

## 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.

Friday 15 May 2026 - The Marble Arch by Thistle hotel, Bryanston St, London, W1H 7EH.						
09.00 - 09.30	Registration.					
Plenary Session: Hyde Park						
09:30 - 09:50	Welcomes 20 mins					
09:50 - 10:35	Keynote presentation: <b>Rachel Tribe</b> <i>Why does research matter?</i>					
10.35-11.00	Refreshments, poster and exhibition viewing					
	Strand 1: Hyde Park Host: Briony Martin	Strand 2: Bond Street Host: Banjo Aromoralan	Strand 3: Marylebone Host: Matt Smith-Lilley	Strand 4: Serpentine Host: Shanil Rathod	Strand 5: Oxford Street Host: Charlie Duncan	Strand 6: Green Park Host: Emma Campolucci
11.00-12.00	Symposium (1h40m) <b>Mick Cooper, Kate Smith, Christine Kupfer, Briony Martin, John McLeod &amp; Leo Muckley</b>  <i>Developments in Pluralistic Counselling and Psychotherapy: Advancing a Collaborative Agenda</i>	Discussion (60m) <b>Clare Symons, Andrew Reeves, Mhairi Thurston &amp; Nicola Blunden</b>  <i>Working together: seizing opportunities, overcoming barriers and maximizing impact in collaborative research groups.</i>	Discussion (60m) <b>Shamini Sriskandarajah, Carol Tate &amp; Clare Fry</b>  <i>Collaborative and inclusive working between counselling, housing, and progression teams in a hostel setting</i>	Methods Workshop (60m) <b>Peter Blundell</b>  <i>Introducing Post Qualitative Inquiry (PQI)</i>	Symposium (1h40m) <b>Charlie Duncan, Rosalin Agnew, Terry Hanley, Merly McPhilbin &amp; Christopher Brook</b>  <i>Can AI be ethically integrated into psychological services? A symposium of multidisciplinary stakeholder perspectives</i>	Methods Workshop (60m) <b>Verity Green</b>  <i>Developing as a Reflective and Compassionate Lived-Experience Researcher</i>
12.10-12:40		Discussion (30m) <b>Mhairi Thurston &amp; Sally Lumsdaine</b> <i>How do we maximise the potential of advisory boards in counselling research?</i>	Discussion (30m) <b>Kirsty Oxley</b> <i>The elephant in the room: Erotic transference and countertransference</i>	Research Paper (30m) <b>Katharine Brayne</b> <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 (30m) <b>Keri Johnson &amp; Paul Galbally</b> <i>Advance view: BACP's Relationship Counselling Competence Framework</i>
12:45 - 13:45	Lunch					
	Host: Rosalin Agnew	Host: Robert Scruggs	Host: Andrea Anastassiou	Host: George Salaminios	Host: Paul Galbally	Host: Jenny O'Donnell
13:45 - 14:15	Discussion Panel (55 mins) <b>Matt Smith-Lilley (BACP NHS Policy Lead), Anna Maratos, Matthew Leavesley, Jessie Emilion and Natalie Creary</b>  <i>From Silos to Systems: The Potential for Counselling and Psychotherapy in Multidisciplinary Collaboration Across the NHS</i>	Research Paper (30m) <b>Helen Kaye</b> <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 (2 x 15m) <b>Rashpal Maria Kaur Panesar-Gipson</b> <i>Exploring Integrative Counsellor and Coach Approaches to Working with Black and Brown People</i>  <b>Afifa Kauser</b> <i>Beyond the theory: Insights on the use of Intersectionality theory among counselling practitioners in India using case-study approach.</i>	Lightning Talks (2 x 15m) <b>Jack Curran &amp; Eljona Gjoshi</b> <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>  <b>Paul Warner, Priya Majmudar &amp; Alina Lalayan</b> <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 (30m) <b>Gabriel Wynn, Naomi Salisbury, Sondas Bowker &amp; Tanya Frances</b>  <i>Advance view: BACP's Adult Trauma Counselling Competence Framework</i>	Lightning Talks (2 x 15m) <b>Aoife Ryan</b> <i>"Defining Relational Safety in Psychotherapeutic Relationships – Using Photo- Elicitation to Examine Client and Trainee Experiences."</i>  <b>Eleanor Warman</b> <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 (15m) <b>Julie Devonald</b> <i>The pedagogy of vulnerability in humanistic counsellor training in higher education</i>	Lightning Talk (15m) LT4 <b>Emma Chapman</b> <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 (15m) <b>Clare Camm</b> <i>Suppressed voices? The influence of child sexual abuse on the life narratives of adults in later life</i>	Lightning Talk (15m) <b>Liam Pollock</b> <i>Knowing It Doesn't Care: Perceived Empathy in AI-Generated Counsellor Voices</i>
14:50 - 15:20	Discussion (30m) <b>Amanda McGarry, Andrew Reeves &amp; Kim Ross</b> <i>To be or not to be: The case for being sociologically-informed when researching in the counselling professions.</i>	Research Paper (30m) <b>Laura White</b> <i>'Bearing the Flag': The Experience of Black Psychotherapy Trainees in Process Groups – An Interpretative Phenomenological Analysis</i>	Research Paper (30m) <b>Mick Cooper &amp; Gina DiMalta</b> <i>Relational Depth as a Predictor of Psychotherapy Outcomes: A Longitudinal Random-Intercept Cross-Lagged Panel Models Study</i>	Research Paper (30m) <b>Christine Pang, Heather Gwyther, Nicola Stupples &amp; Mariya Rozenfeld</b> <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 (30m) <b>Dhritiman Ray</b> <i>Co-Creating Life Stories About Pervasive Traumatic Stress: The Experiences of Indian Women</i>	Research Paper (30m) <b>Belinda Ford</b> <i>Exploring the power dynamic in clinical supervision</i>

	Host: Jo Read	Host: Elizabeth Wilson	Host: Steve Mulligan	Host: Jenny Smith	Host: Anna Kennedy	Host: Gabriel Wynn
15:40 - 16:10	Discussion (30m) <b>Samantha Goddard</b> <i>Relational and Psychodynamic Perspectives on Community Mental Health Transformation : Exploring a Multidisciplinary Mental Health Hub Model</i>	Discussion (60m) <b>Briony Martin, Carolyn Gray, Emma Killey, Jordan Jones, Lollita Masuku, Marie Jefsioutine, Rachael Parker, Sheryl Root, Susan Thorndale, Viks Winstanley, Shanta Hameljncck &amp; Wendy Miller</b>  <i>'Brave and meaningful research': Opportunities and Challenges for Student Counselling Researchers</i>	Discussion (60m) <b>Jayne Leonard</b>  <i>Discussion: Nutritional Psychiatry in Psychotherapy: Evidence, Experience, and Ethical Practice</i>	Methods Workshop (60m) <b>Prajna Mohan Jois</b>  <i>Bridging Phenomenology and Causality: Introducing Critical Realist-Interpretative Phenomenological Analysis (CR-IPA)</i>	Methods Workshop (60m) <b>Andreas Vossler &amp; Naomi Moller</b>  <i>Developing good practice in conducting a Qualitative Meta-Synthesis</i>	Methods Workshop (60m) <b>Georgina Cardo</b>  <i>Relational, Embodied, and Qur'anic Methods in Heuristic Enquiry: A Workshop for Integrating Islamic and Western Psychotherapies</i>
16:20 - 16:50	Research Paper (30m) <b>Vanessa Haves</b> <i>Therapy with higher-weight clients: prioritising the human in the context of societal weight stigma</i>					
17:00 - 17:30	Research Paper (30m) <b>Freya Wood</b> <i>Becoming an Adult Orphan: Exploring Bereavement Counselling After Premature Parental Loss</i>	Research Paper (30m) <b>Toni Neil</b> <i>Structural Mechanisms Impacting the Assessment of Counselling Students' Personal Qualities</i>	Research Paper (30m) <b>George Salaminios</b> <i>Associations between schizotypal traits, mentalizing dysfunction and borderline pathology in help-seeking adults presenting with Borderline Personality Disorder (BPD)</i>	Research Paper (30m) <b>Emma Stage</b> <i>The psychosocial consequences of Long COVID: A Scoping Review</i>	Lightning Talks (2 x 15m) <b>Shanil Rathod, Anna Kennedy &amp; Jenny O'Donnell</b> <i>Understanding Disabled People's Perceptions and Experiences of Counselling and Psychotherapy: A Scoping Review</i> <b>Kate Remshardt</b> <i>The experience of psychological interventions from the perspectives of ADHD adults – Preliminary Findings of a Systematic Review</i>	Lightning Talks (2 x 15m) <b>Courtney Hodgkiss</b> <i>The experience of Post Intensive Care Syndrome patients with counselling and psychotherapy: understanding access and efficacy</i> <b>Rebeca Cojocar</b> <i>Counselling as a recovery process among young adults in drug rehabilitation in Romania</i>
17:30 - 18:30	Break					
18:30 - 19:30	Hyde Park: Drinks reception, Awards presentations and Poster presentations					
19:30 - 21:00	Park Lane: Conference Dinner					

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: <b>Mark Dangerfield</b> <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 Hosts: Faisal Mahmood and Alistair Ross	Strand 2: Bond Street Host Mick Cooper	Strand 3: Marylebone Host: Charlie Duncan	Strand 4: Serpentine Host: Anna Kennedy	Strand 5: Oxford Street Host: Gary Shepherd	Strand 6: Green Park Host: Clare Symons
11:00-11:30	Research Paper (30m) <b>Jasmine Clarke-Skillicorn</b> <i>An Exploration of Recently Qualified Counsellor Experiences of Preparedness for Working with LGBTQ+ Clients in the South West of England</i>	Symposium (1h50m) <b>Mick Cooper, Emma Garavini, Andrea Anastassiou, Gina DiMalta, Clara Garavini &amp; Charlotte Zamani</b>  <i>The Understanding Preferences In Counselling (U-PIC) Form: Development of a Therapy Preference Measure for Young People</i>	Research Paper (30m) <b>Prajna Mohan Jois</b> <i>From Embodied Wounds to Therapeutic Attunement: How Wounded-Healer Therapists Make Meaning of Client Aggression</i>	Methods Workshop (60m) <b>Joel Nicholson &amp; Elizabeth Nicholl</b>  <i>How I Learned To Stop Worrying And Love Heuristic Research</i>	Symposium (1h50m) <b>Gary Shepherd &amp; Sam Watling</b>  <i>Exploring men's mental health and community engagement through active participation in order to improve help seeking, mental wellbeing and suicide reduction</i>	Symposium (1h50m) <b>Clare Symons, Julia McLeod, John McLeod, Kate Smith, Sofie Bager-Charleson, Robert Scruggs &amp; George Salaminios</b>  <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>
11:40-12:10	Research Paper (30m) <b>Rosemary Parkinson</b> <i>How can therapists recognise subtle abuse of women of high educational and socioeconomic status in intimate heterosexual relationships?</i>		Research Paper (30m) <b>Charlotte Scott &amp; Sally Lumsdaine</b> <i>How would people with a Learning disability shape talking therapy? An adapted Participatory Theme Elicitation</i>			
12:20-12:50	Research Paper (30m) <b>Ashley Morgan</b> <i>How does psychiatric diagnosis and the language of 'disorder' shape humanistic counselling practice? A reflexive thematic analysis.</i>		Research Paper (30m) <b>Anna Shears</b> <i>Into the Deep: A Person-Centred Counsellor's Autoethnographic Exploration of Childhood Bereavement.</i>	Research Paper (30m) <b>Abbie Pustkowski</b> <i>Examining counsellors working with jurors in the UK - What are counsellors' experiences and perceptions of supporting former jurors?</i>		
12:50 - 13:50	Lunch					

	Hosts: Faisal Mahmood and Alistair Ross	Host: Banjo Aromorolan	Host: Matt Smith-Lilley	Host: Shanil Rathod	Host: Gabriel Wynn	Host: Emma Campolucci
13:50 - 14:20	Research Paper (30m) <b>Kim Loliya</b> <i>A qualitative study of Afrofuturist art as applied to the self-esteem and identity of Black women</i>	Discussion (60m) <b>Banjo Aromorolan &amp; Elizabeth Wilson</b> <i>Stepping down from the Ivory tower: how does our profession best combat the impact of social inequalities on mental health?</i>	Discussion (60m) DD10 <b>Mick Cooper &amp; Yeshim Harris</b> <i>Integrating Within, Between, and Beyond: Can We Develop a Multilevel, Multidisciplinary Framework for Conflict Transformation in Psychotherapy, Interpersonal Relationships, and Peacebuilding?</i>	Methods Workshop (60m) <b>Rosemary Parkinson</b> <i>A new, integrated research methodology for therapists: Linking the philosophies of Cognitive Analytic Therapy and qualitative research</i>	Research Paper (30m) <b>Imran Khan</b> <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>	Discussion (30m) <b>Robert Scruggs</b> <i>Closing research-practice gaps with research methods learning and teaching</i>
14:30 - 15:00	Research Paper (30m) <b>Elizabeth Li</b> <i>The Epistemic Trust, Mistrust, and Credulity in Psychotherapy Coding System (ETMCP-CS): Assessing Epistemic Stance in Psychotherapy</i>				Research Paper (30m) <b>Trudi Macagnino, Naomi Moller &amp; Clare Symons</b> <i>The international climate responsive counselling initiative: a survey of counselling organisations globally</i>	Research Paper (30m) <b>Rita Chouhan</b> <i>The Lived Experiences of Eating Disorders Among British Indian Women: A Psychodynamic Exploration</i>
15:00 - 15:20	Refreshments, poster and exhibition viewing					
	Hosts: Faisal Mahmood and Alistair Ross	Host: Andrea Anastassiou	Host: Keri Johnson	Host: Jenny Smith	Host: Rosalin Agnew	
15:20 - 15:35	Lightning Talk (15m) <b>Rita Edah</b> <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>	Lightning Talk (15m) <b>Ken Etchells</b> <i>Exploring Imposter Phenomenon in Counselling Students through a Trauma-Informed Lens</i>	Lightning Talk (15m) <b>Mairi Smith</b> <i>Exploring the experience of living with secondary infertility: A qualitative study.</i>	Lightning Talk (15m) <b>Jenny O'Donnell</b> <i>Workplace counselling for staff in nursing and residential care homes: a qualitative study</i>	Lightning Talk (15m) <b>Charlie Duncan</b> <i>School counselling in the real world: a mixed methods evaluation</i>	
15:45 - 16:15	Research Paper (30m) <b>Naomi Moller</b> <i>The influence of national/cultural norms on psychotherapy practice: An international survey</i>	Research Paper (30m) <b>Kristenn-Lenaig Leporcher</b> <i>From Freshers to Finals: A Longitudinal Mixed-Methods Study of Mental Health Trajectories in Higher Education</i>	Research Paper (30m) <b>Simone Harch</b> <i>Can integrative counselling support adoptive parents who may, as a result of their 'lived experience', have mental health needs?</i>	Research Paper (30m) <b>Piers Wilson</b> <i>It's a Kind of Magic: A Heuristic Study into Relational Depth in Person-Centred Therapy</i>	Research Paper (30m) <b>Ka Ka Chong</b> <i>Access before Engagement: Co-produced insights from women living with HIV on navigating psychological support in the UK</i>	
16:25 - 16:45	Plenary Session: Hyde Park. Conference close 20 mins. Hosts Faisal Mahmood and Alistair Ross					

Research Posters					On-demand presentations
Poster <b>Virginia Sherborne</b> <i>Provision of counselling and psychotherapy for boarders and ex-boarders from UK independent schools: a scoping review</i>	Poster <b>Lyndsay Deal</b> <i>The Efficacy of a Weight Bias Reduction Intervention of Counselors in Training</i>	Poster <b>Lynne Jones</b> <i>A heuristic inquiry into becoming a kink aware therapist working with transgender and gender diverse clients</i>	Poster <b>Toby Lyons</b> <i>How do therapists with ADHD understand and experience the impact ADHD has on their clinical work and therapeutic relationships?</i>	Poster <b>Kathleen Kwakye-Donkor</b> <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>	Research Paper <b>Victoria Clarke</b> <i>"I don't want to speak with her about anything!": Exploring perceptions of fat therapists using story completion</i>
Poster <b>Nosheen Ijaz</b> <i>The way Trainee Counsellors Engage in their Personal Development</i>	Poster <b>Nasreen Mansoor</b> <i>What will people say? Exploring The Life Stories Of South Asian Women Survivors Of Sexual Violence</i>	Poster <b>Kelly Soron</b> <i>The Burnout Blueprint: What can we learn from expert practitioners treatment of Chronic Stress and Burnout</i>	Poster <b>Jenny Hamilton, Helen Kemp &amp; Sanjana Subramonya Iyer</b> <i>Screening Emotions: Using Film Therapy to Enrich Learning and Well-being in Counselling Students</i>	Poster <b>Emily Alford</b> <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>	Lightning Talk <b>Kamar Pickering</b> <i>The Paradox of Achievement: Exploring Impostor Phenomenon (IP) in Counselling Psychology</i> Doctorate Students
Poster <b>Iris Rees &amp; Laure Chaubaud</b> <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>	Poster <b>Jayne Leonard</b> <i>Mental Health Professionals' Knowledge, Attitudes, and Practices Related to Nutrition in Mental Health Care: A Scoping Review</i>	Poster <b>Helen Holden &amp; Vesta Ambrose</b> <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>	Poster <b>Lynne Barnett &amp; Lynne Gabriel</b> <i>'Being human(e): Decolonizing Pioneering Counselling Education in Cambodia and Re-learning 'within' Diversity'</i>		Research Paper <b>Leena Devi Sobha</b> <i>Social and psychological support for families of members with Substance Use and Substance Use Disorders (SUDs): A systematic review of Family-Centred interventions</i>