

# Cognitive Analytic Therapy for People with Intellectual Disabilities and their Carers

Julie Lloyd and Philip Clayton

December 2013 320pp 978-1-84905-409-6 pb £22.99

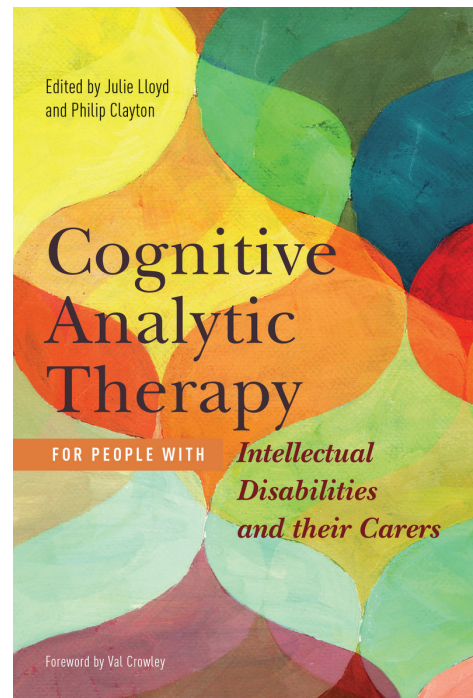
With a variety of case examples and contributions from experienced clinicians, this book introduces Cognitive Analytic Therapy (CAT) in practical, user-friendly language, and for the first time guides readers on how to use it to with people with intellectual disabilities.

CAT is increasingly recognised as an effective approach for working with people with intellectual disabilities. It focuses on observing and describing typical patterns of how the client relates to others, how they behave in relationships and how they see themselves. By considering how these patterns first developed and how they can be revised in a more constructive direction, CAT can encourage change to occur as the result of healthier relationships. The contributors describe in straightforward terms how CAT may be used with people with intellectual disabilities, and provide CAT tools adapted specifically for this client group. CAT and autism, CAT with people with intellectual disabilities in forensic settings and CAT with survivors of domestic abuse who have intellectual disabilities are also explored in detail.

This is essential reading for any clinician wishing to use CAT with people with intellectual disabilities, including psychiatrists, psychologists, psychotherapists, social workers and support workers, as well as professionals across forensic services.

'During the last thirty years we have witnessed a major change in provision of the psychological therapies for people who have intellectual disabilities (ID). Cognitive Analytic Therapy (CAT) became part of this process about fifteen years ago but very little has been published on it that was accessible to practitioners, families and service users. At last we have a detailed and accessible book which provides accounts of the development and use of CAT and guidance on its use with people who have intellectual disabilities. This book will inspire those who want to work therapeutically with people who have ID. It will open new doors as it will help to expand training and provision of therapists. It will demystify what CAT is and show how, with creativity, it can be made accessible to people who have ID and similar difficulties in a range of contexts.'

- Professor Nigel Beail, South West Yorkshire Partnership NHS Foundation Trust & University of Sheffield, UK



**Julie Lloyd** qualified as a Clinical Psychologist in 1983 and has specialised in working with people with intellectual disabilities for nearly 30 years. She is a Cognitive Analytic Therapist and Editor of 'Reformulation', the journal of the Association of Cognitive Analytic Therapy (ACAT). She is employed at Surrey and Borders Partnership NHS in a community learning disability team and at Southern Health NHS Trust in a psychiatric intensive care hospital unit.

**Philip Clayton** qualified as a nurse in intellectual disabilities and mental health over 30 years ago. He is now a Cognitive Analytic Psychotherapist and specialises in working with offenders with intellectual disabilities at Calderstones Partnership NHS Foundation Trust in Lancashire.



Jessica Kingsley Publishers  
Books that make a difference

116 Pentonville Road, London N1 9JB

T | 020 7833 2307

F | 020 7837 2917

E | post@jkip.com

W | www.jkip.com



Follow us on Twitter:  
<http://twitter.com/#!/JKPBooks>



Find us on Facebook:  
<http://www.jkip.com/jkp/socialnetworks.php>

## ORDER FORM PLEASE USE BLOCK CAPITALS

Order from Jessica Kingsley Publishers, 73 Collier Street, London, UK • T: +44(0) 20 7833 2307 • F: +44(0) 20 7837 2917 • W: www.jkip.com • E: post@jkip.com

Please send the following books .....

Please keep me informed on new books on .....

Please add me to postal mailing list  Please add me to email mailing list  Please send me a complete catalogue

P&P: Delivery within the UK, please add £2.75 for 1 book +50p thereafter for a maximum of £10. Europe: £3 per book up to 5/£2.00 per book if order 6 or more. Outside Europe: £5 per book up to 5/£4.00 per book if order 6 or more

I enclose a cheque/ PO to the value of £. .... Please make cheques payable to 'Jessica Kingsley Publishers'.

Please debit my credit card account:  Master card  American Express  Visa

Card number \_ Start date/issue no. .... Expiry date .....

Signature ..... Name .....

Address .....

Telephone Number: ..... (required for credit card purchase)

Town/City ..... Postcode ..... Country .....

Email .....