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## COURSE OUTLINE

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# COGNITIVE ANALYTIC THERAPY PRACTITIONER TRAINING COURSE

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YEAR  
TWO

### ABOUT COGNITIVE ANALYTIC THERAPY

Cognitive Analytic Therapy (CAT) is an integrative, time-limited therapy that was originally developed by Dr Anthony Ryle in the UK for use in public health settings. The CAT model is collaborative and flexible and seeks links between the way we learned to relate in the past and patterns in the present that make life more difficult than it needs to be.

CAT can be used as a relational framework and as an individual therapy. In individual therapy, CAT allows the therapist and client to work together to make sense of the patterns of thinking, feeling, behaving and relating to facilitate change. CAT can be used as a treatment for a wide range of disorders including depression, anxiety, personality disorder, eating disorders, substance abuse, psychosis and self-harm.

CAT as a relational therapy focuses on the interaction between the client and therapist. It explores familiar roles and patterns, naming patterns of reciprocation in the way the person has been related to since childhood, postulating that these are replicated in current relationships and in the person's internal conversations. As such it is a helpful model for understanding social processes as well as for conducting a therapeutic relationship.

CAT as an individual therapy is usually provided over 16 or 24 weeks and uses letters and diagrams as the focus of a collaborative journey with the client to work out how they experience themselves in relation to key people in their lives and to draw out the states they get into. In therapy, the client begins to recognise the way these patterns, that often started as a way of coping with difficult feelings, end up making matters worse and lead to repeated disappointments and tensions. The aim of therapy is to help the client find better ways of being with other people and of taking care of themselves.

### COGNITIVE ANALYTIC THERAPY PRACTITIONER TRAINING COURSE

This is the second part of a two-year CAT practitioner training course that is accredited by the Australian and New Zealand Association of Cognitive Analytic Therapy (ANZACAT) and is based on international standards set by the International Cognitive Analytic Therapy Association (ICATA).

The two-year training course has been designed for mental health clinicians working across a range of public or private counselling and mental health settings who wish to train in CAT with the aim of becoming an accredited CAT practitioner. Please refer back to year one for further information about the CAT practitioner training course. Please also note the CAT practitioner training year one and year two courses may not run consecutively each year, depending on student numbers.

This year two training course has been designed to extend the learning achieved during the year one training course. This training course aims to develop and deepen understanding of the theoretical underpinnings of CAT and to facilitate students' practise in applying CAT to more complex cases and different settings.

Students will learn how to formulate the presenting problems in relational terms through recognition of familiar reciprocal roles and procedures, collaboratively identifying target problems and target problem procedures whilst assisting clients to recognise these and identify exits/ways to revise.

This training course will also help students reflect on their own ways of relating to each other and to themselves; provide tools that allow them to be more self-aware when working with a range of clients and presenting problems; and to appreciate how a person's reciprocal role and

procedural patterns will shape the sometimes contradictory ways they relate to others, including other professionals and agencies.

The CAT practitioner training course aims to teach skills and knowledge and provide supervised practice to increase competence. However, competence in delivering CAT is not always achieved by the end of training, and some students might need further supervised practice to reach the standard required for accreditation as a CAT practitioner by ANZACAT.

Once students complete the course and discuss the criteria with their supervisor/course coordinators, they must apply to ANZACAT for accreditation as CAT Practitioners (in a separate process).

## COURSE STRUCTURE

### PRE-REQUISITES

- students must have completed CAT year one training satisfactorily and a year one completion form must be submitted with the [year two course application form](#) to [training@orygen.org.au](mailto:training@orygen.org.au);
- students must also have appropriate access to clients to provide CAT interventions; and
- students must be current members of ANZACAT.

The aim of the year two training course is to help students deepen their knowledge and skills in how to collaboratively work with people through the three phases of CAT: reformulation, recognition and revision. Students will be helped to operationalise these phases of therapy when applying CAT to more complex presentations and in different settings.

### WORKSHOPS

The year two training course workshops provide a more in-depth examination of the central concepts of CAT. The training course is taught in five blocks over nine days. Each workshop block includes theory, practical and experiential components.

The training course curriculum can vary from year-to-year depending on the learning needs of the group, but there are four themes that are fundamental to the training course and are discussed in each block over the year.

The four themes are:

- **theme one:** CAT: theoretical integration II;
- **theme two:** CAT: principles of practice II;
- **theme three:** therapeutic relationship II: professional and personal development; and
- **theme four:** CAT and complex presentations.

### STUDENT-LED STUDY SESSIONS

The year two student-led study sessions groups aim to deepen students' learning of CAT theory and CAT concepts and consider how this knowledge can be applied to their own settings and practices. This involves students participating in three 2.5-hour student-led study sessions over the course of the year and completing a reflective journal, which is to be updated after each of the three study sessions.



**SUPERVISION**

The year two supervision groups provide more practical experience about how CAT is applied in students' own settings and practices. To be eligible for CAT practitioner status, students are expected to have developed the competencies required to be accredited as a CAT practitioner by ANZACAT. This involves students delivering a minimum of eight individual CAT interventions under qualified CAT supervision on a weekly basis, of which ideally at least four are 16-session CAT interventions. CAT supervision in most cases is offered face-to-face, in small groups on a weekly basis.

**THEME 1: CAT: THEORETICAL INTEGRATION II**

A deepening in understanding of:

- CAT as an integrative approach based on personal construct theory, object relations theory (ORT) and cognitive theory;
- CAT and formation of the self, based on the principles of infant development, ORT, culture, attachment and trauma;
- the zone of proximal development (ZPD) and the assimilation model; and
- the theory and practice of CAT as a brief therapy.

**THEME 2: CAT: PRINCIPLES OF PRACTICE II**

Special applications of CAT:

- brief CAT contracts;
- CAT and families;
- group CAT approaches;
- CAT and consultancy - using relational ideas to understand systems and organisations; and
- skill building: speed mapping, contextual reformulation, verbal reformulation and consultation.

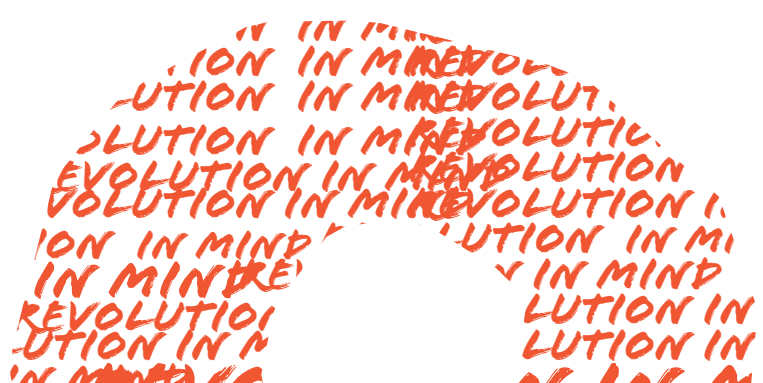
**THEME 3: THERAPEUTIC RELATIONSHIP II: PROFESSIONAL AND PERSONAL DEVELOPMENT**

- The use of self to facilitate change - recognising and managing enactments in the room and linking to historical origins of patterns.
- Rupture repair - anticipating and managing ruptures.
- Facilitating recognition and revision - developing clients' self-reflecting capacity and supporting endings.
- Personal learning - therapist self-reflection and CAT competencies, the interface between personal therapy, supervision and personal reflection.
- Skill building: attunement, reflection and use of the self.

**THEME 4: CAT AND COMPLEX PRESENTATIONS**

CAT and:

- eating disorders;
- psychosis;
- narcissism and other personality disorders;
- intellectual disability - working with behaviours that challenge us;
- young people; and
- culturally and linguistically diverse (CALD) populations.



## LEARNING OUTCOMES

By the end of this training course, students are expected to:

- increase their confidence and competence in delivering a standard CAT intervention;
- understand and explain how the CAT model can be applied in different settings;
- understand how a range of theories and models have been integrated into the CAT model and what they have contributed;
- understand the CAT models of normal and abnormal personality development and other disorders, for example eating disorders and psychosis;
- develop CAT formulation skills to assist in the understanding of complex cases;
- plan and progress a CAT intervention whilst considering a client's capacity (zone of proximal development) to engage and work therapeutically;
- reflect on their own contribution to the therapeutic process in CAT terms;
- understand the CAT competency domains;
- complete at least eight CAT interventions under supervision; and
- develop skills in using self in therapy and supervision.

## ASSESSMENT

Assessment is conducted in four ways. Formal assessment includes the successful completion of the training course and requires passing all four components.

- Assignments must be successfully passed. (Guidelines that detail marking criteria and due dates for each assignment are provided separately.)
  - Seminar presentation to the year two training group (45 minutes per person).
  - Case study (2,500–3,500 words).
  - Participation in three 2.5-hour student-led study sessions. Reflective journal updated after each student-led study session.
- Attendance in all components of the training course must be at least 80 per cent.
  - Attendance at workshops (80 per cent = 7 of 9 days).
  - Attendance at supervision groups (80 per cent = 32 of 40 sessions).
  - Participation in three 2.5-hour student-led study sessions.

- Supervision evaluation of student competence in using the CAT model.
  - Supervisors will provide regular, informal feedback to students in their supervision groups, on their progress in learning CAT.
  - In addition, a more formal evaluation of competence is conducted twice, mid and end of the year. Progress is recorded on the Orygen Supervision Evaluation form.
- To be eligible for CAT practitioner status, students will need to have completed a minimum of eight cases, of which ideally at least four will be 16-session CAT interventions and demonstrate working at a sufficient standard. It is expected that CAT sessions will be held weekly and all must include supervised reformulation, middle and goodbye phases. Consequently, it may take students longer than two years to achieve this.

## STUDENT PROGRESS AND COMPLAINTS PROCEDURE

As a student in this training course you have both rights and responsibilities.

Your rights:

- timely feedback on assessment tasks and overall progress;
- access to an appeals process which covers assessment and training course progress (see flow chart); and
- access to special consideration provisions in the case of illness or other significant event.

Your responsibilities:

- adhering to assessment task formats and timelines;
- working collaboratively with others in the workshops; and
- notifying the course coordinator of any issues that may impact on your ability to keep up with training course requirements.

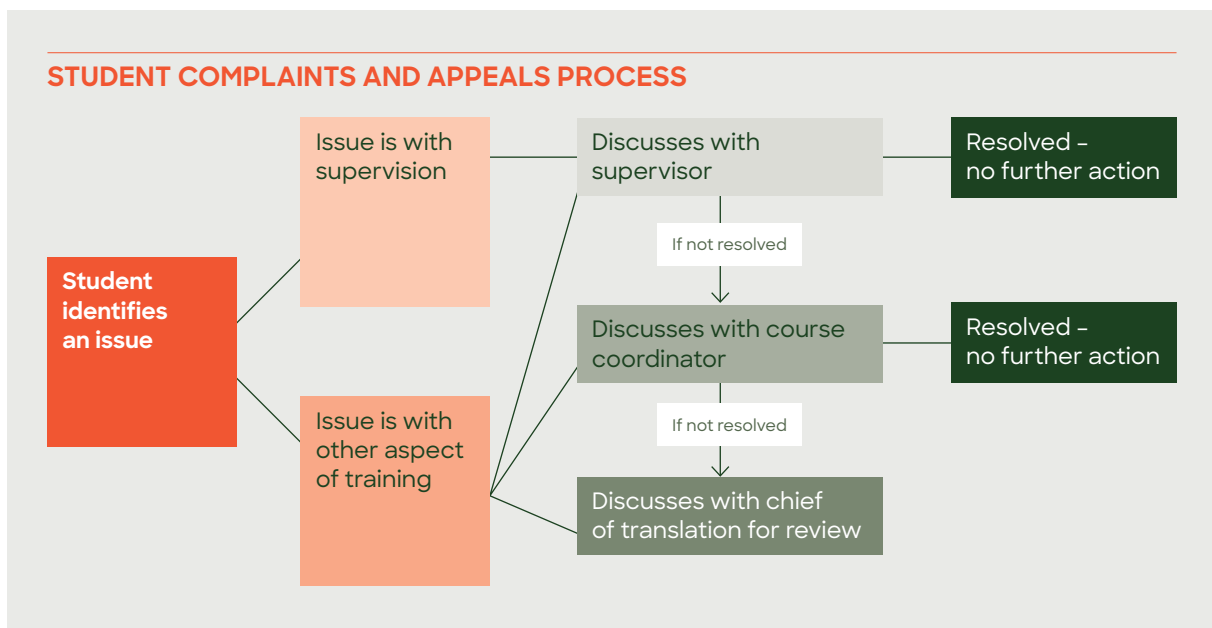
## COMPLAINTS AND APPEALS PROCESS

Training staff aim to resolve any problems as soon as possible, to the satisfaction of both parties, and feedback is welcomed. Complaints or problems with any component of the training course should be discussed as soon as possible with either the supervisor or the course coordinator. Complaints or feedback can also be provided via [training@orygen.org.au](mailto:training@orygen.org.au) or directly to the course director, [louise.mccutcheon@orygen.org.au](mailto:louise.mccutcheon@orygen.org.au).

Concerns about a student’s progress through the training course will be discussed directly with the student. Staff involved in this process will depend on whether the problem applies to supervision or other parts of the training course. The course coordinator will be involved in these discussions and will take into account any adverse circumstances contributing to the problems.

Any assignments judged to be in either the borderline (resubmit) or failed categories will be marked by a second person, and students will receive clear feedback by the course coordinator. Therefore, appeals or complaints regarding the feedback on assignments should be directed to the course coordinator in the first instance.

To appeal a decision or request a review, please contact the chief of translation.



Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to Country, which continue to be important to the First Nations people living today.

**GET IN TOUCH**  
 IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL +61 3 9966 9100 OR SEND AN EMAIL TO [INFO@ORYGEN.ORG.AU](mailto:INFO@ORYGEN.ORG.AU)  
[ORYGEN.ORG.AU](http://ORYGEN.ORG.AU)

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