

# COGNITIVE ANALYTIC THERAPY

## LEVEL 1: FOUNDATION PROGRAMME



Aligned with the CAT Competence Framework



Facilitated by

**Dr Sivakami Suresh Prabalkumari**

**Ann Treesa Rafi**

Psychiatrist and accredited CAT practitioner

Counsellor and CAT practitioner

Learn to offer **CAT-informed therapy** and use the **CAT framework** to understand positions and procedures in the therapeutic relationship

**Duration:** 1 year

**Supervised casework:** Up to 12 months

**Total programme hours:** 70 hours

**Minimum Attendance:** 80%

Commences in September 2026

**Early bird**    **Full fee**

**PhD Scholars:** ₹55,250    ₹66,000

**Professional:** ₹68,300    ₹77,000

**Apply before:** 1 June    15 July

*Fees exclusive of GST*

Developed with guidance from the International Cognitive Analytic Therapy Association (ICATA)

Externally moderated by the ICATA

Accredited by the Indian Association for Cognitive Analytic Therapy

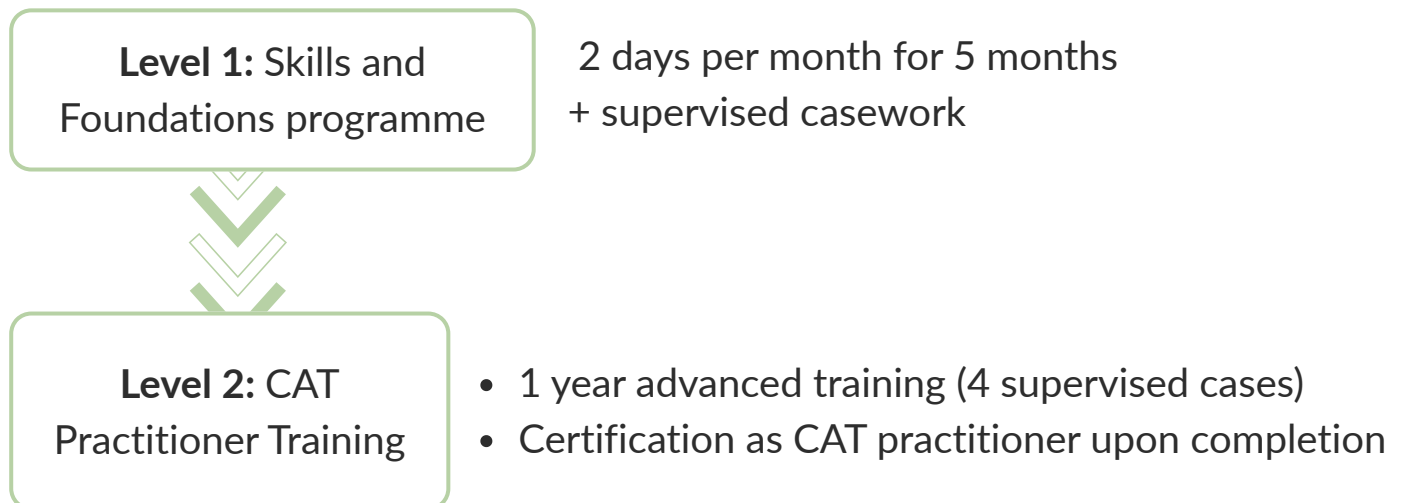
**Express Interest**

## What is Cognitive Analytic Therapy (CAT)?

Cognitive Analytic Therapy (CAT) is an integrative psychotherapy model developed in the UK to meet mental health needs within time-pressured public systems.

It has since evolved into a versatile, culturally responsive approach applicable across diagnoses and diverse settings.

## Training Pathway



## Eligibility

- Training in a core (mental) health profession: - Masters in Psychology, Social work (Mental health), Nursing (mental health/Psychiatry) or MD/Diploma in Psychiatry
- Must have completed at least 250 hours of client work
- Currently has access to clients. Clinical accountability of the clients will remain with the trainees and the organization they work with

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## Programme Overview

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**Minimum Attendance:** 80%

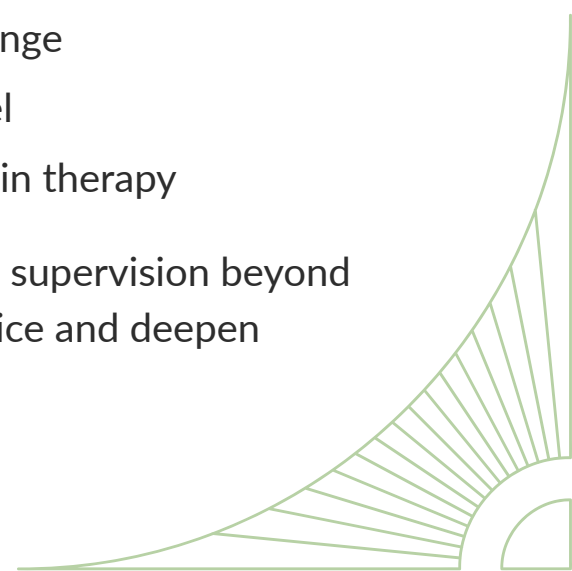
### Experiential and didactic learning (60 Hours):

- 10 teaching days [4 in person and 6 Online]
- 10 Hours of online seminar groups (paper discussion)
- 48 Hours of supervision (with accredited CAT supervisors)
- 1 Case Study
- 1 Essay or Clinical Presentation
- Personal Reformulation (minimum 4 sessions)
- **Supervised casework:** 4 cases under supervision with accredited CAT supervisor: 2 cases of 8 sessions and 2 cases of 16 sessions

## Learning Outcomes

- A grounded understanding of CAT theory
- Working knowledge of CAT's theory of the Self
- Skill in collaborative reformulation
- Competence in using CAT tools to facilitate change
- Confidence working within a time-limited model
- Reflective awareness of relational patterns within therapy

Participants are encouraged to continue CAT-based supervision beyond completion of the course to consolidate good practice and deepen therapeutic skills

A decorative graphic in the bottom right corner consisting of a series of green lines radiating from a point, resembling a sunburst or a stylized fan.

## Facilitated by



**Dr Sivakami Suresh Prabalkumari**  
Psychiatrist and accredited CAT practitioner



**Ann Treasa Rafi**  
Counsellor and CAT practitioner

## Supervised by CAT Accredited Supervisors:



**Dr Alison Jenaway**  
Consultant Psychiatrist, CAT Psychotherapist, UK



**Dr Louise McCutcheon**  
Consultant Clinical Psychologist, CAT Practitioner, Australia



**Gabriele Stabler**  
CAT Practitioner, Spain