

16+1 Interview with Deirdre Haslam

Deirdre is a CAT practitioner, trainer and supervisor. She was one of the 'second generation' of CAT trainees in the early days of CAT, and was one of the earliest practitioners to use CAT in work with couples.

1. How are you feeling at this very moment?

Alert, energised, relaxed and relieved.

2. If you had to choose another life who would you be?

A mermaid!

3. Klein, Lacan, or Rogers?

Rogers, because I'm finding through encounter learning with couples that by focusing on mirroring my clients it enables them to know themselves better and is very freeing both for them and me.

4. Why and how did you become a psychotherapist?

I was working at Hackney College with distressed teenagers and was at my wits end with some of them, when a friend suggested counsellor training to help me understand them better. It opened my eyes and led to my becoming a psychotherapist. It's the best game in town and makes me feel alive and energised.

5. Right now my work is challenging and fulfilling, stressful and dispiriting, tedious and frustrating?

Challenging and fulfilling.

6. Facebook, Twitter, or Snap chat?

I wouldn't have a clue! I'm not on any of them. I did think about Twitter but I'd be worried that I'd get too sucked into it.

7. If you could have three wishes granted what would they be?

Forbid all wars and make people negotiate, put all our leaders in prison, apart from Mandela and Ghandi and have more time to spend with my partner.

8. Who has been the biggest influence on your CAT practice?

Tony Ryle – he supervised me when he started the borderline project. He let me play with maps – it was a marvellous way to learn.

9. How will you vote at the next election?

Green

10. What do you value most in CAT?

Map making and the letter – they can be so transformative.

11. Which book would you most like to have written?

Grimm's fairy tales

12. If you could change one thing about CAT what would it be?

Nothing – I think it's an amazing way of working – it's containing and structured while also having a capacity for each person to make it their own. The diagram can be so helpful for anyone even if they are not having CAT therapy. Of all my trainings, I'd hang on to CAT.



13. Football, opera, or Grand Theft Auto?

Opera, (I've no interest in football and what is Grand Theft Auto?) particularly Mozart – Don Giovanni is my favourite and it was also my mother's favourite. I've seen it many times and we went to see it in Prague on its opening night. I love it I think it's fantastic!

14. The three people you've never met but you'd most like to invite to a picnic?

Mozart, Pooh Bear, and Elizabeth Gaskell

15. The Dalai Lama, Rosa Parkes, or Desmond Tutu?

That's an impossible choice! How could you possibly expect me to choose between them?

16. What's your dream holiday?

Being on my boat in the Turkish waters of the Med. The wind is wonderful, the places are beautiful and the people are amazing.

+1 is there any question you wish I'd asked you?

I can't think of one and I'll let you know if I think of anything later.

Interviewed by Rachel Pollard