

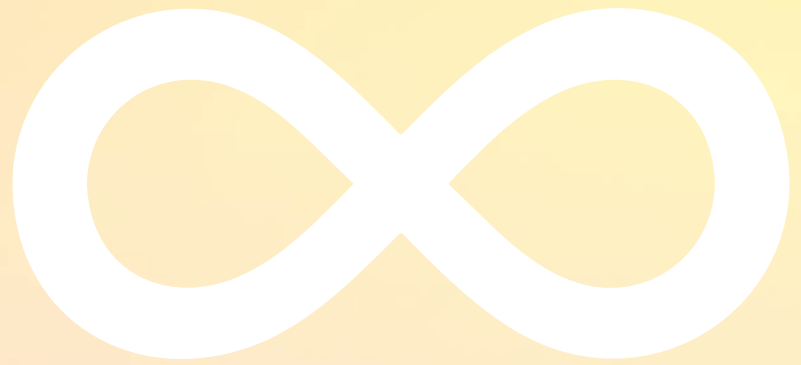
Autism Research Recruitment

The study:

Research has found that the mental health needs of autistic adults are not always met by current mental health services. We are interested in learning more about autistic adults' experiences with **Cognitive Analytic Therapy (CAT)** to better understand what this therapy has been like for them.

What it will involve:

- Participants will complete a one-to-one interview in person at your preferred location, over the telephone, or online using live video (based on your preference)
- Interviews will be with Laila Swidan, a Trainee Clinical Psychologist from the University of Liverpool
- The focus of these interviews will be to explore your experience of CAT. We will not ask about the purpose of your therapy
- Participants will receive a £20 gift voucher as a thank you for taking part



Who can take part:

- ☒ Age: 18 and above
- ☒ Have a diagnosis of an Autism Spectrum Condition
- ☒ Have completed 13 sessions or more of CAT in the past 3 years

Next steps:

To take part, or for more information, please get in touch with us. You can do this by:

- Scanning the QR code and completing our online form, or
- Email: laila.swidan@liverpool.ac.uk

