What Is The Difference Between CAT and CBT? | ACAT

CAT stands for Cognitive Analytic Therapy and CBT for Cognitive Behavioural Therapy. There are similarities between these therapies - both are brief therapies with a limit on the number of sessions, both will offer a focus on a limited range of goals and may use similar ways of helping you keep track of your difficulties, e.g. keeping a diary of a particular problem you want to ...

Relationship obsessive-compulsive disorder - Wikipedia

In psychology, relationship obsessive-compulsive disorder (ROCD) is a form of obsessive–compulsive disorder focusing on close or intimate relationships. Such obsessions can become extremely distressing and debilitating, having negative impacts on relationships functioning. Obsessive–compulsive disorder comprises thoughts, images or urges that are ...

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