

# An Introductory guidance to CAT Literature

You may wonder if you need to read anything before you start the course. We imagine that you have covered quite a bit of material already and we don’t expect any more than that. However, if you do want to familiarise yourself with some readily available literature the following may be useful.

Visit [www.catalyse.uk.com](http://www.catalyse.uk.com) and for example, click on ‘Training’ and then ‘Practitioner Training’ and the ‘glossary’. The glossary is as it says – our attempt to define all key CAT concepts which you will gain familiarity with during the training.
<https://catalyse.uk.com/training/glossary-of-cat-terms-and-concepts/>
The glossary is also stored on the course intranet.

Visit [www.acat.me.uk](http://www.acat.me.uk) and even before you get your training membership log-in, you can read a lot more about the model, for example, go to Home page, click on ‘About CAT’ and start to scroll through. The next tab along ‘More about CAT’ is organised in terms of applications.

Once you are an ACAT trainee member you will have access to much more on the website.

The tab called ‘Library’ gives access to the inhouse journal Reformulation and the bibliography of CAT works. This is the full listing of all CAT work. 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.

The public engagement website <https://www.engage.acat.org.uk/> has a range of literature and information on CAT, blogs, projects and some up to date links to papers as they are published. Have a good look around as it’s a great resource.

Once we start, we will steer you to reading materials in three main ways:

1. Each training day has recommended reading and refers you to articles that you can download on that topic from the ACAT website
2. We select articles for you to read and discuss in the seminar / reading groups over the year
3. Your supervisors will steer you to relevant articles related to your case work.

The following is a good guide to reading materials – both accessible and for those in training <https://www.engage.acat.org.uk/learning-more-about-cat/reading-about-cat/>

Trainees find the following recent publications may be helpful starting points.

[**Cognitive Analytic Therapy: Distinctive Features**](https://www.routledge.com/Cognitive-Analytic-Therapy-Distinctive-Features/Corbridge-Brummer-Coid/p/book/9781138648715) by Claire Corbridge, Laura Brummer and Phillipa Coid (2018)

[**Therapy with a map: A Cognitive Analytic Approach to Helping Relationships**](https://www.pavpub.com/mental-health/therapy-with-a-map) by Steve Potter (2020)

The following is the core text but often found a harder read - Ryle, A. and Kerr, I.B. (2020) *Introducing cognitive analytic therapy: principles and practice of a relational approach to mental health (2nd edition)*, Ryle, A. and Kerr, I.B. DOI Link: <https://doi.org/10.1002/9781119375210>

Forthcoming CAT handbook: The Oxford Handbook of Cognitive Analytic Therapy (Brummer, Cavieres and Tan) is **currently in development, with individual articles publishing online in advance of print publication. The table of contents will continue to grow as additional articles pass through the review process and are added to the site. You can currently access the abstracts of chapters here** <https://academic.oup.com/edited-volume/41990>