



#CATres18

Catalyse

## “Encouraging to Engaged” in CAT Research

13 April 2018

### Programme

09.00	<b>Coffee &amp; registration</b>
	The morning session will feature presentations by researchers showcasing recent CAT research. Presenters will illustrate a mix of work currently in progress (mid stage), and in late stages where the work has been completed and in some cases published.
09.30	<b>Introduction:</b> Alison Jenaway & Stephen Kellett
09.40	<b>CAT for Psychosis: A Delphi study:</b> Peter Taylor - Late Stage
10.10	<b>Cognitive analytic consultancy; a case series:</b> Kate Ackroyd & Stephen Kellett - Mid Stage
10.40	<b>CAT for bipolar disorder; pilot randomised controlled trial:</b> Mark Evans - Late Stage
	<b>Coffee</b>
11.40	<b>CAT with people with intellectual disabilities:</b> Craig Hallam - Mid Stage
12.10	<b>Efficacy of narrative reformulation; single blind, randomised dismantling trial</b> Stephen Kellett - Late Stage
	<b>Lunch</b> - including <b>NIHR Research Careers stall</b> with Barney Dunn
13.45	The afternoon session will bring delegates together for facilitated small group work designed around the needs of those attending. Provisional groups (to be confirmed)
	<b>Group 1: People who have an idea that they want to develop</b> - with Mark Evans/Stephen Kellett
	<b>Group 2: People with quantitative data that they want to analyse via quantitative methods</b> - with Peter Taylor
	<b>Group 3: Developing early research designs e.g. feasibility studies</b> - with Barney Dunn
	<b>Group 4: Qualitative and process research methods in CAT</b> - with Glenys Parry
	<b>Group 5: People who know little about research but want to know more</b> - with Frank Margison/Alison Jenaway
	<b>Tea</b>
15.30	<b>Themes and action planning from the groups' feedback</b>
15.50	<b>Can we now say CAT is an evidence-based therapy?</b> Stephen Kellett
16.20	<b>Summary of day:</b> Glenys Parry & Stephen Kellett
16.30	<b>Close</b>



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#### **Contributors**

**Alison Jenaway, CAT Practitioner, Consultant Psychiatrist in Medical Psychotherapy, Cambridge & Peterborough NHS Foundation Trust, & ACAT Chair**

Alison works in the liaison psychiatry department at Addenbrooke's Hospital in Cambridge, with patients experiencing medically unexplained symptoms or chronic health conditions. She has explored the use of CAT with adolescents, parents and those with physical health problems. She is passionate about the importance of developing and enhancing research into CAT and is supporting this event in her new role as Chair of ACAT. In addition to Reformulation articles outlining her service audit and outcome data, you can also see her Researchgate profile [here](#).

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

In recent years Stephen has produced much of the practice-based evidence that supports CAT as a therapy in the NHS. In addition to publishing a number studies using single case methodology, he has run two CAT trials and is currently embarking on a third. He is working with colleagues on developing an app to support people in CAT recognition tasks. See Stephen's academic and research profile [here](#); and his Catalyse Associate profile [here](#).

**Peter Taylor, Clinical Psychologist and Clinical Lecturer, Division of Psychology & Mental Health, University of Manchester**

Peter currently works as a clinical lecturer at the University of Manchester. His major research interests include self-harm, and psychological interventions for psychosis. This includes evaluation work concerning CAT for people with experiences of psychosis. See Peter's academic and research profile [here](#).

**Kate Ackroyd, CAT Practitioner and Clinical Psychologist, Rotherham Doncaster and South Humber NHS Foundation Trust**

Katie is a CAT therapist who has held a long-standing interest in the consultation version of the model. She has delivered CAT consultancy for many years and has recently been involved in research using a case series methodology.

**Mark Evans, CAT Psychotherapist and Consultant Psychiatrist in Medical Psychotherapy, Greater Manchester Mental Health NHS Foundation Trust**

Mark has recently conducted a pilot randomised controlled trial concerning CAT for bipolar disorder. His expertise lays in getting small well controlled studies running and completed in routine services. See Mark's Catalyse Associate profile and publications [here](#).

**Craig Hallam Trainee Clinical Psychologist, University of Liverpool**

Craig is conducting outcome research concerning the effectiveness in routine practice of CAT for people with a learning disability and experiencing common mental health problems.

**Barney Dunn, CAT Practitioner, Clinical Psychologist and Associate Professor, Department of Psychology, University of Exeter**

Barney is a research clinical psychologist. He has worked as a Senior Investigator Scientist in the Emotion Group at the MRC Cognition and Brain Sciences Unit in Cambridge and recently in the Mood Disorders Centre at Exeter University. His clinical interests currently primarily focus on developing ways of working with anhedonia in depression and delivery of CAT with those attracting a diagnosis of "personality disorder". Barney is also an Academic Training Advocate with the National Institute for Health Research (NIHR). He will run a lunchtime stall at this event for those interested in progressing their research careers with NIHR support - more details [here](#). See Barney's academic and research profile [here](#).

**Glenys Parry, CAT Psychotherapist, Clinical Psychologist and Emeritus Professor, University of Sheffield**

Glenys is a health services researcher, a Fellow of the British Psychological Society, and was a consultant in NHS psychological services. She has a longstanding commitment to using research to improve practice (and vice versa), has led or contributed to many national policy initiatives in psychological therapies, and has published widely in CAT. See Glenys' academic and research profile [here](#) and her Catalyse Associate profile [here](#).

**Frank Margison, CAT Psychotherapist and Consultant Psychiatrist in Psychotherapy, Greater Manchester Mental Health NHS Foundation Trust**

Frank is a CAT psychotherapist and also actively involved in developing psychodynamic interpersonal therapy (PIT). Previously, he has been an executive director in a mental health trust, sat on the Executive committee of the Royal College of Psychiatrists, developed training in psychotherapy in the north west and co-ordinated psychiatry training in the North West Deanery. Frank has published important standpoint papers concerning the evidence base for CAT. See Frank's research profile [here](#), and his Catalyse Associate profile [here](#).