

# FINAL PROGRAM

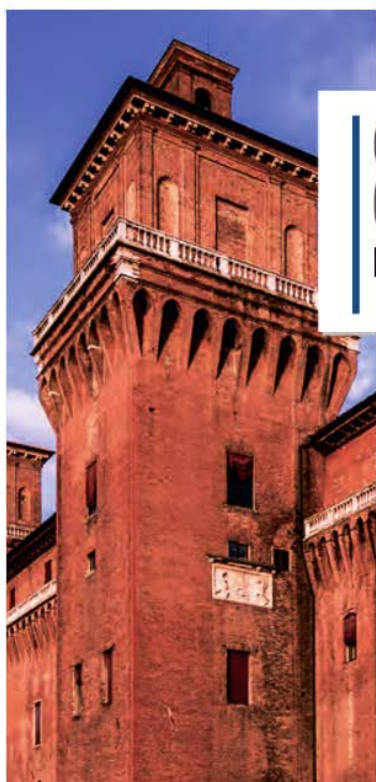
ITALY  
FERRARA  
2019  
JUNE  
27.28.29



Cognitive Analytic Therapy  
Around the World



Università  
degli Studi  
di Ferrara



## 8<sup>TH</sup> ICATA CONFERENCE INTERNATIONAL CAT CONFERENCE

EXPLORING  
AND  
INTEGRATING  
DIALOGUES  
IN CAT





Università  
degli Studi  
di Ferrara

and

**1<sup>st</sup> ITACAT Conference Italian Association of Cognitive Analytic Therapy**

**Thursday 27<sup>th</sup> – Saturday 29<sup>th</sup> June 2019**

**Ferrara, Italy**

**[www.icata2019.unife.it](http://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)**

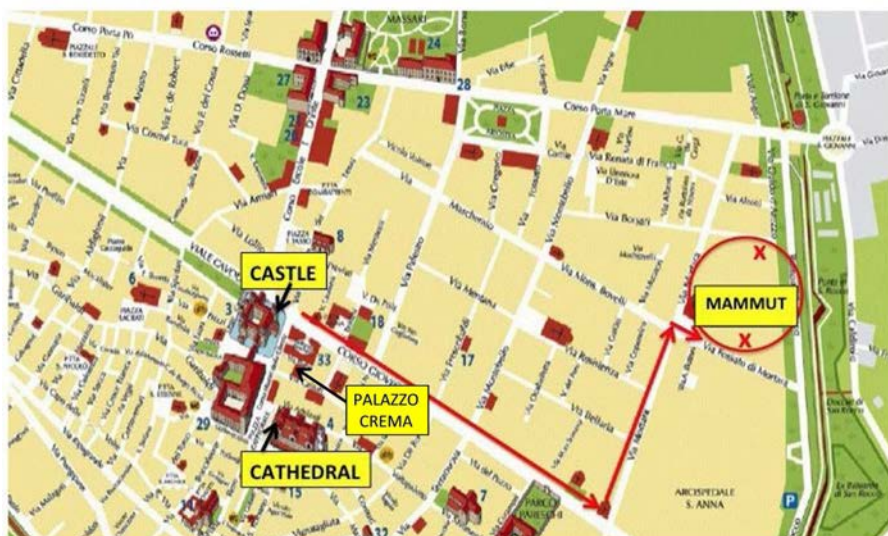
##### **Santa Maria delle Grazie Cloister**

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 27<sup>th</sup> 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](mailto:icata2019@unife.it)

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

#### **ROOM D7**

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

**Conductor:** Mikael Leiman (Finland)

### **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)*

#### **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)
- 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*
- 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*

**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)

**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*

**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)

#### 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**

**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*

**8. SYMPOSIUM: Attachment and integrated care - ROOM E1**

Chair: Chrysanthos Katsimagklis (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*

**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*

**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*

**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*

**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)

### **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*

#### **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)

#### **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*

#### **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)

#### **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*

**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*

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

### **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*

**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)

**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]*

**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*

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

**Chair:** Ellie Carr (UK)

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

## **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?*

#### **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)

**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 [Intervento integrato nella prevenzione del suicidio in un centro di salute mentale: un case report]*

**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*

**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*

**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*

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

**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*

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?*

### **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*

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

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

**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*

**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*

## **ROOM E2**

### **16:30-17:30 PLENARY SESSION**

**Chair:** Ian Kerr (New Zealand)

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

### **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



Società Italiana di Psicologia e Psicoterapia Relazionale



Società Italiana di Psicoterapia Interpersonale



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