

# Letter from the Editors

Nicola Kimber-Rogal and Louise Yorke

Dear Colleagues,

As Winter 2016 arrives we welcome you to the 47th edition of Reformulation. Resilience in the Face of Change was the title of the ACAT Annual Conference this year. The meeting was a resounding success. This happened despite the difficulties that CAT therapists face in these times of change that are alluded to in the conference title and the stresses and strains associated with the momentous relational changes implicit in the result of the Brexit vote that took place during the conference.

To capture some of the essence of the conference, in this edition of Reformulation the conference organizers, Andrea Daykin, Mandy Wildman and Malinder Bhullar, have written an article that records their relational process and leaves us with an 'how to' guide for future reference. There are also reviews of the conference and articles written by the presenters to describe their work that will hopefully bring to life the conference for those who could not attend this year.

It is true to say that this well planned conference heard the voices of lone and often clinically isolated practitioners. It provided nourishment for the sometimes weary CAT community, as for travellers at an oasis. At these times of cutbacks and the creep of constant working, conference attendees demonstrated resilience in being able to secure funding and or to have determination to attend a conference that for some was many miles from home. Despite this and holding this somewhat depleted attendance in mind, the breadth and quality of speakers and workshops offered was impressive, as are the

articles submitted for you to read in this edition, both in their quality, clinical range and clinical and organizational reach, hence the second word in this Winter's Reformulation title, "Innovation". Articles span the age range, from Nick Barnes' article on work with children and adolescents, their families and even the street gangs they spend time with to Karen Shannon's article that describes ways of working across an organization with adults with complex social and emotional needs at the YMCA to provide benefits both to the organization and the clients they serve. Alison Jenaway's article describes evidence from a 50 CAT-EMDR series.

Like the summer 2016 edition, this edition of Reformulation contains what we hope will be a regular feature on CPD. This time articles include Jo Varela's description of research to develop a CAT App while Teresa Greenfield and Michell Hamill offer accounts of training for supervisors and CPD days. With some omniscience Miranda Buckley reviews a book on the topic of endings, from the publication, "Forced Endings in Psychotherapy and Psychoanalysis". In his article, Steve Potter applies his mind to a resonant topic that is relevant to our personal, clinical and socio-political understandings, The Narcissism of Ideas. In short, resilience and breathtaking innovation is described in many of the articles published in this edition of Reformulation. This excellence and enthusiasm in relational practice that is taking place in so many settings is inspiring to read about here and shows CAT firmly in the role as a model for personal and organizational transformation. Such developments would have been welcomed by Tony Ryle, the original CAT visionary and innovator whose

death on the 29th September 2016 is perhaps one of the greatest challenges to the CAT community at this time, one that certainly requires resilience in the face of change. In this edition Ian Kerr, Tony's colleague and CAT co-creator writes about Tony's life in the obituary on page 5. There will be a further edition of Reformulation this year that will be dedicated to Tony Ryle, his work and our memories of him. However, for this edition, the last words are left to Mikhail Bakhtin who captures the innovative and limitless possibilities that CAT can offer to mental health and social settings that have been gifted to us then, now and forever by Dr Anthony Ryle:

"There is neither a first nor last word and there are no limits to the dialogic context (it extends into the boundless past and the boundless future)"

From "Toward a Methodology for the Human Sciences"



CAT  
Understanding  
Leads to Change