

Name	CAT KIT – COGNITIVE AFFECTIVE TRAINING
Purpose:	Cognitive Affective Training (CAT) is a method for inspiring and structuring conversation between people on thoughts, emotions and behavior using a set of carefully designed tools, collectively referred to as the CAT-kit
Short description:	<p>The CAT-kit was originally developed in Denmark for children and young adults on the autism spectrum. This inspiring tool has been promoting mutual dialogue and self-insight and improving its users' abilities for over ten years now.</p> <p>Experience with the CAT-kit has proven that it is a valuable aid when working with social communication in numerous target groups in both the normal and the special needs range. The CAT-kit provides a visual structure that can be used to clarify, achieve self-insight, communicate personal experiences and, last but not least, identify new, appropriate communication of thoughts and feelings</p>
Academic area/skills:	Supporting conversations with children and youth about their experiences, thoughts and feelings
Target group:	Children and adolescents from the age of 6, adults
Survey method:	Individual
Standardization:	Not stated
Adapted/non-adapted to Norwegian conditions:	Translated into Norwegian by Gun Iversen
Published:	2007
Author:	Annette Møller Nielsen, Kirsten Callesen & Tony Attwood
User groups/user qualifications:	In Scandinavia, the CAT-kit is used by teachers and education professionals in the public school system, special education, residential institutions and treatment facilities and psychiatric services. Psychologists use the kit for cognitive behavior therapy with children, young people and adults. The method is particularly suitable for people with autistic spectrum conditions, OCD, ADHD, behavioral and emotional disorders and similar conditions