

# Letter from the Chair of ACAT

Alison Jenaway

I have just arrived back from the International CAT conference arranged by ICATA in Ferrara, Italy. Despite the baking heat, the conference was very well attended, with over 200 delegates from 14 different countries. The programme was packed and I felt a bit overwhelmed with information at times, and in awe of those presenters who were not native English speakers. As always, the CAT community is friendly, welcoming and a lot of fun. This was in evidence particularly at the conference dinner, set in a beautiful walled courtyard, hosting the cabaret performances from each country, some traditional Greek dancing, and then some great informal dancing to a live band.

The presentations were a mixture of outside speakers, new ideas in CAT theory and results from CAT research projects, several of which were so hot off the press that the results had not yet been published. Speaking of publishing papers about CAT, there is an exciting opportunity for us to spread the word in a special online issue of *Psychology and Psychotherapy*, which will be edited by Samantha Hartley and Peter Taylor. They are requesting submissions of high-quality research papers, employing a variety of research methods and approaches, and are open to papers including qualitative, quantitative and mixed methods, systematic reviews and evidence syntheses. If you have a paper that you think might be of interest, then do get in touch with them or with the ACAT office. Also, Steve Kellett has kindly

offered to advise anyone who needs some support in preparing or completing a paper that might be suitable. It is really important that we don't miss this chance to showcase some of the aspects of CAT that we, and our clients, value.

Rhona Brown and I have continued to work on the development of new CAT information for the public. This is currently in the form of a blog and we hope to send out a link to all members soon, so that you can look at it, see what is missing, and hopefully offer to write something for us. This is another way of spreading the good news about CAT.

For those looking forward to the next CAT conference, we have a one day event in London on "Incorporating Trauma Developments into CAT" on 13th September 2019. Thanks to Clive Turpin, Andrea Daykin and Mandy Wildman for putting together an excellent programme. Annie Nehmad and the other members of the Special Interest Group "CAT and the Embodied Mind" have kindly put together a CPD day on the theme of working with trauma using CAT on Thursday 12th September, for those who would like to make the most of a London visit and stay over.

This issue of *Reformulation* has been a kind of transitional issue between the editors who have been doing such a superb job for the last 4 years or so, Nicola Rogal and Louise Yorke, and the newly appointed editors Rob Lam and Nick Barnes. Thanks again to Nicola and Louise who have encouraged

a real tidal wave of submissions to the journal, and to Jon Sloper for his constant work on preparing each issue for printing. It will be interesting to see what direction the new editors decide to take, as they surf the wave of all those submissions, although I happen to know that they are both passionate about taking CAT ideas out into the community and reaching out to people that formal therapy might not appeal to. Thank you to all the members who took part in our recent survey about Reformulation and the CAT motto. I will be sharing the results with the new editors and with all of you at the AGM in September. Whatever the future holds, do take the time to enjoy this issue ...

Alison Jenaway, Chair of ACAT

Disclaimer

*Reformulation* is committed to upholding a broadly based view of the Cognitive Analytic Approach and of developments within CAT. *Reformulation* considers articles on CAT theory and practice, as well as debates, letters, poems, book reviews, art works and adverts relevant to CAT members. Contributions by service users of CAT are particularly welcome. Views expressed by writers are their own and may not reflect the personal views of the editors or of ACAT. Editors encourage exchange and debate between differing points of view and, for this reason, invite readers to respond to articles by writing letters to the Editors, with a view to publication.