

FINAL PROGRAM

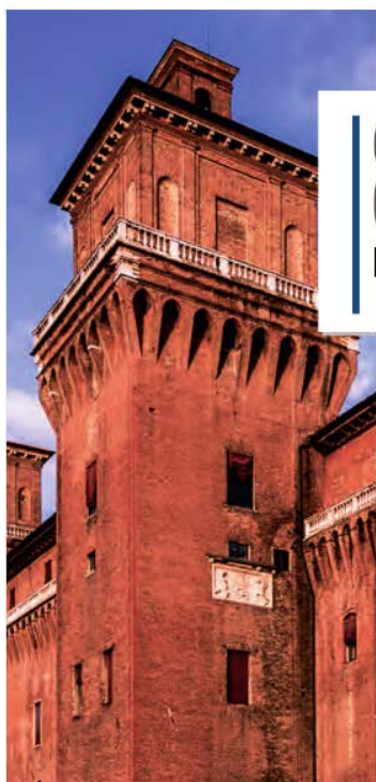
ITALY
FERRARA
2019
JUNE
27.28.29



Cognitive Analytic Therapy
Around the World



Università
degli Studi
di Ferrara



8TH ICATA CONFERENCE

INTERNATIONAL CAT CONFERENCE

EXPLORING
AND
INTEGRATING
DIALOGUES
IN CAT





Università
degli Studi
di Ferrara

and

1st ITACAT Conference Italian Association of Cognitive Analytic Therapy

Thursday 27th – Saturday 29th June 2019

Ferrara, Italy

www.icata2019.unife.it

Welcome from ICATA Chair



Dear colleagues,

I am very pleased to be able to welcome you all to the 8th Conference of the International Cognitive Analytic Therapy Association (ICATA), held in conjunction with the Italian Association of Cognitive Analytic Therapy (ITACAT) and the University of Ferrara, in the beautiful town of Ferrara, Italy.

The theme of the conference will be “Exploring and Integrating Dialogues in CAT” and it looks like being one that will draw many interested professionals from across the world. CAT is a relational model that is integrative and sensitive to cultural and individual differences, and

therefore we welcome the opportunity to hear how CAT is practiced and used in different settings. The program looks like being an inspiring and challenging one, and we have engaged a number of high-calibre invited speakers and encouraged a diverse range of oral and poster presentations. The conference presentations will be held in English, and members of the conference committee and National Associations have offered to work with any potential speakers who want support preparing their presentations.

We look forward to seeing you in Ferrara in June 2019!

Louise McCutcheon, Chair, ICATA

Welcome from the Italian Committee (ITACAT)



Dear Friends and Colleagues,

We are delighted to welcome you to Ferrara and the 8th International Cognitive Analytic Association (ICATA) Conference. The University of Ferrara, through its Institute of Psychiatry, Department of Biomedical Sciences, is hosting this event, jointly organized with ICATA and the Italian Association of Cognitive Analytic Therapy (ITACAT). It will be a very special meeting. The theme “Exploring and Integrating Dialogues in CAT” aims at integrating and extending the knowledge of CAT, opening a constructive dialogue with the several branches of psychotherapy - cognitive, relational, analytic, humanistic, philosophical - and

the neurosciences, which are all integrated parts of intersubjectivity. Our hope is that this will be an important step towards moving from theory to practice, influencing through evidence-based and experience-based data, the mental health care of people affected by emotional disorders, in terms of prevention, treatment and rehabilitation, always to be expressed in the form of “dialogue” within a relational encounter. With this conference theme, workshops and symposia addressing timely issues in clinical research and practice, the upcoming ICATA Conference represents a great opportunity for practitioners and researchers in CAT and all forms of psychotherapy to share their clinical experience, work and research. Join us to the ICATA Conference. We look forward to WELCOMING and SEEING you all in Ferrara in June, 2019!

Luigi Grassi, Conference and ITACAT Chair, on behalf of the ITACAT Committee

GENERAL INFORMATION

RATIONALE

The 8th ICATA Conference, hosted jointly by the International Cognitive Analytic Therapy Association (ICATA), the Italian Association for Cognitive Analytic Therapy (ITACAT) and the University of Ferrara aims to extend the knowledge of CAT among psychotherapists and to explore the various components of psychotherapy (cognitive, constructivist, analytic, humanistic, interpersonal, relational, philosophical and neurobiological). It will be a great opportunity to open up a dialogue amongst different forms of psychotherapy in order to implement its application within an integrated recovery-oriented approach (including rehabilitation and psychopharmacology) in mental health departments and services, as well as in training institutions. Through key-note presentations, plenary sessions, symposia and workshops, renowned professionals in the field will share their clinical and research experience with the purpose of improving the treatment of several psychopathological conditions (including personality, mood, anxiety and psychotic spectrum disorders) and challenging situations.

8th ICATA CONFERENCE COMMITTEES

ICATA PROGRAM COMMITTEE: Louise McCutcheon (ICATA Chair) (Australia), Luigi Grassi (Italy), Katri Kanninen (Finland), Nick Barnes (UK).

ITACAT COMMITTEE (Italy): Luigi Grassi (Chair), Bruno Biancosino, Rosangela Caruso, Cristina Fiorani, Maria Giulia Nanni, Alessandra Nivoli, Antonietta Provinzano, Alessia Sogni, Marisa Poggioli, Piero Verani.

LOCAL ORGANIZING COMMITTEE: Fabio Antenora, Martino Belvederi Murri, Silvana Sabato, Luigi Zerbinati,

NATIONAL ADVISORY COMMITTEE (Italy): Domenico Berardi, Stefano Caracciolo, Bernardo Carpiello, Fiammetta Cosci, Luca Valerio Fabj, Marina Farinelli, Antonella Filastro, Massimo Giliberto, Paolo Gritti, Luca Maggi, Antonino Minervino, Pierluigi Politi, Chiara Ruini, Ines Testoni, Enrico Zanalda.

VENUES

CONFERENCE VENUE

Polo Biomedico - Complesso Mammut, University of Ferrara (main entrance from Via Fossato di Mortara 27; alternative entrance Via Luigi Borsari 46).

WELCOME COCKTAIL (THURSDAY 27th 19.00-20.30)

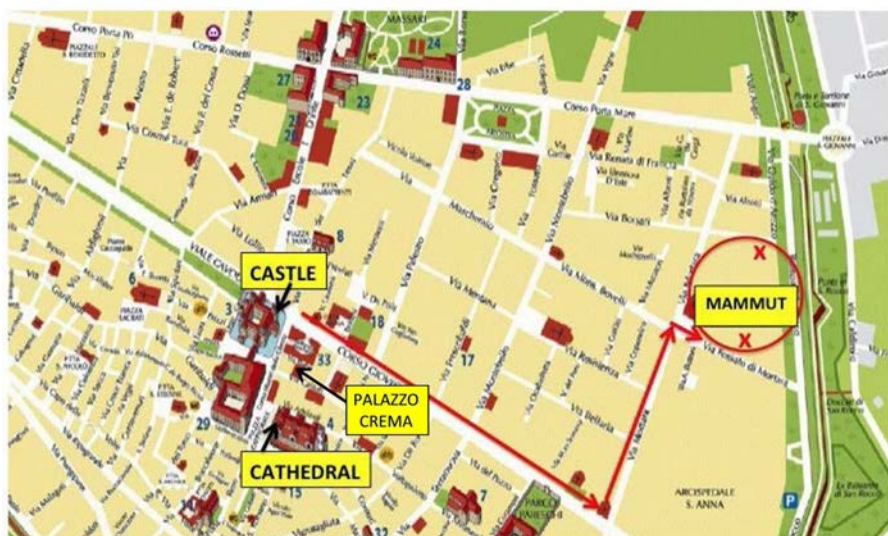
Santa Maria delle Grazie Cloister

Complesso Mammut, University of Ferrara (main entrance from Via Fossato di Mortara 27; alternative entrance Via Luigi Borsari 46).

CONFERENCE DINNER (FRIDAY 28th 20.00-23.00)

Palazzo Sacrati Muzzarelli Crema

Via Cairoli 13



SECRETARIAT DESK AND REGISTRATION

A Secretariat desk will be present during the all the duration of the Conference in the mail hall of the Mammut. Registration starts at 8.30 on June 27th 2019. Before accessing the Scientific Sessions all participants are asked to register at the Secretariat desk to collect the badge and the conference kit. Everybody is kindly asked to wear this badge at all

sessions and social events. Direct payments by cash will be allowed during the Conference everyday from 8.30 a.m. to 11.00 a.m.. Wireless network: Internet / WiFi Wireless and cable connection will be available. Participants can ask for the password and ID at the Secretariat desk, ID card or passport are strictly required.

SPEAKER PREVIEW ROOM (ROOM D5)

All conference rooms will be equipped with a laptop computer (Microsoft PowerPoint for Windows PCs.) and an LCD-projector. Presenters should bring their presentation on USB drive. Your presentations should be uploaded in Speaker Preview Room the day before the symposium/workshop if this is in the morning, the morning of the same day if it is in the afternoon. If you are using software other than Microsoft PowerPoint on a PC running Windows (e.g. OpenOffice, PowerPoint for MAC, Keynote) please make sure your presentation is converted to Microsoft PowerPoint on a PC running Windows. The use of a MAC laptop is not recommended, as it frequently causes problems. Those who insist on using their MAC laptop will need to provide their own adapter.

LANGUAGE

The official language of the conference will be ENGLISH. Since this might be a barrier for some participants, members of the ICATA and ITACAT conference committees and the executives of each National Association will be happy to support those who need assistance with developing their presentations.

CONTACTS

Scientific issues: ICATA Organizing and Scientific committee icata2019@unife.it

Organizational issues and Logistics: Organizing Secretariat Consorzio Futuro in Ricerca (Università di Ferrara) at convegni@unife.it Tel +39 0532-76240; Fax +39 0532-767347 (see also www.cieffeerre.it- in Italian)

ABOUT FERRARA

The first documented settlements in the area of the present-day Province of Ferrara date from the 6th century BC. The ruins of the Etruscan town of Spina with its necropolis with over 4,000 tombs, give evidence of a population centre that in Antiquity must have played a major role. There is uncertainty among scholars about the proposed Roman origin of Ferrara in its current location (Tacitus and Boccaccio refer to a "Forum Alieni"), with some archeologic evidence suggesting that the town could have been originated from two small Byzantine settlements. Under the House of Este (1264-1598) Ferrara grew into an international cultural centre. The golden age of the House of Este began with the foundation of the local university in 1391; thence the family's power augmented to such an extent that the Este Court acted within the most important European power circles, renowned for its architecture, music, literature and visual arts. The architecture of Ferrara greatly benefited from the genius of Biagio Rossetti, who transformed Ferrara from a medieval citadel into a true Renaissance masterpiece, with its expansion project of the town being considered one of the most important examples of Renaissance urban planning and contributing to the selection of Ferrara as a UNESCO World Heritage Site. Today Ferrara is with more than 20,000 students in 2018, and a renowned profile as a research and training center in Italy.

TOURISM: The Main Tourist Information Office of Ferrara (IAT Tourist Office) is in the historic centre of Ferrara, at the Estense Castle, heart of the city. Located on the ground floor, the office opens onto the courtyard of that splendid building. The entrance can easily be recognised by the international sign for information. Working Days: Weekdays: 9:00 -13:00 / 14:00 -18:00. Holidays: 9:30 -13:00 / 14:00 - 17:00 --Phone: +39 0532 209370 / 299303; e-mail: infotur@provincia.fe.it; web site: <http://www.ferrarainfo.com>.

MOVING IN FERRARA. You can visit the city center on foot. Ferrara is well known as the city of bicycles and you can visit the most part of the city by bike. If you like, you can rent one from a local rental or big sharing. Bus tickets are sold in tobacco shops, bars or, at a higher price, aboard of buses. Bus paths and timetables are available on Google Maps. The bus number 2 leaves from the railway station and stops in the city center. Other buses, such as number 1, 6, 7, 9, 11 and 21, leave from the railway station and stop just before or after Castello Estense (the Castle of Ferrara) in the city center. [NOTE: on Friday, line 11 is diverted due to the market. Take one of the alternative lines. Lines number 1 and 9 are more convenient, going through Corso Giovecca up to the old S. Anna Hospital (Via Mortara stop)] By Taxi: There is a 24H radio taxi service. You can book a taxi by dialing the number (+39) 0532 900900.

ABOUT ICATA

Cognitive Analytic Therapy (CAT) was developed in the early 1980's by Dr Anthony Ryle at Guy's and the St Thomas' Hospitals in London, as a public health response to the mental health needs of a busy inner London area. His concern about the need for facilitating the access and the equity of psychological intervention for the population remains at the heart of the model. He felt it important to offer a short-term focused psychotherapy integrating the best of different approaches, that could be used in the health services, and researched and refined with the growing experience of clients and therapists.

For these reasons, CAT was mostly established first in the UK supported by the work of the Association for Cognitive Analytic Therapy (ACAT) which has today more than 900 members. It then has grown in many other countries through National CAT Associations, including Australia, Finland, Greece, Hong Kong, India, Ireland, Italy, New Zealand, Poland

and Spain. The International Cognitive-Analytic Therapy Association (ICATA) was established in 2010, as a federation of National Associations for CAT, has been constituted to support, promote, and facilitate the dialogue and the consensus among clinicians practicing psychotherapy, organizing a biennial international conference in different parts of the world.

SPEAKERS IN PLENARY SESSIONS

Guest Speaker

Ali Smith, a Scottish author, playwright, academic and journalist who has extensively written fictions and plays. Her novel *How to be both* (Penguin, 2014, Italian Edition *L'una e l'Altra*, BIGSUR Edizioni, Roma 2016) will be the key-element in her presentation at the ICATA 8th Conference in Ferrara where she will read and converse on-stage about the novel. The story is told from two perspectives: those of George, a 16-year-old girl living in contemporary Cambridge, and Francesco del Cossa, an Italian renaissance artist from Ferrara (Ferrara, 1436 – Bologna, 1478) who painted a series of frescoes in the 'Hall of the Months' at the Palazzo Schifanoia (translated as the 'Palace of Not Being Bored' in the novel) in Ferrara, Italy.

Key Note Speakers

Georg Northoff (Canada), MD, PhD, EJLB-CIHR is Michael Smith Chair in Neurosciences and Mental Health, Canada Research Chair for Mind, Brain Imaging and Neuroethics at the University of Ottawa Institute of Mental Health Research (IMHR), Ottawa, Canada. Philosopher, neuroscientist and psychiatrist, holding degrees in all three disciplines. Being originally from Germany, now working in Ottawa/Canada where he researches the relationship between the brain and mind in its various facets. Driving question is: why and how can our brain construct subjective phenomena like self, consciousness, emotions. <http://www.georgnorthoff.com/>

Giovanni Stanghellini (Italy), M.D., PhD, is Professor and Chair of Dynamic Psychology at the University G. D'Annunzio, Pescara-Chieti, Italy. Psychiatrist, he has written extensively on the philosophical foundations of psychopathology, especially from a phenomenological and anthropological viewpoint. He is co-editor of the Series International Perspectives in Philosophy and Psychiatry (Oxford University Press) and associate editor of the journal Psychopathology. He has founded (with K.W.M. Fulford and J.Z. Sadler) the International Network for Philosophy and Psychiatry <http://www.giovannistanghellini.it/>

Other Speakers

Nick Barnes, M.D., Child and Adolescent Psychiatrist, Honorary Senior Lecturer, East London NHS Foundation Trust and University College London, London, UK

Marie-Anne Bernardy-Arbuz, PhD., Clinical psychologist and psychotherapist, Hopital Robert Debrè, Paris, France

Ruth Carson, Consultant Psychotherapist, Mersey Care NHS Trust, Liverpool, UK

Andrew Chanen, MBBS (Hons), B.Med.Sci (Hons), MPM, PhD, FRANZCP, Professor of Psychiatry, Head, Personality Disorder Research at Orygen, The National Centre of Excellence in Youth Mental Health, University of Melbourne, Melbourne, Australia

Lee Crothers (Australia), Director, In Dialogue Practice Psychotherapist & Occupational Therapist, Melbourne, Australia

Luigi Grassi, M.D., MPhil, Professor and Chair of Psychiatry, University of Ferrara, Head University Hospital Psychiatry Unit, S. Anna and Health Trust, Ferrara, Italy

Jason Hepple (UK) FRCPSyc., UKCP, Consultant Psychiatrist, Somerset Partnership NHS Foundation Trust, course co-director Somerset CAT practitioner training, the University of Exeter, Somerset, UK.

Katri Kanninen, Clinical Psychotherapist, Past Chair ICATA, Shortum, Espoo, Finland

Stephen Kellett, BSc, MSc, DCLinPsy, Department of Psychology, University of Sheffield, Sheffield, UK

Minna Jentze-von Bonsdorff, Clinical CAT Psychotherapist, Helsinki, Finland

Mikael Leiman, Professor Emeritus of Psychology, University of Eastern Finland, Finland

Carlos Mirapeix, M.D., Director of the Fundación para la Investigación en Psicoterapia y Personalidad. Santander. Spain, Professor of Psychotherapy at post-graduate Master program, Universidad de Deusto, Spain.

Louise K. McCutcheon, PhD, CAT trainer and supervisor, current Chair of ICATA. Orygen, the National Centre of Excellence in Youth Mental Health and Orygen Youth Health, North Western Mental Health, Melbourne, Australia.

Steve Potter, B.Soc.Sc. Med, CAT consultant and trainer, Past chairperson of ACAT and of ICATA, London, UK

Claire Regan, PhD, Clinical Psychologist, Marino Institute of Education, Trinity College Dublin, University of Dublin, Dublin, Ireland

THURSDAY 27th of June 2019

8:00- 9:30 REGISTRATION

PRECONFERENCE WORKSHOPS

9:30 – 13:30

ROOM D6

Workshop 1 - Introduzione alla Terapia Cognitivo Analitica (CAT) e metodi di assessment [Personality Structure Questionnaire] (in ITALIAN) -

Conductors: Alessia Sogni (Italia), Cristina Fiorani (Italia), Marisa Poggioli (UK)

Abstract: Il workshop effettuerà una breve panoramica delle origini e delle influenze CAT, con i concetti chiave legate alla teoria CAT (ruoli reciproci e procedure dei ruoli reciproci come modo per spiegare le problematiche legate alle interazioni e caratterizzanti il sé). Saranno illustrati la terapia CAT standard (tempi, metodi e strumenti, con particolare attenzione alla riformulazione condivisa, al ruolo attivo e simultaneo del terapeuta e del paziente, all'importanza della scrittura). Verrà presentata dimostrazione di una metodologia di lavoro usando strumenti clinici di CAT inclusa la condivisione della lettera e del diagramma (mappa) con il paziente, il loro uso e significato durante la terapia. Si imparerà CAT attraverso la pratica con presentazione di un caso clinico, lavoro in coppie o in piccoli gruppi sulla mappa del caso e sulla lettera, discussione in grande gruppo e confronto tra le diverse modalità di fare mappe e stili della lettera. Verrà inoltre illustrato l'impiego del Personality Structure Questionnaire (PSQ) nella sua validazione italiana.

ROOM D7

Workshop 2 - Reformulation on the fly: Using Dialogical Sequence Analysis as a focusing tool in dialogue. -

Conductor: Mikael Leiman (Finland)

Abstract: The workshop will present recent developments of DSA as a tool that mediates therapist observation and thinking while interacting with clients. It will be illustrated by inviting one participant to play the client's role in an initial interview that will provide the clinical material for the workshop. It will be used to introduce the current DSA concepts, the way by which they organise the discourse content and the psychotherapist's online formulations during the interview. In addition, a brief update of using DSA in research will be included.

ICATA CONFERENCE

ROOM E2

16:30-18:00 OPENING CEREMONY

16:30: 17:00 CONFERENCE WELCOME AND INTRODUCTION

17:00-18:00 PLENARY SESSION

Chair: Louise Mc Cutcheon (Australia)

Ali Smith (UK): *Readings from "How to be both" and on-stage conversation with Nick Barnes (UK) and Paolo Guzzanti (IT)*

Award winning writer, Ali Smith, will be joining us for the opening of our conference to read excerpts from her novel, *How to Be Both*. Shortlisted for the Man Booker prize (2014), *How to Be Both* pairs parallel narratives of a teenage 15-year old girl, George, in the UK and a 15th century renaissance artist, Francesco Del Cossa, in Ferrara in a dialogue that has been described as "playful, tender and unforgettable". In one (flashback) scene from the book, George's mother sits in a café in Ferrara with her two children, boring them with talk of frescos and how art restorers sometimes find underdrawings that differ significantly from the final painted image. "Which came first?" she asks her 16-year-old daughter George, since George's little brother has popped in his earphones and pulled out his iPad. George says it's the drawing below the paint. "But the first thing we see," her mother counters, "and most times the only thing we see, is the one on the surface. So does that mean it comes first after all?" And can the image underneath even be said to exist if it is never seen by anyone? What can be seen on the surface and what may be lying underneath - is this not what we might ask in therapy? By allowing for a dialogue about the possibility of "How to Be Both" could Ali Smith's book be the perfect literary introduction to the theme of our conference? We are so thrilled that Ali will be alongside us in Ferrara - "Exploring and Integrating Dialogues in Cognitive Analytic Therapy".

18:00 – 19:00 PARALLEL SYMPOSIA / WORKSHOPS

1. WORKSHOP: Focus Group: the effect of publishing ‘Unequal ground: working with people affected by child sexual abuse’ - ROOM D6

Julie Lloyd (UK), Hilary Brown (UK)

Abstract: A pre-requisite for this focus group is to have read Chapter 11 Unequal ground: working with people affected by child sexual abuse’ by Lloyd & Brown in CAT and the Politics of Mental Health (2019) pub Routledge. We will ask you these questions: (i) Ask about the impact of the chapter on each of the members of the focus group: what it felt like and how it resonated with you; (ii) Ask about whether members of the focus group will make any changes in your practice not only clinically but also in relation to peers; (iii) What changes do members of the focus group think ACAT needs to make? (iv) What do members of the focus group think of the historical changes that have been made in this field? (v) What is it like for members of the focus to hear about colleagues? What do you feel in this regard about your own interface with colleagues. (In this workshop the authors of the chapter will not say more about their personal material).

2. SYMPOSIUM: CAT-informed treatment of young people with severe mental disorders – Part 1 – Borderline Personality Disorder - ROOM E2

Chair: Louise McCutcheon (Australia)

- a. Louise McCutcheon (Australia): *Introduction to the HYPE program, a CAT-informed early intervention program for BPD*
- b. Christel Hessels and Gerda Blom (The Netherlands): *HYPE in the Netherland*
- c. Elizabeth Morley (Australia): *Working with identity in young people with BP*

Abstract: The Helping Young People Early (HYPE) program is a CAT-based early intervention program for borderline personality disorder in young people (aged 15 – 25 years) and was established two decades ago at Orygen Youth Health in Melbourne Australia. Since then, a number of RCTs have demonstrated that time-limited CAT-informed interventions for young people with BPD can have good outcomes. The young people treated in this program have been demonstrated to be functioning poorly and have high clinical severity, and were at least as impaired as the young people in the First Episode Psychosis program at Orygen Youth Health. In this symposium, the first speaker will briefly describe the HYPE program in Australia, the HYPE model of care and the way that CAT informs all aspects of the program. The functioning and needs of the young people accessing the HYPE program vary widely, and the flexibility and collaborative style of CAT allows the model to be adapted to suit most young people. The second speaker will describe the HYPE program in the Netherlands, highlighting similarities and differences in the model and why these have arisen. Brief clinical examples will be used to describe the variation in young people accessing both these services. The third speaker will describe in more detail specific examples of CAT work with identity, an issue that is prominent for young people. There will be time for discussion of the HYPE model and how CAT is used with this population.

3. SYMPOSIUM: Consciousness and Identity - ROOM E3

Chair: Clotilde Gislon (Italy)

- a. Caterina Romaniello (Italy): *Disorders of consciousness and behavior: self-related effects in the relational context*
- b. Jessie Emilion (UK): *Unspoken Identities, Alienated Selves and Hidden Voices: Multiple Selves in Dialogue*
- c. Stephanie Smyrnios (Australia): *Found in translation*

Abstract. The symposium will explore aspect related to the self and the identity The first speaker, ‘Disorders of consciousness and behavior: self- related effects in the relational context’, highlights recent researches concerning brain and behavior activity in DOC, by also discussing results about self-related stimulation in relational context; ‘Plasticity of the self and subcortical brain damage: learning from stroke’, focusing on post-stroke reorganisation of the self probably mediated by subcortical brain The second speaker will discuss the use of language and words play a crucial role in communicating, understanding and creating new meanings with our patients. They enables us to create a sense of identity and belonging. Language helps us to understand the internal emotional and mental processes of the patient through the interaction as ‘speech and dialogue’ in therapy. This process of communication is made more complex when therapy is conducted through an interpreter, be it in the mother tongue or in a second language. De Zulueta’s work on bilingualism underlines how language is closely linked to the individual’s sense of identity and hence linked to cultural values and modes of being. The third speaker will discuss how to use CAT with clients with other language and cultural backgrounds – how to create a therapy dialogue that is genuinely collaborative in developing shared reformulations and culturally meaningful ‘exits’.

4. WORKSHOP: Movement and Breath for anxiety: Collaborating to develop CAT based interventions to reduce anxiety. ROOM D7

Caroline Dower (UK), Jennifer O'Brien (Australia), Gaynor Miteff (Australia)

Abstract: The two presenters will each describe group-based interventions to reduce anxiety.

One group program developed in Australia integrates Yoga and CAT by utilising individuals SDR maps and yoga practices. The aim of the program is to support individuals to engage in breath, movement and meditation practices that will support the development and embodiment of increased relational awareness. 'Calm to the Core', developed in a UK university context, is a six-week themed programme. Each theme explores dimensions of movement that can be extended through metaphor to general intra- and interpersonal relational patterns. These groups have undergone development, implementation and review and the learnings from these will be shared. The two presenters will engage in a dialogue about their thinking, approach and experiences. They will explore the benefits of movement and breath work, and the different ways that this is integrated with psychological/ relational awareness. A particular theme to be explored will be the role for any individual reformulatory process prior to a group. The dialogue with the full workshop group will inform the future development of both interventions. Experiential sessions – ideally two sessions: Jennifer O'Brien (CAT Therapist – Australian program) and Roni Miteff (Yoga Therapist). The first session will be a sample of the Australia group; Yoga for Mental Health. Participants will be given a CAT map and information about integrating CAT psychotherapy frameworks with yoga psychological theory. Following this a breath led movement experience will be explored in order for participants to engage in a relational experience.; Caroline Dower (CAT Therapist – UK program). The second session will be a sample of Calm to the Core. Excerpts from the class themed 'Collaboration and Trust' will be delivered. The aim of this class in the Calm to the Core cycle is to explore how engaging with a partner in movement and breath exercises provides a different experience than working individually. Aims: (i) Stimulate interest in the integration of movement- and breath-based interventions into services, specifically in these examples to reduce anxiety; (ii) Provide participants with different models of group programs; (iii) Provide opportunities to engage in experiential activities developed specifically for these programs; (iv) Engage in a dialogue with participants on their experience and reflections on these interventions; we are explicitly seeking feedback from participants to inform future developments.

5. SYMPOSIUM Integrated recovery-oriented treatment in mood spectrum disorders (jointly organized by ITACAT, the Italian Society of Consultation-Liaison Psychiatry and the World Psychiatric Association Section on Psychiatry, Medicine and Primary Care) - **ROOM E1**

Chair: Maria Giulia Nanni (Italy)

- a. Martino Belvederi Murri (Italy): *Integrated psychopharmacology for mood disorders and sleep amelioration*
- b. Roberto delle Chiaie (Italy): *Psychoeducation in bipolar disorders*
- c. Elaine Martin (Ireland): *An Exploration of Group CAT for Anxiety and Depression*

Abstract. Mood disorders are extremely common in the general population with a prevalence of 10% (depressive disorders) and 2-3% (bipolar disorders). In this symposium psychopharmacology intervention will be summarized and the pros and cons of antidepressants and mood stabilizers will be examined according to the most recent guidelines according to which only integrated treatment based on a proper use of psychotropic drugs with specific psycho-educational, psychotherapy and rehabilitation treatment can improve the chances of recovery in people affected by these conditions. Psychoeducational model in bipolar disorders will be explored and presented, with the data showing the benefit of this intervention. Finally, the feasibility and efficacy of psychotherapy, specifically CAT, in anxiety and depressive conditions will be presented.

19:00 – 20:30 WELCOME COCKTAIL AND ENTERTAINMENT

Venue: SANTA MARIA DELLE GRAZIE CLOISTER [Via Fossato di Mortara 15]

FRIDAY 28th of June 2019

ROOM E2

9:00-10:00 KEY-NOTE LECTURE

Chair: Luigi Grassi (Italy)

Georg Northoff (Canada): *The self and its psychotherapy. A brain-based approach*

Discussant: Ian Kerr (New Zealand)

Abstract: The concept of self was dealt with originally in philosophy and most recently has entered neuroscience. The self also plays a central role in psychotherapy as it is ultimately the self that needs to be healed and stabilized by psychotherapeutic means. Here I report latest findings from the neuroscience of self and suggest what they imply for a proper brain-based individualized psychotherapy of self that focuses on the relational aspects and nature of the self. Essentially, I will characterize the self in a relational and spatiotemporal way rather than in an isolated and cognitive way. Possible psychotherapeutic implications will be discussed.

10:00- 11:00 PARALLEL SYMPOSIA / WORKSHOPS

6. WORKSHOP: Relationships of coercion and desperation: the fallouts of inequality

Julie Lloyd (UK), Hilary Brown (UK) – **ROOM D6**

Abstract: The symposium will look at the reciprocal roles that flow from increasing inequality and at how we can speak to these painful realities in the therapeutic relationship which is itself often the site of unacknowledged privilege and deprivation. Inequality has been linked to a raised incidence of mental ill-health and other difficulties at a population level as well as for individuals struggling to make meaningful relationships across gulfs of difference and indifference. CAT is in a unique position to make the links between widespread unfairness and the lived experience of relating in ways that harm and frustrate. The workshop will explore how we can use our understanding of how the outside world gets inside and to think about the right balance to strike between our focus on past and present, personal and political so that we can work with the pain that is generated by the endemic one-sided, and often coercive, positioning of “others” that has characterised societies in which austerity takes priority over meeting people’s needs. Although it is not a prerequisite for this workshop, participants may find it helpful to read chapters in Lloyd, J. and Pollard, R. (2018) *Cognitive Analytic Therapy and the Politics of Mental Health* publ. Routledge especially chapters 2-6 and 14-17

7. SYMPOSIUM Neuroplasticity and the self in practice (jointly organized by ITACAT and the Italian Society of Psychosomatic Medicine) - **ROOM E3**

Chair: Maria Giulia Nanni (Italy)

- a. Georg Northoff (Canada) *World and brain relationship: how does the self change?*
- b. Valentina Colonnello (Italy): *Harnessing the power of positive social interactions for neuroprotection programs*
- c. Marina Farinelli (Italy): *Plasticity of the self and subcortical brain damage: learning from stroke*

Abstract: The subjective experience of being in the world can be related to the self. A sufficiently cohesive sense of self is crucial for the development and maintenance of physical and mental health. The self is not a fixed entity, but it changes over time in dependence on age in relational and environmental contexts. Thus, the self shows a high degree of plasticity that is crucial for adaptation. Recent conceptual and neuroscientific investigations have related the self and its plasticity to the brain activity, to the spontaneous one in particular. The definition “neuroplasticity of the self” in short resumes a novel integrated approach to functional or dysfunctional adaptation, which is helpful for clinical practice and research. By sharing this background, the contributions provided during the symposium will focus on: ‘World-brain relation: how does the self change?’, which highlights the neuroplasticity of the self in health and illness from the neuro - philosophical perspective; ‘Harnessing the power of positive social interactions for neuroprotection programs’, where a review is presented of animal and human studies on the role of positive social interactions for health and their implications for neuroprotection, with a focus on the possible mediating role of oxytocin.

8. SYMPOSIUM: Attachment and integrated care - ROOM E1

Chair: Chrysanthos Katsimaglis (Greece)

- a. Drew McAnespie (UK): *Attachment, CAT and Mechanisms of Change*
- b. Luigi Grassi (Italy): *Splitting, attachment and psychosocial related variables in personality disorders*
- c. Jouni Aavaluoma (Finland): *Integrating music therapy and life circle work in CAT psychotherapy*

Abstract. In the symposium Dr McAnespie will discuss how, in relation to refining CAT practice Jellema (1999, 2000, 2002) cogently raised the issue of CAT's apparent lack of attention in addressing possible variations in therapeutic process which may impact upon outcomes. Jellema offered a possible modification to CAT practice involving the incorporation of ideas from Attachment Theory as a means of focusing the therapeutic process. He will explore the idea that distortions in information processing, as outlined in Crittenden's (1995, 1997, 2002) Information Processing Theory, may provide an explanatory model of what mediates, rather than moderates, change in CAT. Dr Grassi will present data in patients with personality disorders in terms of splitting and psychosocial related variables, including demoralization. Dr Aavaluoma will describe how to combine working with life events and music that the client has experienced meaningful at different faces of life. For most people music is powerful and meaningful. In adolescent it helps with affect regulation, it takes you deep in your feelings, comforts and helps through difficult times and gives a chance to nonverbal sharing. Together with discussions music helps you to get to the zone of proximal development. Dialogical process actualizes both in musical and verbal communication. Integrating these two methods, music and life circle work, into the CAT process can help to change the problematic patterns into more constructive ways to behave and act in life.

9. SYMPOSIUM CAT-informed treatment of young people with severe mental disorders – Part 2 – Other complex disorders - ROOM E2

Chair: Louise McCutcheon (Australia)

- a. Eva Burkhardt (Australia): *CAT for Young People with a First Episode of Schizophrenia-Spectrum Psychosis*
- b. Somer Prowd (Australia): *Using CAT to treat eating disorders in youth*
- c. Reem Ramadan (Australia): *CAT and Perfectionism*

Abstract: Mental health difficulties represent the greatest burden of disease for young people, with the peak period of mental ill-health occurring late in adolescence and early in the transition to adulthood. Fifty percent of mental disorders emerge by the age of 14 years and 75% by the age of 24 years. Mental disorders during this highly sensitive developmental period can seriously disrupt a young person's developmental trajectory, limiting their outcomes into adulthood. Youth mental health and early intervention programs are aimed at maximizing recovery and functioning to improve the transition into adulthood. The flexibility and collaborative nature of CAT makes it a uniquely appropriate model for young people. As an integrative model, it can be used with a wide range of presenting problems, and can be adapted to engage youth in creative ways. Time-limited interventions are often particularly appealing to young people, and allow the delivery of treatment to more of those seeking care. A CAT framework and individual time-limited CAT interventions have been used in two youth based mental health services in Melbourne, Australia. The first speaker will describe the use of CAT in the First Episode Psychosis program EPPIC, at Orygen Youth Health. The second speaker will discuss the use of CAT in the Eating Disorder program at Barwon Health outside Melbourne, and the third speaker will discuss the use of CAT more broadly with young people presenting with various diagnoses, who find themselves particularly struggling with perfectionism, across several streams at Orygen Youth Health.

10. SYMPOSIUM: Tools in CAT and psychotherapy – ROOM D7

Chair: Rosangela Caruso (Italy)

- a. Elaine Martin (Ireland): *Bringing the Poles into Dialogue: facilitating emotional processing and the development of new Reciprocal Roles*
- b. Luca Simione (Italy): *Rethinking the effect of mindfulness on sleep: what if it was all a matter of distress?*
- c. Ann Treasa Rafi (India): *CAT in the Indian context: Understanding strengths and challenges through therapists' experiences*

Abstract. The symposium will explore aspects of integrated care in psychotherapy. Dr Martin will discuss the processes of Reformulation, Recognition and Revision in CAT as based on the tools of the diagram and letter to guide the focus of therapeutic work. That work involves processing enactments which take place both inside and outside the therapy room. Sometimes the understanding achieved by the therapy dyad is merely intellectual, with emotions being talked about rather than experienced (of course this may be a procedure of the client and/or therapist). Dr Simione will present an example of integrated care in a study of 135 healthy adults, in whom the authors investigated the relationships between dispositional mindfulness, distress, sleep disturbances and well-being through structural equation modeling.

Dr Rafi will present significant data of mental health in India, where the implementation of the Mental Health Care Act (2017) brought in a shift in the mental health care sector. It empowers the individual seeking the service by being 'patient-centric'. However, according to a survey in 2015, while 150 million Indians are in need of mental health intervention, only 30 million have access to it. Major barriers are unavailability of mental health services, traditional and religious beliefs, and stigma and discrimination associated with mental illness. She will discuss how CAT is one of the models used by mental health professionals in this context that has been shown to be an effective treatment method. Unlike other models, CAT provides a framework to understand the individual in the cultural context- with the self developing through interactions of multiple factors.

11:00-11:30 Coffee Break and Poster Exhibition – ROOM ACQUARIUM and MAIN HALL

ROOM E2

11:30-13:00 PLENARY SESSION

Chair: Steve Potter (UK)

Steve Potter (UK), Marie-Anne Bernardy-Arbuz (France), Claire Regan (Ireland), Nick Barnes (UK): *From relational mapping to being relational*

Abstract: From its very foundation, CAT has been an adaptive and integrative model that has drawn on learning and experience both within and beyond its therapeutic domain, encouraging and embracing creativity, whilst offering a scaffold for maintaining a dialogue about what CAT offers, and indeed, what CAT should / could be. As CAT practitioners and therapists we have often felt the need to fall back on our established tools, with “the map” perhaps being the core representation of these tools and the demarcation of our training. But with an ever increasing awareness of our need for a sense of connection and relatedness with ourselves and those around us, then our potential for being in dialogue can be experienced much more within the process of being relational, rather than solely relying on the product of that relationship, such as the creation of a map. This presentation looks to draw on 3 examples of practice that demonstrate how the relationally integrated approach of CAT provides us with the space to enable dialogue, regardless of settings or contexts. These examples articulate that through the process of relational mapping we are creating the space for being relational, and that it is within this space, and the through opportunity from being alongside, that we enable the possibility of being relational. The presentation will be in four sections: (i) An introduction on this perspective of being relational, by Steve, and how this builds on the experience and dialogue that is ongoing within the CAT world; (ii) Claire will present some of the work of the THRIECE project in Ireland, and how they have used relational mapping, in “Mapping club” with the entire staff team, in a primary school and early years setting; (iii) Nick will reference work in Tottenham with a group of barbers in support of a Home Office campaign, #KnifeFree, seeking to enable relationally informed conversations with young people, and to see if this has an impact on the rising epidemic of knife crime; (iv) Marie-Anne will use a case presentation to reflect on the mapping of suicide thoughts, focusing on the feelings of being suicidal as a loss of relational capacity. The presentation will finish with time for us to then be in dialogue with the audience, seeking thoughts and views from others at the conference.

13:00-14:00 Lunch and Poster Exhibition - ROOM ACQUARIUM and MAIN HALL

ROOM E2

14:00-15:00 KEY-NOTE LECTURE

Chair: Louise McCutcheon (Australia)

Giovanni Stanghellini (Italy): *The PHD Method For Psychotherapy: Integrating Phenomenology, Hermeneutics and Psychodynamics*

Discussant: Jason Hepple (UK)

Abstract: I will present a synopsis of the PHD psychotherapy method, based on the integration of phenomenology, hermeneutics and psychodynamics. I will first cover the issue of background knowledge required for PHD psychotherapy, consolidating and extending three basic concepts: life-world (the originary domain of a person's experience), dialectical principle (psychopathological symptoms are the result of a disproportion between the occurrence of alterity and the person's capacity to make sense of it), dialogical principle (we are human insofar as we can engage in dialogue). Then I will describe the know-how or practical implementation of these principles, including (1) the phenomenological unfolding (P) of the patient's experiences, which equips the clinician and patient with a systematic knowledge of the abnormal phenomena that affect the patient and are part of her life-world; (2) the hermeneutic moment (H), which focuses on the patient's default interpretation of her experiences and then encourages

her to actively take a different perspective towards her experiences, aiming at the re-signification of these experiences in order to restore a sense of agency or responsibility: (3) the psycho-dynamic moment (D), which aims to contextualize the patient's psychopathological experiences and position-taking within the personal life-history in which they are embedded, and to trace back psychopathological symptoms to the limit-situation from which they emerge. In the final part of my talk I will discuss the "something more" or knowing how-to-be that is required of a clinician who aims to apply this therapeutic method; it includes a concise discussion of how psychotherapeutic dialogue is a kind of practice that moves in unpredictable directions to experience something new for both partners.

15:00-16:00 PARALLEL SYMPOSIA / WORKSHOPS

11. SYMPOSIUM: CAT in clinical contexts – ROOM D6

Chair: Lee Crothers (Australia)

- a. Nick Barnes (UK). *A CAT informed approach to serious youth violence*
- b. Juha Savolainen (Finland) *Individual Target Problems and Change in Short-term Psychotherapy - Dialogical Sequence Analysis in Change Assessment*

Abstract: The symposium will present clinical cases to demonstrate the effectiveness of CAT. Dr Barnes will discuss the data of 2018 high rise in knife crime and teenage deaths from stabbings in London for over a decade, indicating the epidemic of serious youth violence, both within the capital and in other settings across the country sees no signs of abating. The presentation seeks to draw on experiences of being forced to face a number of scenarios within my work as a adolescent psychiatrist in trying to think through, plan for and co-develop the support needed for young people, their parents, their families and their peers, when overwhelmed by the loss of a loved one in such dreadful circumstances. Dr Savolainen analyzes the problematic experience and its change in patients during their short-term psychotherapy. Prior to therapy, patients filled a Target Problems form, in where they freely defined their three most important reasons for seeking psychotherapy. The form was used in the selection of patients so that responses of the first patient focused on symptoms, and the other ones to personality and functional problems. Material consisted of recorded assessment interviews. The method used in the study was Dialogue Sequence Analysis (DSA). DSA is theory-based, microanalytical method for analyzing utterances. DSA can be used to examine dialogical patterns in expressions, and it is well suited as a case formulation tool.

12. WORKSHOP: In the mood for cinema. Recognizing, naming and mapping "Italian Reciprocal Roles" from scenes in Italian movies - ROOM D7

Chair: Piero Verani (Italy)

Marisa Poggioli (UK-Italy), Cristina Fiorani (Italy), Piero Verani (Italy)

Abstract: When we discuss a clinical case with our supervisor or a colleague, we talk about the difficulties, the diagnosis, the prognosis, the protective/risk factors and so on. In CAT we search for Reciprocal Roles and Reciprocal Role Procedures; we map these, we write letters. We can do the same as in a real clinical case with the characters in a movie. Many movie scenes can remind us of clinical situations, and we can use this material to work out the relational dynamics, the reciprocal roles, the mind states, the emotions. We would like to invite you to try and identify the often found Reciprocal Roles and Procedures influenced by Italian culture with their social, political, and economical implications for Italy. In this workshop we propose reflecting on these as well as offering an opportunity to have some fun, to compare and discuss and we invite you to find some exits to our Italian snags, dilemmas and traps.

13. SYMPOSIUM: From clinical to training implications in CAT perspective

Chair: Eleaine Martin (Ireland) - ROOM E3

- a. Louise Yorke (UK): *Relational Hospital: In dialogue with Relational Discovery*
- b. Rosangela Caruso (Italy): *Splitting phenomena in mental health staff and intervention*
- c. Iannis Vlachos (Greece): *Exploring the obstacles in the establishment of the therapeutic relationship using the concept of language games*

Abstract. The symposium will deal with the clinical assessment and applications in CAT. Dr Yorke will present Relational Discovery as an informed by the CAT model to be used flexibly in any healthcare setting, across clinical and operational elements of an organization (a philosophy of care that shapes relational culture change; a six-element operational model; a CAT-informed day to day clinical and operational methodology). Dr Caruso will examine the efficacy of CAT-oriented examination of transferal issues between staff and patients with severe mental illness in reducing burn-out. Dr Vlachos, in an attempt to elucidate problems that arise in the therapeutic relationship, will present the concept of language-games as introduced by the philosopher Ludwig Wittgenstein. According to him the concept of language-games points at the rule-governed character of language. This does not entail strict and definite systems of rules for each and every language-game, but points to the conventional nature of this sort of human activity. The French

philosopher Jean-François Lyotard referring to language games made three remarks. First is that their rules do not carry within themselves their own legitimation, but are the object of a contract, explicit or not, between players. The second is that if there are no rules, there is no game, and the third is that even an infinitesimal modification of one rule alters the nature of the game, that a "move" or utterance that does not satisfy the rules does not belong to the game they define. The third remark is suggested by what has just been said: every utterance should be thought of as a "move" in a game. According to this, the therapeutic relationship, in order to enable the therapeutic process, has to set and obey certain rules that are respected by both participants, mainly by the therapist, who in many instances is tempted to abolish the agreed rules and undertake the "superior", omniscient and critical role. The use of the diagram in CAT may help avoid such deflections from the goals of the therapy.

14. WORKSHOP: *How can we be with and connect to the unbridgeable parts of ourselves and others?: An introduction to a new creative mapping structure which can be helpful in this process, 'The House of Self States' (HOSS).* ROOM E2

Vicky Petratou (UK)

Abstract: In this workshop I will share with my participants how 'The House of Self States' (HOSS, a creative representational tool) can function usefully as a reflective mapping structure that can promote creative relational bridging between various unconnected ways of being with oneself and others. In CAT the use of the 'broken egg' representation of polarized RRP's has been very effective in creating a mapping image that contains polarized split-off ways of relating to oneself and/or to others. This mapping structure has often been useful in my work with people with complex psychological difficulties such as personality disorders. However, keeping in mind one's patients' various split off self-states and their specific ways of relating interpersonally and intra-personally can be a challenging and demanding experience in clinical practice. For example, often the parts that need to feel wanted and loved and the fearful and/or angry parts of our relational selves find it difficult to be experienced at the same time. An aim of the HOSS is to facilitate an engagement with our clients' complexity (as a potential mosaic representing their relational patterns) and to promote an integration and communication between these often split-off and unacknowledged self-states. I will also share with the participants how the HOSS's metaphoric structure can be useful in bringing together often unconnected self-states through a simple story making narrative which focuses on specific core domains. Finally the participants will familiarize with HOSS experientially by trying it out themselves followed by an opportunity for a facilitated discussion.

15. SYMPOSIUM: *Lifestyle, self/other distinction, and life events at the interface between neuroscience and psychological interventions* (jointly organized by ITACAT and the International College of Psychosomatic Medicine - ICPM) - ROOM E1

Chair: Fiammetta Cosci (Italy)

- a. Marina Farinelli (Italy): *Predisposed to the change: a novel approach to lifestyle*
- b. Valentina Colonnello (Italy): *Self/other distinction: implication for therapeutic process*
- c. Giovanni Mansueto (Italy): *Early events, neurocognitive functions and mentalization in psychosis: clinical implications*

Abstract. The present symposium is focused on the presentation of potential elements studied in the field of neuroscience which might influence the therapeutic process. The first two speakers (Marina Farinelli and Valentina Colonnello) will illustrate two different models, the first based on motivation toward change and the second based on the relationship, thus the distinction, between the self and the others, which might modify the current therapeutic processes. The third speaker, Giovanni Mansueto, will propose data of an original research which illustrates that psychotic patients exposed to childhood abuse or neglect have higher impairments on neuro and social cognitive domains than those not exposed. Thus, interventions aimed at improving neurocognitive and mentalizing abilities might be helpful. At the end of the symposium, it is expected that participants are updated on the relationship between neuroscience models/results of research and potential therapeutic implications.

16:00-16:30 Coffee Break and Poster Exhibition - ROOM ACQUARIUM and MAIN HALL

ROOM E2

16:30-18:00 PLENARY SESSION

Chair: Alison Jenaway (UK)

Andrew Chanen (Australia): *Main outcomes from the MOBY randomised controlled trial of early intervention for youth with borderline personality disorder*

Abstract: Background: Early intervention for borderline personality disorder (BPD) is an empirically supported treatment. However, the relative contribution of the components of this model (BPD early intervention service model and individual psychotherapy) is unclear. Objective: In a single-blind, parallel-groups, randomised controlled trial, to evaluate the comparative effectiveness of a specialised BPD early intervention service model (Helping Young People Early (HYPE)) over and above generalist youth mental health care (YMH), along with the contribution of individual Cognitive Analytic Therapy (CAT) over and above a BPD early intervention service model in terms of adaptive functioning. Three levels of complexity of early intervention for BPD were defined by combining either a specialised or a general service delivery model with either an individual psychotherapy or a control psychotherapy condition. Methods: 139 help-seeking 15 - 25 year-olds with BPD were randomised to one of three treatments: (1) HYPE plus up to 16 sessions of individual CAT (n=46); (2) HYPE plus up to 16 sessions of a control psychotherapy ('befriending'; n=46); (3) specialist youth mental health (YMH) care plus up to 16 sessions of befriending (n=47). The primary outcome of adaptive functioning was defined jointly by measures of social adjustment and interpersonal problems. Results: At the 12-month primary endpoint, a modified intent-to-treat analysis found that all treatment conditions resulted in similar improvements (with moderate to large effect sizes) on the joint the primary outcomes. For 'befriending' vs CAT and for HYPE vs YMH, there were no significant differences in rate of change from baseline to 12 months on the primary outcomes. Conclusion: A variety of interventions are effective for improving functional outcomes among youth presenting with early stage BPD. In acute phase early intervention treatment for youth with BPD, individual CAT appears to confer no additional benefit over and above high-quality care. Also, a specialised early intervention service model for youth with BPD conferred no additional benefit over and above high-quality youth mental health care. These findings suggest that less complex interventions are effective for early intervention for BPD, which has great potential to improve access to early intervention services. The findings also raise questions about the role and timing of individual psychotherapy in the treatment of BPD. Trial registration: ACTRN12610000100099 on 1 February 2010.

Stephen Kellett (UK): *The effectiveness of CAT for target problems – a meta-analysis of single case experimental designs*

Abstract: Within the evidence base for Cognitive Analytic Therapy (CAT), there has been an accumulation of N=1 single case experimental designs (SCEDs) assessing target problem (i.e. ideographic) outcomes across variety of common and complex mental health disorders. The purpose of this study was to quantify the effectiveness of CAT for ideographic outcomes within these disorders via a meta-analysis of the N=1 studies. Thirty-four cases (24 complex and 10 common) utilising a variety of SCED designs were identified via a literature search. Effect sizes using the d-statistic were pooled for primary target problems to assess both treatment effects (i.e. by comparing baseline to intervention phase) and durability effects (i.e. by comparing treatment to follow-up phase). Nomothetic outcomes were aggregated to assess global effectiveness of CAT. CAT has a large treatment effect on the target problems of complex cases (d=1.09), and this effect is improved upon over the follow-up (d=1.18). Effects sizes are not significantly moderated by the number of sessions, patient gender or study quality. Significant improvements in depression, general psychological distress and interpersonal problems occurred on the nomothetic measures. CAT is a particularly effective intervention for the target problems of complex psychological disorders. Importantly, patients appear to internalise the therapy and continue to make progress when therapy ends. The review process did highlight the need for more high quality (i.e. internally valid) SCEDs to be conducted. The possible reasons of the durable effect of CAT will be discussed and debated.

18:00-19:00 PARALLEL SYMPOSIA / WORKSHOPS

16. SYMPOSIUM: *Integrated recovery-oriented treatment in psychotic spectrum disorders* (jointly organized by ITACAT, the Italian Society of Consultation-Liaison Psychiatry and the World Psychiatric Association Section on Psychiatry, Medicine and Primary Care) - **ROOM E2**

Chair: Carlos Mirapeix (Spain)

- a. Martino Belvederi Murri (Italy): *Early psychotic episodes: assessment and intervention*
- b. Massimo Pasquini (Italy): *Integrated psychopharmacology and sleep amelioration*
- c. Ian Kerr (New Zealand): *Integrating and applying CAT in psychosis*

Abstract. Psychotic spectrum disorders represent a challenge for diagnosis and treatment in mental health services. The first speaker will discuss the role of team in dealing with early episodes of psychosis particularly in young adolescents and adults in Mental health settings. The second speaker will examine the integrated and proper use of psychotropic

drugs when integrated with evidence-based method for psycho-educational, psychotherapy and rehabilitation treatment to improve the chances of recovery in people affected by these disorders. Finally, the feasibility and efficacy of psychotherapy, specifically CAT, in psychotic spectrum disorders will be presented by the third speaker who has the experience of the adaptation of CAT in psychotic spectrum conditions..

17. WORKSHOP: *Using ideas from Internal Family Systems Therapy in Cognitive Analytic Therapy - a compassionate approach to problematic Reciprocal Roles.* - - ROOM E3

Alison Jenaway (UK), Carol Gregory (UK)

Abstract: Internal Family Systems (IFS) therapy was developed by Dick Schwarz, an American Family Therapist. Its central premise is that our personalities are made up of different “parts”, with a central healthy self. The assumption being that all the parts are, in their own way, working hard to help the client, usually by keeping unwanted, overwhelming feelings (core pain) under control. The work of IFS is to help the healthy self link up with the different parts and work towards ‘self-leadership’. We have been experimenting with these ideas with some of our CAT patients, particularly those with histories of early trauma and dissociation, where the concept of “parts” seems to make more sense than “roles”. We have both been impressed by how this way of working seems to set up a radical acceptance and respect for even the most problematic roles. We will present a bit of theory, illustrated by clinical examples and offer a brief experiential exercise to illustrate this way of working. Alison Jenaway is a consultant psychiatrist in psychotherapy and Carol Gregory is an honorary consultant psychiatrist. Both work in the liaison psychiatry department of a general hospital in Cambridge (Addenbrookes Hospital), UK, Using CAT with patients with physical health problems and with medically unexplained symptoms.

18. SYMPOSIUM: *Existential and cognitive-analytic framework [Innovazioni nel modello umanistico esistenziale]* (jointly organized by ITACAT and the Institute of Humanistic and Existential Psychology) (in ITALIAN) - ROOM D6

Chair: Bruno Biancosino (Italy)

- a. Massimo Biondi (Italy): *The dimensions of temporality in human existence [La dimensione temporale nella prospettiva esistenziale]*
- b. Antonella Filastro (Italy): *The four dimensions in the humanistic and existential model [Le quattro dimensioni del modello umanistico esistenziale]*
- c. Luigi Grassi (Italy): *CAT perspectives on existence [La prospettiva CAT sulla esistenza]*

Abstract: L’approccio psicoterapeutico UE è innovativo, interessante sia in ambito psichiatrico psicologico clinico che in medicina generale. L’obiettivo in questa psicoterapia è dare valore agli aspetti positivi e alle risorse della persona, mettendo a fuoco il suo periodo attuale di vita, superare una fase di difficoltà e ripartire con un progetto di vita, guardando al futuro più che al passato. In sostanza mette al centro il senso e il significato dell’esistenza di una persona, ciò per cui vale la pena vivere, nel rapporto con gli altri, sviluppando una capacità di lasciare una legacy come persona. Molte malattie mediche rappresentano anche crisi nel percorso esistenziale implicano cambiamenti con perdita della salute della sicurezza, cui segue la comparsa possibile di ansia, demoralizzazione, disturbi del sonno, rabbia irritabilità. L’intervento farmacologico è molto utile però può avere efficacia limitata e lasciare irrisolte problematiche di fondo connesse al vissuto della malattia, al cambiamento che ha prodotto nella prospettiva di sé. L’approccio UE con la sua prospettiva all’esistenza offre per questi casi una possibilità di trattamento relativamente breve, puntando ad obiettivi che altre psicoterapie ottime per altri motivi, non sono equipaggiate a raggiungere. L’intervento clinico UE riconosce e si concentra in quattro dimensioni fondamentali dell’esperienza umana: la dimensione relazionale affettiva, la dimensione corporea, la dimensione esistenziale, la dimensione cognitiva esistenziale.

19. SYMPOSIUM. *Therapeutic Relationship, Hope and Change: an Analysis of the Patients' Goodbye letters* - ROOM D7

Chairs: Iannis Vlachos, Myrto Kalliopi Verykiou (Greece)

- a. Konstantina Papadaki (Greece): *The importance of the Therapeutic Relationship attributed by patients in CAT*
- b. Rita Toli (Greece): *Reconstruction of Hope in patients' perspective*
- c. Evangelia Tseliou (Greece): *Understanding Change in CAT*

Abstract: The importance of the Therapeutic Relationship in Cognitive Analytic Therapy has already been discussed by its founder Anthony Ryle (Introducing Cognitive Analytic Therapy: Principles and Practice, 2002) and his followers. So far it has mainly been perceived and presented from the therapists' point of view. The current presentation aims to discuss it from the patients' point of view, as it is presented in their own words in their Goodbye Letters at the end of Therapy. The above topic will be addressed using a Qualitative study. The patients' goodbye letters from more than thirty 16-session CAT therapies were included in the study. Patients' sentences, phrases or single words were extracted

and analyzed using Narrative analysis. The qualitative data from the study will be presented .A discussion will follow on the paramount importance attributed by the patients to the Therapeutic Relationship and their view on how it mediates the therapeutic goals. Furthermore, the concept of the reconstruction of Hope in patients' perspective will be assessed and presented as an outcome of undertaking CAT. The Symposium will be concluded with the discussion of the patients' subjective experience and understanding of Change in CAT, concerning the following categories:1/. Quality of life, 2/. Relief of psychological discomfort or symptoms, 3/. Improvement in every day functioning, 4/. Achievement of predetermined goals of therapy

20. WORKSHOP: Choreographic CAT: The Relational Dance. – ROOM E1

Chair: Ellie Carr (UK)

Ellie Carr (UK), Rob Lam (UK): *Embodied Practice: Dancing Your Map*

Abstract: Informed by contemporary British Dance, this participatory workshop sets out to explore the creative heart of CAT: relational dance between self and others. Dance- a rhythmic reiterative physical movement-frees us from being stuck, and allows exploration, through movement, of our creative selves. In the therapeutic encounter, relational movement and responsiveness, allows a jointly choreographed and unique outcome. This experiential workshop playfully dances with your zone of proximal development, introducing the embodied application of CAT's dialogic exploration. Part 1 of the workshop: inspired by the work of British choreographer Wayne McGregor, presents an initial piece of work involving the personal reformulation of four dancers who then choreographed and danced their map and exits, demonstrated in the resulting short film. Part Two invites you to dance with CAT- literally. Bring your dancing shoes! Suitable for those curious about CAT, Dance or embodied practice

20:00 – 23:00 CONFERENCE DINNER AND ENTERTAINMENT

Venue: PALAZZO SACRATI MUZZARELLI CREMA [Via Cairoli, 13]

SATURDAY 29th of June 2019

ROOM E2

8:30-10:00 PLENARY SESSION

Chair: Katri Kanninen (Finland)

Katri Kanninen (Finland), Ruth Carson (UK), Lee Crothers (Australia), Minna Jentze-von Bonsdorff (Finland): *Tailoring CAT: CAT in short, typical and long therapies. And what happens in the middle of the therapy?*

Abstract. The plenary session will focus on the length of Cognitive Analytic Therapy, which is a focused, time-limited psychological therapy designed for patients suffering from a wide range of mental health problems, as well as patients with disabilities and physical health problems. CAT can be as short as a single extended session or last several years. In the early days the typical CAT intervention lasts sixteen sessions. Some people do CAT lasting six to eight sessions and others, working with more complex needs for help, work for twenty four sessions in the UK whilst in Finland CAT frequently lasts for one or two years. CAT can be as short as a single extended session or last several years. In the early days the typical CAT intervention lasts sixteen sessions. Some people do CAT lasting six to eight sessions and others, working with more complex needs for help, work for twenty four sessions in the UK whilst in Finland CAT frequently lasts for one or two years. The speakers will discuss what kind of change can be expected in different lengths of therapy, if different mechanisms of change are involved and the disadvantages and benefits of different lengths of therapy. An extended mini therapy can be very helpful for people coping well with their lives but wanting to take stock and see things from a new angle. A long CAT therapy can help someone make deeper and more lasting change.

10:00-11:00 PARALLEL SYMPOSIA / WORKSHOPS

21. WORKSHOP: It's a family affair: working with young people with BPD and their families in a CAT based early intervention program. - - ROOM E2

Chair: Christel Hessels (The Netherlands)

Christel Hessels (The Netherlands), Gerda Blom (The Netherlands)

Abstract: Within the Dutch early intervention program for BPD 'Helping Young People Early' (HYPE) youth in the ages 12-25 years old and their families are offered a multidisciplinary treatment program based on Cognitive Analytic Therapy (CAT). In this program both individual CAT as well as family intervention and generic psychiatric care are offered. This means that in any treatment of a patient multiple therapists are involved and the CAT language is the therapeutic framework in the team to reflect upon the different treatment modules and processes in the treatment and the team. In this workshop a case is presented illustrating the dynamics of multidisciplinary treatment based on CAT for an adolescent and her family. We share our experiences and illustrate opportunities and challenges within a family CAT intervention for young people with BPD. Participants are invited to bring their own experiences of working in multidisciplinary teams into discussion and practices during this workshop.

22. SYMPOSIUM: Psychotherapies in dialogue (jointly organized by ITACAT, the Italian Society of Constructivist Psychology, the Italian Society of Psychology and Relational Psychotherapy) **(in ITALIAN) - - ROOM D7**

Chair: Tessa Fane (UK)

- a. Massimo Giliberto (Italy): *Desdemona' story: a constructivist psychotherapy approach [La storia di Desdemona: una psicoterapia condotta secondo l'approccio costruttivista]*
- b. Mariarosaria Menafro (Italy): *The "relational child": peculiarities of the systemic setting in a scholar phobia case [Il "bambino relazionale": le peculiarità del setting sistemico illustrate attraverso un caso di fobia scolare].*
- c. Barbara Patrizi (Spain): *Therapeutic integrated intervention in the program of attention to the crisis and prevention of suicide in a mental health center: a case report*

Abstract. The symposium will explore clinical cases that received psychotherapy from two different perspectives, the first in terms of constructivist psychotherapy, as a philosophical position that emphasizes both personal and social processes of meaning-making and as a meta-theory that encompasses many late 20th century developments in clinical theories as diverse as psychoanalysis, existential-humanistic psychotherapy, cognitive-behavioral therapy, and family systems approaches. The second case will be examined according to the family system theory and the relational models in psychotherapy. In both the narration is a central part of the intervention that has showed its potential in evidence-based research as well as in clinical settings in mental health. Lastly, Dr Patrizi will examine intensive psychotherapeutic

intervention associated with an eventual pharmacological treatment in crises reactive to life events, is a strategy of rapid resolution in situations that do not require a long treatment in the public mental health system.

23. WORKSHOP: Integrating Spirituality In Cognitive Analytic Therapy - - ROOM E3

Chair: Carlos Chiclana (Spain)

- a. Carlos Chiclana: *Improving CAT with spirituality and religion*
- b. Esther Gimeno: *Difficulties in integrating CAT with spirituality and religion*

Abstract: Patients who come to therapy are real people facing real problems in real life. For many, spirituality is part of the solution and is a legitimate dimension of human experience however, sometimes it can also be a source of conflict. Mental disorders may affect the spiritual life of the person. Psychotherapy can have beneficial effects on the spirituality and vice versa, so that spirituality may be a relevant content to address in psychotherapy and both patients and therapists consider the spiritual facet of the person as a relevant dimension. Is it necessary to separate spirituality from psychotherapy? Spirituality, religion, internal images of God and other beliefs have schemes relationships, patterns of experience and have the power to evoke emotions that influence motivation and behaviour. The spirituality of the therapist and the patient may be key elements that contribute to success or failure in psychotherapy. We present the pros and cons of integrating spirituality and religion in therapy. It seems that therapists are open to discuss these issues, patients also want to discuss these strategies, together with the commonly effective factors of therapy. Although more research is needed and it is necessary to bring together elements of different cultural ways of living spirituality and religion, it seems appropriate to include these dimensions in the training of therapists and in CAT practice. We will work on the possibility of addressing spiritual aspects in psychotherapy from a CAT framework. However, the flexibility and amplitude of this model offers an adequate space to address this facet of the person. Implications in clinical setting will be discussed.

24. SYMPOSIUM: Clinical cases and CAT - - ROOM D6

Chair: Katri Kanninen (Finland)

- a. Lakshmi Sankaran (India): *CAT and the issues of human rights in India*
- b. Sarah Cluley (UK): *A clinical case*
- c. Sara Johnson (Guernsey): *CAT in Emotionally Unstable Personality Disorders: a clinical case*

Abstract: This clinical symposium will present cases treated by CAT. Dr Sankaram will show clinical conditions of patients attending a rural health centre situated by the Bay of Bengal near a fishing community. Services include residential care (for homeless women with severe mental health conditions like psychosis), psychiatric outpatient services and family counseling for persons with mental illness run by an NGO (The Banyan). Dr Cluley will bring the therapy requested and funded by a 'back to work' scheme funded by the government for a client that was 'too complex' for their in-house CBT programme. The client's story alongside long term unemployment, has key themes of isolation and alienation and losing work triggered many other losses. Dr Johnson will present a case of a 34 year old woman with a diagnosis of Emotionally Unstable Personality Disorder treated successfully by Cognitive-Analytic Therapy (CAT).

11:00-11:30 Coffee Break and Poster Exhibition - ROOM ACQUARIUM and MAIN HALL

ROOM E2

11:30-13:00 PLENARY SESSION

Chair: Helena Lönnfors (Finland)

Jason Hepple (UK): *More is More: Working with obsessionality and overvalued ideas in CAT*

Abstract. For the last few years Jason has been seeing clients with obsessional presentations (including symptoms of Anorexia) and has been holding workshops on the topic in the UK and in Greece. He will give a brief tour through ideas that have influenced his development of the model including from cognitive theory, Klein's concept of greed, Freud's 'Rat Man', Fairbairn's schizoid process and responses to trauma described in modern neuroscience. He will then present a 'third' CAT template for considering the relational underpinnings and enactments often found when working with people with obsessionality, together with thoughts about the zone of proximal development and ways of formulating exits. Jason Hepple FRCPsych is a CAT psychotherapist and trainer from Somerset in the UK. He is well known for his work on CAT in later life, CAT in groups and the dialogic heart of CAT. He is an ACAT life member.

Carlos Mirapeix (Spain): *CAT as a self guided transdiagnostic approach*

Abstract: An understanding of self guided transdiagnostic models and a transdiagnostically oriented case formulation, which attempts to synthesize the transdiagnostic mechanisms of vulnerability and action will be presented. The current concepts of the self allow us to describe with greater precision patterns that allow us to operationalize some of its components and thus advance in a future evaluation methodology with greater empirical validity. The implementation of transdiagnostic treatments will range from the greater structuring of the type of techniques that can be used to

modify certain mechanisms, being necessary and inevitable to fit them with the authentically individuality of the patients we treat, their identity, their self and therefore their patterns of interpersonal relationships.

13:00-14:00 Lunch and Poster Exhibition - ROOM ACQUARIUM and MAIN HALL

ROOM E2

14:00-15:30 PLENARY SESSION

Chair: Iannis Vlachos (Greece)

Steve Potter (UK): *Why transference matters in CAT*

Abstract. Transference is the repetition in the therapy space of patterns of relating rooted in the past and characteristic now of the client's (and/or the therapist's) personality and identity. Repetition of early patterns of relating are at the heart of being human and these are automatic and unconsciously part of our routine interactions and sense of self. Patterns that have a compulsive, harmful or restrictive, trauma driven quality need reformulation (re-storying) and reconsolidation (re-wording) if change and healing is to be enabled. Regardless of therapeutic approach or context these patterns of interaction will be transferred into and played out in the therapy space. CAT has the tools to navigate and renegotiate these patterns of transference which never arise in a neat way but are embedded in life stories retold and the unfolding story of the therapy relationship. A key but difficult part of therapeutic success involves talking in the here and now about what is happening to 'us' and what 'we' are doing. Such interpersonal and reflective openness can feel self-conscious and against the grain of most cultures. Therapists need help and re-enforcement in working with it. This lecture will show how CAT's tools and concepts can help therapist and client sustain the courage, curiosity, skill and compassion to work side by side at the task of learning from and through the push and pull of reciprocal roles charged with transference. It will highlight CAT specific mechanisms of change arising from the use of the voice and finding reparative relational words and moments through writing and mapping.

Stephen Kellett (UK): *How effective is CAT when compared to other brief interventions in the Improving Access to Psychological Therapies (IAPT) service in the UK?*

Abstract: Introduction. The IAPT programme in the UK delivers the NICE guidelines for anxiety and depression and is therefore dominated at step 2 and step 3 by CBT. However, the acceptability of CBT for some patients is poor and also patients attend with significant interpersonal problems that CBT finds hard to formulate. This study sought to compare the outcomes achieved by CAT therapists working in a two IAPT services with patients seen for CBT and counselling. Method. Propensity case matching was used to match CAT patients with CBT and counselling patients in terms of demographic factors and initial presenting severity of depression and anxiety. Longitudinal multi-level modelling was then used to compare session by session outcomes on the GAD-7 and PHQ-9. Recovery and deterioration rates (as defined by IAPT) are compared using chi-squares. Results. Results will be made available at the conference. Discussion and Conclusions. The potential of the CAT model in IAPT services will be discussed and debated.

15:30-16:30 PARALLEL SYMPOSIA / WORKSHOPS

25. SYMPOSIUM: Integrating CAT, Meaning and Dignity intervention in the care of patients (jointly organized by ITACAT, the Italian Network on Dignity in Care and the World Psychiatric Association Section on Psycho-oncology and Palliative Care) - **ROOM E2**

Chair: Luigi Grassi (Italy)

- a. Rosangela Caruso (Italy): *Meaning and the narrative self at the end of life*
- b. David Mamo (Malta): *Challenges and Opportunities for Dignity Therapy in Dementia*
- c. Heifa Ounalli (Tunisia): *Narration as Dignity in psychiatry*

Abstract: The purpose of this symposium is to examine the importance of dignity conserving care and meaning based intervention in several clinical settings. Dr Caruso propose the integration between narration as a part of meaning psychotherapy associated with CAT models of change in palliative care settings. Dr Mamo will examine the importance of dignity and integrated care in early cognitive impairment in the elderly. Dr Ounalli will examine the significance of dignity and narration in patients with severe mental illness, bringing the experience of the DISp study (Dignity and Spirituality) in psychiatry.

26. WORKSHOP: History and Context: Situating the Chronotope of Love through the CAT's eye

Rob Lam (UK) - **ROOM D7**

Abstract: "I love you". Our personal and professional lives orbit our aspirations for love. What does CAT make of this view? Does CAT have anything to say about love? This experiential workshop draws on an application of CAT in the community as a form of relational thinking, inviting members of the public to reflect on their own lived experience of

love. The word “love” is pregnant with a chronotopic ancestry whose narrative insights can be explored through the relational approach of CAT’s inherent dialogism. The time and place axis where love strikes has generated our cultural legacy of diverse role models in epic narrative, enriching our collective appreciation and knowledge of love. A CAT perspective offers the potential for exploring the reciprocal roles embodied in histories of love across contrasting cultural traditions, opening up idealised/admired legendary narratives as well as histories of the breakdown of love. Premonitions of doomed love, replete with fear and trembling, or “bricking it” (colloquial English), can be brought into dialogue through the activity of CAT mapping. Suitable for registrants with no previous experience of CAT.

27. SYMPOSIUM *Recent advances on mechanism of change in interpersonal psychotherapy and CAT*
(jointly organized by ITACAT and the Italian Society of Interpersonal Psychotherapy)

Chair: Marisa Poggioli (UK-Italy) - **ROOM D6**

- a. Luigi Zerbinati (Italy): *Interpersonal Psychotherapy and Cognitive Analytical Therapy – Comparison between models*
- b. Marco Menchetti (Italy): *Efficacy of Interpersonal Counseling for complicated grief and other interpersonal life events in primary care attenders*

Abstract: The purpose of this symposium is to compare different psychotherapeutic approaches for the treatment of some of the most common and relevant mental disorders. Interpersonal psychotherapy was born in the United States and developed initially for the management of mood disorders. Today it is also used for post-traumatic stress disorder, personality and eating disorders. The speakers will delineate the contact points with cognitive-analytical psychotherapy and will then illustrate some applications on the issues of grief, interpersonal relationships, and fear of abandonment.

28. SYMPOSIUM: *Sustainable development of CAT training - ROOM E3*

Chair: Pau Rodríguez Mayor (Spain)

- a. Pau Rodríguez Mayor (Spain): *Evolution of CAT in Spain*
- b. Esther Gimeno (Spain): *Alternatives in CAT training: the case of a training group in Madrid*

Abstract: The psychotherapeutic development of a country is closely linked to sociocultural and economic factors that explain its evolution. The main objective of this presentation is to explain the evolution of CAT (Cognitive Analytic Therapy) in Spain from its beginnings to our days based on these factors. As a more specific objective, we propose the particular case of the CAT-Madrid group that is part of the new wave in terms of training and dissemination, as an example of this evolution in our country. Although in the last 20 years the cognitive analytic therapists in Spain have made important progress in the field of dissemination of the model, training, research, legal organization ..., the CAT in Spain is still very minority and little known. One of the main advances at the national level has been the foundation of APCAIE in 2013, from which training courses are coordinated and organized and research is promoted. In Madrid, a group of continuous training, supervision and research has recently been created. This group offers the opportunity to CAT young therapists to follow growing within a common framework of psychotherapy. In addition this offers a first contact for professionals not familiar with the model who are curious or wish to start their training in CAT. The functioning of the group and the activities promoted from it are discussed.

ROOM E2

16:30-17:30 PLENARY SESSION

Chair: Ian Kerr (New Zealand)

Luigi Grassi (Italy), Mikael Leiman (Finland), Louise McCutcheon (Australia): *CAT in dialogue with the past and the future: philosophical perspectives*

Abstract. The importance of philosophical frameworks in psychotherapy has been repeatedly shown. In this plenary the data relative to the philosophical tradition and its roots in Stoicism will be examined as an integration of the modern forms of philosophical counselling with psychotherapy (Dr Grassi). Dialogical Sequence Analysis (DSA) evolved in the context of supervising and teaching Cognitive Analytic Therapy (CAT) will be presented by Dr Leiman who will address how to be familiar with the Bakhtinian concept of the sign as well as Bakhtin’s theory of utterance the concepts of addressee, personal stance to the object or to the other, and responsive understanding, as the structuring devices in making sense of the discourse. The future of CAT on the basis of what has been the philosophical construction of the process of CAT psychotherapy will be presented by Dr McCutcheon.

17:30-18:00 CLOSING REMARKS

WITH THE PATRONAGE OF



Section on Psychotherapy
Section on Psycho-oncology and Palliative Care
Section on Psychiatry, Medicine & Primary Care



Società Italiana di Terapia Comportamentale e Cognitiva



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