

Research Conference 2026: Collaboration for a just society - Multidisciplinary research in counselling and mental health

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 presentations available at the conference.

Book to attend:

[RC2026NEW-Research Conference 2026 - BACP - British Association for Counselling & Psychotherapy](#)



All booking options for this event include access to a three month on-demand service, providing you with access to the recordings from the in-person event (Strand one on both days), plus a range of on-demand only content.

Thursday 14 May 2026 - Pre-conference workshop - held in person at the University of East London, University Square, 1 Salway Rd, London E15 1NF

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| 13:30 - 14:00 | Registration |
| 14:00 - 18:00 | panel discussion featuring eminent researchers in the field, a choice of workshops about practice-related research and a showcase of student research projects in progress. |

Friday 15 May 2026 - The Marble Arch by Thistle hotel, Bryanston St, London, W1H 7EH.

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| 09:00 - 09:30 | Registration. | | | | | |
| Plenary Session: Hyde Park | | | | | | |
| 09:30 - 09:50 | Welcomes 20 mins | | | | | |
| 09:50 - 10:35 | Keynote presentation: Rachel Tribe <i>Why does research matter?</i> | | | | | |
| 10:35-11.00 | Refreshments, poster and exhibition viewing | | | | | |
| | Strand 1: Hyde Park | Strand 2: Green Park | Strand 3: Bond Street | Strand 4: Marylebone | Strand 5: Serpentine | Strand 6: Oxford Street |
| 11.00-12.00 | S4 Mick Cooper, Kate Smith, Christine Kupfer, Briony Martin, John McLeod & Leo Muckley <i>Developments in Pluralistic Counselling and Psychotherapy: Advancing a Collaborative Agenda</i> | Discussion DD3 Clare Symons, Andrew Reeves, Mhairi Thurston & Nicola Blunden <i>Working together: seizing opportunities, overcoming barriers and maximizing impact in collaborative research groups.</i> | Discussion DD9 Shamini Sriskandarajah, Carol Tate & Clare Fry <i>Collaborative and inclusive working between counselling, housing, and progression teams in a hostel setting</i> | Methods Workshop MW8 Peter Blundell <i>Introducing Post Qualitative Inquiry (PQI) as a research methodology</i> | S5 Charlie Duncan, Rosalin Agnew, Terry Hanley, Merly McPhibin & Christopher Brook <i>Can AI be ethically integrated into psychological services? A symposium of multidisciplinary stakeholder perspectives</i> | Methods Workshop MW5 Verity Green <i>Developing as a Reflective and Compassionate Lived-Experience Researcher</i> |
| 12.10-12:40 | | Discussion D6 Mhairi Thurston & Sally Lumsdaine <i>How do we maximise the potential of advisory boards in counselling research?</i> | Discussion D7 Kirsty Oxley <i>The elephant in the room: Erotic transference and countertransference</i> | Research Paper RP18 Katharine Brayne <i>Making Sense of the Model: EMDR Practitioners' Experiences of Understanding and Applying the Adaptive Information Processing (AIP) Framework – An Interpretative Phenomenological Analysis</i> | | Research Paper RP43 Keri Johnson & Paul Galbally <i>Advance view: BACP's Relationship Counselling Competence Framework</i> |
| 12:45 - 13:45 | Lunch | | | | | |
| 13:45 - 14:15 | Discussion Panel (55 mins) Matt Smith-Lilley (BACP NHS Policy Lead), Matthew Leavesley and others <i>From Silos to Systems: The Potential for Counselling and Psychotherapy in Multidisciplinary Collaboration Across the NHS</i> | Research Paper RP45 Helen Kaye <i>Group Chat Generation: "It's Just How We Communicate" Exploring the Young Adult Experience of Participating in Group Chats – A Phenomenological Exploration</i> | Lightning Talks LT3 and LT13 Rashpal Maria Kaur Panesar-Gipson <i>Exploring Integrative Counsellor and Coach Approaches to Working with Black and Brown People</i> Afifa Kauser <i>Beyond the theory: Insights on the use of Intersectionality theory among counselling practitioners in India using case-study approach.</i> | Lightning Talks LT18 and LT20 Jack Curran & Eljona Gjoshi <i>In the lived experience of individuals addicted to pornography, what are the emotional and relational impacts, and how might this inform psychotherapeutic practice?</i> Paul Warner, Priya Majmudar & Alina Lalayan <i>What impact, if any, does Seasonal Affective Disorder (SAD) have on sufferers' social interactions and how might this inform psychotherapeutic practice.</i> | Research Paper RP16 Gabriel Wynn, Naomi Salisbury, Sondas Bowker & Tanya Frances <i>Advance view: BACP's Adult Trauma Counselling Competence Framework</i> | Lightning Talks LT2 and LT7 Aoife Ryan <i>"Defining Relational Safety in Psychotherapeutic Relationships – Using Photo- Elicitation to Examine Client and Trainee Experiences."</i> Eleanor Warman <i>Textiles and Continuing Bonds in Bereavement: A qualitative study into how the intact and refashioned textiles of the deceased facilitate a continued relationship</i> |
| 14:25 - 14:40 | | Lightning Talk LT6 Julie Devonald <i>The pedagogy of vulnerability in humanistic counsellor training in higher education</i> | Lightning Talk LT4 Emma Chapman <i>An Exploration of the Utility of Discourses of Poor Perinatal Mental Health Experiences for Women in the UK: A Foucauldian Discourse Analysis</i> | | Lightning Talk LT12 * Clare Camm <i>Suppressed voices? The influence of child sexual abuse on the life narratives of adults in later life</i> | Lightning Talk LT22 Liam Pollock <i>Knowing It Doesn't Care: Perceived Empathy in AI-Generated Counsellor Voices</i> |
| 14:50 - 15:20 | Discussion D3 Amanda McGarry, Andrew Reeves & Kim Ross <i>To be or not to be: The case for being sociologically-informed when researching in the counselling professions.</i> | Research Paper RP29 Laura White <i>'Bearing the Flag': The Experience of Black Psychotherapy Trainees in Process Groups – An Interpretative Phenomenological Analysis</i> | Research Paper RP33 Mick Cooper & Gina DiMalta <i>Relational Depth as a Predictor of Psychotherapy Outcomes: A Longitudinal Random-Intercept Cross-Lagged Panel Models Study</i> | Research Paper RP14 Christine Pang, Heather Gwyther, Nicola Stupples & Mariya Rozenfeld <i>How do male victims of intimate partner abuse experience what keeps them in the abusive relationship and how can this inform psychotherapeutic practice?</i> | Research Paper RP27 Dhritiman Ray <i>Co-Creating Life Stories About Pervasive Traumatic Stress: The Experiences of Indian Women</i> | Research Paper RP28 Belinda Ford <i>Exploring the power dynamic in clinical supervision</i> |

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| 15:20 - 15:40 | Refreshments, poster and exhibition viewing | | | | | |
| 15:40 - 16:10 | <p>Discussion D5 Samantha Goddard <i>Relational and Psychodynamic Perspectives on Community Mental Health Transformation : Exploring a Multidisciplinary Mental Health Hub Model</i></p> | <p>Discussion DD11 Briony Martin, Carolyn Gray, Emma Killey, Jordan Jones, Lolita Masuku, Marie Jefsoutine, Rachael Parker, Sheryl Root, Susan Thorndale, Viks Winstanley, Shanta Hamelijncck & Wendy Miller <i>'Brave and meaningful research': Opportunities and Challenges for Student Counselling Researchers</i></p> | <p>Discussion DD13 Jayne Leonard <i>Discussion: Nutritional Psychiatry in Psychotherapy: Evidence, Experience, and Ethical Practice</i></p> | <p>Methods Workshop MW7 Prajna Mohan Jois <i>Bridging Phenomenology and Causality: Introducing Critical Realist–Interpretative Phenomenological Analysis (CR-IPA)</i></p> | <p>Methods Workshop MW4 Andreas Vossler & Naomi Moller <i>Developing good practice in conducting a Qualitative Meta-Synthesis</i></p> | <p>Methods Workshop MW3 Georgina Cardo <i>Relational, Embodied, and Qur'anic Methods in Heuristic Enquiry: A Workshop for Integrating Islamic and Western Psychotherapies</i></p> |
| 16:20 - 16:50 | <p>Research Paper RP37 Vanessa Haves</p> | | | | | |
| 17:00 - 17:30 | <p>Research Paper RP2 Freya Wood <i>Becoming an Adult Orphan: Exploring Bereavement Counselling After Premature Parental Loss</i></p> | <p>Research Paper RP17 Toni Neil <i>Structural Mechanisms Impacting the Assessment of Counselling Students' Personal Qualities</i></p> | <p>Research Paper RP34 George Salaminios <i>Associations between schizotypal traits, mentalizing dysfunction and borderline pathology in help-seeking adults presenting with Borderline Personality Disorder (BPD)</i></p> | <p>Research Paper RP42 Emma Stage <i>The psychosocial consequences of Long COVID: A Scoping Review</i></p> | <p>Lightning Talks LT8 and LT10 Shanil Rathod, Anna Kennedy & Jenny O'Donnell <i>Understanding Disabled People's Perceptions and Experiences of Counselling and Psychotherapy: A Scoping Review</i> Kate Remshardt <i>The experience of psychological interventions from the perspectives of ADHD adults – Preliminary Findings of a Systematic Review</i></p> | <p>Lightning Talks LT15 and LT16 Courtney Hodgkiss <i>The experience of Post Intensive Care Syndrome patients with counselling and psychotherapy: understanding access and efficacy</i> Rebeca Cojocar <i>Counselling as a recovery process among young adults in drug rehabilitation in Romania</i></p> |
| 17:30 - 18:30 | Break | | | | | |
| 18:30 - 19:30 | Drinks reception, Awards presentations and Poster presentations | | | | | |
| 19:30 - 21:00 | Conference Dinner | | | | | |

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| Saturday 16 May 2026 - The Marble Arch by Thistle hotel, Bryanston St, London, W1H 7EH. | | | | | | |
| 09:00 - 09:30 | Registration, poster and exhibition viewing. | | | | | |
| Plenary Session: Hyde Park. Hosts Faisal Mahmood and Alistair Ross | | | | | | |
| 09:30 - 09:50 | Welcomes 20 mins | | | | | |
| 09:50 - 10:35 | Keynote presentation: Mark Dangerfield <i>The ECID Project in Barcelona: implementation and evaluation of a multidisciplinary mental health intervention with high-risk adolescents</i> | | | | | |
| 10:35-11:00 | Refreshments, poster and exhibition viewing | | | | | |
| | Strand 1: Hyde Park | Strand 2: Green Park | Strand 3: Bond Street | Strand 4: Marylebone | Strand 5: Serpentine | Strand 6: Oxford Street |
| 11.00-11.30 | <p>Research Paper RP10 Jasmine Clarke-Skillicorn <i>An Exploration of Recently Qualified Counsellor Experiences of Preparedness for Working with LGBTQ+ Clients in the South West of England</i></p> | <p>S3 Mick Cooper, Emma Garavini, Eva Asiedu-Addo, Andrea Anastassiou, Gina DiMalta, Clara Garavini & Charlotte Zamani <i>The Understanding Preferences In Counselling (U-PIC) Form: Development of a Therapy Preference Measure for Young People</i></p> | <p>Research Paper RP53 Prajna Mohan Jois <i>From Embodied Wounds to Therapeutic Attunement: How Wounded-Healer Therapists Make Meaning of Client Aggression</i></p> | <p>Methods Workshop MW2 Joel Nicholson & Elizabeth Nicholl <i>How I Learned To Stop Worrying And Love Heuristic Research</i></p> | <p>S1 Gary Shepherd & Sam Watling <i>The challenges preventing men from seeking counselling or psychotherapy</i></p> | <p>S2 Clare Symons, Julia McLeod, John McLeod, Kate Smith, Sofie Bager-Charleson, Andriana Karagianni, Robert Scruggs & George Salaminios <i>Building therapist capability to engage in research-informed practice: challenges and opportunities around the development of counselling and psychotherapy research skills and knowledge</i></p> |
| 11:40-12.10 | <p>Research Paper RP6 Rosemary Parkinson <i>How can therapists recognise subtle abuse of women of high educational and socioeconomic status in intimate heterosexual relationships?</i></p> | | <p>Research Paper RP49 Charlotte Scott & Sally Lumsdaire <i>How would people with a Learning disability shape talking therapy? An adapted Participatory Theme Elicitation</i></p> | | | |
| 12.20-12:50 | <p>Research Paper RP3 Ashley Morgan <i>How does psychiatric diagnosis and the language of 'disorder' shape humanistic counselling practice? A reflexive thematic analysis.</i></p> | | <p>Research Paper RP12 Anna Shears <i>Into the Deep: A Person-Centred Counsellor's Autoethnographic Exploration of Childhood Bereavement.</i></p> | <p>Research Paper RP35 Abbie Pustkowski <i>Examining counsellors working with jurors in the UK - What are counsellors' experiences and perceptions of supporting former jurors?</i></p> | | |

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| 12:50 - 13:50 | Lunch | | | | | |
| 13:50 - 14:20 | <p>Research Paper RP54 Kim Laliya <i>A qualitative study of Afrofuturist art as applied to the self-esteem and identity of Black women</i></p> | <p>Discussion DD12 Banjo Aromolaran & Elizabeth Wilson <i>Stepping down from the ivory tower: how does our profession best combat the impact of social inequalities on mental health?</i></p> | <p>Discussion DD10 Mick Cooper & Yeshim Harris <i>Integrating Within, Between, and Beyond: Can We Develop a Multilevel, Multidisciplinary Framework for Conflict Transformation in Psychotherapy, Interpersonal Relationships, and Peacebuilding?</i></p> | <p>Methods Workshop MW6 Rosemary Parkinson <i>A new, integrated research methodology for therapists: Linking the philosophies of Cognitive Analytic Therapy and qualitative research</i></p> | <p>Research Paper RP39 Imran Khan <i>Co-constructing Inclusive Practice: Integrating Faith into an Acceptance and Commitment Therapy (ACT) Framework to Inform Guidance for Therapists Working with Muslim Clients</i></p> | <p>Discussion DD7 [now 30mins] Robert Scruggs <i>Closing research-practice gaps with research methods learning and teaching</i></p> |
| 14:30 - 15:00 | <p>Research Paper RP15 Elizabeth Li <i>The Epistemic Trust, Mistrust, and Credulity in Psychotherapy Coding System (ETMCP-CS): Assessing Epistemic Stance in Psychotherapy</i></p> | | | | <p>Research Paper RP22 * Trudi Macagnino, Naomi Moller, Kim Hollihan, Naoise Kelly, George Maringapasi, Bill Borgen & Clare Symons <i>The international climate responsive counselling initiative: a survey of counselling organisations globally</i></p> | <p>Research Paper RP20 Rita Chouhan <i>The Lived Experiences of Eating Disorders Among British Indian Women : A Psychodynamic Exploration</i></p> |
| 15:00 - 15:20 | Refreshments, poster and exhibition viewing | | | | | |
| 15:20 - 15:35 | <p>Lightning Talk LT17 Rita Edah <i>Counselling Without Boundaries: A Thematic Analysis of Counsellors' Experience of Unconventional Boundaries in the Hestia Overnight Hotel Counselling Service for Survivors of the Grenfell Fire</i></p> | <p>Lightning Talk LT21 Ken Etchells <i>Exploring Imposter Phenomenon in Counselling Students through a Trauma-Informed Lens</i></p> | <p>Lightning Talk LT1 Mairi Smith <i>Exploring the experience of living with secondary infertility: A qualitative study.</i></p> | <p>Lightning Talk LT9 Jenny O'Donnell <i>Workplace counselling for staff in nursing and residential care homes: a qualitative study</i></p> | <p>Lightning Talk LT14 Charlie Duncan <i>School counselling in the real world: a mixed methods evaluation</i></p> | |
| 15:45 - 16:15 | <p>Research Paper RP25 Naomi Moller <i>The influence of national/cultural norms on psychotherapy practice: An international survey</i></p> | <p>Research Paper RP36 Kristenn-Lenaig Leporcher <i>From Freshers to Finals: A Longitudinal Mixed-Methods Study of Mental Health Trajectories in Higher Education</i></p> | <p>Research Paper RP21 Simone Harch <i>Can integrative counselling support adoptive parents who may, as a result of their 'lived experience', have mental health needs?</i></p> | <p>Research Paper RP52 Piers Wilson <i>It's a Kind of Magic: A Heuristic Study into Relational Depth in Person-Centred Therapy</i></p> | <p>Research Paper RP30 Ka Ka Chong <i>Access before Engagement: Co-produced insights from women living with HIV on navigating psychological support in the UK</i></p> | <p>Discussion D4 Katharine Brayne <i>Theory as Collaboration: How EMDR Practitioners Co-Construct the Adaptive Information Processing (AIP) Model in Practice</i></p> |
| Plenary Session: Hyde Park | | | | | | |
| 16:25 - 16:45 | Conference close 20 mins. Hosts Faisal Mahmood and Alistair Ross | | | | | |

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| Research Posters | | | | | | |
| <p>Poster P2 Virginia Sherborne <i>Provision of counselling and psychotherapy for boarders and ex-boarders from UK independent schools: a scoping review</i></p> | <p>Poster P5 Lyndsay Deal & Jill Meyer <i>The Efficacy of a Weight Bias Reduction Intervention of Counselors in Training</i></p> | <p>Poster P17 Lynne Jones <i>A heuristic inquiry into becoming a kink aware therapist working with transgender and gender diverse clients</i></p> | <p>Poster P14 Toby Lyons <i>Exploring the Impact of ADHD on the Therapeutic Relationship: Perspectives from Neurodiverse Therapists</i></p> | <p>Poster P18 Kathleen Kwakye-Donkor <i>Exploring the Narratives of Creative Afrocentric Psychotherapy (CAP) for Black Women who have experienced sexual abuse in the Pentecostal Churches (PC) in the UK</i></p> | | |
| <p>Poster P3 Nosheen Ijaz <i>The way Trainee Counsellors Engage in their Personal Development</i></p> | <p>Poster P16 Nasreen Mansoor <i>Exploring The Life Stories Of South Asian Women Survivors Of Sexual Violence</i></p> | <p>Poster P12 Kelly Soron <i>The Burnout Blueprint: What can we learn from expert practitioners treatment of Chronic Stress and Burnout</i></p> | <p>Poster P15 Jenny Hamilton, Helen Kemp & Sanjana Subramonya Iyer <i>Screening Emotions: Using Film Therapy to Enrich Learning and Well-being in Counselling Students</i></p> | <p>Poster P6 Emily Alford <i>Can a nature prescription be as effective for treating anxiety and depression as traditional talking therapy? A phenomenological study into the thoughts of those who have delivered both.</i></p> | | |
| <p>Poster P4 Iris Rees & Laure Chaubaud <i>An autoethnographic research across our diverse cultures in relation to how our cultural experiences helped and/or hindered our recovery from trauma, and how this might inform psychotherapeutic practice.</i></p> | <p>Poster P10 Jayne Leonard <i>Mental Health Professionals' Knowledge, Attitudes, and Practices Related to Nutrition in Mental Health Care: A Scoping Review</i></p> | <p>Poster P13 Helen Holden & Vesta Ambrose <i>What are the experiences of professionals who have worked with clients and/or patients who suffer, have suffered from addiction to pornography, and how might this better inform psychotherapeutic practice?</i></p> | <p>Poster P19 Lynne Barnett & Lynne Gabriel <i>'Being human(e): Decolonizing Pioneering Counselling Education in Cambodia and Re-learning 'within' Diversity'</i></p> | | | |