

The Constitution of the International Cognitive Analytic Therapy Association (ICATA)

1. Title

The International Cognitive Analytic Therapy Association (herein after referred to as "ICATA").

2. Aims

ICATA was established formally on July 2nd 2009 at the Third International Cognitive Analytic Therapy Conference in Bath, UK with the following aims:

- (I) To establish and develop Cognitive Analytic Therapy (CAT) as an approach to understanding and relieving psychological distress in the many contexts of human suffering, disturbance and disadvantage around the world with particular reference to mental health.
- (II) To promote, research and extend the practice, application, training, regulation and development of Cognitive Analytic Therapy as a method of psychological therapy and psychotherapy in the countries of the world.
- (III) To promote the highest standards of clinical and ethical CAT practice.
- (IV) To promote the training, support and accreditation, of Therapists, Supervisors and Trainers in CAT.
- (V) To promote the establishment of national (or where appropriate combinations of nations closely linked by geography or shared interests) associations for cognitive analytic therapy working to democratic, transparent and collaborative principles

In furtherance of the above aims but not further or otherwise, ICATA shall have the following powers:

- (a) To represent member organizations to National, Regional and International Associations for psychological therapies, psychotherapy and to other professions, institutions and governments in areas relevant to mental health and education.
- (b) To encourage the exchange, understanding and research of different theoretical and practical approaches to CAT.
- (c) To do all such things as shall further the above objectives.

3. Membership

Membership is open to national organizations which support the aims and objectives of the ICATA. There are two categories of membership: Full membership and Associate membership.

Full membership: Full membership shall be for national organizations having a significant commitment to CAT (and who comply with conditions for membership under 4(i) a,b,c,d,e).

Associate organisational membership: Associate membership shall be for national organizations

(I) Which do not yet fulfil all the conditions for full membership but intend and expect to be able to fulfil all the conditions within two years of the commencement of associate membership; and (II) for organizations with an interest in CAT internationally or have relevant links with CAT but who are not eligible for, or wanting full membership.

Individual membership of the Association is not possible and individuals who are keen to contribute to, and benefit from the activities of, the international development of CAT should do so through joining an existing National Association in a neighbouring country if one does not exist in their own country.

4. Application for membership of ICATA

(I) All applications for Full or Associate membership shall be submitted to the Secretary of ICATA. If the organization fulfils the conditions under the application below then they will be considered at the next available meeting of ICATA executive committee.

(II) An organization applying for Full membership of ICATA shall fulfil the following conditions:

(a) It shall support the aims and objectives of ICATA.

(b) It shall possess an accountable administrative structure, such as a constitution or the equivalent, which is comparable with the constitution of ICATA.

(c) It shall possess a membership, of any standing of no fewer than 10 members who have completed a minimum of a six month CAT skill certificate and are in ongoing CAT supervision

(d) It shall have been in existence as a Cognitive Analytic Therapy Association within a particular country for a minimum of one year.

(e) It shall have a code of ethics consistent with the essential elements of the ICATA Ethical Guidelines and comparable with its recommended guidelines.

5. Selection to Full Membership

(I) All applications once considered by the Secretary as to their general suitability will thereafter be passed to the International Executive Committee (or a body authorized by the International Executive Committee to consider the application and make recommendations to the International Executive Committee, e.g. a membership sub-committee).

(II) Full membership will be granted only if agreed by a two-thirds majority of the International Executive Committee. More than one application for membership from a particular nation will not normally be considered

(III) The decision of the International Executive Committee will be final. Organizations not admitted to full membership may re-apply the following year, but not more than twice consecutively.

(IV)

(a) National organizations making application for full membership will describe, in writing, their membership, their CAT practice and their selection and training criteria and procedures including details of training, requirements for personal therapy, code of ethics and methods and standards used to evaluate training, trainers and supervisors.

(b) ICATA requires that trainees of member organizations in their early years have personal therapy with value for an integrative, dialogic and relational approach and with a CAT component. Once there is an established national CAT community of sufficient size, or as soon as is ethical and pragmatically practicable, trainees are required to have a CAT therapy commensurate with their level of CAT training and in accordance with international guidelines laid down by ICATA Executive Committee (or its training committee). Personal therapy must not be provided by those trainers and supervisors who are also providing the training, supervision or examining for the individual trainee.

(c) ICATA requires that in the final assessment of the trainees at least one person must not be one of the candidate's primary trainers, supervisors or therapists and should come from outside the national organization

(V)

(a) The International Executive Committee (or such body as authorized by them to consider an application for membership) may, at their discretion, appoint or invite a senior member of a member organization which fulfils

the criteria for full membership to make a written assessment report to the International Executive Committee (or such a body authorized by them to consider an application for membership).

(b) The applicant organization is expected to pay for the travel costs of the appointed assessor, at the discretion of the appointed assessor.

(c) The applicant organization is required to supply the assessor with copies of all its literature, training brochures, details of the extent and breadth of the training modules, recommended reading lists, details of who is teaching what, samples of its written training material, requirements for completion of training, and details of its accreditation requirements and procedures.

(VII) Election to Associate Membership:

The International Executive Committee will grant Associate membership agreed by a two-thirds majority of the Board. Associate membership shall be considered for those groups who are just beginning to establish a community or network of CAT practitioners in their country.

6. The International Executive Committee

(I) The composition of the International Executive Committee:

No person shall be a member of the International Executive Committee unless he or she is a representative of a national organization that is itself a full member.

(II) The International Executive Committee will consist of the following categories:

(a) Officers: The Chairperson, Vice-chairperson, Secretary, and the Treasurer elected by the representatives of organizations in Full membership at its Annual General Meeting on the basis of one vote for each representative and by a simple majority of the votes cast.

(b) Organizational members: Each national organization that is a Full member shall have two representatives on the International Executive Committee either elected or nominated by the organization concerned. They will be entitled to speak and be eligible to vote. National organizations that have Associate membership may have one representative on the International Executive Committee. They will be entitled to speak but will not be eligible to vote.

7. Duties of the International Executive Committee

The International Executive Committee shall carry out the decisions and policies of ICATA agreed at the Annual General meeting.

(I) A quorum of the International Executive Committee shall be one quarter of the membership of the International Executive Committee plus one.

(II) The International Executive Committee may co-opt up to three persons either for a specific task or to fill a casual vacancy until the next Annual General Meeting.

(III) The International Executive Committee shall try to meet face to face from time to time and at least on the occasion of international conference. It shall mainly conduct its meetings by telephone conference. It shall liaise by teleconference, e-mail or other appropriate means during the year. The International Executive Committee shall convene the Annual General Meeting and such other meetings as are required.

(IV) The International Executive Committee may appoint from among its members such other Officers as it deems appropriate such as Administrator, Minutes Secretary, Public Relations Officer, etc, in order to carry out its business. The elected and appointed officers of the International Executive Committee shall be responsible for the executive processes of the ICATA.

(V) The International Executive Committee may appoint such sub-committees, working parties or other groups as are needed to further the aims and objectives of the ICATA, provided always that such bodies report back their actions and proceedings to the International Executive Committee promptly. At each meeting of the International Executive Committee it shall review the proceedings of any working parties so appointed.

(VI) The International Executive Committee shall have the power to adopt and issues standing orders and/or rules of procedure which shall be subject to review by the Annual General Meeting and which shall not be inconsistent with the provisions of the constitution.

(VII) Tenure of office of the Executive officers of the International Executive Committee:

Elected officers shall resign each year and may offer themselves for re-election except that no person may serve on the Executive for more than six years consecutively. Where relevant, shadow Executive Officers' posts may be designated and filled by election.

8. General Meetings

(I) General meetings shall be called by giving at least thirty days' notice in writing to all member organizations. The notice shall include the date, time and place of the meeting and the agenda, and may include such other information as necessary. Items, other than items on the agenda can only be raised for discussion at the discretion of the Chairperson. Where appropriate a general meeting can be conducted by telephone conference.

(II) No decision shall be taken at any general meeting unless there is a quorum, of a quarter of the member organizations plus one.

(III) Member organizations may submit items for the agenda by notifying the general Secretary in writing at least 8 weeks before the date of the meeting, and such properly notified items must appear on the agenda. A general meeting shall be called within 20 weeks if six member organizations notify the Chairperson in writing of their wish for such a meeting. A General Meeting may also be called by the Executive of the International Executive Committee.

(IV) All organizations, whether Full or Associate members shall be entitled to send two representatives to General Meetings of ICATA. Any such organization unable to be present at a meeting may arrange with another organization, or representative of another organization to represent it.

9. Annual General Meeting

(I) One general meeting each year shall be the Annual General Meeting and this shall take place within 15 months of the previous Annual General Meeting.

(II) The meeting will consider reports from the Chairperson and the Treasurer, adopt accounts and elect auditors.

(III) The Annual General Meeting shall set the level of subscriptions to ICATA, and other changes where necessary.

10. Voting rights and procedures

(I) Voting rights will be reserved for organizations in Full membership on the basis of one vote for each organization of at least 10 members but not more than 25 and two votes for each organisation of more than 25 members.

(II) Associate members will have participant non-voting rights but cannot stand, nominate, second the nominations of others or be elected to the International Executive Committee, the Committees or Offices of ICATA.

(III) A Full member organization unable to be present at a meeting may arrange with another organization to vote on its behalf whether at its discretion or as specifically directed, but this vote shall only be valid if the organization that is unable to be present notifies the Secretary in writing 10 days before the meeting of its intention to be absent and specifies the organization or representative of the organization authorized to vote and if this organization notifies the Chairperson of its agreement to act at the beginning of the meeting.

11. Withdrawal of Membership of an Organization

(I) Any complaint about a member organization made in writing to the Chairperson shall be notified to the next International Executive Committee.

(II) If the International Executive Committee has reasonable cause to believe that an organization has ceased to meet the criteria of membership of ICATA, it shall require the representatives of that organization to discuss the matter with the International Executive Committee or one or more members of the International Executive Committee appointed for that purpose.

(III) If the International Executive Committee comes to the opinion that the criteria for the relevant category of membership are no longer met, it shall draw this to the attention of the representatives and require the organization either to take action to meet the criteria or to withdraw from ICATA.

(IV) If the organization shall not satisfy the International Executive Committee and shall not resign, the International Executive Committee will propose a motion at the next General Meeting (which may be called for the purpose) that the membership of the organization be withdrawn. The motion shall be carried if it receives a majority of two-thirds of the votes cast.

(V) No organization may be deemed to be a member organization of ICATA unless it has been granted membership at a General Meeting, nor may organizations whose membership has been terminated by a vote at a General meeting continue to claim membership of ICATA. In such a case the matter will be reported to ICATA.

(VI) If a member organization fails to pay its annual membership fee by the decreed time and is thus not a fully paid up member, then the International Executive Committee may declare that the member organization has forfeited its right to vote at the next Annual General Meeting. If it continues to be in arrears of its membership fees after such an Annual General Meeting, then the International Executive Committee will propose at the next Annual General Meeting that the membership of the organization be withdrawn.

12. Review of Membership

The International Executive Committee shall review the grounds for membership of ICATA as defined by the constitution of each member organization not less than once every five years, and report the outcome of such reviews to the Annual General meeting within the five year period.

13. Amendment to the Constitution

All changes to the constitution shall be notified to, and approved by a General Meeting. Amendment to the constitution can be made only if the motion proposing it shall receive a two-thirds majority of the votes cast at a General Meeting.

14. Termination

ICATA may be terminated at a General Meeting only if the motion proposing it shall receive a two-thirds majority of the votes cast. Following such a decision any money, goods or property owned by ICATA shall, after the satisfaction of all proper debts and liabilities, be transferred to an organization with similar aims, then to the World Health Organization.

We the undersigned are the signatories to the adoption of this constitution for the International Cognitive Analytic Therapy Association at its inaugural meeting in Bath England July 2nd 2009

Name:	Country	Signature
Steve Potter	UK	
Mark Westacott	UK.	
Ian Kerr	UK	
Carlos Mirapeix	Spain	
Louise McCutcheon	Australia	
Marisol Cavieres	New Zealand	
Iannis Vlachos	Greece	
Stephan Salenius	Finland	
Iñigo Tolosa	Spain	
Angela Mohan	Ireland	
Andrew Chanen	Australia	
Debbie Russell Carroll	Ireland	