



# 17th Annual BACP Research Conference

## 'Research and practice'

Friday & Saturday 6–7 May 2011, Marriott Hotel, Liverpool

bacp

British Association for  
Counselling & Psychotherapy

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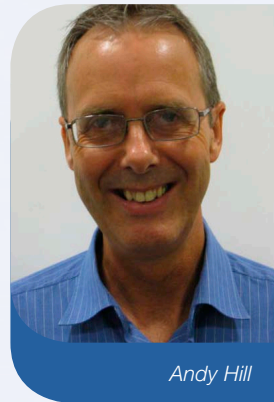
## Conference welcome

**Andy Hill – Head of Research, BACP**

The theme of the 2011 conference is 'Research and practice', reflecting our understanding of the important relationship between research and practice.

We aim to debate and discuss how research informs practice and so impacts on both clients and practitioners. A key topic of discussion will be how research, which is rooted in routine practice, can provide new insight into the therapeutic process. The experiences of clients will also be explored. The influence of research findings on training programmes and how this in turn leads to new forms of practice will also form an integral part of the conference.

Those who regularly attend BACP's research conference will need no persuading of the need to develop and engage with evidence and the value of knowledge transfer. We hope that some of you who are new to research or would like to know more about it, will also attend the conference; it is a friendly event which aims to educate, engage and entertain. The conference provides a great opportunity to meet with fellow researchers and practitioners for discussion and debate about existing and emerging research.



*Andy Hill*

The pre-conference evening workshop on Thursday 5 May will be on the subject of practice research networks and will be presented by a panel, which includes Professor Michael Barkham, a leading expert in this field.

## A note from our co-hosts SPR (UK)

SPR (UK) is delighted to join forces with BACP this year to host a research conference which promises to be innovative, inclusive and exciting.

We are a part of the Society for Psychotherapy Research (SPR), an international organisation, which brings together researchers and practitioners from different backgrounds and traditions. Our membership draws on and contributes to a wide range of international psychotherapy research.

Over the past 25 years our annual conference has been a place where researchers and practitioners come together for a lively exchange beyond the confines of professions,

theoretical schools, research methodologies and practice settings. New and important research findings are presented in the context of open, energetic discussion and critical debate of topical issues in psychotherapy. We aim to foster a climate of open inquiry, where new researchers, interested (and sometimes sceptical) practitioners and acknowledged leaders in the field come together and share their common enthusiasm for learning and their desire to discover how practice can be improved.

## About the conference

### Who will be there?

Built on a reputation for excellence, this two-day conference has much to offer those working in the counselling and psychotherapy world, including researchers, students, trainers, training providers and practitioners.

### Conference structure

It is anticipated that there will be four simultaneous strands on each day including papers and workshops running throughout the day. The strands will include presentations, grouped according to theme, which run throughout the event giving you a wide choice from a varied programme. Posters will be presented separately and are displayed throughout the event. Presenters have one minute in which to address the whole conference in order to attract interest to their research and visitors to their poster. An abstract booklet is available well in advance so delegates can plan their conference attendance. Free movement between strands is encouraged and booking for particular sessions in advance is not necessary, although sessions should not be interrupted once they are underway. Papers last for 30 minutes, workshops for 60 minutes, symposia for 90 minutes.

The theme of this year's conference 'Research and practice' is particularly relevant to our concerns and we look forward to meeting new colleagues, learning from others and broadening the forum of discussion. This joint enterprise with BACP promises an excellent opportunity for all of us to expand our horizons, deepen our understanding of counselling and psychotherapy and enhance our practice.

### Networking opportunities

Throughout the two days, there will be ample opportunities for networking, meeting old friends and making new ones, including the conference dinner and entertainment. BACP's research team will be at the conference, so it's an opportunity to put names to faces as you meet staff from the department. There will also be a dedicated network area with refreshments throughout the event, where you will be able to browse the exhibition. We hope you will join us in contributing to an interesting, informative and challenging conference.



*Marriott Hotel, Liverpool*

## Keynote speakers

Friday 6 May

**Professor  
Michael Barkham**

**'Re-privileging  
practitioners at the  
heart of practice-  
based evidence'**

Michael Barkham is Professor of Clinical Psychology and Director of the Centre for Psychological Services Research at the University of Sheffield. Previously he was Professor of Clinical and Counselling Psychology, as well as Director of the Psychological Therapies Research Centre, at the University of Leeds. He was a member of the team that carried out the Sheffield Psychotherapy Projects and also of the group that developed the CORE measures and system. He has published 150 peer-review articles in the areas of counselling and the psychological therapies and is committed to supporting the development of practice-based evidence as a complement to trials methodology. He was previously UK Vice President of SPR and is currently a member of the editorial board of *Counselling & Psychotherapy Research (CPR)* journal and joint editor of the *British Journal of Clinical Psychology*. He is a Fellow of the British Psychological Society and co-editor of *Developing and delivering practice-based evidence: A guide for the psychological therapies* (2010, Wiley).

The aim of the presentation is to review the developing paradigm of practice-based evidence and to place practitioners at its centre. It will be argued that while trials methodology has led to important advances in our knowledge base of the psychological therapies; it has done so at the expense of valuing practitioners both as equal partners in the research endeavour



Prof Michael Barkham

and also as the focus of research activity regarding their role as agents of therapeutic change. Building research in which practitioners are equal partners requires promotion of the paradigm of practice-based evidence and the adoption of practice research networks in order to develop a research infrastructure that can be owned by practitioners. And a programme of research that has practitioners at its heart requires recognition and study of practitioner effects. In particular, there is a need to acknowledge and understand the extent of practitioner variation – something that is masked in trials – and develop better ways of studying the effective practitioner as a complementary approach to the current focus on theoretical models of interventions.

Saturday 7 May


**Professor Thomas Schröder**

**'Researching therapists and their  
practice – a shift of perspective'**

Thomas was born and raised in Germany and graduated in psychology at Hamburg University. He moved to the UK to take up a postgraduate scholarship at LSE and stayed on to train as a Clinical Psychologist at Birmingham University. He studied psychodynamic psychotherapy at the Tavistock Clinic and obtained an MSc in Psychotherapy and his PhD at Warwick



Prof Thomas Schröder



University. Having worked for 30 years as a psychotherapist in the British National Health Service and been an organiser, teacher and supervisor on a number of psychotherapy and counselling courses, he currently leads a doctoral training programme for clinical psychologists at the University of Nottingham. His main research interest is in therapist development, especially in difficulties in therapeutic practice. He is a trustee of the Compassionate Mind Foundation and current UK chapter president of the Society for Psychotherapy Research.

Psychotherapy research is influenced by its social context, which also shapes prevailing practice. The politics of service delivery have a major impact on current research, much of which concentrates on outcomes and the techniques deemed to be active ingredients in the change processes leading to good outcomes – even though the therapeutic relationship has been consistently demonstrated to be a more potent predictor of success. In the effort to isolate effective techniques, variations introduced by the therapists delivering such techniques are easily either disregarded or treated as ‘error variance’. Redressing the balance between ‘specific effects’ and ‘therapist effects’ requires us to shift perspective from a view of the therapist as a fixed factor in a randomised controlled trial to a view of therapists as active partners in the numerous interpersonal relationships that constitute their practice.

One way of realising such a shift is to ask therapists directly about their past and current practice and the factors influencing their development. For the past 20 years, the SPR Collaborative Research Network has been conducting an international study of therapists and their professional practice and development. By now, more than 10,000 therapists have participated. The address will report some key findings from this study and relate them to the current social context.

## Venue information

### Marriott Hotel, Liverpool

One Queen Square, Liverpool, L1 1RH

<http://tinyurl.com/marriott-liverpool>

Phone: +44 0151 476 8000

Fax: +44 0151 474 5000

### Local airports

John Lennon Liverpool Airport is 10 miles from the hotel.

### Parking

120 chargeable car parking spaces available.

### Other transportation

Liverpool Lime Street station is opposite the hotel.

### Accommodation

Conference bookings are on a day delegate basis only, including lunch and refreshments. Accommodation must be booked separately.

Please see the following link for accommodation bookings:  
<https://www.conferencebookings.co.uk/delegate/TMPBACP11>

For a cheaper alternative a youth hostel is available <http://hattersgroup.com>.



Liverpool – St George's Garden

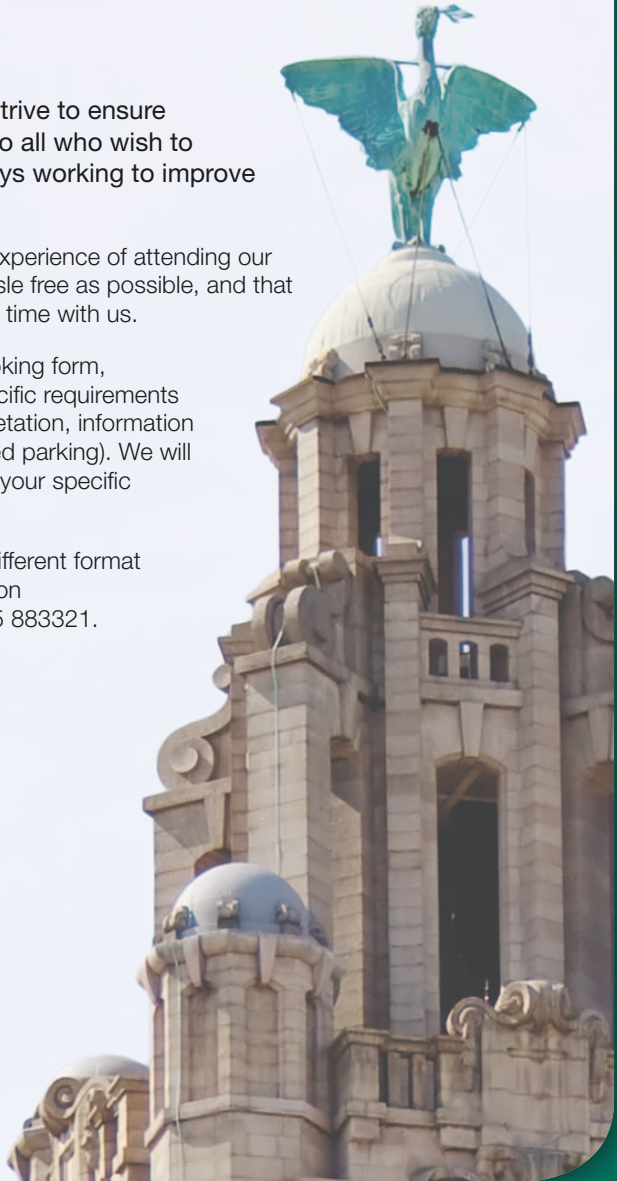
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