



## **Cognitive Analytic Therapy (CAT) and system change. *A CAT approach to team consultancy and family work.***

Cognitive Analytic Therapy's (CAT) applicability has expanded from being applied solely to individual therapy, to a model for group therapy, team consultations, and couples/families. The relational tools of CAT are useful ways of understanding how anyone — be they teams, services or family members — can respond in a more helpful or reparative way.

Teams, services and families can often struggle to support "hard to help clients" frequently leading to a sense of 'stuckness'. As a relational model, CAT provides a unique framework for understanding the relationship dynamics and patterns of responding that can contribute to this feeling. CAT provides a framework of formulating and sharing care plans that can communicate across the "service language" and "model of therapy" differences which occur. CAT is also helpful in how it informs us of what relationship patterns we need to ensure are not unknowingly acted out in therapy and in the service or family system that supports clients. CAT assists us in stepping out of these unhelpful patterns and gives family and friends, professionals from mental health, education, justice and social services, a way of communicating effectively with each other.

This workshop will provide an overview of how CAT can be applied in family and team consultation using case studies. It will provide a practical approach to using mapping for staff and families to understand the "pulls and pushes" of relationship patterns and give language to this in a helpful and collaborative way.



Lee is an Australia-based CAT practitioner, supervisor and trainer who helped develop the two-year CAT training at Orygen, the National Centre of Excellence in Youth Mental Health. She has worked in mental health in Melbourne for twenty years. She is founder of In Dialogue, ([www.indialogue.com.au](http://www.indialogue.com.au)), a private practice that provides therapy, supervision, training and consultation using the CAT framework. She also works as National Advisor around complexity in youth to headspace National [www.headspace.org.au](http://www.headspace.org.au) Lee regularly consults to teams such as a university counselling service, youth mental health services and child protection services. She also provides individual and family therapy in her private practice and oversees a project to improve the youth mental health workforce in responding to complexity through headspace National.