

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

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**'infants as persons . . . from birth, and indeed before birth are inherently social, interactive, playful, collaborative and meaning-making in human ways . . . (hence) a life-long need for a human person to experience a proper, healthy enthusiasm and sense of 'pride' in the company of appreciative others'**  
COLWYN TREVARTHEN

**'the energy and commendable commitment of those now using and developing . . . relational approaches . . . may serve to address pessimism and to offer some clinical and political hope for the future'**  
TONY RYLE

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The first issue of the new **International Journal of Cognitive Analytic Therapy and Relational Mental Health** represents the shared view among the representatives of the International CAT Association (ICATA) that its creation is needed. The journal offers a platform for the growing body of work emerging from the CAT model and relational and integrative approaches more broadly. These come from many different theoretical and clinical contexts as well as different countries and cultures. The historic aim of CAT is to be integrative and to be in dialogue with other relevant disciplines.

The editors hope this relational and integrative focus is reflected in the encouraging array of diverse contributions in this first issue.

A common thread in the contents is a relational conceptualisation of individual and systemic mental health problems, its implications for more 'joined-up' ways of working, and for treatment provision.

The focus of this journal could be seen to be at odds with much of the dominant individually-focused, cognitive-behavioural or biomedical approaches to mental health in the Western world at present. It is therefore even more important to offer a platform for relationally-informed work that is scientifically-based as well as humanitarian in its ethos.

Plans for at least part of the next issue are to explore the concept of psychological 'trauma', broadly conceived, within a relational context.

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**ICATA**

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