

Letter from the Editors

Nicola Kimber-Rogal and Louise Yorke

As history of these Letters from the Editors tells, Nicky Rogal and I have just as often quoted from the canon of literature as the more characteristic scientific evidence base. In this Summer 2019 edition, we add a new note by relationally (mis) quoting the words oft-sung by the late, great, Frank Sinatra: ‘(My) Our Way’

***And now, the end is near
And so we face the final curtain
Our friends, we'll say it clear
We'll state our case, of
which we're certain
Pages of Reformulation full -
Thanks to you all, more
than we-can-say
But more, much more than this
We did it our way.***

Yes, this is our final edition as editors. The Summer 2019 edition here before you is full of articles that characterize the quality, diversity, curiosity, commitment, and creativity for which the CAT community is known and celebrated: once again a huge thank you to all contributors. One of the first articles to Reformulation under our editorship was an article by Nick Barnes called ‘Reaching Out – A Journey within and alongside CAT.’ We have taken this as the title of this our final edition, as CAT continues to expand and reach new heights, as we reach out and handover to our new editors Rob Lam and, the very same, Nick Barnes, and wave goodbye to our current roles and our CAT journey as editors.

In this edition, the range of articles illustrates how CAT has an increasingly wide reach across and

within healthcare and other settings. The edition starts with two linked articles by Sue Walsh about CAT in organizations. Organizations are an area of interest to us all, as we either work within or are affected by them in our daily lives. Sue’s article titled ‘Infamy, infamy, they’ve all got it in for me’ is likely to resonate with many readers, as is her article that follows ‘Applying the Ideas into Practice: Narrative CAT Exits in Organisational Supervision’. The next article by Julia Coleby and Kate Freshwater ‘The Idealised Care Smokescreen: How the Tools we Share can be Used to Attack’ reflects on and explores opportunities and challenges of a CAT approach in services and suggests a range of Exits including ‘keeping the whole map in mind,’ whether this is from the perspective of the individual client or organization.

Then follow a suite of articles that explore the theme of ending, Leonie Lalayiannis’ article on CAT and palliative care in cancer; Claire Moran’s article on death and ending and Clive Turpin’s article on ending through different forms of follow-up, each providing a thought-provoking and practice developing analysis. Laura Brummer and Olivia Partridge’s article on running groups in secondary care provides evidence of significant change at outcome. Then, a fitting introduction to the ensuing article by Carol Gregory and Elizabeth Wilde McCormick on the use of poetry in CAT, Elizabeth Wilde McCormick has written a poignant poem ‘Words for Feelings’. Lawrence Howells brings to life the understanding of development and

fantasy in CAT that can be explained to children and young adults. Speaking of self and understanding, Louise Kenward talks openly about her experience of chronic fatigue from a CAT perspective. In the concluding pages of this edition, in our occasional series, Julie Lloyd has written a rich summary of the CAT, Intellectual Disability and Trauma Conference in 2018. A final article by Carol Gregory reviews a book that is likely to be of interest to many, play and psychotherapy, a prelude to an article on CAT, creativity and ZPD that will form part of the next edition.

In terms of future editions, we can confirm that articles that have been submitted have been handed on to our new editors, Dr Nick Barnes and Dr Rob Lam, a Consultant Child Psychiatrist and CAT therapist, and they will be in contact with authors as part of the editing process. As our editorship of Reformulation, across the years of 2015-2019, comes to an end we can say a heartfelt thanks to all contributors, to Jason Hepple, in his previous role as Chair, Rosemary Parkinson working briefly as Editorial Advisor, Alison Jenaway as Chair, Ali Marfell for her scrutiny and Jon Sloper for typesetting and design work; all for their unstinting support as part of the Reformulation Team.

We have been proud to have been involved with so many editions, including the Tony Ryle memorial edition, the 50th edition of Reformulation and witnessed numbers of submissions increase as CAT becomes part of, as we see it, a relational zeitgeist. At this time

of ending, Bhaktin's concepts of the undefinable and unfinalisable are live to us. Reformulation has changed us, is part of us, and, as the course is set for the next part of the journey, we both travel with it and yet remain waving farewell from the shore. Every good wish to you Rob and Nick; we are having a handover in a truly relational style; over time there is much development that can take place in terms of form, style and content and we look forward to future editions of Reformulation – and to you doing it ... your way.

Louise Yorke and Nicola Rogal

We're pleased and honoured to come on board Reformulation as a part of the editorial team! During our handover from the current editors,

Louise and Nicola, we've reflected on how inspiring their careful curating of Reformulation and the time and devotion they have invested. Their vital roles and service deserve much respect and gratitude, setting a high bar. Thank you from all of us.

Fresh on return from the 8th international ICATA conference in Ferrara, Italy we have also been inspired by CAT's international and richly diverse dialogues across different disciplines and practice of CAT. ICATA now has a life of its own and its rich and international dialogue grounded in CAT, makes us curious. Can its dialogue be shared with a wider audience> We are opening an invitation for ICATA 2019 facilitators, workshop presentation and symposia

speakers, to bring their experience in ICATA to print for the readership of Reformulation. Invitations for submissions between 700 - 1000 word summary of a workshop, presentation, reflections and hopes for the dialogue and directions of the workshop speakers and presenters are very welcome. All other submission guidelines for Reformulation apply.

The deadline for all submissions is 7 October 2019.

We look forward to contributing to Reformulation - your professional journal for Cognitive Analytic Therapy.

Best wishes,

Drs Rob Lam and Nick Barnes

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