

# Letter from the Chair of ACAT

Jason Hepple

It is a pleasure to write to you again on a lovely spring day. If the conference bookings are anything to go by, the recession is finally lifting and I am hopeful that the next couple of years will be a time of growth for ACAT and CAT. (That is not to sound at all complacent about the conference bookings; last year's early bookings were an all time nadir; so please book in soon to ensure that we make a profit this time!)

Speaking of this year's ACAT conference in London on 26th & 27th June, I would like to congratulate Caroline Dower and Alison Jenaway on a very original and intriguing programme that looks more at the physical and embodied aspects of CAT and psychotherapy. I am particularly looking forward to Susie Orbach's talk and many of the CAT related contributions. Thanks also to Maria and Sue for finding a great new venue and their usual efficiency and know how. I look forward to seeing record numbers of you there!

I should also mention the ICATA conference in Patras in Greece from 24th until 28th September (including travelling time). I do hope ACAT members can support this exciting conference. ACAT is intending to arrange a transfer to meet a designated Heathrow flight and we will be contacting you about that soon. The venue looks splendid and it should still be very warm.

CAT continues to have a strong presence in IAPT-SMI personality disorder developments nationally, and I have been in contact with Tony Roth who is developing learning outcomes to complement the CAT competencies that already have been defined. Dawn Bennett, now vice-chair of the Training Committee, is leading on this for ACAT. The Somerset pilot one year foundation course in CAT practice is also over half-way through and Liz Fawkes and I are finding the High Intensity IAPT Therapists a pleasure to teach. A second pilot is starting in Norwich, again designed to be accessible to IAPT therapists.

ACAT continues to work towards an application to join the Professional Standards Authority (PSA) voluntary registration

scheme, and my thanks to Penny Waheed who is leading on this technical and complicated work. The ultimate aim of this is to allow CAT practitioners to receive the 'Kite Mark' of the PSA as members of ACAT. More good news for practitioner members as we have put forward an AGM motion that will allow them to additionally use the title 'ACAT accredited CAT therapist', in recognition of the way that CAT therapists are now recognised as psychological therapists by the Centre for Workforce Intelligence.

The Board of Trustees and Council of Management has recently decided to establish an Equality and Diversity Group to advise the Board. We are delighted to announce that Professor Hilary Brown has agreed to be the inaugural chair. We have become aware, from various sources, that there may be areas in which ACAT policies, procedures and trainings are not fully inclusive and we are keen to set up this parallel body to subject ACAT to the razor of equality and diversity best practice. The remit will

be broad and will include 'traditional' areas such as gender, race, sexuality, disability and spiritual belief with an additional emphasis on intellectual disability and economic deprivation and disadvantage amongst others. The Group may find that it wishes to recommend ethical as well as procedural changes that may have implications for clinical practice, supervision and training requirements.

This excellent edition of Reformulation marks the last for which Julie Lloyd and Rachel Pollard will be editors. They have taken Reformulation on in leaps and bounds over the last few years and will be greatly missed.

My personal thanks to Julie and Rachel. I look forward to supporting the new editors in the next stage of Reformulation's story. Before sadly standing down, for reasons

described in the letter above, Julie and Rachel will have contributed to a Reformulation Working Group that will advise the Board on Reformulation's future direction, and will begin to look at how to address the issues raised around political campaigning. Having not seen the letter until the final proof stage of Reformulation, there is no time for the Trustees to respond adequately in this edition, or to give their point of view on the issues raised in this particular case which are indeed complex. However, I warmly welcome the publication of this letter and support its concerns and aims and its thoughtful tone and look forward to the opportunity of continuing this dialogue in the next edition. Some of the issues around social disadvantage and public services can also be taken forward in the Equality and Diversity Group announced above.

It was with great sadness that I contacted you with the news of the sudden death of Inigo Toloso. His death came as a great shock to all in ACAT and ICATA and I hope that the obituary in this edition allows us space to reflect on his contribution and also on the fact that he was a greatly valued friend and colleague.

I look forward to our next event in London in July and wish you an enjoyable spring.

*My very best wishes.*

*Jason Hepple  
Chair of ACAT*

