

# Letter from the Editors

Nicola Kimber-Rogal and Louise Yorke



Dear Readers,

We have called this Winter / Spring 2019 edition of Reformulation – **“Leading the Way”**. The floral cover of the edition illustrates the flowers described in DH Lawrence’s poem Bavarian Gentians. The poem, some of which is printed below, contains references to both the end of the year and the re-birth of a Spring yet to come, the very time of the year and frame of mind in which we find ourselves as we compile the first Reformulation after the Tony Ryle memorial edition. Death and re-birth are represented by the season-evoking mythological figures, while the floral references are evocative of our individual and collective passions with their capacity both for chaos and the ability to illuminate, light and lead the way.

*“Not every man has gentians  
in his house  
in Soft September, at slow,  
sad Michaelmas.*

*Bavarian gentians, big and dark, only dark  
darkening the daytime, torch-like, with  
the smoking blueness of Pluto’s gloom  
ribbed and torch-like, with their blaze of  
darkness spread blue  
down flattening into points, flattened  
under the sweep of white day  
torch-flower of the blue-smoking darkness,  
Pluto’s dark-blue daze,  
black lamps from the halls of Dis,  
burning dark blue,  
giving off darkness, blue darkness,  
as Demeter’s pale lamps give off light  
lead me then, lead me the way.*

*Reach me a gentian, give me a torch!  
let me guide myself with the blue,  
forked torch of this flower”*

We hope that you enjoy both words from the poem and that you find each of these articles, flowers from the minds of our CAT colleagues, as complex and as richly illuminating as Lawrence’s floral representations.

Although as Editors we suggest that every article in this edition contains learning that will be of interest to all, the range of articles presented in this edition ensures that there should be at least several articles of interest to every reader. CAT focused topics addressed by our authors include providing assessment and therapy to persons requiring therapy to address sexual and relational intimacy (Hughes). Articles describe use of the Transactional Analysis Model alongside CAT (Elwell), two models that make use of an object relations framework and a visually descriptive formulatory element to the work. The versatility of CAT when working with the clinical complexity of psychosis is shown by Morgan et al. In a different area of practice, CAT is shown to enhance models of reflective practice, such as the long-familiar Balint group method of developing team reflective capacity (Hepple).

In addition to these diverse topics, in this edition there is a strong forensic focus, with articles on working with antisocial personality disorder (ASPD), (Castillo and Blakeley), while Sara Casado addresses how CAT can inform work with Sex Offenders, with a relational rather than the usual CBT focus. While not restricted to the forensic arena, Annesley and Barrow from a High Secure forensic service present their new service user feedback questionnaire, which

may well provide data required in support of CAT services.

The regular feature of the ‘Meet A Trustee’ article returns, while the occasional series, poetry, makes a timely return with Theresa Turner’s Wounded Healer, a topic that resonates with articles in this edition. Returning also is our book review feature, with Dr Claire Parker, a clinical psychologist in training who also in receipt of CAT training, has reviewed Corbridge, Brummer and Coid’s informative book Cognitive Analytic Therapy: Distinctive Features, a publication whose pocket size belies the description and learning about CAT contained within its pages. Invited reviews include the newly available (and already very well received) book edited by Rachel Pollard and Julie Lloyd, Cognitive Analytic Therapy and the Politics of Mental Health. This book is a timely addition to our understanding of the powerful debates in this area.

As we publish this edition, we continue to receive your articles for the Summer 2019 edition, for which we thank all contributors.

The deadline for Summer 2019 is 7th May 2019.

Nicola Rogal and Louise Yorke