**CAT Scotland AGM/CPD Day 16th June 2025, Stirling**

Dear CAT Scotland Member,

Following up on our recent ‘save the date’ email, we write with further details of the AGM/CPD Day and we hope you will be able to join us in Stirling on 16th June.

Whether you are already trained in CAT, planning to train or discovering an interest in CAT and relational working we wish to extend the warmest of welcomes, ‘cèud mìle fàilte’ to you!

We are aware that CAT is ‘going on’ in many shapes and forms throughout Scotland. However, some of us are isolated for reasons of geography, lack of like-minded peers or organisational indifference. We also know of colleagues and others interested in CAT who would like to know more about how to develop skills in relational working and perhaps explore the various options to train in CAT.

As we plan the day, we are bearing all of this in mind. To explore and develop ideas however we need you! CAT is founded on collaboration and everyone’s voice is equally important. So, let’s come together on June 16th as a ‘community of voices’, as large and as diverse as possible and shape the future of CAT in Scotland together.

A full programme along with venue and booking details will follow but here is the outline plan for the day.

The morning will start with an experiential session, connecting and learning about one another, where in Scotland we are based, how we are working and learning and what is missing for us. We do want to acknowledge, share and celebrate all the good and dedicated work that is already going on quietly day by day.

We are very fortunate to welcome Ian Kerr to speak to us then on the theme of CAT past, present and future. Among other things, Ian is co-author with Anthony Ryle of the key text ‘Introducing Cognitive Analytic Therapy’ (2020).

After the AGM and lunch, we will hear about the results of the recent CAT Scotland survey of members. This will be followed by an introduction to some ideas and initiatives aimed at strengthening connection and support ‘on the ground’.

The day will conclude with an open forum discussion for all where everyone’s ideas and inspirations can be aired and shared and plans made!

Not everyone who may be interested in attending is likely to be on the CAT Scotland membership list, so please share information on the event with any colleague you think might like to come along.

We very much hope you can join us in Stirling on June 16th.

With kindest regards

Leonie Sweeney

On behalf of CAT Scotland Executive Committee