

# The second, joint, one day Research Conference organised by ACAT and Catalyse 1<sup>st</sup> March 2019 - IBMS, London: The Research Journey from Start to Finish – Motivating to Motivated

 #CATres19

## Overview of the day:

- To hear about research projects that are in the pipeline.
- To make contacts and network with experienced researchers in the CAT community.
- A chance to explore your own research ideas in a small group with an experienced facilitator.
- An opportunity to discuss NIHR funding links with Barney Dunn, through <https://www.nihr.ac.uk/our-research-community/NIHR-academy/nihr-training-programmes/nihr-hee-ica-programme/>

## Who is it for?

- CAT therapists, CAT trainees, and others who are interested in keeping up to date with the evidence base for CAT
- Anyone interested in expanding the research evidence base for CAT.
- Active CAT researchers.

## Provisional Presentations:

### ***“Can we create ACE (Attached Compassionate Empathic) nurses with the use of a CAT/CFT based student nurse supervision group”***

Stephen Taylor, Clinical Nurse Specialist in Psychological Medicine and Cognitive Analytic Therapist, Honorary lecturer in mental health nursing at the University of West London.

### ***“Key Steps from being a Promising New Therapy to being part of the Evidence Base – what can CAT learn from other new therapies?”***

Professor Barney Dunn, CAT Practitioner, Professor of Clinical Psychology, NIHR Career Development Fellow, Mood Disorders Centre, University of Exeter. Barney will examine what CAT can learn from recently established evidence based therapies (e.g. Mindfulness Based Cognitive Therapy) and also discuss steps involve in developing new therapies, such as the Augmented Depression Therapy he is working on.

### ***“Maximising the use of routinely collected data – with a worked example from the Somerset IAPT Dataset”***

Steve Kellett, CAT Psychotherapist, Consultant Clinical Psychologist, Sheffield Health and Social Care NHS Trust, and IAPT Programme Director, University of Sheffield

### ***“Mapping the making of maps: A qualitative investigation of how CAT diagrams are made”***

Dr Steve Jefferis is a Consultant Clinical Psychologist, Course Director for the Northumberland, Tyne and Wear CAT Practitioner Training, and Clinical Lead for the NTW CAT Service. This talk outlines the findings and the process experience of a piece of CAT qualitative research, carried out by clinical psychologist Zara Fantarrow during her DCLinPsy training, and supervised by Steve.

***“Would you like to come with us? - A CAT informed Group Programme for the very stuck”***

Dr Liza Messing, Senior Clinical Psychologist and MAP clinical lead, and Dr Leon Simpson, Senior Clinical Psychologist, both from BEH (Barnet, Enfield and Haringey) MHT

***“CATCH-Y Cognitive Analytic Therapy for Containing self-Harm in Young People”***

Developing a brief intervention for young people who harm themselves, with a focus on involving young people in co-production.

Dr Samantha Hartley: Samantha Hartley is a Senior Clinical Psychologist based at the Hope and Horizon Adolescent Inpatient Units and part of the Pennine Care Young People's Mental Health Research Unit; developing and delivering projects in collaboration with academic partners and public involvement. Following her undergraduate degree in Experimental Psychology at the University of Oxford, Samantha completed a PhD and ClinPsyD at the University of Manchester, exploring the emotional and cognitive processes in psychosis. Dr Hartley currently holds a HEE/NIHR Integrated Clinical Academic Clinical Lectureship with Pennine Care NHS Foundation Trust and The University of Manchester. This funds a programme of work with the ultimate aim of developing interventions to support effective therapeutic relationships for young people using mental health services. Samantha is a current CAT Practitioner Trainee and also has interests in psychological formulation, staff support and trauma.

***Free Places for Budding Researchers***

ACAT is offering three free places on the day for those planning a research project in CAT. To apply, please send a project description, in no more than 2000 words, to [alisonjenaway@gmail.com](mailto:alisonjenaway@gmail.com). The description should include:

- Your main research question
- Why it is important
- The method you are planning to use to answer it
- Any previous work/publications that you would be building on
- The next steps you intend to take to get the project off the ground.

It should be a realistic project that you would like to develop and would lead to a publication. It may be possible to link you up with a mentor to help you progress with it, if needed. Successful applicants will be invited to present their project at a future ACAT research day.

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***How to book***

- Book and pay by personal credit or debit card online instantly through the ACAT web site: [www.acat.me.uk/event/999/](http://www.acat.me.uk/event/999/)
- To pay by invoice (purchase order number required) please email attaching the booking form (available via event documents at [www.acat.me.uk/event/999/](http://www.acat.me.uk/event/999/)) to: [alison.marfell@acad.me.uk](mailto:alison.marfell@acad.me.uk)
- To pay by cheque please post your completed booking form (available via event documents at [www.acat.me.uk/event/999/](http://www.acat.me.uk/event/999/)) and cheque to: ACAT, PO Box 6793, Dorchester, DT1 9DL

***Enquiries***

- Email: [alison.marfell@acad.me.uk](mailto:alison.marfell@acad.me.uk) Telephone: 01305 263511

***Terms and Conditions:***

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