**Cognitive Analytic Therapy Personal Reformulation**

**What is available for trainees?**

Trainees are able to access a funded Personal Reformulation (PR), which consists of two meetings (an initial two-hour session plus one-hour follow up) with a CAT therapist who is part of the Catalyse organisation. All PR funding is subject to budgetary constraints. Trainees and Catalyse would be informed promptly if this were to change.

**Trainees have a training budget to be used over their training for a range of activities including accessing Personal Reformulation, attending conferences and research expenses. This is £500 for the 2022 cohort and beyond, and £400 for 2019, 2020 and 2021 cohorts. For trainees joining prior to 2019 access to the funded Personal Reformulation is separate to their continuing professional development (CPD) funds.**

**Further information is available in the** [**programme handbook**](http://wp.lancs.ac.uk/dclinpsy/policy-on-the-use-of-continuing-professional-development-cpd-funds/)**.**

**When can I have my Personal Reformulation?**

Trainees can take up the opportunity at any point during training (as long as funds remain available). Teaching days should not be missed to attend the sessions.

**Where will the sessions take place?**

This frequently happens at the therapist’s home or work place, or online. If there are accessibility issues these are to be negotiated with the University.

**How is the session arranged?**

Trainees first need to discuss their use of their CPD funds with their clinical and/or research tutors. They should then complete the Access to CPD form (available in the programme handbook) and submit this to Katherine Thackeray (noting dates for the activity are to be confirmed).

Once use of the budget has been approved, trainees should select a therapist to work with. An up-to-date list of the potential CAT therapists is available at <https://catalyse.uk.com/therapy/personal-reformulation-therapists/>

Trainees must then pay for sessions independently, and claim this back using the [student expenses](https://portal.lancaster.ac.uk/intranet/services/money/expenses/student-expenses/) system. Where there is a lack of trainee/therapist fit, trainees are encouraged in the first instance to talk directly to their therapist about this. Trainees wanting further support with feeding back to Catalyse or changing therapist can contact Claire Anderson c.l.anderson@lancaster.ac.uk or they may want to discuss this with their mentors. They can also discuss this with Jenny Marshall ([JennyMarshallPsychologist@outlook.com](mailto:JennyMarshallPsychologist@outlook.com)) our Personal Reformulation link at Catalyse.

**Confidentiality**

Personal reformulation sessions are confidential. Course staff members are not informed about who has accessed the PR sessions unless trainees want them to know. In line with usual practice if there are risk issues the CAT therapist will manage this according to their ethical and professional codes or if there are serious issues of unprofessional behaviour the course would be informed as the trainee’s employer. The CAT therapist would discuss this with the trainee prior to sharing information.

**Any questions?**

If you have any further questions/comments about the personal reformulation sessions please feel free to contact Claire Anderson c.l.anderson@lancaster.ac.uk in her role as Personal Development Clinical Tutor responsible for Mentoring, Personal Reformulation and Personal Therapy Coordination.

Updated by Claire Anderson January 2023