

## Catalyse CAT Practitioner Course: Accessing training materials on the ACAT website

The Catalyse website now holds all the course information, such as the course handbook and all the forms and guidance you should need for your training with us. However, you are now part of a national membership organisation as an ACAT trainee member. The ACAT website will undergo change over the next year as it is under review. This is partly why we have created our own resources on the Catalyse website. This brief guide explains how to access the ACAT website along with ACAT materials.

**As a non ACAT member** – you can access a range of information e.g. the training tab and events

**As a trainee member -** Once you receive your ACAT membership details and login from ACAT office (after training starts) you can

1. Login to your account  - [www.acat.me.uk](http://www.acat.me.uk/)

2. Click on ‘your name' home page – it will then say ‘YOUR NAME HOME PAGE’ on left

On your homepage you use the purple boxes to access a range of materials for example,

**CAT Practice** contains a tab called **CAT tools** > Click here for access to more tabs that lead you to

* CAT resources> documents about ACAT requirements, ethical codes etc and important information, including the form you need when you are ready to apply for ACAT accreditation
* CAT Tools> provides the psychotherapy file, rating sheets and other useful therapy resources
* Reference library on your home page or CAT library tab on the main home page tabs

**The CAT reference library** is a full bibliography listing of CAT work maintained regularly by a librarian. The bibliography of CAT publications lists articles in peer reviewed journals; articles in ‘Reformulation’; book chapters and books about CAT. Each publication is accompanied by a link to a Full Text article where this is freely available on the internet, including Reformulation articles. DOI links will take you to the publisher’s page for the article or book. If you are signed in with an institutional login (for example, OpenAthens for NHS staff), the DOI link may take you to the full text paper if it is included in the NHS subscription.

Other tabs on the main site home page provide useful information, for example, >About CAT; >More about CAT; Training in CAT. On the training tab keep abreast of the information on the proportion of ‘online’ training work that can count towards accreditation. The right hand vertical side also lists useful current information and forthcoming events.

**Course Information -** If you click on the purple training box there is a tab called **your training**. We aren’t using sections of this as we have moved everything to our own website but if you stumble there you may find some materials and be able to access the CAT tools and other resources from that point.