

Call For Participants



Cognitive Analytic informed Therapy for self-Harm (CATCH)

5 week(s) to complete

Shopping voucher

clinical trial

Online

University of Manchester

This study is designed to evaluate a brief (two-session) therapy for people who self-harm. This intervention is based on principles of Cognitive Analytic Therapy (CAT), which is a therapy that helps individuals think about any patterns of thinking or behaving that might impact on their difficulties. The aim of this study is to answer questions about whether the therapy is acceptable to clients and whether a larger trial might be feasible in the future.

Find out more online

Poster printed on 19/04/2024 Study expires on 09/12/2019

More info

by scanning the QR code
or visiting the URL

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