

INTERNATIONAL JOURNAL
of
COGNITIVE ANALYTIC THERAPY
& RELATIONAL MENTAL HEALTH

Volume 3, 2019

ISSN 2059-9919

CAT

Published by:
International Cognitive Analytic Therapy Association
<http://www.internationalcat.org/journal/>

production: Derek Rodger email: derek.rodger@btconnect.com

International Journal of Cognitive Analytic Therapy and Relational Mental Health

Contents

Editorial	5
Gender Dysphoria: A Psychological Model ANNA LAWS	7
How assisting client selfobservation has changed in CAT MIKAEL LEIMAN	28
Cognitive Analytic Therapy and Functional Neurological Disorders NADINE BEARMAN	35
Cognitive Analytic Therapy (CAT), Obsessions and Overvalued Ideas – Developing a Model and a Method JASON HEPPLE	51
A repertory grid study of CAT group formulation in a forensic setting PATRICK DOYLE, LOUISE TANSEY & JAMIE KIRKLAND	69
Cognitive Analytic Therapy in the provision of care for mental health staff in an Employee Psychology Service SARAH CRAVEN-STAINES	94
The challenge of psychotherapy across cultures: issues arising in cognitive analytic therapy (CAT) for an older male presenting with depression and sexuality-related problems with a younger female therapist in a south Indian context ANN TREESA RAFI & IAN B. KERR	107
Reviews STEVE JEFFERIS, FRANK MARGISON, STEVE POTTER	129
Call for papers	143

Editors

Steve Potter, Ian B Kerr,
Louise McCutcheon, (as chair of ICATA)

Editorial Board

From current delegate members of
ICATA executive:

Aravella Adamopoulou,
Nick Barnes

Marie-Anne Bernardy-Arbuz,

Rosangela Caruso,

Dorota Chmielewska,

Katri Kanninen

Helena Lonnfors,

Cristina Fiorani, Elizabeth McCormick,

Debby Russell-Caroll,

Jessie Emilion,

Mavi Gómez de Ramón,

Louise Smith,

Gabriele Stabler,

Iannis Vlachos,

Aisling White

Editorial and Publishing Consultant

Derek Rodger

Editorial Advisory Board

Dr Georges Adamopoulou,

Dr Dee Affleck, Hilary Beard,

Dr Dawn Bennett, Prof Hilary Brown,

Prof Andrew Chanen,

Dr Caroline Dower, Prof Luigi Grassi,

Dr Jason Hepple, Dr Steve Kellett,

Prof Mikael Leiman, Julie Lloyd,

Dr Frank Margison, Dr Carlos Mirapeix,

Prof Glenys Parry, Dr Mark Ramm,

Prof Colwyn Trevarthen,

Dr Lawrence Welch

What is ICATA?

It is a federation of national associations promoting training and supervision in the practice of cognitive analytic therapy from Australia, Finland, Greece, Ireland, Italy, New Zealand, Poland, Spain, India, and the United Kingdom. There is an executive made up of two delegates from each member country or organisation with established or newly developing training programmes in CAT. The executive meets regularly and organises a biennial international conference.

Further details are available on the website internationalcat.org

Aims of ICATA

To develop knowledge, use of and further development of cognitive analytic therapy.

To offer support, training and supervision internationally and oversee national accreditation programmes and procedures.

To publish the *International Journal of Cognitive Analytic Therapy and Relational Mental Health*.

Aims of the Journal

To promote the use and evaluation of CAT and its further integrative development across a range of settings, cultures and countries, and to publish novel and challenging material relating to this.

It also aims to promote cross-disciplinary dialogue within the broad field of relational mental health thereby contributing to further psychotherapy integration and the further development of CAT.

International Journal
of Cognitive Analytic Therapy
and Relational Mental Health

**Support your not-for-profit, open access,
copyright left journal**

Buy a printed copy!

To purchase a print copy of this journal see overleaf

International Journal
of Cognitive Analytic Therapy
and Relational Mental Health

Copies of the journal online or in print

Copies of the journal are available online or in print according to the reader's preference.

The journal is freely available worldwide online in pdf format, both as the journal as a whole and article by article. There is a donations button who value access to the journal in this way and who want to support the work of the journal and the International Cognitive Analytic Therapy Association which is a federation of national associations in eight different countries.

For those readers who value the more detailed textual engagement of print copies, or who would like copies for their organisation or service, these are available for this volume and previous ones by order from:

Psychological Therapy Books.co.uk

<https://www.psychologicaltherapybooks.co.uk/product-category/cognitive-analytic-therapy/>

As well as the three volumes of this journal other CAT books are listed and available.

If you are reading this page with a print copy, pdfs of this and preceding volumes of the journal are available online by going to <http://internationalcat.org/journal/>

Editorial

We are delighted to present the third issue of the *International Journal of Cognitive Analytic Therapy and Relational Mental Health*. We are now moving to an open access, online medium for the journal (though print copies are available for those who would prefer to read a paper copy). All three issues are now online on the International CAT website www.internationalcat.org/journal/

This issue is in line with our wish to create a platform of views which shows the varied applications and developments of CAT. All the contributions highlight an approach which is facing outward across model boundaries, the wider world of psychotherapy and mental health. The journal's commitment is to show the important interplay between the specifics of the therapeutic practice of cognitive analytic therapy and the challenges of seeing mental health from a dynamic, psycho-social, systemic and relational point of view whilst not losing sight of the contribution of temperament and genetics.

The first article on Gender Dysphoria by Anna Laws will hopefully develop and extend a CAT therapeutic and relational perspective on an important debate. It not only offers a provisional relational

model on the conflict between self and gender but raises questions more widely about the contribution CAT can make to thinking about the dynamics between personally experienced narratives of self and socially constructed roles and identities. We hope the article brings further contributions in response.

Mikael Leiman's incisive and historically engaging paper on how client self-observation has changed in CAT over several decades takes us to the heart of the story of CAT as a model. It quietly raises deep questions about the choice and timing of engagement in the triangle between therapy tools, client and therapist.

Jason Hepple gives a new and comprehensive theoretical and clinical contribution that shows how CAT may be fine-tuned to work with people living with obsessions and overvalued ideas. The article offers a wide reach beyond diagnostic categories.

In the same open and curious spirit, there are three papers on the wider applications of CAT. Dr Nadine Bearman writes engagingly on small scale research on CAT with functional neurological disorders and puts this in the wider context of physical health and psychotherapy.

A group of authors looks at the changes in understanding resulting from CAT-based case formulation sessions with inpatient staff in a forensic setting (Patrick Doyle, Louise Tansey and Jamie Kirkland). They use a skilfull pre- and post-design based on the repertory grid. This contextual approach chimes well with a commitment to developing relational awareness across the board in mental health provision.

Sarah Craven Staines reports upon and explores a small outcome study on the provision of CAT for mental health staff facing issues of burn-out and challenges to their well-being.

The uniquely international and cross-cultural paper co-written by Ann Treesa Rafi and Ian B. Kerr on issues arising from the development of CAT in India, raises big questions of differences of generation, culture, gender, power and philosophy. Alongside an honest, moving and detailed account of a single therapy, the paper shows the potential of CAT to hold in mind both the macro perspective of the forces that shape mental health in a global context whilst not losing sight of micro, local views and voices. With this paper in mind, the review, by Frank Margison of the book by Julie Lloyd and Rachel Pollard on Cognitive Analytic Therapy and the Politics of Mental Health, is highly relevant.

What all these papers have in common is an interest in the validity, versatility and further development of the model and its use in different contexts.

Thanks are due to our many contributors and to peer reviewers and the editorial team, all of whom give their time freely. Inevitably a journal produced on a shoestring budget is slow in its development and, it is with some regret, but realism, that we have not managed more than an annual issue. However, we hope there is now enough momentum for an annual issue of the journal and welcome offers and suggestions to the editors of future contributions. Meanwhile we look forward to a continuing, creative dialogue both in response to the articles in this issue and those preceding it.

One of the editors, Steve Potter, is standing down after this issue to concentrate on other writing. For him, it has been an honour to work with co-editors and to be in dialogue with the wide range of voices that have made these first three issues possible.

Steve Potter,
Ian Kerr,
Louise McCutcheon (as Chair of ICATA)
December 2019

Gender Dysphoria: A Psychological Model

ANNA LAWS

Abstract

Background: Gender dysphoria is usually defined as the experience of distress or discomfort caused by a sense of the mismatch between a person's gender identity and their sex assigned at birth. This goes some way to explaining the experience of gender dysphoria but misses important aspects. Nor does it explain why medical interventions to change bodily characteristics, to bring them into line with a person's gender identity, do not remove gender dysphoria completely.

Proposal: This article proposes a new model of gender dysphoria which suggests how it might develop, and be maintained, across three different domains of relating. Namely, Self to Self, Self to Other and Community to Culture. The author proposes that this model will bring a clearer understanding of the experience of gender dysphoria and provide a framework from which explorations and dialogue can take place in therapy and other healthcare settings.

Gender is a Cultural Construct

Traditionally, mainstream western cultures have viewed gender identity and biological sex as unified concepts, indistinguishable from one another. An idea, that genitals are the same as gender identity, has become embedded in our culture over many generations and underpinned many societal views on the topic. It has led to a binary cultural construct of gender identity as existing as two categorical possibilities, to match the two perceived types of genitals: male and female. However, there are very few things in nature which are categorical and almost all things lie

Anna Laws,
Clinical
Psychologist,
Northern Region
Gender
Dysphoria
Service (UK).
email:
Anna.Laws
@cntw.nhs.uk