

Centre for Specialist Psychological Therapies – Cognitive Analytical Therapy (CAT) - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Cognitive Analytical Therapy (CAT) is a psychological therapy, or a “talking treatment”, which is used to treat people who have mental health problems or difficulties in their relationships. It is a safe first therapy, particularly for people who present with more than one problem, or who may feel very differently about themselves and other people at different times.

Cognitive Analytical Therapy normally lasts for a set number of sessions (usually between 16 and 24). Sessions last for about 50 minutes, and usually happen weekly.

You can be referred by any psychiatrist, clinical psychologist, specialist nurse, Community Treatment Team or your GP.

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