

# [History of c a t](https://assignbuster.com/history-of-c-a-t/)

History of C.

A. T (cognitive analysis therapy)Anthony Ryle, Director of Sussex university health service from 1964-1986C. A. T was founded by Anthony Ryle , ( born 1927 Brighton) educated at Oxford and University college , Brother of Nobel prize winner for astronomy Martin Ryle and son of Miriam (Scully) Ryle and John Ryle ( 1889-1950 – Regius of physics at Cambridge university ) His father was a renowned Physician and epidemiologist, who become Physician to King George V household from 1932-1936 and was active during the war helping Jewish scholars escape Germany and Austria.

Most famously was the philosopher Ludwig Wittgenstein (1889-1950) who is widely considered to be one of the most important figures in philosophy since Immanuel Kant (http://www. iep. utm. edu/wittgens/) and who did actuly study here in Manchester at the Victoria University of , Manchester. Ludwig came from a very wealthy family and his father was a patron to the arts who commissioned artists such as the French sculpture Auguste Rodin and the painter Gustav Klimt to paint his daughter, Margaret for her wedding portrait in 1905 Anthony Ryle followed his father into medicine and qualified as a GP in 1949 and worked as a doctor In North London.

He later trained as a psychotherapist and was heavily influenced by Bakhtin a Russian philosopher and literary critic and in particular Vygotsky a Belarusian psychologist, who wrote much about cognitive developments with children and developed ideas such as Z. P. D (zonal proximal development) www.

mrkeenan. com/p= 658and scaffolding. http://www. simplypsychology. org/vygotsky. html. Methods that are still used today in therapy and teaching etc and considered to be fundamental in cognitive developments. Vygotskys describes Z.

P. D as ??? the distance between the actual development level as determined by independent problem solving and the level of potential development as determined through problem solving under adult guidance or in collaboration with more capable peers??? (www. wikipedia) Lets say i wanted to learn how to somersault off a diving board.

I have ideas of what is required to dive but not enough knowledge to successfully complete the task. With the help of a (scaffold) teacher lets say , and my own limited understanding i can reach the Z. P. D which is the measured area between confusion and the completion of the task where i am able to dive without support.(There are many better examples of both Z. P.

D and scaffolding on youtube)He started researching the subject as early as 1955 and as he became more interested in the characteristics of psychotherapy patients rather than just the physical symptoms and realised he ??? Was frustrated by the fact that neither its process nor outcome (of therapy) was researched??? http://www. acat. me. uk/page/researchSo with the help and influence of a social worker Madge Hamilton he studied peoples problematic lives and said,??? I learnt to value and appreciate the power of listening professionally to catalyse self direction??? http://www. acat. me. uk/page/homeAs he continued to work at Saint Thomas hospital (now called Guys) he went on to open a new practise called, The Caversham center.

There they introduced innovations to clients such as a waiting room, carpeted flooring and a receptionist all amounting to good clinical care and described by one man as??? a poor mans Harley road??? http://www. acat. me. uk/page/home.

This comment seems to accurately describe how C. A. T initially come to be discussed within the limited resources of the N. H. S.

of a busy London area. Given that It was only a few years after the end of the WW2 (1945) and the very early days of the N. H. S which started in 1948.

Driven by the need to provide a proven or at least measurable evidence based treatment that is time limited ( 4 – 24 sessions) as opposed to the less structured, time limitless models being used at the time . It was cost effective and therefore more accessible to the general public and as it was an integrative (cognitive behavioral and analytical approaches) model it was adaptable to fit most needs . Using methods such as Repitory grids ( a interview technique that helps identify how people interprets experiences and provides detailed information about the person, It is not a personality test and is related to the personality construct theory developed by George Kelly 1955) and Factor analysis (a statistical method to measure and describe variability, used in behavioral sciences, marketing and product management) he measured the effectiveness of C. A.

T and concluded C. A. T was in outcome and process an achievable method. Simply put he used almost scientific methods to record and measure the process, outcome and its success.

This became an integrative model which Incorporated elements of psychotherapy and analysis which was formally formed in 1985 as C. A. T. A very simple overview of what is involved would be during the first 3/4 sessions (of around 16-24) discussions take place where the client is encouraged to talk about issues past and present .

The therapist may ask the client to complete what is called the ??? psychotherapy file??? a questionnaire designed to bring up some of the key features of the model such as ??? traps, snags and unstable minds??? with the intention being that the client is able to focus on unhelpful thinking and related actions. By session 4 a ??? Reformulation letter will be written by the client pointing out the shared experience, the problems brought and how to possibly deal with them. By about sessions 6 the active therapy continues by mapping out problems as a means of recognising and monitoring patterns which the client will be encouraged to take home and look at and revise. As this is a collaboration both parties will continue to work on the issues that are causing difficulties and it is A very simple overview of what is involved would be within the first 3/4 sessions ( of a up to 24, usually 16 sessions) discussions would take place where the client is encouraged to openly discuss issues, lifes ups and downs past and present, but also being careful not over emphasise the negatives. The therapist may ask the client to fill in a questionnaire called ??? The Psychotherapy File??™ which highlights key features of the model such as Traps, Dilemmas, Snags, and Unstable States of Mind. Tools intended to focus unhelpful thinking and related actions.

considered one of the strengths of C. A. T that the client is able to continue with homework and revise after the sessions have ended. Ending can be a difficult process so the last 3/4 sessions are planned around looking at what has passed with the therapist and what has been learnt.

The therapist will write a ??? goodbye letter??™ and encourage the client to do the same. Within a couple of months there will be a final follow up appointment which will be made to discuss the current situation and the effects the therapy may have had. Anthony Ryle is the Honorary consultant psychotherapist and senior researcher at Guys hospital and Honorary life president at A.

C. A. T (The association of Cognitive Analytical Therapy)C. A.

T is still widely used within the N. H. S and is recommended by NICE (National institute of clinical excellence) for several disordersQ 1. Who is the founder of C. A. T and when and where was the person born p Q 2 name his renowned father and brother and why they were so highly regarded A.

Anthony Ryle born in Brighton 1927, father( john) was king George V doctor and brother (Martin) won a Nobel prize for astronomyQ 3 Name 2 people A . Ryle was influenced by in the early days of his studies and what they were known for (A) -Bahktin a Russian philosopher and Vygotsky a Russian psychologist . – Q4-who was the female given credit by Ryle as helping him realise the benefits of listening professionally social worker Madge HamiltonQ5 He Qualified as a GP in 1949 and started researching around 1955, can you tel me why he decided to study in such a scientific way – (A) He was frustrated by the lack of research into the process and outcome of therapy – Q6 name 2 methods he used to measure the process and outcome repertory grids and factor analysisQ7 Why was there a need for a cost effective evidence based method of therapy in the 1950/60s (A) due to financial restrictions on N. H.

S and it was accessible -Q8 when was C. A. T formally formed -1985Q9 During the first third of the sessions the therapist may ask the client to fill in what (A) The psychotherapy file – Q 10 name at least 2 of the features of the file Snags, traps and dilemmasQ 11 How many sessions are normal for a client participating in C. A. T therapy Q 12 what usually takes place during the first third of the sessions and at the end of all the sessions (A) -16 to 24 sessions and the client is encouraged to write letters , first the reformulation letter and during the final sessions the goodbye letter.