



Cognitive Analytic Therapy (CAT) Practitioner Training Course 2025 London site **For NHS secondary care staff working with people with Complex Emotional Relational Problems** **in the South-East of England (SE, EE and London regions)**

CAT Practitioner Training for Complex Relational Problems

Cognitive-Analytic Therapy is a time limited, evidence-based, NICE-approved psychotherapy which integrates theories derived from cognitive psychology, psychoanalytic psychotherapy, developmental psychology and other approaches. This training is funded by NHS England specifically for clinicians working with adults (including older people) in community services with people with complex relational problems and adverse childhood experience, who would be likely to meet criteria for a diagnosis of "Borderline" or "Emotionally Unstable" Personality Disorder.

Qualification

Following successful completion of the course, trainees will be accredited as CAT Practitioners, and entitled to become full members of the Association for Cognitive Analytic Therapy (ACAT).

Course Structure

The course is part-time across two years, comprising a programme of training days, seminar reading groups, weekly supervised clinical work, assignments and a personal CAT therapy.

Training Days

The 10 training days each year consist of a combination of preliminary reading, presentations, videos, small groups and experiential work focusing on personal exploration and the development of CAT skills and their clinical application.

Seminar Groups

These consist of small groups meeting to support reflective learning, experiential work and guided reading. There are 16 hours of seminars per year.

Personal Psychotherapy

Trainees are required to have an experience of personal therapy during their training. This is a standard 16 session CAT (+ follow up) conducted by an accredited CAT therapist.

Supervised Clinical Work

Trainees are in weekly supervision with an accredited CAT supervisor. Supervision is usually in groups of three trainees for 1.5 hours weekly. Clinical work is for a minimum of two years. Trainees will usually work with a minimum of 8 patients over a minimum of 128 supervised therapy hours.

Assessment, including assignments

Successful completion of the course will comprise of 85% attendance; completion of clinical practice requirements with supervisor appraisals every 6 months; completion of a personal therapy; and satisfactory completion of four assignments: two essays and two case studies. Competence on the CCAT Measure must be reached.

Diversity and Inclusivity

Issues of class, race, gender, sexual orientation and disability, particularly in relation to power and social exclusion, are central to the CAT model and the course will aim to address them throughout the training. The course works closely with Experts by Experience and is committed to attracting applicants from as diverse a population as possible.

Course Location

This training is delivered in multiple sites across England. This information pertains to the London site. Training days are in London, seminars are online, and supervision is in work settings and conducted face to face unless there are exceptional extenuating circumstances. Personal therapy can take place face to face or online.

Cost

Fees for all aspects of the training for successful applicants will be met by NHS England.

Criteria for Application

Applicants will be capable of postgraduate study, members of a core mental health-care profession with at least 1 year's experience of delivering psychological therapy and 1 year's post qualification experience of working with people with a diagnosis of personality disorder. Applicants from NHS Trusts in the South-east, East of England and London NHSE regions are eligible for training at this site.

How to Apply

Please check you have the approval of your manager and service lead and then send the completed application form to Niki Larsen-Johnson and Lara Alvarez-Torres on spft.cat@nhs.net. Tel: 0300 304 0689

Deadline for applications: 31 July 2025

The training is scheduled to start on 30th October 2025.