This is a comprehensive, up-to-date introduction to the origins, development, and practice of cognitive-analytic therapy (CAT).

Written by the founder of cognitive-analytic therapy and an experienced psychiatric practitioner and lecturer, this text offers a guide to the potential application and experience of CAT with a wide range of difficult clients and disorders and in a variety of hospital, community care and private practice settings.

Introducing Cognitive Analytic Therapy includes a range of features to aid scholars and trainees:
* illustrative case histories and numerous case vignettes
* chapter summaries, further reading and a glossary of key terms
* resources for use in clinical settings