Fourth UKCP Research Conference

How do we know we make a difference? Outcome, process and wellbeing in psychotherapy

Saturday 18 July 2015

9.30am to 5.00pm

Regent's University, Inner Circle, Regent's Park, London NW1 4NS

Delegate Pack
Welcome!

Dear Delegate,

The UKCP Research Faculty Committee is delighted to welcome you to the Fourth UKCP Research Conference. It is a day dedicated to the coming together of psychotherapists, researchers, practitioners and clinicians to address the key themes of outcome, process and wellbeing in psychotherapy.

In these days of austerity and severe financial cutbacks, we are constantly requested to provide an evidence base to our clinical practice. Psychotherapy research has a long and august history, but perhaps it is only recently that we have sought to bring together research, practice and training for the benefit of psychotherapists in the private and public sphere. Importantly, practice-oriented research can help to produce the best possible outcomes for the client in psychotherapy, but more than this, it can empower and transform the lives of clients. In moments of meeting and rupture, a new voice is often heard that heralds a new script and story, alleviating suffering and healing old wounds.

The Research Faculty at UKCP with the support of UKCP promotes research through many channels and is informed by our research strategies: (1) to support and collaborate with Colleges, Organisational Members and Faculties in providing training in research methods; (2) to disseminate research information that enhances practice to UKCP members; (3) to provide research background and input into UKCP policy initiatives and; (4) to produce and support creative and innovative research in psychotherapy.

UKCP’s Practice/Practitioner Research Network (PRN) is a subgroup which provides a forum for general discussions about research as well as groups of therapists collecting data on their own clients.

On behalf of the whole of UKCP’s Research Faculty Committee, we invite you to join us in placing research at the heart of psychotherapy. We hope you have an inspiring and memorable day and will join us next year at the Fifth UKCP Research Conference.

Yours sincerely

Terence Nice  
(Research Faculty Committee member)

Helen Barnes  
(UKCP Research Lead)
Sponsorship

Balens are delighted to be sponsoring the Fourth UKCP Research Conference.

Established in 1950, Balens are an ethical fourth generation family brokerage with over 50 staff, providing insurance services for over 80,000 clients. We have pioneered specialist wordings for health and wellbeing professionals and are able to offer specialist schemes, including for UKCP members, with some of the widest wording and lowest premiums available in the UK today. Please follow the insurance links from the UKCP website.

We pride ourselves on the range of insurance services we can offer, providing a wide range of cover for individuals and businesses including health products, charities and not-for-profit organisations, household insurance (including seeing clients from home), therapy/treatment room cover, schools, clinics and many more.

Please see our website at www.balens.co.uk for further information, articles and lecture recordings from our CPD Training events.
Photography

This event is being photographed. Pictures from this event may be used on the websites, social media (including Twitter, Facebook and LinkedIn) and magazine(s) of UKCP. We may also use these images in our press and media work, and in our publicity materials.

If you do not want your photograph used in the ways described above, please let us know.
Programme

09.00-09.30  Registration – arrival tea/coffee
You will have the opportunity to sign up for the parallel sessions on the morning of the conference. Places are offered on a first come, first served basis so please arrive early in order to guarantee a place on your preferred session.
09:30-09:40  Welcome and introduction (Janet Weisz, Terence Nice)
09:40-10.20  Keynote address by Prof Rolf Sundet (Buskerud and Vestfold University College, Norway): Measure and conversational tool: feedback from service users and the adventure of collaboration
10.20-10.30  Q&A
10:30-11.00  Tea/coffee
11.00-11.30  Keynote address by Dr Markus Bidell (Regent’s University / City University of New York): LGBT psychotherapy: making a difference by turning personal experiences into professional outcomes
11.30-11.40  Q&A
11.40-12.40  Parallel session 1
12.40-13.40  Lunch
13.40-14.20  Keynote address by Prof John Mellor-Clark (CORE-IMS / Birmingham City University): Learning from CORE Measurement: reflections on two decades of data
14.20-14.30  Q&A
14.30-15.00  Keynote by Dr Judith Lask and Prof Emeritus Peter Stratton (Association of Family and Systemic Psychotherapists): Researching therapy through its effects on the everyday lives and relationships of clients
15.00-15:10  Q&A
15.10-15.40  Tea/coffee
15.40-16.40  Parallel session 2
16.40-17.00  Final Q&A and closing remarks
17.00-18.00  Conference ends, drinks reception
## Parallel Session Schedule

**Morning, 11.40 – 12.40**

<table>
<thead>
<tr>
<th>Session title</th>
<th>Presentations (P) / Workshops (W)</th>
<th>Room</th>
<th>Session Chair</th>
</tr>
</thead>
</table>
| **A** Uncomfortable knowledge – what can we learn from negative outcomes, and from areas we would rather ignore? | Dr Anca Carrington: *Who does not want to know what about psychotherapy?* (P)  
Dr Kay Radcliffe, Dr Ciara Masterson, Dr Carol Martin and Sophie Hopper: *What can we learn from the times that therapy doesn’t work?* (W) | Herringham Hall | Gisela Unsworth |
| **B** The impact of the therapeutic relationship on change | Elena Arora: *Joy and laughter in the therapy room: a grounded theory study.* (P)  
Dr Jane Woodend: ‘So what did we really feel about each other?’ Reflections on the clinical relationship and outcomes from clients and therapists ending in psychodynamic therapy. (P)  
Laura Jacobs and Sheila Butler: *Who is changing whom? Exploring the research-practice interface within a busy NHS Secondary Care Psychological Therapies Service.* (W) | D102 | Tirril Harris |
| **C** Questions of philosophy and practice | Antony Johnston: *Alienation, practice and the creation of value.* (P)  
Dr Heward Wilkinson: *Psychotherapy as living history.* (P)  
Richard Kettley, Rachel Lucas, Dr Martha Glazzard and Dr Matthew Bates: *Interdisciplinary research and implications for therapeutic practice in a connected world.* (W) | D103 | Helen Barnes |
| **D** Implicit, unconscious and unvoiced processes | Carole Blythe: *Therapists experiences of the implicit dimension at assessments.* (P)  
Tom Tomaszewski: *Trauma, dissociation and recovery: new foundations for psychotherapy.* (P)  
Christa Stadtler: *Altruism and therapy: wounded healers who heal themselves by healing others.* (P) | D104 | Terence Nice |
## Afternoon, 15.40 – 16.40

<table>
<thead>
<tr>
<th>Session title</th>
<th>Presentations (P) / Workshops (W)</th>
<th>Room</th>
<th>Session Chair</th>
</tr>
</thead>
</table>
| E | Systematic explorations of therapy outcomes in particular contexts | Dr Biljana Van Rijn: *Comparison of transactional analysis group and individual psychotherapies in treatment of depression and anxiety. Outcomes in community clinics.* (P)  
Dr Mark Widdowson: *The process and outcome of transactional analysis psychotherapy for the treatment of depression.* (P)  
Charlotte Copeland: *Effectiveness of psychotherapy for haemato-oncological patients.* (P) | Herringham Hall | Carol Martin |
| F | The impact of supervision on therapy process and outcome | Dr Desa Markovic and Dr Maria Luca: *Clinical supervisors’ handling of sexual attraction in the work of therapists they supervise.* (P)  
Dr Els von Ooijen: *An investigation into the effect of supervision training on practice.* (P)  
Dr Salma Siddique: *Ethnographical exploration of psychotherapy supervision: imperfect love in the time of fieldwork.* (P) | D102 | Angela Cotter |
| G | Explorations of the meaning of ‘change’ | Dr Terence Nice and Steve Butler: *The mind and body programme: using early intervention to elicit attitudinal and behavioural change in young people who self-harm.* (P)  
Sheila Butler, Vasiliki Chysikou, Tirril Harris, Michelle Oldale: *Hands on research: looking at change through different lenses – the PRN experience.* (W) | D103 | Sheila Butler |
| H | Using routine outcome measures in research and clinical practice | Dr Annie Nehmad and Dr Kim Dent-Brown: *CORE 34 and other measures – an example from NHS practice.* (P)  
Dr Tania Thorn: *Knowing the SCORE: experiences in using a systemic outcome measure.* (W) | D104 | Peter Stratton |
Keynotes

Measure and conversational tool: feedback from service users and the adventure of collaboration

This presentation will have two studies of service users and therapist experiences of the use of an outcome measure (the Outcome Rating Scale) and a process measure (the Session Rating scale) as its start point. Given the findings of these studies, these measures are brought forth as conversational tools with an intended aim of generating feedback to the therapists. In addition to this, we find that the use of these measures also brings collaboration between service users and therapists to the centre of therapy.

Collaboration is a probable effective element of the therapeutic relationship. An understanding of collaboration will be presented where the necessary elements are establishing turn-taking, common goals and methods, and to put difference to work. The model is theoretically informed by perspectives from developmental psychology, and hermeneutics together with descriptions of dialectic and dialogic conversations. Its aim is to be helpful in realising collaboration in line with the perspective of the families.

Lastly, it will be argued that in order for these measures to give reliable and valid data in measuring the output of single therapists and organisations as a whole, their function as conversational tools must be retained. In clinical practice this means to preserve autonomy of therapists so that practice can be tailored to the preferences and goals of the service user. Organisational control regimes that limit clinical autonomy may therefore reduce the reliability and validity of the data collected.

Prof Rolf Sundet is a specialist in clinical psychology at the University College of Buskerud and Vestfold in the Ambulant Family Section, Department of Mental Health for Children and Adolescents, Hospital of Drammen, Vestre Viken Health Trust.

LGBT psychotherapy: making a difference by turning personal experiences into professional outcomes

Consider that when I was an undergraduate student at Ohio State University, the Diagnostic and Statistical Manual of Mental Disorders still included ‘ego-dystonic homosexuality’ as a mental illness. And when I started my university education in the United States, being LGBT was still a crime in many states. In fact, it wasn’t until 2003 that the US Supreme Court ruled that all state sodomy laws were unconstitutional. By the time of their ruling, I had been an Assistant Professor for three years. This history, along with personal experiences, profoundly shaped my professional development and academic work.

My experiences fuelled interest, concern and passion regarding ways to redress LGBT psychosocial disparities. In fact, they solidified my decision to be an ‘out’ academic...
and helped formulate research questions. In this keynote, I will discuss the ways in which I've used my personal experiences of being an openly LGBT researcher and psychotherapist to create a meaningful research agenda.

Dr Markus Bidell received a graduate degree in Community Counselling at Sonoma State University and completed his doctorate in Clinical/Counselling/School Psychology at the University of California, Santa Barbara. He has over 20 years’ experience as a counselling provider, educator, supervisor, and researcher. At Hunter College in New York City, he is an Associate Professor of Counselling and the former director of the LGBT Social Science and Public Policy Centre. Dr Bidell’s scholarship focuses on LGBT mental health disparities and practitioner cultural competency. In addition, Dr Bidell lectures and writes about the intersections between mental health, psychology, and public policy. Dr Bidell is the 2014-2015 Regent’s University Fulbright Scholar and is engaged in a collaborative teaching program and joint research project examining LGBT competency and training for mental health and medical providers in the UK.

Learning from CORE measurement: reflections on two decades of data

Since its launch in 1998, the original CORE Outcome Measure has been adopted and adapted widely, culminating in a suite of measurement tools that are now used extensively across the UK and Europe. Naturally, such extensive use of a single measurement suite has resulted in a huge wealth of data both empirical and experiential. In this pragmatic retrospective, John will reflect on key findings in relation to implementing routine outcome measurement (ROM) and the use and potential abuse of resultant data for informing practice development. Specific topics that the presentation will cover include CORE values, practitioner resistance to ROM, CORE outcome profiles, and the limitations of a CORE approach. Conceptually, the presentation is designed to be hopefully interesting to practitioners working across a breath of client populations and carrying attitudes to routine measurement that represent a continuum of common feeling.

Prof John Mellor-Clark has been engaged in the evaluation of UK psychological therapies and counselling for the past 25 years. Originally trained as an organisational psychologist, his special interest in quality assurance in healthcare has led him to regularly publish and present on a range of topics such as best practice development, service quality benchmarking and the introduction of management and practitioner mentoring. Through the mid 1990s, John helped develop the CORE System as the first UK standardised quality evaluation system for psychological therapy. Today, the unique empirical yield from CORE helps create one of the single largest databases of practice-based evidence in the field. As well as being Co-founder and Managing Director of CORE IMS, John has academic roles as a Research Director, Consultant and PhD supervisor at a range of institutions. He has recently been appointed Visiting Professor at the Centre for Community Mental Health, Birmingham City University.
Researching therapy through its effects on the everyday lives and relationships of clients

We are part of the team that developed an ‘index of family functioning’ for use in couple and family therapies. We will start with a brief account of what is special about systemic therapy: how can we capture the dynamism of change within a relational system? Then explore issues that arise when using a research instrument: How can I show what I do is effective? How effective is what I do? What aspects of what we do has the most significance? Do clients see and evaluate therapy the way we do?

Our measure used the CORE as a springboard and because it is systemic we called it the SCORE. The SCORE has a rationale that is unique among established measures: it is of clients rating concrete aspects of their lives that are relevant to what will be needed for the therapy to be effective. We get more concrete by describing the SCORE-15, the short version adapted for practicalities of therapy. We are proud of the enormous amount of work that we and many colleagues put into it, so we will want to give an indication of the stages of development and validation.

The experiences of over 30 therapists, using the SCORE with over 1000 family members have raised several issues, and in particular those of clinical vs (or not vs) research uses. We will offer some examples of ways clinicians have used the SCORE to help the therapy. Then some examples of research made possible by SCORE. For example what are the key changes that make a difference; what is the journey towards change; how does gender, ethnicity etc. affect this journey; how does family interaction relate to wellbeing? How can we make what we do more efficient?

We conclude with the major issue of the challenges of getting it used in routine couple and family therapy; including translation into 16 languages for a European project, and developing specific versions for younger children, and couples/LGBT clients. Our final uncontentious claim is that all therapists should use it to enhance and evaluate their therapy.

Dr Judith Lask is a Systemic Psychotherapist who has worked in NHS, social care, private practice and university settings. Until recently she was director for the Family Therapy training courses at Kings College London and currently is a tutor at the University of Exeter. She is ex-Chair of the Association for Family Therapy and was formerly a Trainings Standards Officer for UKCP. Currently she is involved in developing the Systemic modality within CYP-IAPT and the new CAMHS initiatives. She is committed to the teaching of research to psychotherapy students and has been involved with the SCORE project since its beginning.

Peter Stratton is Emeritus Professor of Family Therapy. His specific research interests are outcome research in family therapy, psychotherapy provision policy, family causal beliefs and blaming, wellbeing, anticipatory systems in relationships, PRNs.
Parallel Sessions

Parallel Session A
Uncomfortable knowledge – what can we learn from negative outcomes and from areas we would rather ignore?
(11.40 – 12.40, Herringham Hall)

Who does not want to know what about psychotherapy?

This paper explores those aspects that are often excluded from empirical evaluations, not only because they are difficult – if not impossible – to measure, but because they constitute uncomfortable knowledge for all concerned. This aspect, termed a ‘passion for ignorance’ by Jacques Lacan, manifests for all involved in the psychotherapeutic encounter: the patient, the therapist, and the therapy service. Each would rather not know about something that has a fundamental impact on what is usually examined through outcome measures and recovery rates. Methodologically, the paper is grounded in a phenomenological approach, and draws on my experience in private practice and NHS services.

Anca Carrington is a psychotherapist who trained at the Tavistock Centre, after a career as an economist, both in academia and the civil service. With several years of working in the NHS, first at the Tavistock and Portman NHS Foundation Trust, and then at the South London and the Maudsley NHS Foundation Trust, she is now a psychotherapist in private practice.

What can we learn from the times that therapy doesn't work?

The research at the heart of this presentation is comprised of two complementary studies exploring the experience of clients and therapists when therapy results in no improvement. Non-improvement is common: research suggests that 30-40% of clients improve, 10% report harm or deteriorate and this leaves a significant proportion of clients for whom there is no evidence of change (Hansen, Lambert & Forman, 2002; Lorentzen, Høglend, Martinsen & Ringdal, 2011). In the presentation, there will be an outline of the first study, in which the participants were clients recruited from NHS services, who had completed psychological therapy and who reported a subjective sense of no improvement. In the workshop, there will be an outline of the findings from the second study, in which psychological therapists were interviewed about their experience of working with clients who did not improve. Both studies used semi-structured interviews and Interpretative Phenomenological Analysis to explore participant accounts. Then, the clinical implications will be considered and these will form the basis for a discussion between the presenters and audience about this common but undesirable experience.
All contributors have been involved in these two studies, which were submitted as doctoral theses in Clinical Psychology. Dr Masterson and Dr Martin have been involved in the training programme in Leeds for several years and acted as supervisors. Dr Radcliffe has graduated and currently practises in the NHS, while Ms Hopper is awaiting viva.

Dr Carol Martin is a Senior Lecturer in Clinical Psychology at the University of Leeds.

Dr Kay Radcliffe is a Clinical Psychologist at Leeds and York Partnership Foundation NHS Trust.

Dr Ciara Masterson is a Lecturer in Clinical Psychology at the University of Leeds.

Absentee presenter Sophie Hopper is a Psychologist in Clinical Training at the University of Leeds.

---

Parallel Session B
The impact of the therapeutic relationship on change (11.40 – 12.40, D102)

Joy and laughter in the therapy room: a grounded theory study

The purpose of this research project is to study a therapist's experience of joy and laughter during therapy sessions when experienced simultaneously with their clients. In the context of this study, joy and laughter are defined as heightened positive affective moments that play an important part in organisation of interactive encounters between individuals. When these moments occur in therapy, many theorists describe them as nonlinear, surprising and, often, transformative. Furthermore, these moments are considered to be at the core of the process of therapeutic change.

Grounded Theory methodology has been chosen to conduct this study as its principles are aligned with the purpose and aim of this project. An in-depth account of the phenomena experienced by the participants is being produced, with a view to generate a theory that would help other practitioners to understand the place and the role of the phenomena in question within a therapeutic process.
While joy and laughter have been addressed in psychology, anthropology and other related disciplines, very little is known and understood about intersubjective experience of the phenomena during therapeutic sessions. Therefore, this research project attempts to fulfil this gap.

Elena Arora, MBPsS, UKCP Registered Psychotherapist, BACP Registered Integrative Psychodynamic Counsellor, is an Integrative Psychotherapist and a doctoral candidate at Metanoia Institute currently completing a Doctorate in Counselling Psychology and Psychotherapy course. She is an experienced private practitioner who works with individuals and couples. Her particular interests include positive psychology and its application to clinical practice, intersubjectivity and its role within a therapeutic relationship, and affect regulation.

‘So what did we really feel about each other?’ Reflections on the clinical relationship and outcomes from clients and therapists ending in psychodynamic therapy

My research examined how psychodynamic practitioners, clinical supervisors and clients experienced the ending phases of the therapeutic engagement. My findings gave many examples of positive attachment feelings and behaviours from practitioners and supervisors, whilst clients showed a much more ambivalent range of attachment feelings and behaviours. In this paper I will explore what my research participants told me about some of the difficulties they faced in therapy and at the ending stages in particular. Therapists’ assumptions about how clients attach to them are challenged by the client accounts I received. Many clients found the strictures of the therapeutic frame too harsh to be helpful and that an absence of orientation to the psychodynamic model was a stumbling block to engagement. Therapists spoke of the end of the work as a kind of danger zone which is qualitatively different to other stages of the therapeutic relationship. This taps into a phenomenon that is rather obscured from the training and clinical practice view. It is the fear I identified from therapists that their personal feelings might creep in at the ending stages of their work with clients. I use the work of Ian Suttie to further illustrate this.

Dr Jane Woodend is a director of Five Valleys Counselling Practice in Stroud, Gloucestershire. Following her earlier career as an Occupational Therapist and NHS Manager, Jane qualified as a psychodynamic counsellor with the Westminster Pastoral Foundation. Jane has an MSc in Applied Psychology (Learning Disabilities) and recently completed her PhD at the University of the West of England (UWE), where her research into endings in psychodynamic practice broke new ground in terms of both psycho-social methodology and findings. Jane was Programme Manager for the country’s first Foundation Degree in Psychodynamic Counselling (University of the West of England). In addition to clinical work and supervising at Five Valleys Counselling Practice, she is currently involved in the publication of research papers and also works as an Assistant Lecturer at UWE on the MSc in Professional Development (Psycho-social Studies).
Who is changing whom? Exploring the research-practice interface within a busy NHS Secondary Care Psychological Therapies Service

In this workshop we will explore the experience and process of our clinical outcome project in both clinician and patient within our service. We will present briefly the tools we use and a snapshot of how the measures impact the clinical work, the therapeutic relationship and evidence dimensions of change. We will ask how we can ensure that outcome research reflects what it is that takes place within the therapy.

How can we explain the subtle shifts and illustrate the difficulties of change without disadvantaging ourselves in a culture which seems to demand only success and wants uncomplicated results which can be used as evidence that what we do is worthwhile? Must measuring improvement and change be contextualised? How best can we communicate research findings? What does it feel like to have access to qualitative research and rich, colourful information from our patients and how best do we use our findings to enhance what we do? We then open up discussion around this area. Asking questions like, ‘which experiences lead to a deepening understanding of our clinical work and the relationship with our patients?’ and ‘how can research and a culture of inquiry help us highlight these experiences?’

You are invited to join us to explore ‘who is changing whom?’ and to consider the steps forward towards research-practice interplay as a potential source of strength and enrichment.

Sheila Butler works as a Clinical Researcher and Co-ordinator of Projects in Mental Health Psychological Therapies (NHS) She is a practicing psychotherapist and also lectures at the Open University. She is currently developing practice-based projects in the NHS in a number of areas, including investigating the process and outcomes of psychotherapy in the NHS, which encompasses the Psychological Therapies Services and the specialist Personality Disorders Therapeutic Community Services. The projects examine therapeutic practices in these services with a focus on understanding clients' experiences and perceptions of change.

As an Associate Lecturer at the Open University, Sheila is developing courses on Child Development and Childhood studies, Research with Children and Young People and supporting students to develop research skills. Her questions, observations and experience have led her to focus on the research-practice interface. Current developments in this field have focused on working to develop and implement the UKCP Practice/Practitioner Research Network (PRN) to provide a space for exploration and mutual learning across a community of practitioners. She is also a member of the Society of Psychotherapy Research (SPR). She is interested in experiences and understandings of emotions and how feelings are expressed, the verbal and non-verbal affective communication in different cultures.
Laura Jacobs is a Psychotherapist working within the NHS in Kent in a busy Secondary Care Psychological Therapies service working with people with complex mental health issues. Laura has also run slow open groups within the service, aimed at helping those with difficulties within interpersonal relationships to improve their ability to relate to others and to recognise their part in events. During the last nine years Laura has been involved with collecting information from patients, both qualitative and quantitative and has been particularly interested in the ways in which ‘knowing’ what the patient’s experience has been, has then subtly changed her thinking and understanding of their dilemmas, and in turn her therapeutic focus and approach. Special areas of interest include the ways in which people self-sabotage, lack compassion for themselves and turn aggression in on themselves. Laura has come to believe that people can benefit from the experience of a benign mind.

Parallel Session C
Questions of philosophy and practice
(11.40 – 12.40, D103)

Alienation, practice and the creation of value

Alienation describes the process by which freedom is limited through the creation of an abstraction that returns as an external and controlling force. For Marx, money represents such an abstraction by becoming an end unto itself and in doing so subsumes the humanising function of practical activity as the overcoming of alienation through the externalisation of consciousness.

How is this important for therapy? Drawing upon a case where a charity and community based therapy service became an IAPT service, I will consider how the practical activity of therapy as an aim, one conceptualisation of which is the 'relationship', is replaced by the generation of abstract quantities, of outcome measures. Furthermore, through the notion of commodity fetishism through Marx and later critical theorists, the relation between outcomes and economic value will be critiqued.

The paper will consider this from one setting and will explore the way in which a therapist can become aware of their alienation. While this is a specific case that is not generalisable, the audience are asked to consider how this resonates with their own experience. The presenter will critique his own position and response in order to consider alternatives and invite thoughts from the audience in an effort to work better with alienation.

Antony Johnston has worked as an academic within art and design higher education for over ten years. During this time he has also volunteered in a number of mental health services. He recently completed his MSc in Counselling and Psychotherapy at the University of Roehampton and is now undertaking a Psych. D.
Psychotherapy as living history

Research into psychotherapy has not considered the way in which it is historical enquiry, in that it embodies historicity in process. As such, it is not undertaken in comparative terms, and in terms of a comparative conceptual logic. Psychotherapy embodies something which is parallel to time-patterning processes in literature and art, in religious and spiritual practice, in historical narratives and evocations, and in certain philosophical modes of enquiry. The logic underlying all of these is analogous, and is conceptual or a priori, not empirical, in the philosophical sense. Empirical research, including both probabilistic quantitative, and qualitative, research, is necessary for psychotherapy, but so is comparative conceptual research or enquiry, which is the fundamental way of grasping the nature of psychotherapy. This presentation, presentable as either a workshop seminar involving dialogue inviting self-observation, or as a talk, will (a) put the conceptual point I am making, and (b) give a variety of illustration and elucidation of it in terms of concrete exemplification. At the least, this presentation will help clarify the nature of existing research, both quantitative and qualitative, in psychotherapy, by offering a clear methodological contrast.

Dr Heward Wilkinson, D Psych, MSc Psych, MA, BA, is an Integrative Psychotherapist, ex-Chair of the Humanistic and Integrative Psychotherapy College of UKCP. He co-founded Scarborough Counselling and Psychotherapy Training Institute in 1991, and is one of its delegates to UKCP. He was Senior Editor of *International Journal of Psychotherapy*, the Journal of the European Association for Psychotherapy, from 1994-2004. He pursues in depth studies, teaching, and presentation in relation to Literature and Philosophy, and their relationships with Psychotherapy. He has a special interest in the Shakespeare Authorship Question and speaks at Shakespeare Authorship conferences in UK and America. He is a lover of music, nature especially butterflies, and football/soccer and cricket. He is author of *The Muse as Therapist: A New Poetic Paradigm for Psychotherapy* (Karnac/UKCP 2009). His current focus, overlapping all his spheres of interest, is the historicity of consciousness. See also [http://hewardwilkinson.co.uk](http://hewardwilkinson.co.uk)

Interdisciplinary research and implications for therapeutic practice in a connected world

An Internet of Soft Things is an EPSRC-funded project (September 2014 – February 2016) based at Nottingham Trent University, bringing together person-centred psychotherapists with textile designers and computer scientists. Its aim is to develop a co-design methodology for the Internet of Soft Things through practice-led critical reflection on person-centred approaches in order to benefit non-medicalised care practices, co-design meaningful networks of things and to develop a co-design methodology using relational approaches to mental wellbeing.

We would like to report on our experience of the project so far and consider what we have learned in creating and reflecting upon an interdisciplinary working methodology that identifies our shared practice and assumptions and acknowledges our differences. In doing
so, we have worked closely with the Mind community in Nottinghamshire in a proactive way; both to inform our methodology and to give us feedback to assess the impact and effectiveness of the project. This would take the form of a presentation with opportunities for questions and answers from the audience.

**Dr Matthew Bates** is a lecturer in multimedia applications and computer-assisted learning. His research interests include the positioning of games-based learning applications which encourage collaborative learning through the construction of new materials. His research has collaborated with several educational programmes in Nottinghamshire to investigate how both children and adults can form part of multi-disciplinary design initiatives to create new interactive systems.

**Richard Kettley** is a Research Fellow at Nottingham Trent University, working on a project with Nottinghamshire Mind Network. He completed his four-year MSc in Person-Centred Psychotherapy at the Sherwood Psychotherapy Training Institute in October 2013. He works as a counsellor at ISAS, and has previously worked at Bilborough College, Nottingham Trent University, MIND, and in a senior guidance role at George Watson’s College in Scotland. Richard has developed and delivers training material in using Interpersonal Process Recall methods in research at the Sherwood Institute. Richard has previously worked for many years in a variety of educational settings.

**Rachel Lucas** practices at Nottingham Women’s Counselling Service and Counselling Xtra, where she works in both long-term client work and occupational health. She has also worked as a counsellor for Nottingham Trent University student counselling service. Rachel trained on the MSc in Person-Centred Psychotherapy at the Sherwood Psychotherapy Training Institute, completing her research in 2014. She is currently working on a research project at Nottingham Trent University, which partners with MIND, looking at ways to support mental health difficulties through the use of smart textiles and experiential workshops. Rachel previously worked in textile design and couture embroidery for many years and was employed at London College of Fashion. She later moved to New York where she worked in womenswear for 12 years.

Absentee presenter **Dr Martha Glazzard** won a prestigious Vice-Chancellor’s bursary in 2010 to undertake doctoral research in auxetic textiles and cross-disciplinary design communication (finished September 2014). This work has already led to her publishing, presenting and exhibiting internationally, to commercial opportunities, and to the potential for patents. Her research draws on methods in traditional textile design with the aim of designing functional products, with a particular focus on knitted structures, material and structural properties, function-focused design, practitioner approach and practice-led qualitative assessment. Martha was also awarded the 3M Healthcare and Bioscience iNet Art Award in 2010 for her work ‘Autoclave’.
Parallel Session D
Implicit, unconscious and unvoiced processes
(11.40 – 12.40, D104)

Therapists experiences of the implicit dimension at assessments

This paper is based on my doctoral research project exploring the emergent implicit experiences during assessments. The research is concerned with unconscious processes occurring during the assessment session (such as intuition) and, how we as therapists, make sense of and use these experiences in our clinical work either implicitly or explicitly. The aims of the research were three fold: (1) to understand how therapists experience the implicit during assessment; (2) to explore how therapists understand their experiences of the implicit, how they use (or not use) these experiences in the therapeutic work and; (3) to explore how therapists talk about and put words and names to these implicit experiences. Using Interpretative Phenomenological Analysis (IPA), three main themes emerged: (1) a dramatic and powerful experience that stands out; (2) what’s going on? and; (3) the difficulty in naming the experience. This research highlights the difficulty in studying common implicit experiences, and the greater difficulty in trying to discuss these often profound experiences with verbal language which is fraught with definitional and meaning issues. The hope was that this research would encourage dialogue concerning the importance of implicit dimension in assessment sessions.

Carole Blythe is a UKCP integrative psychotherapist working in NHS, substance abuse service and private practice focusing on addictions. Her doctoral research is part of her qualification as a Counselling Psychologist with the Metanoia Institute.

Trauma, dissociation and recovery: new foundations for psychotherapy

This paper discusses change, difference and outcome in the group work I am developing at Charter, a London treatment centre where I am Clinical Manager. The Trauma, Dissociation and Recovery (TDR) group draws on work by Stern (2010), The Boston Change Process Study Group (2010), Gendlin (1978, 1996) and Kabat Zinn (1991) to cultivate a psychoanalytically-informed, phenomenologically-invested approach to resolving what might be called dissociative processes. I am interested in understanding the nature of the changes that take place when individuals recover. This involves them embracing lives that escape the bounds of conventional, chronological ‘timelines’. The outcomes that clients experience are attuned to the understanding of their personal histories described by Laplanche:
Psychoanalysis shows us that history is neither a continuous nor a cumulative process, that it does not have a happy ending, that it does not evolve smoothly and that its course is marked by repression, repetition and the return of the repressed. (Laplanche 1989)

The TDR group can be a founding place for subsequent individual psychotherapy. I describe the experience of working with two clients, drawing attention to psychoanalytic thinking I find helpful (its ability to disrupt artificial perceptions of continuity being perhaps the most helpful quality of all), and signalling how a relationship with writing and deconstructive thinking (Derrida) leads me to work in this way. Alongside familiar clinical measures (Beck Depression and Anxiety Inventories, Dissociative Experiences Scale) we are also finding these philosophical and psychoanalytic ideas very helpful for ourselves and our clients’ awareness of and agency in the changes taking place.

Tom Tomaszewski is Clinical Manager at Charter in New Cavendish Street, London. He completes his psychoanalytic training at the University of Kent this summer and has worked as a counsellor conducting individual and group work, mainly with addicts, for seven years. He completed an introductory training at the IGA, but most of his experiences in groups have come as a teacher and leader of writing groups over the last fifteen years, privately at Dartington College of Arts and the University of Kent. His novel The Wisdom of Uncle Kasimir was published by Bloomsbury in 2006 and his next, The Eleventh Letter, will be published in February 2016 by Dodo Ink. For several years he wrote a regular literary review page for the Independent on Sunday. See also www.dodoink.com

Altruism and therapy: wounded healers who heal themselves by healing others

This paper will explore altruistic strategies developed by research participants to manage personal tragedy and evaluate whether these strategies are applicable to therapy. I will draw on my recent MA research, which investigated positive outcomes for those dealing with tragic circumstance without recourse to therapy. The participants used their harrowing experiences to build up charitable organisations, which support others with comparable diseases or difficulties, in the same way as the Katie Piper Foundation. Helping others with similar difficulties was instrumental in the participant’s recovery and development. Therapists, such as Marsha Linehan, and Kay Redfield Jamison have also used their difficult experiences in this way. Sussman (1992) states, “that an important determinant of the desire to practise psychotherapy involves the attempt to come to terms with one’s own psychological conflicts.” Supporting others also helped some therapists cope with their personal difficulties.

Helping others taught my participants much about their difficulties; it expanded their social contacts and increased self-confidence. I will argue that if helping others is beneficial for my research participants and for therapists, it may also lead to positive outcomes for some clients.
Christa Stadtler has completed an MA at the School of Psychotherapy and Counselling Psychology at Regent's College, London in 2014. She also holds an advanced diploma in counselling and psychotherapy from Regent's College and a BSc in Psychology from the University of East London. She currently works as a therapist in private practice and for an NHS Bereavement Service. Previously she worked as a freelance photographer for several local authorities and colleges. She also wrote and photographed several non-fiction children’s books.

Parallel Session E
Systematic explorations of therapy outcomes in particular contexts
(15.40 – 16.40, Herringham Hall)

Comparison of transactional analysis group and individual psychotherapies in treatment of depression and anxiety: outcomes in community clinics

This paper presents a comparison of outcomes of Transactional Analysis individual and group psychotherapies for depression and anxiety, within two public clinics in the UK. The project was a quantitative naturalistic research, with no control group and limited randomisation. The analysis focused on treatment outcomes for clients who presented for therapy within the clinical range for depression (PHQ-9 ≥10) and anxiety (GAD-7 ≥8). The outcomes showed the reduction of symptoms for depression and anxiety for both groups with large effect sizes. There were no significant differences between group and individual therapy in the length of therapy, effect size (Cohen’s d) or the Reliable and Clinically Significant Change Index (RCSI). However, there was an indication that the effect size of change was slightly larger in individual therapy, with a slightly larger improvement in depression. Group therapy showed slightly more improvement for anxiety, although the differences were not significant in this sample.

Dr Biljana van Rijn is a Faculty Head of Applied Research and Clinical Practice at Metanoia Institute in London, where she has developed a research clinic and conducts practice based research projects. She is an author of a number of publications. Her latest book Assessment and Case Formulation in Counselling and Psychotherapy has been published by Sage in January 2015. Biljana works as a psychotherapist and supervisor in private practice in West Sussex. Biljana holds a DPsych, MSc in Transactional Analysis Psychotherapy, Teaching and Supervising Transactional Analyst (Psychotherapy). She is a UKCP registered psychotherapist, HCPC registered counselling psychologist, and BACP accredited counsellor/psychotherapist.
The process and outcome of TA psychotherapy for the treatment of depression

Method: The researcher has investigated the process and outcome of short-term TA psychotherapy for the treatment of depression using a naturalistic sample of clients presenting for therapy in private practice or in a voluntary agency setting in four different geographical areas of the UK.

Design: Using systematic case study research combining both quantitative and qualitative data and analytic approaches, the researcher has analysed a series of case studies of short-term TA psychotherapy for the treatment of depression using a combination of Hermeneutic Single Case Efficacy Design, pragmatic and theory-building case study methods. A cross-case analysis to identify themes and patterns in outcome and the process of change in both good and poor outcome cases has also been conducted.

Results: Three cases have clear good outcome, one case had mixed outcome and one case had poor outcome, suggesting that short-term TA psychotherapy is a promising intervention for treatment of depression. Important process factors include therapist relational skill, identifying maladaptive patterns, interpersonal changes and emotional processing were all helpful therapeutic processes.

Research limitations: Due to small sample size, generalisations cannot be made. Also, the research has not used a control group, so direct comparisons cannot be made.

Conclusions: Short-term TA psychotherapy is a promising therapeutic approach for the treatment of depression and further research investigating the process and outcome of TA therapy is warranted.

Dr Mark Widdowson is a teaching and supervising transactional analyst, and is a lecturer in counselling and psychotherapy at the University of Salford. He is the author of the forthcoming Transactional Analysis for Depression: A Step-By Step Treatment Manual, to be published by Routledge in October 2015. He was awarded the EATA Silver medal in 2014 for his research and contributions to the evidence base for transactional analysis.

Reduction of depression and anxiety scores following psychotherapy in haemato-oncological patients

Haemato-oncological patients undergo significant psychological distress during the course of illness. It is plausible that inflammatory changes might induce aberration in neurochemical activity in the brain resulting in psychopathology. Supportive psychotherapy is found to be useful in other oncological conditions. Psychosocial needs of haemato-oncological patients are less studied. We evaluated influence of psychotherapy in patients with haematological malignancy using hospital anxiety and depression scale.

Method: Twenty-nine patients who were diagnosed with haematological cancer referred for psychotherapeutic intervention completed hospital anxiety and depression scale (HADS). Out of the twenty nine patients, data from 14 patients were available at baseline and follow up.
Result: Psychotherapeutic intervention led to significant improvement in both anxiety [baseline vs follow up (mean± standard) deviation: 11.6 ± 4.7 vs 7.5 ±4.2: p < 0.01] and depression [baseline vs follow up (mean± standard) deviation: 10.4 ± 3.1 vs 5.7 ±3.6: p < 0.01].

Conclusion: In this preliminary analysis we have shown that add-on supportive psychotherapy significantly improves the psychopathology in haemato-oncological patients. Integrating psychosocial support to standard care protocol might improve the wellbeing of patients and a professional psychotherapist should be an integral member of the haemato-oncological team.

Charlotte Copeland is the owner and clinical director of SafeHaven Trauma Centre Ltd, a centre specialising in the treatment of psychological trauma based in Cheshire. Charlotte is a psychotherapist and advanced craniosacral therapist who has specialised in mind-body health throughout her career. Charlotte is the lead psychotherapist for the Haematology Department at Central Manchester University Hospital NHS Foundation Trust in addition to running SafeHaven Trauma Centre. She provides and co-ordinates psychotherapy services for patients and staff, and psycho-education for the department. Charlotte is involved in ongoing research into the effects of psychotherapeutic support for haemato-oncological patients. Currently Charlotte is completing her Master’s Degree in Therapeutic Practice for Psychological Trauma at the University of Chester.

Absent contributors are: Hulegar A Abhishekh, Amy Sinacola, Paul Hickey, Debbie Haigh, Pippa Bulger, Aileen Chadwick, Vanessa Ellis, Nijole Gimberiene, Chiara Lobetti, Muhammed Saif, Fiona Dignan, Eleni Tholouli, Rajesh Krishna.

---

Parallel Session F
The impact of supervision on therapy process and outcome (15.40 – 16.40, D102)

Clinical supervisors’ handling of sexual attraction in the work of therapists they supervise

The paper will present findings from research aimed at eliciting understanding on how supervisors handle psychotherapists’ work where this involved client, therapist or mutual sexual attraction. Implications stemming from the study on psychotherapy training, clinical practice and supervision will be discussed. This research project was carried out under the Reflections Research Centre at Regent’s University London, in collaboration with researchers from Palacky University in the Czech Republic. The research is qualitative in nature and used Grounded Theory for the analysis of data from semi-structured interviews.
**Dr Maria Luca**, PhD is Senior Research Fellow at the School of Psychotherapy and Psychology, Regent’s University London. She is Reader in Psychotherapy and Counselling Psychology and the Head of the Regent’s Reflections Research Centre. Her previous administrative roles include Head of the School of Psychotherapy and Counselling Psychology at RUL. She worked in the National Health Service for 12 years. She currently has a small private practice in London. She is reviewer for various publishers and peer reviewed journals. Her current research projects include: sexual attraction and the erotic in therapy; the lived experience of migrants; working with medically unexplained symptoms grounded theory. She supervises the research of PhD and taught Doctorate students. She has given papers widely, both nationally and internationally.

**Dr Desa Markovic**, DPsy is Programme Director of Psychotherapy and Counselling, Regent’s University London. She is a systemic therapist, supervisor and trainer for over 20 years in the UK; she also qualified as a psychosexual therapist. She has written and published, taught, presented and practiced clinically in the context of integrating systemic and sex therapy, and has created a model of integration developed through many years of working with clients presenting a wide range of sexual issues. Some of her more recent articles on the subject were published in the *Australian and New Zealand Journal of Family Therapy* and *Sexual and Relationship Therapy Journal*.

---

**An investigation into the effect of supervision training on practice**

Despite the increase in supervision training courses, their effectiveness is at present under-researched. The research question for this qualitative study was: ‘What are the effects of supervision training on new and established supervisors in terms of how they conduct their supervision practice?’ First, fourteen students consented to six ‘end of teaching unit’ reflections to be analysed anonymously using thematic content analysis (Burnard et al, 2008). Next a number of the same students took part in a focus group, to triangulate the data and establish whether changes initiated by the training are being integrated into their ongoing practice. The results suggest that supervision training can prompt experienced practitioners to reflect on their development to date, with positive effects on all their practice and increase awareness of organisational context and the impact of differences of culture, gender, class, etc. (Lago, 2006). Further research is required to ascertain whether these results pertain across different types of supervision training.

**Dr Els van Ooijen** is a Relational-Integrative psychotherapist (UKCP registered), counsellor (BACP accredited) and supervisor in private practice. Els has more than 20 years’ experience as a counselling trainer and currently teaches a Postgraduate Diploma/MA in Consultative Supervision at the University of South Wales. This popular course, which she developed with Dr Lesley Spencer, has an excellent reputation and is currently in its fourteenth year. Over the years, the course has attracted helping practitioners from a wide range of professions, including counsellors, psychotherapists, psychologists, art therapists, probation...
officers, occupational therapists, nurses, podiatrists, doctors, nurses and priests. Currently Els and Lesley are engaged in researching the effectiveness of supervision training; they have presented their findings to date at a number of conferences within the UK.

**Ethnographical exploration of psychotherapy supervision: imperfect love in the time of fieldwork**

The ethnographer’s journey is about awareness of ‘I’ end and ‘you’ begin. In the journey we encounter elliptical illusion and/or the ‘sticky moments’ of dissonance and distortions not when it is ‘me/not me’ and the space ‘in-between’ (Bion, 1961). This paper will explore the reflective space of writing our ‘selves’ post-fieldwork experience of the supervisor/supervisee relationship and the co-created narrative.

Ethnography is based on a narrative account of ‘sticky moments' and the elliptical illusion offer encounters layered in meaning (Freud, 1930). This research paper will explore the notion of ‘sticky moments’ that are enacted in a timeless place and managed in containment within reflective space. Through the fieldwork, an ethnographer learns to explore the ‘potential space’ of where she ends and the informant begins (Winnicott 1953).

This paper will explain how a single individual may not be able to represent the group but can come to represent the space between ‘me/not me’ in the ethnography. The threat to the relationship occurs through the intrusion of the outside world and engaging with the knowledge of 'the third' could potentially distort the fantasy of the relationship. Maybe there is something in Freud's (1927) notion of the illusion of the "oceanic feeling" of wholeness. A state of helplessness and longing to return to the field site where over time the boundary between self and other becomes blurred, or distorted (Strachey, 2001).

It takes time for the ethnographer to recover their sense of self, for a return often signals an alienation and a lack of protection. The oceanic feeling offered a connection to others through cultural practices, a path of self-recovery through our work as anthropologists. The need for connection between ourselves is explained by Nussbaum (2003), who argues that "true self-development arises from highly particular transactions that constitute love between two imperfect people" (p103). I wonder then if the encounter between Supervisor and Supervisee is just an encounter between two imperfect people. An element of this paper was presented at the recent Anthropology and Psychotherapy Panel (P13) at the Association of Social Anthropologists of the UK and Commonwealth (ASA2015): Symbiotic anthropologies: theoretical commensalities and methodological mutualisms.

Dr Salma Siddique is the Director of Counselling and Psychotherapy in the School of Education at the University of Aberdeen, Scotland. She qualified as an accredited psychotherapist and clinical supervisor in the Transactional Analysis psychotherapy based on the person-centred model. Her initial training was as a medical anthropologist with a keen interest in diverse healing systems and a particular focus on mental health and wellbeing. Salma’s research interests are focused on how anthropology and ethnography can enhance psychotherapy. Her PhD research looked at the needs of women from diverse communities with mental health issues, and how their needs are met within health and healing settings.
Parallel Session G
Explorations of the meaning of ‘change’
(15.40 – 16.40, D103)

The mind and body programme: using early intervention to elicit attitudinal and behavioural change in young people who self-harm

Adolescent self-harm is an international and national issue that is positively correlated to adolescent suicide. It has a major impact upon the lives of young people and their families and represents a significant drain upon the economic and clinical resources of the National Health Service. The Mind and Body Programme is a Kent based treatment programme for young people aged between 14-16 years who self-harm. It is delivered by Kent Counselling and Addiction Service as an early school intervention led by a KCA practitioner. The programme comprises of three individual sessions, followed by four group sessions. The programme has its roots in a previous programme ‘Risk-it’ which was developed by a team at the University of Kent and subsequently written up for publication (Stevens et al, 2013).

The Mind and Body programme was delivered on a weekly basis to female secondary school students from grammar and high schools in Canterbury. This paper outlines the principles of the Mind and Body programme and evaluates the intervention by mixed quantitative and qualitative methods. Qualitative interviews were designed to capture the voice and the experience of the young people through narrative analysis in terms of deconstructing twelve qualitative interviews (six grammar schools girls and six high school girls). This paper represents the working together of psychotherapy researchers with community based organisations, delivering treatment programmes in schools with the principal aim of reducing risk with regard to young people who self-harm.

Results: By the completion of the treatment programme there had been a significant reduction in suicidal ideation and acts of self-harm.

Conclusion: An early intervention treatment programme specifically designed for schools can reduce suicidal ideation and acts of self-harm.

Dr Terence Nice is a lecturer at the University of Kent and a psychoanalytic psychotherapist in the NHS (CAMHS). His specific research interests are qualitative methods; child, adolescent and adult mental health; self-harm; PRN.

Steve Butler is currently the Contracts Manager for KCA Young Persons’ Services. His main field of work is within the adolescent drug and alcohol sector providing specialist support and early interventions. He has been involved with the development of initiatives addressing adolescent risk behaviour and has supported the delivery of the innovative Mind and Body and RisKit programmes.
Hands on research: looking at change through different lenses – the PRN experience

How do your personal values and professional approach influence how you see change in those you work with? This workshop will provide an opportunity for you to reflect on your views of promoting and researching change on the basis of your unique personal and professional trajectories and to discuss how this can lead to sharing these views through engagement in the activities of the PRN.

What is innovative about the means through which PRNs explore psychotherapeutic change? You will have the opportunity to listen to and share with workshop participants the PRN members’ experience of researching change, to explore the thinking behind the recent PRN’s research initiative (the pathfinder project), for participants to familiarise themselves with some of the research tools that will be used in this project and engage in a debate regarding the most meaningful direction to be taken forward by the PRN. Join the UKCP Practice Research Network (UKCP-PRN) to look at change through different lenses.

Sheila Butler works as a Clinical Researcher and Co-ordinator of Projects in Mental Health Psychological Therapies (NHS). She is a practicing psychotherapist and also lectures at the Open University. She is currently developing practice-based projects in a number of areas, including investigating the process, clients’ experiences and perceptions of change in Secondary Care Psychological Therapies Services and the Specialist Personality Disorders Therapeutic Community Services. Her questions, observations and experience have led her to focus on the research-practice interface. Current developments in this field have focused on working to develop and implement the UKCP Practice/Practitioner Research Network (PRN) to provide a space for exploration and mutual learning across a community of practitioners. She is also a member of the Society of Psychotherapy Research (SPR). She is interested in the understanding of emotions and how feelings are expressed, the verbal and non-verbal affective communication in different cultures; how people experience the world differently, their sense of identity and sense of belonging.

Vasiliki Chrysikou works part-time as a family therapist for a community counselling service and as a researcher at UCL. She has a background in psychology, an MSc in research and a PhD in social sciences. Vasiliki has experience of researching audio and video based interaction between professionals and their clients or patients in a range of psychotherapeutic and medical settings, using conversation analysis and discursive psychology as the primary analytic methods and also has experience of using a range of other qualitative and quantitative research methods.

Tirril Harris is an attachment-based psychoanalytic psychotherapist in private practice and has spent many years working on the origins of depression in social psychiatry research with George Brown and Antonia Bifulco. This research team developed the Attachment Style Interview (ASI) which, along with their other instruments measuring life stress, emotional support, childhood maltreatment and coping style, has been shown to play a key role in the development of depressive disorder. Tirril is also a member of the UKCP’s
Practice/Practitioner Research Network exploring Daniel Stern’s idea of ‘Moments of Meeting’ as key inter-subjective experiences which determine the outcome of psychotherapy.

Michelle Oldale is a psychotherapist and trainer with an MA in Humanistic Person-Centred Psychotherapy and a Postgraduate Certificate in Continuing Education. She currently works with Sherwood Psychotherapy Training Institute and the Open University. Michelle has researched the Deaf Culture and British Sign Language in the therapeutic relationship, and power in relationship when the therapist is Deaf, the client is Hearing and a Sign Language Interpreter is present. Michelle’s core values reflect the holistic nature of wellness and she aims to work in a way which empowers individuals to develop their own personal passion and aspirations.

---

Parallel Session H
Using routine outcome measures in research and clinical practice
(15.40 – 16.40, D104)

CORE-34 and other measures – an example from NHS practice

This was an audit carried out by Annie Nehmad within the Cognitive Analytic Therapy (CAT) Service, part of the City and Hackney Psychotherapy Department (secondary care), East London NHS Foundation Trust. CORE-34 and four other measures (PHQ, GAD, WSAS, PSQ) were administered to patients at assessment, start of therapy, end of therapy and follow-up.

This was not a cohort study, but an Audit done as a “snapshot” on 29 August 2011, on all patients referred between 1 January 2008 and 31 December 2008, and accepted onto CAT waiting list. As the waiting list was usually 6 to 12 months, patients acted as their own controls. After the end of therapy, follow-up was usually carried out between three and twelve months later.

The results looked encouraging, showing no significant changes between Assessment and Start of Therapy, and then a marked and statistically significant improvement across all measures from start to end of therapy. The improvements are maintained at follow-up. Other methodological problems are discussed. More sophisticated statistical analysis of the data offers more reliable evidence of the efficacy of CAT.

Dr Annie Nehmad is a former General Practitioner and Women’s Health Doctor. She is a Founder Member of the Association of Cognitive Analytic Therapists (ACAT), and was the Clinical Lead for CAT at the City and Hackney Psychotherapy Department until 2013. She now works privately as a psychotherapist, supervisor and trainer.
Dr Kim Dent-Brown is a Senior Lecturer in Psychology at the University of Hull. His main research interest is into the ‘real world’ delivery of psychological services. He is also a CAT practitioner and worked in the NHS for 25 years. He teaches psychological therapists ways of using standardised outcome measures to enhance their routine clinical practice.

**Knowing the SCORE: experiences in using a systemic outcome measure**

This workshop will present some pilot quantitative and qualitative feedback on using the SCORE measure nationally and consider the challenges, as well as the affordances of using such a measure with couples, dyads, and families. Participants will be encouraged to complete a SCORE themselves and to reflect on the process. We will also explore the potential uses of the SCORE, the application of the available scoring software and the practicalities of using it alongside other measures, as well as sharing experiences and ideas for further development and usage.

Dr Tania Thorn is an Acting Consultant Clinical Psychologist and Systemic Therapist working with adults and older adults in Oxford Health. As well as her clinical duties, she is also a Visiting Tutor at the Oxford Institute for Clinical Psychology Training. Her current particular interests are systemic work with families living with dementia, the neuropsychology of young onset dementia and working with older adults who are disclosing childhood trauma for the first time.
Listen to My Story

“There is no greater agony than bearing an untold story inside you”
– Maya Angelou

A collaborative forum from the Faculty for the Psychological Health of Children and the UK Council for Psychotherapy.

Date: 3 October 2015
Venue: Newman University, Birmingham

What if we can't get anyone to hear our story or we think they won't listen if we try to tell?

Stories are a way of making meaning of lived experience. We can be the hero of our own story, the victim, or the witness. What if we have never had a space to think about this narrative, to examine it from a different perspective? What if we could reimagine our stories from outside our own experience?

Join us in creating a space to think about how to attend to children's mental and emotional wellbeing with relevant case material such as:

- Using stories and storytelling in talking with children and young people about mental health
- How to create a reflective space for sharing experiences
- What factors impact practitioners' ability to deliver effective interventions and how do practitioners feel supported to share their experiences of stress, feeling overwhelmed and anxiety around disclosures.

Call for ideas
If you would like to be involved in the forum or have ideas about what you would like to be covered please let us know.

Vox pops
If you would like to have a 10 minute slot to talk about or demonstrate something around the theme please let us know:

- your name
- a brief biography
- what you would like to talk about or demonstrate

Send your ideas and vox pop proposals to elizabeth.stormfield@ukcp.org.uk

London Conference: March 2016, details coming soon!
Evaluation Form
Please tear off and hand in at the registration desk

What made you decide to book this event?

Please rate your experience of this event (tick appropriate boxes)

<table>
<thead>
<tr>
<th>KEYNOTE SPEAKERS</th>
<th>poor</th>
<th>average</th>
<th>good</th>
<th>excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolf Sundet</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Markus Bidell</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>John Mellor-Clark</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peter Stratton</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Judith Lask</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Which Parallel Session did you attend in the morning (A, B, C or D)?
What did you enjoy? What could be improved?

Which Parallel Session did you attend in the afternoon (E, F, G or H)?
What did you enjoy? What could be improved?

Were your objectives met? Yes □ No □
What aspect of the event would you have done differently and how?

Have you any suggestions for themes/topics for future UKCP Research Conferences?
VENUE

<table>
<thead>
<tr>
<th>Location</th>
<th>poor</th>
<th>average</th>
<th>good</th>
<th>excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main room</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Catering</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments

ADMINISTRATION

<table>
<thead>
<tr>
<th>Booking process</th>
<th>poor</th>
<th>average</th>
<th>good</th>
<th>excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Documentation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UKCP staff on the day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments

How did you hear about this event?

<table>
<thead>
<tr>
<th>Email from UKCP</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>The Psychotherapist magazine</td>
<td></td>
</tr>
<tr>
<td>The UKCP website</td>
<td></td>
</tr>
<tr>
<td>UKCP organisational member</td>
<td></td>
</tr>
<tr>
<td>Word of mouth</td>
<td></td>
</tr>
<tr>
<td>Other (please specify)</td>
<td></td>
</tr>
</tbody>
</table>

UKCP would like to use your comments (anonymously) for future marketing to promote events. If you would not like us to do this please tick this box □

Please hand in your completed form at the registration desk or return to:
Elizabeth Stormfield, UKCP, 2 Wakley Street, London EC1V 7LT • Fax: 020 7014 9977
Registered Charity No. 1058545 Company No. 3258939 Registered in England