist and supervisor in the NHS where she also co-runs a reflective space for therapists to explore culture-related themes in client work. She is trained in EMDR and is qualified in MBT, with a background in community and forensic mental health nursing.

Her work and writing is deeply informed by issues of difference, belonging, identity, relational trauma, intersectionality, enactments and inequity in therapeutic relationships, and the wider historical, social and cultural contexts that shape them. She is an active member of the ACAT Equality and Diversity Committee.

Chair: Sarah Cluley

Mel Moss - *'A relational approach to international human rights monitoring/protective presence'*

To allow participants to explore a conflict situation and use CAT approaches to understand the experiences of different parties. Using the materials to find a way to defuse one's own emotional reaction to the context and maintain a stance of 'principled impartiality'

The programme is supported by the World Council of Churches and works in parallel with the UN taking strong steps to avoid any bias or accusations of anti-semitism.

Biography:

In 2025 I undertook a placement as a human rights monitor in the Occupied West Bank (Palestine/Israel) using the international model of protective presence in humanitarian work. This involves taking an independent approach of 'principled impartiality' and acting in accordance with international human rights law and humanitarian law by recording and documenting incidents and standing in solidarity with vulnerable groups as a protective presence.

Much of the training for peace workers focuses on Marshall Rosenberg's model of Non-Violent communication emphasizing identifying one's feelings and associated needs and expressing them in a non-confrontational/non-judgmental manner. This is a very helpful approach to avoid escalating tensions and is adopted by the UN as a model.

As a CAT practitioner I had the opportunity to work with my team and look at the reciprocal roles amongst the different parties in the situation and to try and help us understand the connections between the feelings and motivations of different groups involved in the situation. Sadly, many of those involved were young people (children and adolescents) but this made it easier to identify with the various groupings

Chair: Yvonne Stevens



Dr Luke Yates & Dr Anna Sampson - 'Adapting the Five Session Cognitive Analytic Consultancy Model in a Community Learning Disability Service'

Many people with learning disabilities (LD) experience multiple traumatic events and psychological distress. In addition, people with LD often rely on others to support them with daily living and functioning skills. Therefore, many of the difficulties experienced by people with LD can be understood through an interpersonal lens. Cognitive Analytic Therapy (CAT) is being adapted for people with LD to help service users formulate how their distress is maintained through dysfunctional interpersonal patterns, and then ideally share this formulation with their care team. Cognitive Analytic Consultation (CAC) uses CAT principles to generate this formulation with a service user within five sessions. This workshop aims to discuss how this model was adapted people with LD within a community LD service.

We can discuss two case examples of how CAC was used with people with LD and guide attendees through the exercises used in the CAC model. We aim to show how CAC can be a useful model of input for people with LD and requires further research into.

Biographies:

Dr Luke Yates- I am a recently qualified Clinical Psychologist, working in the Rotherham Community Learning disability Team. I have been interested in working with people with LD since being an assistance psychologist and throughout my training. My main passions are making psychology therapy/resources available for people with LD, especially CAT, and improving research in this area.

Dr Anna Sampson- I am a Principal Clinical Psychologist and a Lead for the Psychological Professions (East Locality) for Working Age Adults at LYPFT. My diverse clinical background informs a formulation-led, relational approach to therapy, consultation, and systemic leadership. As a Cognitive Analytic Therapy (CAT) Practitioner, I integrate this framework across all domains, from individual interventions to managing complex team systems and supervisory relationships. I am passionate about offering neuro-affirmative practice and adapting the CAT model for under-served communities facing complex trauma and health inequalities. With over 20 years of experience working with people with learning disabilities and neurodiverse needs, I am particularly inspired to develop adaptations to CAT interventions for this marginalised group, ensuring therapy is accessible and inclusive for all.

and

Jackie Edwards - 'Mapping Climate Distress: A CAT-Based Workshop Using the Climate and Ecological Emergency Booklet'

The climate and ecological emergency (CEE) evokes distress that is often difficult to name, share, or work with — both for clients and for therapists themselves. This experiential workshop introduces the CAT Climate and Ecological Emergency Booklet, based on the original psychotherapy file, a practical tool for recognising the procedural patterns that maintain disconnection from climate reality. The booklet maps climate-specific vicious circles / traps (e.g., the Avoidance Loop, the Burnout Spiral, the Purity Trap), dilemmas that polarise engagement (e.g., “focus obsessively on climate” vs. “avoid the topic entirely”), and relational conflicts where climate distress meets everyday life — in relationships, across generations, and between values and behaviour. It also identifies common “odd reactions” — moments where climate conversations suddenly derail through scapegoating, whataboutism, or defensive optimism — and considers the psychological functions these serve.

In the workshop, participants will work with the booklet material in small groups. First, we map our own patterns: which vicious circles, dilemmas, and odd reactions do we recognize in ourselves as practitioners? Second, we explore relational exits — the booklet’s proposed movements from, for example, paralyzing guilt toward activating responsibility, or from crushing shame toward a sense of adequacy. Third, we reflect on what it means to use CAT tools when the distress is not only intrapsychic but ecological and shared. The workshop is designed for clinicians, trainees, and anyone curious about how CAT’s procedural thinking applies to the climate crisis. No prior experience with climate psychology is needed — only a willingness to stay with difficult feelings. Grounding practices are built into the session structure. The booklet has been developed within the ICATA CEE Special Interest Group and is available in English and Finnish. A chapter is also currently being edited for inclusion in *The Cambridge Handbook of Psychology and the Planet: Environment, Climate, Sustainability and Nature*

Biography:

Dr Jackie Edwards is a Chartered Clinical Psychologist with more than 25 years of experience working in the NHS with adults, couples and families with complex psychological and mental health issues. Jackie has post graduate training in CAT, DBT and EMDR. She is currently working in private practice, specialising in work with complex trauma & dissociation. A particular area of interest is in working with women who are engaged with the Family Court System. She also works as a Specialist Clinical Psychotherapist with the Clinic for Dissociative Studies (CDS UK), a national charitable organisation which provides long term psychotherapy funded by the NHS for people with Dissociative Identity Disorder (DID). Jackie is a CAT practitioner and accredited senior supervisor and is currently the interim chair of the ACAT ethics committee.

Chair: TBC

Chiara Sacco & Nargis Islam - 'Reformulation of Reflective Practice: Power, Polarisation, and Reciprocal Roles in Inpatient Staff-Patient Relationships'

Inpatient wards are not neutral spaces: they are informed and influenced by social and institutional hierarchies, professional power differentials and the inequalities that staff and patients carry in from the wider social world. This workshop will explore the relationship between staff attitudes towards reflective practice within inpatient settings and the development of reciprocal role procedures (RRPs) within teams, drawing on Cognitive Analytic Therapy (CAT) principles. The workshop will consider how staff engagement, or disengagement, with reflective spaces shapes relational dynamics within teams and how these are subsequently enacted in staff-patient interactions. Inpatient settings can generate polarised relational positions, which become enacted across staff and patient groups alike. Particular attention is given to transference and countertransference processes, and how these are influenced not only by individual clinicians but also by team culture and systemic factors.

A central aim of the workshop is to create an interactive and reflective space in which participants can actively engage with these ideas. Following a brief theoretical overview, attendees will take part in experiential exercises and group discussions using anonymised clinical scenarios, inviting reflection on their own team contexts. Participants will be encouraged to consider how professional roles and personal characteristics shape engagement with CAT maps and formulations, how they may position themselves differently in relation to reciprocal roles, and how these dominant relational patterns influence both team functioning and staff-patient interactions.

Aims:

To engage with and apply CAT theories of how staff attitudes towards reflective practice influence team relational patterns and patient care.

To apply CAT concepts, including reciprocal roles, polarisation, and systemic enactment, to the dynamics of inpatient teams

To explore how professional roles, seniority, and social position shape relational positioning.

To critically examine how team relational patterns and power dynamics are enacted in staff-patient relationships, with attention to transference and countertransference.

To consider how inequality and polarisation from the wider social world – including race, class, and institutional power – enter the ward and shape both staff and patient experience

Biographies:

Chiara Sacco is a Senior Psychologist working in acute inpatient services at Oxford Health NHS Foundation Trust. She trained in Malta and brings extensive experience across a range of clinical settings, particularly in CAMHS community and inpatient services. She is trained in Cognitive Analytic Therapy (CAT) and is currently undertaking IRRAPT training, reflecting her ongoing commitment to developing integrative, relational approaches to psychological care. She is particularly passionate about CAT and its application within complex, high-intensity settings. Her clinical approach is



shaped by CAT and dialogic perspectives, with a focus on how language, relationships, and wider societal structures shape and at times constrain the narratives around patient care. She is interested in how these narratives influence both patient experiences and staff practices, particularly within acute and inpatient contexts. Chiara is also engaged in thinking about how systemic pressures within healthcare can limit opportunities for creative, innovative, and individualised care, and is committed to exploring ways to maintain relationally-informed, person-centred approaches within these constraints

Nargis Islam is a Consultant Clinical Psychologist, CAT Practitioner, and Clinical Lead for Inpatient Psychological Therapies (Buckinghamshire) at Oxford Health NHS Foundation Trust, previously having worked in AMH community settings, and in CAMHS. Alongside her clinical work, Nargis has held Clinical Psychology Doctorate tutor posts at the Universities of Oxford, East London, and Lancaster, also supervising research on social inequality. Since 2014, Nargis has worked in Development and Humanitarian settings on mental health, workforce planning, and practitioner training, including a 2019 CAT informed publication on delivering mental health services to displaced communities. Her approach is grounded in CAT's relational and dialogic framework to analyse how power, hierarchy, and inequality operate and how they are sustained within social institutions and systems. Nargis chaired the BPS Accreditation Committee for Training in Clinical Psychology (2021–2025), and is a Council Member and EDI Lead for PPN-SE. She works with Senior NHS Leaders on inclusive systems and organisational transformation, drawing on CAT's relational theories to support more equitable and effective ways of working

Chair: TBC

Raj Dhanjal & Sophie O'Connor - *'The political uncertainty within healthcare: Can CAT help to navigate Organisational and System change?'*

Aims

- To reflect on the experiences and dilemmas surrounding Organisational Change, applying the CAT model to make sense of these experiences
- To facilitate a group discussion and reflections on mapping organizational change, considering the roles systems, teams and individuals (peer, leader, manager, colleague etc) may occupy
- To support colleagues and teams to consider ways to best support employees in such processes (exits)

Content:

We will share a short presentation considering organizational change and the learning from working in staff wellbeing hubs. Within this, we will consider the MSSM and its application in such situations.

We will share our own experiences of the 'change of management process' and with this the key dilemmas and traps that were experienced using CAT as an anchoring framework

We will share a Reformulation letter written to the NHS / system and a CAT map that reflects the narrative

We will consider the exits used to enable healing from organizational hurt and pain.

Format:

- This will be an interactive workshop with time to spend on small group discussions
- For participants to have the opportunity to understand and gain insight into the impact of change management process for employees, teams and systems.

Biographies:

Dr Raj Dhanjal: Is a Principal Clinical Psychologist and CAT Practitioner. She has a long history of working in complex trauma services using CAT in teams, groups and individually. More recently she took up a systems leadership role within the West Yorkshire Staff Mental Health and Wellbeing Hub. Within this role she was keen to understand how CAT can be used to consider the dilemmas that arise within leadership where power and inequity arise.

Dr Sophie O'Connor is a Consultant Clinical Psychologist and CAT Practitioner. Sophie's clinical background has been working in both inpatient and community adult mental health services before moving into a staff psychology role within an Occupational Health service in 2020. Since this time Sophie's work has primarily focused supporting health and care staff at the individual, team and system level.

and



Dr Christine Omar, Dr Zahra Ahmed, Joseph Onyia, Princewill Obeni, Maisie Hawes and Niamh Somodi-Spence - 'Enhancing Compassion and Reducing Burnout in Support Staff: Contextual CAT Training and Reflective Practice in Residential Care'

Support staff in residential services for children and adults with "challenging behaviour" face significant pressures from systemic power dynamics, risk, and organisational demands, which shape everyday practice. This workshop aims to show that burnout and compassion fatigue are not just individual stress reactions but arise from complex relational and systemic factors. It presents findings from a mixed-methods evaluation comparing a contextual Cognitive Analytic Therapy (CAT) training and reflective practice model with a resilience-focused programme and invites participants to learn how CAT can improve staff wellbeing and promote safer relational practice.

In the evaluation, staff attended either a two-day contextual CAT training with monthly CAT-informed reflective sessions, or a resilience-based training with parallel reflective spaces. Quantitative measures (Maslach Burnout Inventory and Professional Quality of Life Scale) showed no significant pre–post changes in burnout or professional quality of life between groups. However, qualitative analysis of staff interviews revealed seven themes: healthier boundaries; enhanced compassion and empathy; organisational culture and power; self-care as a protective factor; and the emotional containment and validation provided by CAT-informed sessions. Anonymised staff quotations and a brief fictional vignette will illustrate how reciprocal role mapping and CAT-based formulations help staff recognise and avoid patterns that risk repeating experiences of neglect, criticism, or abandonment for service users.

This workshop will present concise research findings and introduce the contextual CAT framework, followed by practical mapping exercises and a group debrief using a vignette. The session is designed to equip participants with a clear understanding of how to view burnout through relational and systemic CAT concepts, and to provide concrete strategies for implementing CAT-informed reflective practice to enhance staff wellbeing and reduce harm in residential and similar environments.

Biography:

Dr Christine Omar is a Clinical Psychologist and CAT practitioner working within Tees-Valley Care's clinical team, with extensive experience supporting staff in residential services for children and adults who present with complex relational needs and behaviours described as challenging. She has led the development and delivery of contextual CAT-informed training and reflective practice within the service, with a particular focus on staff wellbeing, relational safety and organisational culture.

The workshop draws on work undertaken by the wider Tees-Valley Care clinical team who co-designed, delivered and evaluated the training and reflective practice model presented. Together, the team contributed to the design, coordination and analysis of the mixed-methods evaluation informing this workshop.

Chair: TBC

Rachel Akande & Susie Black - 'Toxic environments - stories of survival 2 years on'

CAT was developed as a model drawing upon analytic thinking within the confines of NHS provision. We notice that, for many therapists, working in the NHS has become too hard. It feels as though we are leaving in droves. We are curious about this.

The presenters will share experiences and explore psychological growth that has followed difficult work experiences. We would like to unpick the concept of resilience that might cause us to form hardened hearts and thus reduce our capacity to open ourselves to the distress that our patients and our colleagues carry with them. We are curious about how we can be strong enough to feel, then recognise and use our observations to promote change. Or do we just need to "get out" of the toxic situation we find ourselves in – what happens when it's too much? How do we make decisions about this? What helps us to survive and learn?

The format of the workshop will include some reflections by the presenters which we hope will be thought provoking and stimulate discussion in small groups/dyads. Participants will be invited to reflect upon how they experience the current climate/context that they are operating in. What feels difficult and what strategies are available to exceed survival and move into thriving.



Biographies

Rachel and Susie are two thirds of the CAT Cymru team, based in South Wales. They organise and host the South Wales CAT practitioner course, are experienced CAT supervisors and trainers. Their experiences include posts in clinical and physical health, mental health, across the age range from Adult to Older Persons services.

They were part of the hosting team for the 2024 CAT conference in Swansea. During that conference they participated in a reflective piece around their experiences of working in difficult environments. 2 years on, things have changed. Both have found “looking back” and talking about what happened reparative and a learning opportunity.

Appendix 6: Research Presentation ~ Monday

"Inpatient brief CAT: acceptability, safety, effectiveness and impact on readmission"

Stephen Kellett

Whilst policy dictates that psychological interventions for inpatients should be made available and service users want to access these interventions, the availability of these interventions is piecemeal, and the evidence base is poor. This two-phase project sought to create and evaluate a new inpatient care pathway for 8-session CAT. In phase I, a new brief CAT treatment protocol was produced (based on the previous RELATE version), and routine sessional outcome monitoring implemented. Phase 1 results will be reported and focus on acceptability (dropout rates), safety (suicide rates), the changes facilitated, treatment fidelity, helpfulness and effectiveness in terms of TP/TPP change. The 2-year CAT readmission rate will be benchmarked against the English average. Phase II of the project implemented expected treatment response curves (ETRC) generated from Phase I data. ETRCs will be shared and also how they are used to enable corrective therapeutic actions to be taken in the next N=35 inpatients.

Biography

Stephen works in the NHS in RDaSH Trust 3-days a week in a psychiatric inpatient unit and 2-days a week in the Trust research unit. He is currently the co-chief investigator on the RELATE-YP NIHR funded RCT of CAT for young people that are prone to self-harm.

Chair: TBC

Appendix 7: Research Presentation ~ Tuesday

From CAT Skills to CARS: The Development of the Cognitive Analytic Relational Skills (CARS) Framework Kate Portman, Ranil Tan and Glenys Parry

Cognitive Analytic Therapy (CAT) has traditionally been applied in time-limited psychotherapy, yet its core principles have proven valuable beyond therapeutic settings. The integration of CAT principles into relational practice across various human service environments, including community mental health, prisons, dementia care, and more, has highlighted its potential to enhance relational dynamics in complex settings. The growing recognition of these applications through CAT Skills working has led to the development of the Cognitive Analytic Relational Skills (CARS) competency framework, which provides a structured approach for enhancing relational competence across a range of health and social care workers.

This presentation will share the process of developing CAT Skills working into the CARS competence framework, from its inception in 2022 to its final form in 2026. The framework builds on existing competence models in psychological therapy while distinguishing between relational skills informed by CAT principles and those specific to CAT psychotherapy. Using the Roth and Pilling methodology (2008), the framework was grounded in published research evidence, and refined through expert consultation and iterative feedback, ensuring its relevance and utility across diverse relational contexts.

The CARS competence framework has implications for improving team dynamics, supporting staff wellbeing, and fostering psychologically informed environments. It offers a shared language for relational knowledge and skill development, informs supervision, and enhances governance in settings adopting CAT-informed approaches. It also supports curriculum design for ACAT-accredited courses.

The presentation will discuss the challenges of defining competence in a field where much of the evidence is qualitative and descriptive, and consider future directions for practice, training and research.

Biographies

Ranil Tan is a consultant clinical psychologist and accredited CAT therapist and supervisor at Leeds and York Partnership NHS Foundation Trust. He has over 20 years' experience in the NHS, working in services for people experiencing psychosis and those with complex emotional needs. Ranil is co-editor of the Oxford Handbook of Cognitive Analytic Therapy and has contributed to the development of CAT-informed practice, particularly within inpatient settings. Over the past four years, he has also worked as a trainer at You Matter (Formerly YMCA Together, Liverpool), co-facilitating the 6-month CAT Skills course.

Kate Portman is an RMN, ACAT Accredited CAT Practitioner and Supervisor and ACAT Foundation and Skills Course Moderator. She has over 20 years' experience working in services, and with teams, supporting people with complex lives across the NHS, independent and third sector. Kate joined You Matter (Formerly YMCA Together, Liverpool) as Psychology Partner in 2020 and has facilitated CAT Skills for Case Management courses alongside Organisational CAT projects. Partnership working has enabled a truly collaborative approach to psychologically informed ways of working that has supported the continued development of relational practice and training in the voluntary sector.

Glenys Parry is Emeritus Professor at the University of Sheffield, a chartered clinical psychologist & HCPC registered practitioner, Fellow of the British Psychological Society, and accredited cognitive analytic psychotherapist. Her career encompasses clinical practice, research, training, NHS senior management and health services policymaking. She has undertaken clinical guideline development at NICE and policymaking at the Department of Health. Glenys continues to offer CAT in private practice and CAT-informed organisational consultancy & staff training for NHS Trusts and private companies.

Chair: Ben Michael



Notes.....



Notes.....