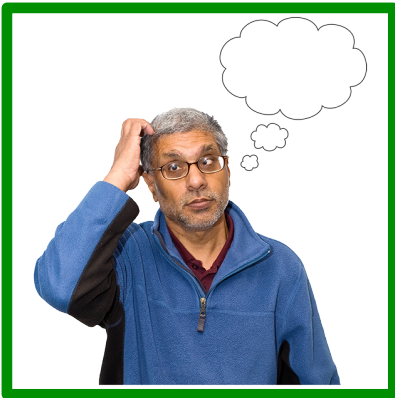


Psychological Therapy Factsheet 3



This factsheet is about **Cognitive Analytic Therapy**. We call this **CAT** for short. **CAT** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is CAT

We can all feel trapped by the way we deal with situations or the way we think about ourselves.

Your therapist will work with you in different ways to help you feel better and change your life.

For example, they might ask you to pretend to be different people so you can see how to deal with things in a different way. This is called **role-playing**.

At the end of the therapy, your therapist will give you a letter that says

- What you have worked on together
- Ways to keep going so you don't go back to the way things used to be.





How CAT helps you

CAT helps you to look at your problems and think about your thoughts in a different way.



CAT helps you to think about some of the ways you might get stuck in life. For example, you might keep doing something over and over again so you feel trapped.



CAT helps you to get out of these traps so you can find new and better ways to do things.

What happens in a CAT session

We will talk to you about how many sessions you need. Most people go to **CAT** for 16 – 24 weeks.



Each session lasts for about 1 hour.



You will need to go to the sessions regularly. We might ask you some questions so we can check how the **CAT** is going.



You can find out more about **psychological therapy** and **ACT** by going to this website

www.babcp.com

