



Day 5: RRs, the therapeutic relationship and ruptures

Reading List

The recommended reading for this training day is covered by the seminar papers for meetings 5 and 6 (and one paper on RRs for seminar 4) so these are listed here again

Some additional materials are then offered if you want to read more in this area

NB Tony Ryle papers (marked with *) are provided in the course intranet in the yr 1 seminar papers section

There is a chapter in the Oxford Handbook of CAT on working with enactments in CAT (Chapter 14: Working with Enactments in CAT - Dawn Bennett, Glenys Parry and Liz Fawkes). It covers the material of the day but can be read after the teaching to consolidate your learning from the day and it is listed for seminar meeting 6.

Seminar Meeting 5 Reciprocal Roles and transference

Three papers but two are quite short

Ryle, T. (2010) 'The Political Sources of Reciprocal Role Procedures', *Reformulation*, 34, 06-Jul. Full Text Link: [Click here to View this Article](#)

*Ryle, A. (1998) Transferences and Countertransferences: The Cognitive Analytic Therapy Perspective, *British Journal of Psychotherapy*, 14, 303-309.

Full Text Link: n/a

DOI Link: <https://doi.org/10.1111/j.1752-0118.1998.tb00384.x>

Jenaway, A. (2013) 'Change your Parenting for the Better - exploring CAT as a parenting intervention', *Reformulation*, 41, 32-36.

Full Text Link: [Click here to View this Article](#)

We recommend the blog by Alison Jenaway, both to understand RRs and to explain them to clients, so we are steering you to this at this point in training. You don't have to cover it all for the seminar but we want you to know about it

[Parenting – the Middle Way](#) This is a blog series on parenting from a CAT perspective by Alison Jenaway. Her blog began in September 2018.

Llewelyn, S. (2002) 'Therapeutic challenges in work with childhood sexual abuse survivors: The contribution of cognitive analytic therapy.', *Brief Treatment and Crisis Intervention*, 2, 123-133.



Full Text Link: [Click here to View this Article](#)

DOI Link: <https://doi.org/10.1093/brief-treatment/2.2.123>

It is useful to have read chapters 7 & 8 Ryle & Kerr as preparation at this stage in the course.

Seminar Meeting 6 Therapeutic Alliance, RR enactments

Bennett, Parry and Fawkes (2024) working with enactments in CAT. In the Oxford Handbook of CAT, Chapter 14 pp217-233.

If you want to read more broadly on alliance ruptures we list papers in terms of two themes – a general psychotherapy focus and a CAT focus

General

1. Safran J.D., Muran, J.C. & Eubanks-Carter, C (2011) Repairing Alliance Ruptures Psychotherapy American Psychological Association 2011, Vol. 48, No. 1, 80–.
https://www.academia.edu/23180709/Safran_J_D_Muran_J_C_and_Eubanks_Carter_C_2011_Repairing_Alliance_Ruptures_In_J_C_Norcross_Eds_Psychotherapy_Relationships_That_Work_Evidence_Based_Responsiveness_2nd_Edition_pp_224_238_New_York_NY_Oxford_University_Press

2. Chapter 9 Samstag, L.W., Muran, C.J. & Safran, J. D. (2004) Defining and identifying alliance ruptures (pp 187-214). In Charman, Denise. (2004) Core processes in brief psychodynamic psychotherapy: Advancing effective practice, p. 187-214. Lawrence Erlbaum Associates Publishers, Mahwah, NJ, US. Whole book available as **Download** via this link by cut and paste into your search bar:
www.al-edu.com/wp-content/uploads/2014/05/Charman-Core-Processes-in-Brief-Psychodynamic-Psychotherapy-Advancing-Effective-Practice.pdf

Additional older papers on alliance ruptures in CAT referred to in the Oxford chapter may still be accessible via these links or your Institution librarian

*Bennett, D., Parry, G. and Ryle, A. (2006) 'Resolving threats to the therapeutic alliance in cognitive analytic therapy of borderline personality disorder: A task analysis', *Psychology and Psychotherapy: Theory, Research and Practice*, 79, 395-418. Also in course intranet as it is a Ryle chapter so can be provided

Full Text Link: [Click here to View this Article](#)

DOI Link: <https://doi.org/10.1348/147608305X58355>

Chapter 12 Bennett, D. and Parry, G. (2004). Maintaining the Therapeutic Alliance: Resolving Alliance-Threatening Interactions Related to the Transference. (251-272). In Charman, Denise. (2004) Core processes in brief psychodynamic psychotherapy: Advancing effective practice,



Daly, A. M., Llewelyn, S., McDougall, E., and Chanen, A. M. (2010) 'Rupture resolution in cognitive analytic therapy for adolescents with borderline personality disorder', *Psychology and Psychotherapy: Theory, Research and Practice*, 83, 273-288.

Full Text Link: [Click here to View this Article](#)

DOI Link: <https://doi.org/10.1348/147608309X481036>

Accessible articles on ACAT website – a range of short papers, some quite old for the topics of the therapeutic relationship and RRs. Use the author to search if the link doesn't work (the website is under transition to a new site)

Akande, R. (2007) '**A Sign for the Therapeutic Relationship**', *Reformulation*, 29, 06-Jul.

View Full Article: [Click here to View this Article](#)

King, R. (2005) '**CAT, the Therapeutic Relationship and Working with People with Learning Disability**', *Reformulation*, 24, Oct-14.

View Full Article: [Click here to View this Article](#)

Ryle, A. (2001) '**CAT's Dialogic Perspective on the Self**', *Reformulation*, 9.

View Full Article: [Click here to View this Article](#)

Leiman, M. (1997) '**Early Signs of Dialogical Sequences in CAT**', *Reformulation*, 12. View

Full Article: [Click here to View this Article](#)

Bancheva, M. (2006) '**Family Constellations and CAT: Reciprocal Roles Through The Generations?**', *Reformulation*, 26, 15 - 17.

View Full Article: [Click here to View this Article](#)

Raymond, C. (2008) '**Looking at a Therapeutic Relationship In CAT**', *Reformulation*, 31, 26 - 27.

View Full Article: [Click here to View this Article](#)

Lloyd, J. and Williams, B. (2003) '**Reciprocal Roles and the 'Unspeakable Known': Exploring CAT within Services for People with Learning Disabilities**', *Reformulation*, 19, 19 - 25.

View Full Article: [Click here to View this Article](#)

Elia, I. (1998) '**Reciprocal Roles: Caught in the Crossfire**', *Reformulation*, 6.

View Full Article: [Click here to View this Article](#)

Elia, I. (2004) '**Mirror, Voice and Reciprocal Role**', *Reformulation*, 21, 06-Aug.

View Full Article: [Click here to View this Article](#)

Kimber-Rogal, N. (2008) '**Relationships and CAT**', *Reformulation*, 31, 28 - 29.

View Full Article: [Click here to View this Article](#)

Scott Stewart, M. (2002) '**The Internalisation of the Perpetrator**', *Reformulation*, 16, 14.

View Full Article: [Click here to View this Article](#)



Potter, S. (2004) 'Untying the knots: relational states of mind in Cognitive Analytic Therapy?', *Reformulation*, 21, 14 - 21.

View Full Article: [Click here to View this Article](#)

Accessible articles on the alliance

Baier, A.L., Kline, A.C. & Feeny, N.C. (2020). Therapeutic alliance as a mediator of change: A systematic review and evaluation of research, *Clinical Psychology Review*, 82, <https://doi.org/10.1016/j.cpr.2020.101921>

Zilcha- Mano, S and Fisher, H. Distinct roles of state- like and trait- like patient–therapist alliance in psychotherapy – reviews the literature on for whom, when and why the alliance predicts treatment outcome [Distinct roles of state-like and trait-like patient–therapist alliance in psychotherapy | Nature Reviews Psychology](#)

<https://go.nature.com/3Le7OJt>

Additional optional material

There is one film on the Catalyse YouTube channel that you may be interested in. It is a webinar by Chris Muran speaking about the work with Jeremy Safran on alliance ruptures. - at <https://youtube.com/playlist?list=PLq4XmD9WmRUbmsCv-fWi0rAgTKQridLAj>
It can also be viewed on the Society for Exploration of Psychotherapy Integration website https://www.sepiweb.org/page/webinar_recordings