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Sommario/riassunto	"Cognitive Analytic Therapy (CAT) was first developed in the 1980s as a time-limited individual therapy that could be used in publicly funded services, but is now being extended into new and longer formats for more complex patient groups. Although initially an attempt to integrate psychoanalytic and cognitive theories and methods, CAT has over time become increasingly differentiated from both. Now, it is established as a distinct model, still evolving and with an ever-expanding research base, which offers a coherent understanding of normal and dysfunctional individual psychology. The second edition of Introducing CAT will follow the same form as the first, to offer a systematic and comprehensive introduction to the origins, development and practice of CAT. However, the new edition will provide a fully updated overview of developments in theory, practice and research, and of extensions into new areas. It will supplant the first edition as the primary teaching text for all CAT training that takes place worldwide. There are currently 15 established courses in the UK plus more in Greece, Finland, Australia and Spain, and developing interest in countries such as Chile, New Zealand and Bulgaria. The international community is brought together by the Association for Cognitive Analytic Therapy (ACAT) and the new

International Cognitive Analytic Therapy Association (ICATA), launched
in autumn 2009"--
