

# CAT Practitioners Video Transcript

## Joseph

You don't have to have all the answers.

You can just be open and be present with the person and really take time to listen.

## Shaniece

As practitioners, sometimes we can come in with all of our thoughts and ideas of how to make the client successful, but it's not about that.

It's really about meeting the client where they are.

And sometimes that means that the practitioner also has to kind of step back and move at the client's pace and really focus on solidifying the relationship, the rapport.

## Cindy

You can go out and teach skills and have these practical ideas and show someone what it is to be able to get those things done, but it's the partnership that really gets the person motivated and engaged in doing CAT.

When they see that you are invested in their ultimate goal and you're invested in their life and their success, it just takes it to a whole other level.

## Anthony

You would talk to me like a human being.

You made me feel comfortable and you let me know that you're on my side and you wanted me to lead the way, that the program was meant to be

a help to me, not a hindrance.