

# Trust hosts first CAT Forensic Specialist Interest Group

Cognitive Analytic Therapy (CAT) clinicians from different parts of the UK met at The National High Secure Healthcare Service for Women (NHSWS) at Rampton Hospital in November.

The meeting was organised by Dr Phyllis Annesley, Consultant Clinical Psychologist, NHSWS and Dr Lindsay Jones, Consultant Clinical Psychologist from Garrow House, High Support Service for Women, York.

The meeting included presentations by the organisers along with Dr Mark Ramm, Consultant Clinical Psychologist from The Orchard Clinic, Edinburgh, and Dr Susan Mitzman, Consultant Clinical Psychologist, Dr

Lis Hansen Clinical Psychologist, and Dr Tanya Petersen Clinical Psychologist from Ashworth Hospital.

Reflecting on the day Dr Kerry Manson, Consultant Clinical Psychologist at HMP Liverpool said the meeting was “interesting and inspiring.” She added: “It was good to be among like-minded people who are committed to delivering CAT in a variety of ways for the benefit of clients who are being cared for in very challenging environments. The opportunity to share good practice is invaluable.”

Andrea Daykin, Forensic Psychologist, Nottinghamshire County Community Forensic Service commented on the “excellent opportunity to network with fellow CAT professionals and to hear about all the interesting developments taking place in the forensic world.”

Dr Susan Mitzman said: “I greatly enjoyed the day which afforded an opportunity to hear more about the increasing establishment of CAT practice across a range of forensic services. It is good to learn that CAT is

making a valued, multi-disciplinary contribution to assessment, risk and individual and ward management. I am hoping that future meetings will enable us to continue to raise the profile, share our knowledge, and contribute to service innovation, through the dissemination of CAT across forensic communities.”

Phyllis and Lindsay would like to thank their managers Dr John Wallace and Dr Sue Ledwith for their generous support of the event. Also thanks to Jennie Gabbott, Personal Assistant, Melissa Collingburn, Psychology Secretary, and Kerry Reynolds, Psychology Secretary at NHSWS for their support in organising the event.

Future meetings will happen at six monthly intervals. The next meeting is being hosted by North Yorkshire and York PCT in May.

*Back row left to right: Dr Sue Ledwith, Dr Lindsay Jones, Dr Imran Qureshi, Dr Mark Ramm, Dr Kerry Manson, and Dr Andrew McAnespie.*

*Front row left to right: Dr Vidyah Multra, Ms Andrea Daykin, Dr Tanya Petersen, Dr Alex Barrow, Dr Lis Hansen, Dr Phyllis Annesley, Dr Kirsten McDonnell, and Dr Susan Mitzman.*



## Changes in the Comms Team

The Communications Team will become smaller in the New Year as Charu Rai, Information and Publications Co-ordinator, moves on to pastures new. Charu is starting a new, more senior role with the Communications Team at Nottingham University Hospitals NHS Trust in February. In the meantime she was accepted onto the Trust's BME mentoring scheme and Local Services Executive Director Simon

Smith has kindly agreed to continue mentoring Charu in her new role. We wish Charu many congratulations on her achievements and all the best in her new job.

The rest of the Comms team will now be absorbing Charu's workload. Therefore, if you wish to order or develop publicity materials such as leaflets and posters, please contact any other member of the team. We ask that you give us as much notice as possible if you require this service.