

CAT Inspirational Video Transcript

Natalie

I think the most challenging aspect of learning CAT for new practitioners is just believing in the model. Believing in all these new words they're learning, these new interventions.

Apathy, disinhibition, better, poor.

Having to figure out these categories and believing that it's going to add value to what they already know and what they already practice.

So, they may have some doubts coming into CAT training, which is great, I love those folks.

Because I love, at the end of training, or in the middle of training, when they have this "AHA!" Moment, and you can see that they understand, that they get it.

And a lot of times, I think that they get it and have that moment because they see so quickly 'cause we're often out in the homes and doing these demonstrations with our clients.

And so I think, while it is challenging for them to believe sometimes that it's going to work, it's also so satisfying to have them go through this learning period, where they are just huge fans of this type of intervention.

Shaniece

I feel that incorporating CAT therapy with clients is very important. Giving them the practical skills,

modeling and showing them exactly
how to take the steps
to improve and to obtain their goals is very important,
and also, I feel that it is definitely rewarding.
There could be challenges and tough times,
but at the end, I feel that I've had times
with a lot of clients where I could see them
start the program and grow
and gain a lot of independence.
And that, that definitely is worth it.

Anthony

I felt helpless when I first got out of the hospital,
and it was a very dark place for me.
So, as the program came on, it was pretty quick.
My first state of mind was shock,
like "I do not wanna be around these people,"
but a little voice kept telling me,
"Just let them in, this is gonna work for you."
All the preconceived notions that you've had
in your mind about having these people in your home;
it's a lot different than what you would expect.
It's comforting, it's goal-oriented,
and the people really care about you.
They wanna know if you're gonna do well,
and if you're gonna do well, they wanna be a part of it.

Candice

I just want anyone who knows,
that's going through this training process,
this work really matters,
and I know we say that as a cliché as helping professionals.
But I can tell you as someone
who's experienced the magic of CAT,

I've seen folks who are not really sure
if they're gonna be successful out in the community.
I'm questioning it, they're questioning it,
their team of helping professionals are questioning it.
To see them, completely, be able to
live their most independent life.

Adan

It's important, to me, to work with people with my goals
because I want to be independent,
and in order for me to be independent,
I have to set my goals as home ownership,
driver's license reinstated, taxpayer,
and ready to be on my own in the real world.
And I really enjoy working with these people
They also give me 100% to work with,
and I also enjoy it.

Cindy

We all have that "AHA!" moment,
that moment in time when you're providing CAT
and you get that sense of like,
"This is why we do CAT."
And it's those "AHA!" moments that you wanna hold onto
throughout your career providing CAT
because, no matter the challenges you come across
with any individual that you work with,
everyone has an "AHA!" Moment.
If it's just from figuring out a doctor's appointment,
if it's from organizing medications,
or if it's something as simple as getting them
involved in their families' lives again.
for the person that you're working with
and you're providing the services to.

Because, to others, it might not seem like a big deal,
but for them, it's definitely a large change.

Ben

My life now, as opposed to before CAT,
it's improved quite a bit.

I'd say that, I'm able to go out more
because I've done the things that I need to do.

I'm able to be more independent in life,
not having to rely on other people
to help me with the little things,
I'm able to do more of them by myself.

Natalie

My positive feelings about it
have just grown exponentially over the years
because I get to see people recover.

Clients who achieve goals
they never thought they could achieve.

They get a driver's license,
they go back to work,
they renew their relationships with their family,
they have bought houses, lived independently.

Just, I mean, the list goes on and on.

The reason I keep doing this is really because of them.