



8TH ICATA CONFERENCE

INTERNATIONAL CAT CONFERENCE

1ST ITACAT CONFERENCE - ITALIAN ASSOCIATION OF COGNITIVE ANALYTIC THERAPY

EXPLORING AND INTEGRATING DIALOGUES IN CAT

ITALY
FERRARA
2019
JUNE
27.28.29



Cognitive Analytic Therapy
Around the World

www.internationalcat.org



ITALIAN
COGNITIVE
ANALYTIC
THERAPY

www.itacat.org



Università
degli Studi
di Ferrara

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Welcome from ICATA Chair

Dear Colleagues,

I am very pleased to be able to welcome you all to the 8th Conference of the International Cognitive Analytic Therapy Association (ICATA), held in conjunction with the Italian Association of Cognitive Analytic Therapy (ITACAT) and the University of Ferrara, in the beautiful town of Ferrara, Italy.

The theme of the Conference will be “Exploring and Integrating Dialogues in CAT” and it looks like being one that will draw many interested professionals from across the world. CAT is a relational model that is integrative and sensitive to cultural and individual differences, and therefore we welcome the opportunity to hear how CAT is practiced and used in different settings. The program looks like being an inspiring and challenging one, and we have engaged a number of high-calibre invited speakers and encouraged a diverse range of oral and poster presentations. The Conference presentations will be held in English, and members of the Conference Committee and National Associations have offered to work with any potential speakers who want support preparing their presentations.

Louise McCutcheon, Chair, ICATA

Welcome from the Italian Committee (ITACAT)

Dear Friends and Colleagues,

we are delighted to welcome you to Ferrara to the 8th International Cognitive Analytic Association (ICATA) Conference. The University of Ferrara, through its Institute of Psychiatry, Department of Biomedical Sciences, is hosting this event, jointly organized with ICATA and the Italian Association of Cognitive Analytic Therapy (ITACAT). It will be a very special meeting. The theme “Exploring and Integrating Dialogues in CAT” aims at integrating and extending the knowledge of CAT, opening a constructive dialogue with the several branches of psychotherapy - cognitive, relational, analytic, humanistic, philosophical - and the neurosciences, which are all integrated parts of intersubjectivity. Our hope is that this will be an important step towards moving from theory to practice, influencing through evidence-based and experience-based data, the mental health care of people affected by emotional disorders, in terms of prevention, treatment and rehabilitation, always to be expressed in the form of “dialogue” within a relational encounter. With this Conference theme, Workshops and Symposia addressing timely issues in clinical research and practice, the upcoming ICATA Conference represents a great opportunity for practitioners and researchers in CAT and all forms of psychotherapy to share their clinical experience, work and research. Join us to the ICATA Conference.

Luigi Grassi, Conference ad ITACAT Chair, on behalf of the ITACAT Committee



ABOUT ICATA

Cognitive Analytic Therapy (CAT) was developed in the early 1980's by Dr Anthony Ryle at Guy's and the St Thomas' Hospitals in London as a public health response to the mental health needs of a busy inner London area. His concern about the need for facilitating the access and the equity of psychological intervention for the population remains at the heart of the model. He felt it important to offer a short-term focused psychotherapy integrating the best of different approaches, that could be used in the health services, and researched and refined with the growing experience of clients and therapists.

For these reasons, CAT was mostly established first in the UK supported by the work of the Association for Cognitive Analytic Therapy (ACAT) which has today more than 900 members. It then has grown in many other countries through National CAT Associations, including Australia, Finland, Greece, Hong Kong, India, Ireland, Italy, New Zealand, Poland and Spain. The International Cognitive-Analytic Therapy Association (ICATA) was established in 2010, as a Federation of National Associations for CAT, has been constituted to support, promote, and facilitate the dialogue and the consensus among clinicians practicing psychotherapy, organizing a biennial international conference in different parts of the world.

RATIONALE

The 8th ICATA Conference, hosted jointly by the International Cognitive Analytic Therapy Association (ICATA), the Italian Association for Cognitive Analytic Therapy (ITACAT) and the University of Ferrara aims to extend the knowledge of CAT among psychotherapists and to explore the various components of psychotherapy (cognitive, constructivist, analytic, humanistic, interpersonal, relational, philosophical and neurobiological). It will be a great opportunity to open up a dialogue amongst different forms of psychotherapy in order to implement its application within an integrated recovery-oriented approach (including rehabilitation and psychopharmacology) in Mental Health Departments and services, as well as in Training Institutions. Through key-note presentations, plenary sessions, symposia and workshops, renowned professionals in the field will share their clinical and research experience with the purpose of improving the treatment of several psychopathological conditions (including personality, mood, anxiety and psychotic spectrum disorders) and challenging situations.

8TH ICATA CONFERENCE COMMITTEES

ICATA PROGRAM COMMITTEE: Louise McCutcheon (ICATA Chair) (Australia), Luigi Grassi (Italy), Katri Kanninen (Finland), Nick Barnes (UK).

ITACAT COMMITTEE (Italy): Luigi Grassi (Chair), Bruno Biancosino, Rosangela Caruso, Cristina Fiorani, Maria Giulia Nanni, Alessandra Nivoli, Antonietta Provinzano, Alessia Sogni, Marisa Poggioli, Piero Verani.

LOCAL ORGANIZING COMMITTEE: Fabio Antenora, Martino Belvederi Murri, Silvana Sabato, Luigi Zerbinati.

NATIONAL ADVISORY COMMITTEE (Italy): Domenico Berardi, Stefano Caracciolo, Bernardo Carpinello, Fiammetta Cosci, Luca Valerio Fabj, Marina Farinelli, Antonella Filastro, Massimo Giliberto, Paolo Gritti, Luca Maggi, Antonino Minervino, Pierluigi Politi, Chiara Ruini, Ines Testoni, Enrico Zanalda.

SPEAKERS IN PLENARY SESSIONS

GUEST SPEAKER

Ali Smith, a Scottish author, playwright, academic and journalist who has extensively written fictions and plays. Her novel *How to be both* (Penguin, 2014, Italian Edition *L'una e l'Altra*, BIGSUR Edizioni, Roma 2016) will be the key-element in her presentation at the ICATA 8th Conference in Ferrara where she will read and converse on-stage about the novel. The story is told from two perspectives: those of George, a 16-year-old girl living in contemporary Cambridge, and Francesco del Cossa, an Italian renaissance artist from Ferrara (Ferrara, 1436 – Bologna, 1478) who painted a series of frescoes in the 'Hall of the Months' at the Palazzo Schifanoia (translated as the 'Palace of Not Being Bored' in the novel) in Ferrara, Italy.

KEYNOTE SPEAKERS

Georg Northoff (Canada), MD, PhD, EJLB-CIHR is Michael Smith Chair in Neurosciences and Mental Health, Canada Research Chair for Mind, Brain Imaging and Neuroethics at the University of Ottawa Institute of Mental Health Research (IMHR), Ottawa, Canada. Philosopher, neuroscientist and psychiatrist, holding degrees in all three disciplines. Being originally from Germany, now working in Ottawa/Canada where he researches the relationship between the brain and mind in its various facets. Driving question is: why and how can our brain construct subjective phenomena like self, consciousness, emotions.

<http://www.georgnorthoff.com/>

Giovanni Stanghellini (Italy), MD, PhD, is Professor and Chair of Dynamic Psychology at the University G. D'Annunzio, Pescara-Chieti, Italy. Psychiatrist, he has written extensively on the philosophical foundations of psychopathology, especially from a phenomenological and anthropological viewpoint. He is co-editor of the Series International Perspectives in Philosophy and Psychiatry (Oxford University Press) and associate editor of the journal Psychopathology. He has founded (with K.W.M. Fulford and J.Z. Sadler) the International Network for Philosophy and Psychiatry.

<http://www.giovannistanghellini.it/>





OTHER SPEAKERS

Nick Barnes, MD, Child and Adolescent Psychiatrist, Honorary Senior Lecturer, East London NHS Foundation Trust and University College London, London, UK.

Marie-Anne Bernardy-Arbuz, PhD, Clinical Psychologist and Psychotherapist, Hopital Robert Debrè, Paris, France.

Ruth Carson, Consultant Psychotherapist, Mersey Care NHS Trust, Liverpool, UK.

Andrew Chanen, MBBS (Hons), B.Med.Sci (Hons), MPM, PhD, FRANZCP, Professor of Psychiatry, Head, Personality Disorder Research at Orygen, The National Centre of Excellence in Youth Mental Health, University of Melbourne, Melbourne, Australia.

Lee Crothers, Director, In Dialogue Practice Psychotherapist & Occupational Therapist, Melbourne, Australia.

Luigi Grassi, MD, MPhil, Professor and Chair of Psychiatry, University of Ferrara, Head University Hospital Psychiatry Unit, S. Anna and Health Trust, Ferrara, Italy.

Jason Hepple, FRCPSyc, UKCP, Consultant Psychiatrist, Somerset Partnership NHS Foundation Trust, Course Co-Director Somerset CAT Practitioner Training, the University of Exeter, Somerset, UK.

Katri Kanninen, Clinical Psychotherapist, Past Chair ICATA, Shortum, Espoo, Finland.

Stephen Kellett, BSc, MSc, DClInPsy, Department of Psychology, University of Sheffield, Sheffield, UK.

Minna Jentze - Von Bonsdorff, Clinical CAT Psychotherapist, Helsinki, Finland.

Mikael Leiman, Professor Emeritus of Psychology, University of Eastern Finland, Finland.

Carlos Mirapeix, MD, Director of the Fundación para la Investigación en Psicoterapia y Personalidad, Santander, Spain. Professor of Psychotherapy at post-graduate Master program, Universidad de Deusto, Spain.

Louise K. McCutcheon, PhD, CAT trainer and supervisor, current Chair of ICATA. Orygen, The National Centre of Excellence in Youth Mental Health and Orygen Youth Health, North Western Mental Health, Melbourne, Australia.

Steve Potter, B.Soc.Sc. Med, CAT Consultant and Trainer, Past Chairperson of ACAT and of ICATA, London, UK.

Claire Regan, PhD, Clinical Psychologist, Marino Institute of Education, Trinity College Dublin, University of Dublin, Dublin, Ireland.

GENERAL INFORMATION

SECRETARIAT DESK AND REGISTRATION

A Secretariat desk will be present during the all the duration of the Conference in the main hall of the Mammut. Before accessing the Scientific Sessions all participants are asked to register at the Secretariat desk to collect the badge and the conference kit. Everybody is kindly asked to wear this badge at all sessions and social events. The Secretariat desk will open daily at 8.30 a.m. for the days of the Conference. Direct payments by cash will be allowed during the Conference everyday from 8.30 a.m. to 11.00 a.m.. Wireless network: Internet / WiFi Wireless and cable connection will be available. Participants can ask for the password and ID at the Secretariat desk, ID card or passport are strictly required.

SPEAKER PREVIEW ROOM (ROOM D5)

All conference rooms will be equipped with a laptop computer (Microsoft PowerPoint for Windows PCs.) and an LCD-projector. Presenters should bring their presentation on USB drive. The presentations should be uploaded in Speaker Preview Room the day before the symposium/workshop if this is in the morning, the morning of the same day if it is in the afternoon. If you are using software other than Microsoft PowerPoint on a PC running Windows (e.g. OpenOffice, PowerPoint for MAC, Keynote) please make sure your presentation is converted to Microsoft PowerPoint on a PC running Windows. The use of a MAC laptop is not recommended, as it frequently causes problems. Those who insist on using their MAC laptop will need to provide their own adapter.

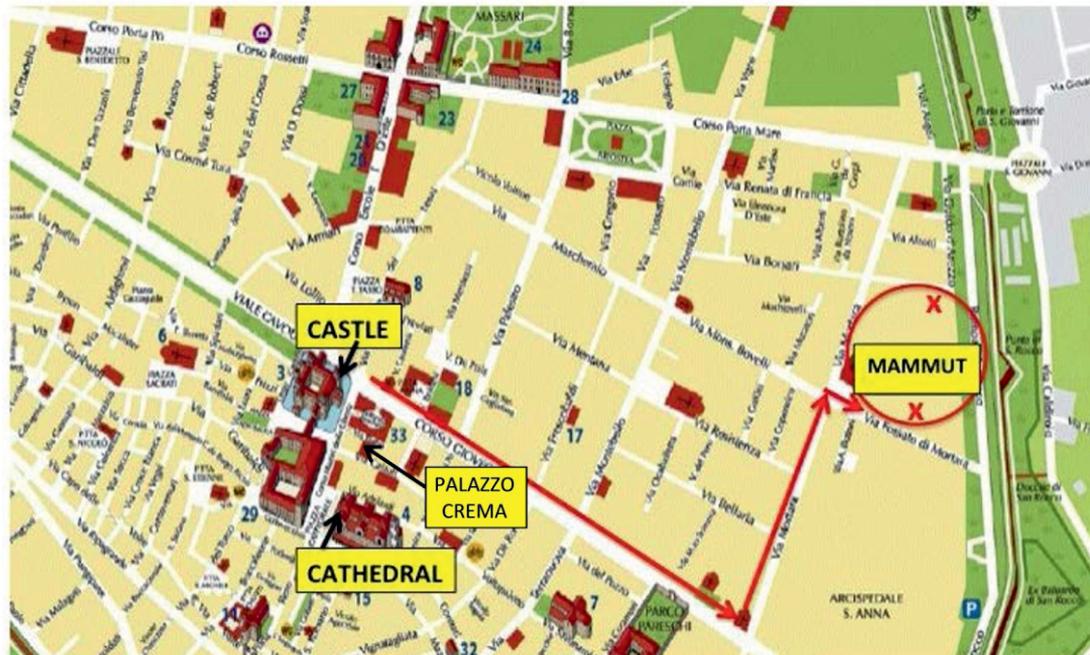
LANGUAGE

The official language of the conference will be ENGLISH. Since this might be a barrier for some participants, members of the ICATA and ITACAT conference committees and the executives of each National Association will be happy to support those who need assistance with developing their presentations.

CONTACTS

Scientific issues: ICATA Organizing and Scientific committee icata2019@unife.it

Organizing and Administrative Secretariat: Consorzio Futuro in Ricerca convegni@unife.it



VENUES

VENUES - CONFERENCE VENUE

Polo Biomedico - Complesso Mammut, University of Ferrara
(main entrance from Via Fossato di Mortara, 27, alternative entrance Via Luigi Borsari, 46)

WELCOME COCKTAIL (THURSDAY 27th 19.00-20.30)

Santa Maria delle Grazie Cloister - Complesso Mammut, University of Ferrara
(main entrance from Via Luigi Borsari, 46)

CONFERENCE DINNER (FRIDAY 28th 20.00-23.00)

Palazzo Sacrati Muzzarelli Crema - Via Cairoli, 13

THURSDAY JUNE 27TH

PRECONFERENCE WORKSHOPS

8.30 - 9.30 | WORKSHOP PARTICIPANTS REGISTRATION

9.30 - 13.30 | ROOM D6 | WORKSHOP 1 (in Italian)
INTRODUZIONE ALLA TERAPIA COGNITIVO ANALITICA (CAT) E METODI DI
ASSESSMENT [PERSONALITY STRUCTURE QUESTIONNAIRE]

Conductors: Alessia Sogni (Italia), Cristina Fiorani (Italia), Marisa Poggjoli (UK)

ROOM D7 | WORKSHOP 2

REFORMULATION ON THE FLY: USING DIALOGICAL SEQUENCE ANALYSIS
AS A FOCUSING TOOL IN DIALOGUE

Conductor: Mikael Leiman (Finland)

ICATA CONFERENCE

14.30 - 16.30 | ICATA 2019 PARTICIPANTS REGISTRATION

16.30 - 18.00 | ROOM E2 | PLENARY SESSION

OPENING CEREMONY

Conference Welcome And Introduction

ON-STAGE CONVERSATION

Chair: Louise McCutcheon (Australia)

Ali Smith (UK): *READINGS FROM "HOW TO BE BOTH" AND ON-STAGE
CONVERSATION WITH NICK BARNES (UK) AND PAOLO GUZZANTI (IT)*

18.00 - 19.00 | PARALLEL SYMPOSIA / WORKSHOPS

1. ROOM D6 | WORKSHOP

FOCUS GROUP: THE EFFECT OF PUBLISHING 'UNEQUAL GROUND:
WORKING WITH PEOPLE AFFECTED BY CHILD SEXUAL ABUSE'

Julie Lloyd (UK), Hilary Brown (UK)

2. ROOM E2 | SYMPOSIUM

CAT-INFORMED TREATMENT OF YOUNG PEOPLE WITH SEVERE MENTAL
DISORDERS – PART 1 – BORDERLINE PERSONALITY DISORDER

Chair: Louise McCutcheon (Australia)

a. Louise McCutcheon (Australia): *Introduction to the HYPE program, a CAT-
informed early intervention program for BPD*

b. Christel Hessels and Gerda Blom (The Netherlands): *HYPE in the Netherlands*

c. Elizabeth Morley (Australia): *Working with identity in young people with BP*

3. ROOM E3 | SYMPOSIUM

CONSCIOUSNESS AND IDENTITY

Chair: Clotilde Gislou (Italy)

a. Caterina Romaniello (Italy): *Disorders of consciousness and behavior:
self-related effects in the relational context*

b. Jessie Emilion (UK): *Unspoken Identities, Alienated Selves and Hidden
Voices: Multiple Selves in Dialogue*

c. Stephanie Smyrniotis (Australia): *Found in translation*

4. ROOM D7 | WORKSHOP

MOVEMENT AND BREATH FOR ANXIETY: COLLABORATING TO DEVELOP
CAT BASED INTERVENTIONS TO REDUCE ANXIETY

Caroline Dower (UK), Jennifer O'Brien (Australia), Gaynor Miteff (Australia)

5. ROOM E1 | SYMPOSIUM

INTEGRATED RECOVERY-ORIENTED TREATMENT IN MOOD SPECTRUM
DISORDERS (jointly organized by ITACAT, SiPc and WPA)

Chair: Maria Giulia Nanni (Italy)

a. Martino Belvederi Murri (Italy): *Integrated psychopharmacology for mood
disorders and sleep amelioration*

b. Roberto delle Chiaie (Italy): *Psychoeducation in bipolar disorders*

c. Elaine Martin (Ireland): *An Exploration of Group CAT for Anxiety and
Depression*

19.00 - 20.30 | WELCOME COCKTAIL and ENTERTAINMENT

Venue: SANTA MARIA DELLE GRAZIE CLOISTER

FRIDAY JUNE 28TH

8.30 - 9.30 PARTICIPANTS REGISTRATION

9.00 - 10.00 ROOM E2 | PLENARY SESSION

Chair: Luigi Grassi (Italy)

Georg Northoff (Canada): *THE SELF AND ITS PSYCHOTHERAPY*

A BRAIN-BASED APPROACH

Discussant: Ian Kerr (New Zealand)

10.00 - 11.00 PARALLEL SYMPOSIA / WORKSHOPS

6. ROOM D6 | WORKSHOP

RELATIONSHIPS OF COERCION AND DESPERATION: THE FALLOUTS OF INEQUALITY

Julie Lloyd (UK), Hilary Brown (UK)

7. ROOM E3 | SYMPOSIUM

NEUROPLASTICITY AND THE SELF IN PRACTICE (jointly organized by ITACAT and SIMP)

Chair: Maria Giulia Nanni (Italy)

a. Georg Northoff (Canada): *World and brain relationship: how does the self change?*

b. Valentina Colonnello (Italy): *Harnessing the power of positive social interactions for neuroprotection programs*

c. Marina Farinelli (Italy): *Plasticity of the self and subcortical brain damage: learning from stroke*

8. ROOM E1 | SYMPOSIUM

ATTACHMENT AND INTEGRATED CARE

Chair: Chrysanthos Katsimagklis (Greece)

a. Drew McAnespie (UK): *Attachment, CAT and Mechanisms of Change*

b. Luigi Grassi (Italy): *Splitting, attachment and psychosocial related variables in personality disorders*

c. Jouni Aavaluoma (Finland): *Integrating music therapy and life circle work in CAT psychotherapy*

9. ROOM E2 | SYMPOSIUM

CAT-INFORMED TREATMENT OF YOUNG PEOPLE WITH SEVERE MENTAL DISORDERS – PART 2 – OTHER COMPLEX DISORDERS

Chair: Louise McCutcheon (Australia)

a. Eva Burkhardt (Australia): *CAT for Young People with a First Episode of Schizophrenia-Spectrum Psychosis*

b. Somer Prowd (Australia): *Using CAT to treat eating disorders in youth*

c. Reem Ramadan (Australia): *CAT and Perfectionism*

10. ROOM D7 | SYMPOSIUM

TOOLS IN CAT AND PSYCHOTHERAPY

Chair: Rosangela Caruso (Italy)

a. Elaine Martin (Ireland): *Bringing the Poles into Dialogue: facilitating emotional processing and the development of new Reciprocal Roles*

b. Luca Simione (Italy): *Rethinking the effect of mindfulness on sleep: what if it was all a matter of distress?*

c. Ann Treesa Rafi (India): *CAT in the Indian context: Understanding strengths and challenges through therapists' experiences*

11.00 - 11.30 COFFEE BREAK and POSTER EXHIBITION

ROOM ACQUARIUM and MAIN HALL

11.30 - 13.00 ROOM E2 | PLENARY SESSION

Chair: Steve Potter (UK)

Steve Potter (UK), Marie-Anne Bernardy-Arbuz (France), Claire Regan (Ireland), Nick Barnes (UK): *FROM RELATIONAL MAPPING TO BEING RELATIONAL*

13.00 - 14.00 LUNCH and POSTER EXHIBITION

ROOM ACQUARIUM and MAIN HALL

14.00 - 15.00 ROOM E2 | PLENARY SESSION

KEY-NOTE LECTURE

Chair: Louise McCutcheon (Australia)

Giovanni Stanghellini (Italy): *THE PHD METHOD FOR PSYCHOTHERAPY: INTEGRATING PHENOMENOLOGY, HERMENEUTICS AND PSYCHODYNAMICS*

Discussant: Jason Hepple (UK)

15.00 - 16.00 PARALLEL SYMPOSIA / WORKSHOPS

11. ROOM D6 | SYMPOSIUM

CAT IN CLINICAL CONTEXTS

Chair: Lee Crothers (Australia)

- a. Nick Barnes (UK): *A CAT informed approach to serious youth violence*
- b. Juha Savolainen (Finland): *Individual Target Problems and Change in Short-term Psychotherapy - Dialogical Sequence Analysis in Change Assessment*

12. ROOM D7 | WORKSHOP

IN THE MOOD FOR CINEMA. RECOGNIZING, NAMING AND MAPPING "ITALIAN RECIPROCAL ROLES" FROM SCENES IN ITALIAN MOVIES

Chair: Piero Verani (Italy)

Marisa Poggjoli (UK-Italy), Cristina Fiorani (Italy), Piero Verani (Italy)

13. ROOM E3 | SYMPOSIUM

FROM CLINICAL TO TRAINING IMPLICATIONS IN CAT PERSPECTIVE

Chair: Elaine Martin (Ireland)

- a. Louise Yorke (UK): *Relational Hospital: In dialogue with Relational Discovery*
- b. Rosangela Caruso (Italy): *Splitting phenomena in mental health staff and intervention*
- c. Iannis Vlachos (Greece): *Exploring the obstacles in the establishment of the therapeutic relationship using the concept of language games*

14. ROOM E2 | WORKSHOP

HOW CAN WE BE WITH AND CONNECT TO THE UNBRIDGEABLE PARTS OF OURSELVES AND OTHERS?: AN INTRODUCTION TO A NEW CREATIVE MAPPING STRUCTURE WHICH CAN BE HELPFUL IN THIS PROCESS, 'THE HOUSE OF SELF STATES' (HOSS)

Vicky Petratou (UK)

15. ROOM E1 | SYMPOSIUM

LIFESTYLE, SELF/OTHER DISTINCTION, AND LIFE EVENTS AT THE INTERFACE BETWEEN NEUROSCIENCE AND PSYCHOLOGICAL INTERVENTIONS (jointly organized by ITACAT and ICPM)

Chair: Fiammetta Cosci (Italy)

- a. Marina Farinelli (Italy): *Predisposed to the change: a novel approach to lifestyle*
- b. Valentina Colonnello (Italy): *Self/other distinction: implication for therapeutic process*
- c. Giovanni Mansueto (Italy): *Early events, neurocognitive functions and mentalization in psychosis: clinical implications*

16.00 - 16.30 COFFEE BREAK and POSTER EXHIBITION
ROOM ACQUARIUM and MAIN HALL

16.30 - 18.00 ROOM E2 | PLENARY SESSION

Chair: Alison Jenaway (UK)

Andrew Chanen (Australia): *MAIN OUTCOMES FROM THE MOBY RANDOMISED CONTROLLED TRIAL OF EARLY INTERVENTION FOR YOUTH WITH BORDERLINE PERSONALITY DISORDER*

Stephen Kellett (UK): *THE EFFECTIVENESS OF CAT FOR TARGET PROBLEMS – A META-ANALYSIS OF SINGLE CASE EXPERIMENTAL DESIGNS*

18.00 - 19.00 PARALLEL SYMPOSIA / WORKSHOPS

16. ROOM E2 | SYMPOSIUM

INTEGRATED RECOVERY-ORIENTED TREATMENT IN PSYCHOTIC SPECTRUM DISORDERS (JOINTLY ORGANIZED BY ITACAT, SIPC AND WPA)

Chair: Carlos Mirapeix (Spain)

- a. Martino Belvederi Murri (Italy): *Early psychotic episodes: assessment and intervention*
- b. Massimo Pasquini (Italy): *Integrated psychopharmacology and sleep amelioration*
- c. Ian Kerr (New Zealand): *Integrating and applying CAT in psychosis*

17. ROOM E3 | WORKSHOP

USING IDEAS FROM INTERNAL FAMILY SYSTEMS THERAPY IN COGNITIVE ANALYTIC THERAPY - A COMPASSIONATE APPROACH TO PROBLEMATIC RECIPROCAL ROLES

Alison Jenaway (UK), Carol Gregory (UK)

18. ROOM D6 | SYMPOSIUM (IN ITALIAN)

EXISTENTIAL AND COGNITIVE-ANALYTIC FRAMEWORK (jointly organized by ITACAT and the Institute of Humanistic and Existential Psychology)

Chair: Bruno Biancosino (Italy)

- a. Massimo Biondi (Italy): *The dimensions of temporality in human existence*
- b. Antonella Filastro (Italy): *The four dimensions in the humanistic and existential model*
- c. Luigi Grassi (Italy): *CAT perspectives on existence*

19. ROOM D7 | SYMPOSIUM

THERAPEUTIC RELATIONSHIP, HOPE AND CHANGE: AN ANALYSIS OF THE PATIENTS' GOODBYE LETTERS

Chairs: Iannis Vlachos, Myrto Kalliopi Verykiou (Greece)

- a. Konstantina Papadaki (Greece): *The importance of the Therapeutic Relationship attributed by patients in CAT*
- b. Rita Toli (Greece): *Reconstruction of Hope in patients' perspective.*
- c. Evangelia Tseliou (Greece): *Understanding Change in CAT*

20. ROOM E1 | WORKSHOP

CHOREOGRAPHIC CAT: THE RELATIONAL DANCE

Chair: Ellie Carr (UK)

Ellie Carr (UK), Rob Lam (UK): *Embodied Practice: Dancing Your Map*

20.00 - 23.00 CONFERENCE DINNER and ENTERTAINMENT

Venue: PALAZZO SACRATI MUZZARELLI CREMA

SATURDAY JUNE 29TH

8.30 - 10.00 | ROOM E2 | PLENARY SESSION

Chair: Katri Kanninen (Finland)

Katri Kanninen (Finland), Ruth Carson (UK), Lee Crothers (Australia), Minna Jentze-von Bonsdorff (Finland): **TAILORING CAT: CAT IN SHORT, TYPICAL AND LONG THERAPIES. AND WHAT HAPPENS IN THE MIDDLE OF THE THERAPY?**

10.00 - 11.00 PARALLEL SYMPOSIA / WORKSHOPS

21. ROOM E2 | WORKSHOP

IT'S A FAMILY AFFAIR: WORKING WITH YOUNG PEOPLE WITH BPD AND THEIR FAMILIES IN A CAT BASED EARLY INTERVENTION PROGRAM

Chair: Christel Hessels (The Netherlands)

Christel Hessels (The Netherlands), Gerda Blom (The Netherlands)

22. ROOM D7 - SYMPOSIUM (IN ITALIAN)

PSYCHOTHERAPIES IN DIALOGUE (jointly organized by ITACAT, SCI and SIPP)

Chair: Tessa Fane (UK)

- Massimo Giliberto (Italy): *Desdemona' story: a constructivist psychotherapy approach*
- Mariarosaria Menafro (Italy): *The "relational child": peculiariteis of the systemic setting in a scholar phobia case*
- Barbara Patrizi (Spain): *Therapeutic integrated intervention in the program of attention to the crisis and prevention of suicide in a mental health center: a case report*

23. ROOM E3 | WORKSHOP

INTEGRATING SPIRITUALITY IN COGNITIVE ANALYTIC THERAPY

Chair: Carlos Chiclana (Spain)

Carlos Chiclana: *Improving CAT with spirituality and religion*

Esther Gimeno: *Difficulties in integrating CAT with spirituality and religion*

24. ROOM D6 | SYMPOSIUM

CLINICAL CASES AND CAT

Chair: Katri Kanninen (Finland)

- Lakshmi Sankaran (India): *CAT and the issues of human rights in India.*
- Sarah Cluley (UK): *A clinical case*
- Sara Johnson (Guernsey): *CAT in Emotionally Unstable Personality Disorders: a clinical case*

11.00 - 11.30 | COFFEE BREAK and POSTER EXHIBITION ROOM ACQUARIUM and MAIN HALL

11.30 - 13.00 | ROOM E2 | PLENARY SESSION

Chair: Helena Lönnfors (Finland)

Jason Hepple (UK): *MORE IS MORE: WORKING WITH OBSESSIONALITY AND OVERVALUED IDEAS IN CAT*

Carlos Mirapeix (Spain): *CAT AS A SELF GUIDED TRANSDIAGNOSTIC APPROACH*

13.00 - 14.00 | LUNCH and POSTER EXHIBITION ROOM ACQUARIUM and MAIN HALL

14.00 - 15.30 | ROOM E2 | PLENARY SESSION

Chair: Iannis Vlachos (Greece)

Steve Potter (UK): *Why transference matters in CAT*

Stephen Kellett (UK): *HOW EFFECTIVE IS CAT WHEN COMPARED TO OTHER BRIEF INTERVENTIONS IN THE IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT) SERVICE IN THE UK?*

15.30 - 16.30 PARALLEL SYMPOSIA / WORKSHOPS

25. ROOM E2 | SYMPOSIUM

INTEGRATING CAT, MEANING AND DIGNITY INTERVENTION IN THE CARE OF PATIENTS (jointly organized by ITACAT, NIDI and WPA)

Chair: Luigi Grassi (Italy)

- Rosangela Caruso (Italy): *Meaning and the narrative self at the end of life*
- David Mamo (Malta): *Challenges and Opportunities for Dignity Therapy in Dementia*
- Heifa Ounalli (Tunisia): *Narration as Dignity in psychiatry*

26. ROOM D7 - WORKSHOP

HISTORY AND CONTEXT: SITUATING THE CHRONOTOPE OF LOVE THROUGH THE CAT'S EYE

Rob Lam (UK)

27. ROOM D6 - SYMPOSIUM

RECENT ADVANCES ON MECHANISM OF CHANGE IN INTERPERSONAL PSYCHOTHERAPY AND CAT (jointly organized by ITACAT and S.I.PINT)

Chair: Marisa Poggioli (UK-Italy), Luca Maggi (Italy)

- Luigi Zerbini (Italy): *Interpersonal Psychotherapy and Cognitive Analytical Therapy - Comparison between models*
- Marco Menchetti (Italy): *Efficacy of Interpersonal Counseling for complicated grief and other interpersonal life events in primary care attenders*

28. ROOM E3 - SYMPOSIUM

SUSTAINABLE DEVELOPMENT OF CAT TRAINING

Chair: Pau Rodríguez Mayor (Spain)

- Pau Rodríguez Mayor (Spain): *Evolution of CAT in Spain*
- Esther Gimeno (Spain): *Alternatives in CAT training: the case of a training group in Madrid*

17.30 - 18.00 | ROOM E2 | PLENARY SESSION

Chair: Ian Kerr (New Zealand)

Luigi Grassi (Italy), Mikael Leiman (Finland), Louise McCucheon (Australia): *CAT IN DIALOGUE WITH THE PAST AND THE FUTURE: PHILOSOPHICAL PERSPECTIVES*

CLOSING REMARKS

WITH THE PATRONAGE OF

INTERNATIONAL SOCIETIES



WORLD PSYCHIATRIC ASSOCIATION
Advance Psychiatry and Mental Health Across the World

Section on Psychotherapy
Section on Psycho-oncology and Palliative Care
Section on Psychiatry, Medicine & Primary Care

 The International College
of Psychosomatic Medicine

NATIONAL SOCIETIES



NATIONAL INSTITUTIONS



ACCADEMIA DELLE SCIENZE
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