

# Editorial

Julie Lloyd and Rachel Pollard

This special issue with a focus on Sexual and Gender Diversity illustrates the importance of trying to find a position that is free of preconceptions about how each of us construct our sense of self and identity. The dialogic approach of CAT simultaneously seeks to hold in awareness social; cultural; and political influences, alongside developmental influences in the formation of subjectivity, and in the search for meaning in the therapy room. The thoughtful and thought provoking articles, by Bethan Davies and by William Wallace address areas that have had little attention in the CAT literature so far and we hope that they will lead to wider discussion and exploration of these issues. The two books reviewed by Rachel Pollard are illustrative of how different discourses of liberation interact and conflict with each other and the consequent complexity of dialogical interactions. A dialogical stance seeks to liberate personal and social identity from finalised publically dictated templates but little has yet been written about sexual and gender diversity in Reformulation, so we hope that people will continue to think and write about engaging with these issues so that, as Davies describes, they are neither 'prescribed nor ignored'.

We were particularly pleased to receive the account by Victoria of her own experience of CAT therapy and how she used the tools offered in CAT to reconsider her sense of herself and her relationships with other people. We would like to encourage people offering CAT to invite more service users and clients to write up their experiences, as it is through such accounts we can learn how to improve further what we offer.

Continuing uncertainty about the future of NHS mental health services is a source of grave concern both with regard to the future of CAT and the future of therapists working in the NHS and this is reflected in the number of submissions we receive that address NHS issues. Firstly, at the management level, Bristow & Carson use a CAT perspective to explore some of the tensions and difficulties in the relationship between management and clinicians. Secondly, at the team level, the research paper by Staunton et al describes the common reciprocal roles found in workers engaged in helping relationships within NHS community teams and NHS day services. This project used Steve Potter's 'The Helper's Dance' as a reflective tool to describe the sources of stress that so many workers experience.

Finally we would like to thank the reviewers of Reformulation who have raised the standards of writing, been a source of valuable expert advice and helped its continuing development. We are resigning as editors after this issue after an unresolved disagreement with the Chair and Board of Trustees; the reasons are described in the letter on the following three pages regarding ACAT and the Charity Commission.

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