

# The Rationalisation of Lack: A Cognitive-Analytic perspective

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SUMMARY: Psychological therapists try to make sense of the dissonance generated by the under-resourcing of the NHS using rationalisation which individualises a systemic problem.

KEY WORDS: NHS, rationalisation, CAT, resources

In their book, ‘Cognitive-Analytic Therapy and the Politics of Mental Health’, Lloyd & Pollard (2019, p.1) state:

Therapists who claim to be outside politics are deluding themselves; even the most transitory human interactions take place in a political context, so therapists have to engage with the politics of the society in which their clients live. The pretence of non-engagement with these issues is itself a political act of control that risks heaping sole responsibility on our clients and their immediate families for their distress.

CAT (Ryle and Kerr, 2002) is a time-limited relational therapy that maps the way in which relationships become internalised and come to form the structure of our sense of self. CAT holds that internalised relationships are derived not only from significant childhood figures but are also inextricably framed by the socio-economic and cultural assumptions and norms that make up both the realities of our day to day lives and our sense of selves. A sense of self formed by a ‘neglecting

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