

INTERNATIONAL JOURNAL
of
**COGNITIVE ANALYTIC THERAPY
& RELATIONAL MENTAL HEALTH**

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‘... some of the key evidence is presented that childhood relational adversity and “maltreatment”, including overt psychological trauma, as well as broader social dysfunction, are the major causes of most mental disorder, along with the implications for relationally-based treatment approaches founded upon such understandings.’

OLIVER JAMES

‘... Increased understanding of the widespread role of emotional traumas, especially those embodied early and preverbally as deeper, unconscious, procedural memories in subcortical systems, sets out a major paradigmatic challenge to both conventional biomedical and cognitive behavioural approaches (including those ostensibly trauma-focussed), as well as to more relational talking therapies.’

FRANK CORRIGAN AND ALASTAIR HULL

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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.

ICATA

International Cognitive Analytic Therapy
Association

<http://www.internationalcat.org/journal>

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