

## **A measure of competence in CAT (The CCAT)**

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The CCAT is an instrument to measure psychotherapeutic competencies for whole sessions of Cognitive Analytic Therapy. It scores competence across 10 domains of therapeutic practice, only one of which measures CAT-specific competencies as the measure is designed to tap many of the common factors in all good psychotherapies. It is designed for use with session audio-tapes but can be used with video.

The measure can be used as a self-completed tool both for those in training or for experienced practitioners. It can also be a useful audit tool for people running a service, to check and maintain standards. Trainers may wish to use it as a teaching aid and to explore the effectiveness of training. There will also be number of uses in research, for example, to show CAT was delivered to a standard within a clinical trial.

Training workshops:

- Introduce some of the key issues concerning therapist competence
- Give an overview of the development of the measure
- Present some findings on the association between competence and experience and competence and therapy outcome for CAT
- Allow participants to familiarise themselves with the measure through rating audio-taped and role-played sections of CAT sessions. The process of conducting ratings within a group context has been found to be a valuable exercise allowing participants to reflect on how they make judgements and the factors that influence this process.

If you have not attended a workshop, you can make some use of the measure as a reflective tool. In addition, reflecting on the domains of practice in reference to a therapy session or even listening to an audio-tape of your own or another CAT session would be excellent preparation before attending a workshop.

The authors plan to develop a CD-Rom for training in the CCAT measure.

### **Publications**

Bennett, D. & Parry, G. (2004). A measure of psychotherapeutic competence derived from Cognitive Analytic Therapy. *Psychotherapy Research* 14, 176-192.

A second paper is in preparation detailing psychometric data: the association between competence and outcome and competence and experience