

## Contents

List of Figures	<i>vii</i>
About the Authors	<i>ix</i>
Preface to the Second Edition	<i>xi</i>
Preface to the First Edition (2002)	<i>xvii</i>
Acknowledgments	<i>xix</i>
The Structure of the Book	<i>xxi</i>
1	<b>The Scope and Focus of CAT</b> 1
2	<b>The Main Features of CAT</b> 9
3	<b>The CAT Model of Development of the Self</b> 31
4	<b>The CAT Model of Abnormal Development of the Self and Its Implications for Psychotherapy</b> 55
5	<b>The Practice of CAT: Selection and Assessment of Patients for Therapy</b> 75
6	<b>The Practice of CAT: The Early Reformulation Sessions</b> 95
7	<b>The Practice of CAT: Later Phases of Therapy, Working at Changing and Ending</b> 121
8	<b>The CAT Model of Therapist Activity and of Supervision</b> 141
9	<b>CAT in Various Conditions and Contexts</b> 161
10	<b>The Treatment of “Severe and Complex” Personality-Type Disorders</b> 225
11	<b>The “Difficult” Patient, Contextual Reformulation, Systemic Applications, and Reflective Practice</b> 265
	<b>Afterword</b> 283
	<b>Glossary</b> 287

<b>Appendix 1: The Psychotherapy File</b>	<i>291</i>
<b>Appendix 2: Cognitive Analytic Therapy (CAT) Competences for Individuals with Personality Disorder</b>	<i>297</i>
<b>Appendix 3: Personality Structure Questionnaire (PSQ)</b>	<i>311</i>
<b>Appendix 4: Repertory Grid Basics and the Use of Grid Techniques in CAT</b>	<i>313</i>
<b>References</b>	<i>315</i>
<b>Index</b>	<i>351</i>