

Research Conference 2025 draft programme

This programme is subject to change and may be amended up to and including the event day. Please use this information as a guide for the research



The programme explained:

The programme below details the full conference content. Please note, the online booking option will include selected presentations from strand one on Saturday 17 May 2025.

Book to attend:

www.bacp.co.uk/events/rc2025-31st-annual-international-research-conference/

All booking options for this event include access to a three month on-demand service, providing you with access to the recordings from the livestream,

Friday 16 May 2025						
In person programme						
09.00 - 09.30	Registration, poster and exhibition viewing.					
Plenary Session: Rothwell						
09.30 - 09.45	Welcomes: Lynne Gabriel (BACP President), Clare Symons (BACP Head of Research), Terry Hanley (University of Manchester)					
09.45 - 10.30	Keynote presentation: Divine Charura <i>Impact through collaboration in Trauma informed and social justice orientated research: Challenges and Opportunities in working with marginalised communities</i>					
10.30-11.00	Refreshments, poster and exhibition viewing					
	Strand 1: Lewis	Strand 2: Waterhouse	Strand 3: Burgess	Strand 4: Robinson	Strand 5: Foster	Strand 6: Executive Boardroom
11.00-11.30	Discussion Mariya Ivancheva & Jennifer O'Neil <i>Working for 'free' or 'paying to work' in mental health provision: counselling and psychotherapy training and placement organisation and experiences across the UK</i>	Discussion Clare Symons, Naoise Kelly & Lynne Gabriel <i>Collaborating in the face of global impact: The international climate responsive counselling initiative</i>	Discussion Lynne Barnett <i>Relationship is the key: Decolonization of a pioneering counselling training program in Post-Genocide Cambodia</i>	Discussion Andrew Reeves & Anna Kennedy <i>Making sense of the field: Defining therapeutic coaching and its research possibilities</i>	Research Paper Matthew Leavesley <i>PCE-CfD and long-COVID: A service evaluation on the benefits of using person-centred experiential counselling for depression with people with long-COVID</i>	Research Paper Karen Dempsey <i>Graduate therapists' experiences of transformation on their journey to qualification: phases, turning points, struggles, stories</i>
11.35-12.05					Research Paper Susan Stephen, Kate Remshardt & Kay Capaldi <i>"Life is what happens when you're busy making other plans." The impact of the Covid pandemic on a Counselling Research Clinic</i>	Research Paper Christina Buxton <i>Looking beyond the label: exploring veterans' personal meanings of PTSD</i>
12.10-12.40	Research Paper Keith Miller <i>Counsellor experiences of humour in the therapeutic relationship when working with survivors of domestic abuse. A narrative inquiry</i>	Discussion Faisal Mahmood, Samantha Crapnell & Ariana Jordan <i>'It's hot and getting hotter': What contribution can therapy research make (if any) to addressing contemporary global challenges?</i>	Discussion Terry Hanley, Aynsley Bernard, & Tom Strannix <i>Researching and developing the use of artificial intelligence in the counselling related professions: The need for interdisciplinary collaboration and responsible innovation</i>	Discussion Alison Rouse & Sophie Olson <i>Finding voice, finding voices: A conversation about collaboration and co-research from different perspectives</i>	Discussion Lei Sorvisto, Divine Charura, Lynne Gabriel & Charlie Duncan <i>Exploring the use and implementation of Routine Outcome Measures (ROMs) in counselling and psychotherapy: A reflexive and open dialogue</i>	Discussion Nic Hartshorne, Laura Rutledge & Briony Martin <i>Forming the plait - an exploration of collaborative research</i>
12.45 - 13:00	Lightning Talk Olivia Mohtady <i>Mixed-race therapists' accounts of racial identity experiences in the therapeutic profession</i>	Lightning Talk Nafisa Rawlings & Patti Phillips-Wallace <i>A literature review to ascertain whether Therapist Self-Disclosure (TSD) influences clients' experience of therapy, and to explore what factors may influence the experience of any impact</i>	Lightning Talk Karen Foran <i>An interpretative phenomenological analysis of the experiences of interpreters in the counselling room when working with survivors of sex trafficking</i>	Lightning Talk Kate Smith & Jemma White <i>Co-creating a qualitative interview topic guide with young people: To explore the long-term impact of a school-based counselling service</i>	Lightning Talk Sophia-Marie Korpiun <i>Making sense of one's (hi)story: A qualitative study of the potential influence of parental religious trauma on second generation therapists</i>	Lightning Talk Aoife Ryan <i>Using the Delphi method to define relational safety in therapeutic settings – Irish therapists perspectives</i>
13:00 - 14:00	Lunch					
14:00 - 14:30	Discussion Panel [14:00-14:45] <i>Improving the evidence base for investment in workplace psychological therapies: maximising impact through collaboration</i>	Research Paper Kathryn Broome <i>How do counsellors make sense of the online disinhibition effect when counselling clients using video-conferencing? An IPA study</i>	Research Paper Kate Graham <i>Integrative counsellor experience of antidepressant discussion with clients in a therapeutic space: A Thematic Analysis</i>	Discussion Lesley Dougan & Ann-Marie Wilson <i>Student/Lecturer Collaboration in Developing Course Material for Marginalised Client Groups</i>	Discussion Richard Knight <i>Clients perspectives on therapy - away from papers and towards co-produced creative research</i>	Discussion Minwoo Kang <i>A Buddhist approach as a counterforce to neoliberalism in counselling and psychotherapy</i>

14:35 - 14:50	Wolfgang Seidl, Jo Yarker and Miriam Mintz with Kris Ambler (BACP Policy Team). Chair: Lynne Gabriel (BACP President)	Lightning Talk John Das & Patti Phillips-Wallace <i>What counsellors can learn from recent research into the use of simple breathing techniques to help clients manage stress and anxiety</i>	Lightning Talk Chloe Velinor, Maria Hicks, Cat Chaplin, Sophie McGrath, Rachel Young & Jun Jackson <i>What impact, if any, does engaging with social-media-platforms have on the self-concept of women aged 30-45 years, and how can this inform psychotherapeutic practice?</i>	Lightning Talk Clare Symons, Kate Smith, George Salaminios & Robert Scruggs <i>Survey of research teaching on counselling and psychotherapy training programmes in the UK</i>	Lightning Talk Jake Maxwell Watts <i>A collaborative study using focused ethnography explores psychological wellbeing in cohousing communities</i>	Lightning Talk Rashpal Maria Kaur Panesar-Gipson <i>How do integrative counsellors and coaches work with black and brown people?"</i>
14:55 - 15:25	Research Paper Naomi Moller, Andreas Vossler & Faisal Mahmood <i>Racialised minority clients' experiences of racial microaggressions in counselling</i>	Lightning Talks Nicola-Jayne Tuck & Patti Phillips-Wallace <i>A literature review exploring the impact of group therapy on perinatal anxiety: Mothering alongside others</i> Chidiebere Anyasodo & Patti Phillips-Wallace <i>Navigating power imbalances in couple relationships: A review of therapeutic interventions</i>	Research Paper Elizabeth Li <i>Assessing Patient Coaching in Psychotherapy: A Pilot Study on the Development and Reliability of the Patient Coaching Rating System (PCRS)</i>	Research Paper Hebe Richardson, Steve Pennington & Markel McDonald <i>In consideration of the existing researched evidence of fatphobia in the LGBTQIA+ community, what are the experiences of members of this community who self-identify as 'fat' within this community and within the psychotherapeutic alliance?</i>	Research paper Mark Wood, Angela Jewell, Beth Lindley, Fatima Alali & Jaqueline Summers <i>Has the trauma experienced by individuals who lived in the East-End of London through the World War II Blitz had any generational impact, and if so, how can this inform psychotherapeutic practice?</i>	Research Paper Nimrah Afzal <i>Real-world evidence into how a text-based online therapy for adults can unblock barriers to access.</i>
15:25 - 15:45	Refreshments, poster and exhibition viewing					
15:45 - 16:15	Discussion Charlie Duncan, Marita Morahan & Andrea Anastassiou <i>Reviewing BACP's Ethical Framework for the Counselling Professions: The role of research and collaboration</i>	Research Paper Amanda McGarry <i>Exploring the experiences of women and non-binary counsellors in relation to gendered power dynamics in the therapeutic relationship</i>	Discussion Stacey Sewell <i>Continuing professional development, peer learning and interprofessional collaboration: Identifying opportunities for research and practice</i>	Research Paper Jack Ollerhead <i>Firefighters' Perceptions and Experiences of Counselling and Mental Health Support</i>	Research Paper Rebecca Wilde <i>Addressing intersectionality in minority groups: Understanding LGBTQ+ experiences in the Gypsy, Roma, and Traveller communities for inclusive counselling</i>	
16:20 - 16:50	Research Paper Mhairi Thurston & Sally Lumsdaine <i>"I don't know if I could like live being blind": Supporting patient mental well-being in a Scottish macula clinic.</i>	Research Paper Andreas Vossler <i>Effectiveness of psychological interventions for sustaining intimate relationships in old age: A systematic review</i>	Research Paper Olumide Ajulo <i>Understanding how sociodemographic characteristics and advert format can influence men's desire to access and engage with University Mental Health Services</i>	Discussion Christine Kupfer & Lorraine Tolmie <i>Spiritually transformative experiences in therapy</i>	Workshop Gabriel Wynn <i>Reformative Concept Analysis: Why and how?</i>	
16:55 - 17:25	Research Paper Emma Jameson <i>Exploring therapists' experiences of interpreter-mediated psychotherapy</i>	Research Paper Georgina Green <i>On developing a culturally-adapted CBT model: A qualitative investigation on the experiences of Kenyan counsellors using the CBT 5 aspects model with their clients</i>	Research Paper Pablo Van Schravendyk <i>A hidden practice, a forgotten service. Shining a light on specialist university mental-health mentoring practice: Conceptualisation, challenges and implications</i>			
17:25 - 18:30	Break					
18:30 - 19:30	Drinks reception, Awards presentations and Poster presentations. Sponsored by John Wiley & Sons.					
19:30 - 21:00	Conference Dinner					

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09:45 - 10:30	Keynote presentation: Kate O'Brien <i>Stories of trauma, healing and harm in carceral settings: Reflections on research with women in prison</i>					
10.30-11.00	Refreshments, poster and exhibition viewing					
	Strand 1: Lewis	Strand 2: Waterhouse	Strand 3: Burgess	Strand 4: Robinson	Strand 5: Foster	Strand 6: Executive Boardroom
11.00-11.30	Research Paper Mary Murphy-Diprose <i>Stories of identity and becoming: Exploring narratives of trans and gender diverse middle-aged and older adults in Britain today</i>	Symposium Yelena Mikhaylova-O'Connell, Esther Whittlesea Reed, Sophie Jeffery, Jenny O'Donnell & Divine Charura	Discussion Rhea Gandhi, Kartika Ladwal & Mingxi Li <i>Disrupting silence: A collaborative autoethnography of race, power, and therapy</i>	Workshop Christina Buxton <i>Creating poems of practice: Ways to share what we do</i>	Workshop Jamie Fearn <i>Bodies of evidence: The place of bodily experience in counselling, psychotherapy and research</i>	Discussion Kaitlin J. Hinchey <i>When counselors compare: Counselor self efficacy development through the lens of social comparison theory</i>
11:35-12.05	Research Paper Gary Shepherd & Holly Murphy <i>Co-producing men's mental health and suicide prevention research with a charity partner</i>	<i>What does good therapy look like for people with dementia? Using interviews and co-production to develop core competences for therapists</i>				

12.10-12:40	Research Paper Heather Sutherland <i>Thinking differently about 'Student Mental Health and Wellbeing' (SMHWB) in the UK – learning from undergraduates' storied 'university life' self-reflections</i>		Research Paper Gabriel Wynn, Joanna Omylinska-Thurston, & Lacey Thompson <i>Helpful and unhelpful factors associated with outcomes in psychological therapies for adults with eating disorders: A scoping review</i>	Research Paper Anne Bentley <i>'You lose who you are. You're sitting there thinking who am I now?' The experience of menopausal students in university counselling training</i>	Research Paper George Salaminios <i>The role of mentalizing in psychosis risk during adolescence and young adulthood</i>	Research Paper Anna Kennedy <i>Mothers, work and stress: An interdisciplinary understanding of identity and managing role strain</i>
12:45 - 13:45	Lunch					
13:45 - 14:15	Discussion Panel [13:45-14:30] <i>Lived and Learned: A Panel on Lived Experience in Research</i> Kamil Sterniczuk, Olivia Rose Kersey and Jennifer Bostock. Chair: Andrea Anastasiou (BACP Research Team)	Discussion Robert Scruggs <i>How does counselling qualification level impact the value(s) of research in the field?</i>	Research Paper Angie Whitehead <i>"If you didn't live like that, then this wouldn't happen" "You've brought this on yourself". A qualitative study exploring the barriers for Travellers in the southwest of England accessing mental health services and support</i>	Discussion Nahory Hernandez Mancilla <i>Tailoring mental health support for neurodivergent individuals: Bridging gaps and strengthening therapeutic relationships</i>	Research Paper Trish Hobman <i>The supervisory relationship for experienced counsellors, the importance of the core conditions</i>	
14:20 - 14:35		Lightning Talk Joel Nicholson <i>The experiences of person-centred therapists working with clients at high risk of ending their lives</i>	Lightning Talk Terpsichori Kaltsouni <i>The impact of emotional narratives on the mental health of volunteer telephone counsellors: An autoethnographic study</i>	Lightning Talk Elizabeth Li <i>The roles of epistemic mistrust and alliance rupture in dissatisfied dropouts from psychotherapy</i>	Lightning Talk Emma Campolucci <i>What is the impact of negative supervisory experiences on novice counsellors from a Level four training programme in the UK?</i>	
14:40 - 15:10	Research Paper Mary Atito <i>Black British mens' perceptions of therapy: An Afrocentric Constructivist Grounded Theory study</i>	Research Paper Nicola Atkins <i>Ex-members' experiences of therapy post-cult: A qualitative study</i>	Workshop Naomi Moller <i>Developing good practice in Reflexive Thematic Analysis</i>	Workshop Charlotte Scott & Sally Lumsdaine <i>Working it out together: Towards accessibility and inclusivity in research design</i>	Research Paper Joanna Omylinska-Thurston & Scott Thurston <i>Evaluation of creative psychotherapy Arts for the Blues</i>	
15:15 - 15:45	Research Paper Elizabeth Holt <i>A discourse-informed interpretative phenomenological analysis to explore the impact that counsellor's and psychotherapist's personal history of complex trauma has on their ability to maintain psychological presence with trauma clients</i>	Research Paper Anne Hayward <i>Understanding older clients' experience of psychotherapy and their recommendations for beneficial psychotherapy practice</i>			Discussion Fenia Christodoulidi <i>Therapists as CPD facilitators: Harnessing psychoeducation to empower voices of lived experience in diverse workplaces & communities</i>	
15:45 - 16:00	Refreshments, poster and exhibition viewing					
Plenary Session: Rothwell						
16:00 - 16:45	Discussion panel: <i>Carrying collaboration forward: research, reflections and the future</i> Clare Symons (BACP Head of Research), Terry Hanley (University of Manchester) and Banjo Aromolaran (University of East London)					

Saturday 17 May 2025	
Online programme	
09.00 - 09.30	Welcome and look ahead at the day
09:30 - 09:45	Welcome: Lynne Gabriel (BACP President), Clare Symons (BACP Head of Research), Duncan Ivison (President and Vice-Chancellor, University of Manchester)
09:45 - 10:30	Keynote presentation: Kate O'Brien <i>Stories of trauma, healing and harm in carceral settings: Reflections on research with women in prison</i>
10.30 - 11.00	Break in transmission
11.00 - 11.30	Research Paper: Mary Murphy-Diprose <i>Stories of identity and becoming: Exploring narratives of trans and gender diverse middle-aged and older adults in Britain today</i>
11:35 - 12.05	Research Paper: Gary Shepherd & Holly Murphy <i>Co-producing men's mental health and suicide prevention research with a charity partner</i>
12.10 - 12:45	Mary Murphy-Diprose joins our hosts for discussion
12:45 - 13:45	Lunch - Break in transmission
13:45 - 14:30	Keynote presentation: Divine Charura <i>Impact through collaboration in Trauma informed and social justice orientated research: Challenges and Opportunities in working with marginalised communities</i>
14:30 - 14:40	Break in transmission
14:40 - 15:10	Research Paper: Mary Atito <i>Black British mens' perceptions of therapy: An Afrocentric Constructivist Grounded Theory study</i>
15:15 - 15:45	Research Paper: Elizabeth Holt <i>A discourse-informed interpretative phenomenological analysis to explore the impact that counsellor's and psychotherapist's personal history</i>
15:45 - 16:00	Mary Atito joins our hosts for discussion
16:00 - 16:45	Elizabeth Holt joins our hosts for discussion, followed by reflections from the day and close

On Demand only presentations
Research Paper (Online only) Janine Ellis <i>Music industry counsellors and psychotherapists' experiences of working with clients affected by institutional and/or interpersonal sexism or misogyny: An interpretative phenomenological analysis</i>
Research Paper (Online only) Frances Basset <i>Exploring whiteness in the context of antiracist psychotherapy education: A narrative inquiry into therapists' experiences</i>
Research Paper (Online only) Cloie Parfitt <i>On the spectrum and in the room: The role of identity and empowerment in autistic women's recovery from psychological trauma</i>

Friday 16 and Saturday 17 May 2025			
Research Poster programme			
Poster Rainah Seepersad <i>The curious and reflective practitioner: Working with social identity in psychological therapy</i>	Poster Alex Nelson <i>Counsellors' experiences of vicarious post-traumatic growth: How does client adversity aid counsellors' professional and personal development – a narrative review</i>	Poster Alan McPherson <i>The silent practice: A mixed-methods exploration of the absence of practising counsellors, psychotherapists and counselling psychologists contributions to research</i>	Poster Elizabeth Li <i>'It felt like I was being tailored to the treatment rather than the treatment being tailored to me': Patient experiences of helpful and unhelpful psychotherapy</i>
Poster Dhritiman Ray <i>Negotiation of safety in inter-cultural trauma therapy: A meta-ethnography of qualitative studies</i>	Poster Azur Mehic <i>The impact stigma has on male experiences of war trauma</i>	Poster Callum Jones <i>What are the perceptions of young people with lived experiences of high school bullying, and its influence upon future societal violence?</i>	Poster Elizabeth Li <i>Resolving epistemic mistrust and building epistemic trust in psychotherapy for depressed adolescents</i>
Poster Csilla Nagy <i>The multilingual talk in therapy: How might the spoken language shape narratives of life experiences</i>	Poster Joanna Naxton <i>Voyeuristic tensions: An autoethnographic exploration of therapists' emotional reactions working with clients who self-injure</i>	Poster Tia Richards <i>The experience of a Black woman in the UK accessing counselling for postnatal depression</i>	Poster (Online Exhibition only) Steven Wells <i>My work here is done? A collaborative arts-informed narrative inquiry into the stories of senior psychotherapy practitioners as they contemplate retirement</i>
Poster (Online Exhibition only) Lucinda Hart <i>A phenomenological exploration of self-supporting ministers in the Church of England who have experienced spiritual abuse or spiritual wounding, and how it affects their mental health and ministry</i>	Poster Iris Osk Gudsteinsdottir <i>Therapists experience of identifying signs of burnout in themselves</i>		