

**DRAFT Friday 17 May 2019 programme**

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| <b>08.15 - 08.45</b> Registration, poster and exhibition viewing   |   |   |   |  |
| <b>08.45 - 09.00</b> Conference welcome by our Chair <b>Dr Andrew Reeves</b> , Deputy Chair <b>Dr Caryl Sibbett</b> and co-hosts   |   |   |   |  |
| <b>09.00 - 09.45</b> Keynote presentation by <b>Dr Ciaran Mulholland</b> , <b>The Northern Ireland Regional Trauma Network: treating the aftermath of psychological trauma with evidence-based therapies.</b>  |   |   |   |  |
| <b>09.45 - 10.00</b> Awards  |   |   |   |  |
| <b>10.00 - 10.20</b> Poster presentations  |   |   |   |  |
| <b>10.20 - 10.50</b> Discussion Panel with <b>Professor John McLeod</b> , <b>Professor Sue Wheeler</b> and <b>Dr Felicitas Rost</b> , <b>Celebrating 25 years of research in counselling and psychotherapy.</b>  |   |   |   |  |
| <b>10.50 - 11.25</b> Refreshments, poster and exhibition viewing   |   |   |   |  |
| <b>Lagan</b>   | <b>Broadway Suite</b>   | <b>Boardroom Suite</b>  | <b>Glenbank</b>   | <b>Lisburn</b>   |
| <b>11.25 - 11.55 Paper 30 minutes</b><br>Counselling in Universities and Colleges: gathering outcome measures for the sector, a feasibility study.<br><b>Geraldine Dufour and Afra Turner</b><br><i>Universities &amp; Colleges (U&amp;C)</i><br>Chair: <i>Training</i>  | <b>11.25 - 11.55 Paper 30 minutes</b><br>An evaluation of the effectiveness and acceptability of a new technology system to support psychotherapy helping skills training.<br><b>David Murphy</b><br>Chair: <i>Training</i>   | <b>11.25 - 11.55 Paper 30 minutes</b><br>Counsellors' and Psychotherapists' learning expectations and experience of engaging with qualitative research methods and primary research whilst in higher education.<br><b>Chris Hudson and Divine Charura</b><br>Chair: <i>Therapist Experience</i>   | <b>11.25 - 11.55 Paper 30 minutes</b><br>Analysing Goals and Expectations in Counselling with Young people (AGENCY).<br><b>Charlie Duncan</b><br>Chair: <i>CYPF</i>   | <b>11.25 - 12.55 Symposium 90 minutes</b><br><b>Overview:</b> Understanding psychological growth within a person centred clinical setting. <b>Jennifer Holland</b><br><b>Paper 1:</b> Validation of the shortened scale of general wellbeing (SGWB) as an outcome measure of human flourishing in person centred psychotherapy. <b>Jennifer Holland</b><br><b>Paper 2:</b> An exploration of the facilitative and predictive effects on the person-centred experiential relationship on client authentic growth. <b>Cecelia Bayless-Conway</b><br><b>Paper 3:</b> What is the nature of the relation between client ratings of empathy, experiencing and outcomes? <b>Jackie Colley</b><br><b>Paper 4:</b> What is the relationship between hegemonic masculinity, experiencing levels and authenticity in person-centred experiential therapy with male clients? <b>Jessica Hunneybun</b><br>Chair: <i>Outcome measures</i> |
| <b>12.00 - 12.30 Paper 30 minutes</b><br>Distress and barriers to help-seeking for UK students: a survey of five UK Higher Education Institutions using the Counseling Center Assessment of Psychological Symptoms (CCAPS-34).<br><b>Emma Broglia</b> <i>U&amp;C</i><br>Chair: <i>Training</i>                 | <b>12.00 - 12.30 Paper 30 minutes</b><br>Evaluating the person-centred therapeutic relationship competence acquisition for mental health professionals in Taiwan.<br><b>Faith Liao</b><br>Chair: <i>Training</i>  | <b>12.00 - 12.30 Paper 30 minutes</b><br>Therapists' views on the evidence-based guidelines for the treatment of depression in adults.<br><b>Valerie Fletcher</b><br>Chair: <i>Therapist Experience</i>   | <b>12.00 - 12.30 Paper 30 minutes</b><br>Children and young people's goals in online counselling: who achieves what, and how can the data impact on practice?<br><b>Aaron Sefi</b><br>Chair: <i>CYPF</i>  | <b>12.00 - 12.30 Paper 30 minutes</b><br><b>Paper 2:</b> An exploration of the facilitative and predictive effects on the person-centred experiential relationship on client authentic growth. <b>Cecelia Bayless-Conway</b><br><b>Paper 3:</b> What is the nature of the relation between client ratings of empathy, experiencing and outcomes? <b>Jackie Colley</b><br><b>Paper 4:</b> What is the relationship between hegemonic masculinity, experiencing levels and authenticity in person-centred experiential therapy with male clients? <b>Jessica Hunneybun</b><br>Chair: <i>Outcome measures</i>   |
| <b>12.35 - 13.05 Paper 30 minutes</b><br>Post police shooting trauma: breaking down intersecting traumas following the shooting of Michael Brown in Ferguson, MO.<br><b>Hope Schuermann</b><br><i>Trauma</i><br>Chair: <i>Susan Scupham</i>  | <b>12.35 - 13.05 Paper 30 minutes</b><br>Life after suicide: psychotherapists and allied professionals speak about their experiences of working with suicidal clients and the impact it has on them if their client dies.<br><b>Susan Scupham</b> <i>Suicide</i><br>Chair: <i>Susan Scupham</i> | <b>12.35 - 13.05 Paper 30 minutes</b><br>Therapists' experience of spirituality in the therapeutic relationship: a thematic analysis.<br><b>Tara Fox</b><br>Chair: <i>Therapist Experience</i>  | <b>12.35 - 13.05 Paper 30 minutes</b><br>"I could not say it at all." The challenge of working with unspoken erotic feelings in the therapy room: an interpretative phenomenological analysis.<br><b>Vicki Kirby</b><br>Chair: <i>Relationships</i> | <b>12.35 - 13.05 Paper 30 minutes</b><br><b>Paper 2:</b> An exploration of the facilitative and predictive effects on the person-centred experiential relationship on client authentic growth. <b>Cecelia Bayless-Conway</b><br><b>Paper 3:</b> What is the nature of the relation between client ratings of empathy, experiencing and outcomes? <b>Jackie Colley</b><br><b>Paper 4:</b> What is the relationship between hegemonic masculinity, experiencing levels and authenticity in person-centred experiential therapy with male clients? <b>Jessica Hunneybun</b><br>Chair: <i>Outcome measures</i>   |
| <b>13.10 - 13.40 Paper 30 minutes</b><br>Trust as a therapeutic goal in working with complex trauma: a trust-based clinical framework.<br><b>Zoe Chouliara</b><br><i>Trauma</i><br>Chair: <i>Suicide</i>   | <b>13.10 - 13.40 Paper 30 minutes</b><br>How counsellors perceive their training in suicide assessment: a phenomenological investigation.<br><b>Heather Dahl, Brett Gleason and Wendy Hoskins</b><br>Chair: <i>Suicide</i>  | <b>13.10 - 13.40 Paper 30 minutes</b><br>Evaluation of a counselling service embedded within a wider alcohol and drug rehabilitation service for homeless and vulnerable adults in Leeds, West Yorkshire.<br><b>Paul Nicholson</b><br>Chair: <i>Client experience</i>   | <b>13.10 - 13.40 Paper 30 minutes</b><br>How do relational counsellors' own personal political ideologies impact on their intersubjective relationships with clients?<br><b>Robyn Allen</b><br>Chair: <i>Relationships</i>                          | <b>13.10 - 13.40 Paper 30 minutes</b><br>How effective is an integration of contemporary psychotherapy, Buddhist psychology and meditation as a therapy for anxiety: a Hermeneutic Single Case Efficacy Design (HSCED) study. <b>Anxiety</b><br><b>Yi Zoë Hou</b><br>Chair: <i>Anxiety</i>   |
| <b>13.40 - 14.40 Lunch</b>   |   |   |   |  |
| <b>14.45 - 15.15 Paper 30 minutes</b><br>The talking cure – building the core skills and the confidence of counsellors and psychotherapists to work effectively with multilingual patients through training and supervision.<br><b>Beverley Costa</b><br><i>Training</i><br>Chair: <i>Matthew Smith-Lilley</i> | <b>14.45 - 15.15 Panel session 60 minutes</b><br>Opportunities and challenges facing counselling and psychotherapy in primary care across the UK.<br><b>Matthew Smith-Lilley</b><br>Chair: <i>Matthew Smith-Lilley</i>  | <b>14.45 - 15.15 Paper 30 minutes</b><br>Self-compassion for carers. Experiences of a short programme for carers of those with a life limiting or palliative diagnosis.<br><b>Kate Diggory</b><br>Chair: <i>Carers</i>  | <b>14.45 - 15.15 Paper 30 minutes</b><br>What is the lived experience of birth mothers who have had their child removed into care and their experience of counselling at the Repeat Removal Project?<br><b>Jo Naylor</b><br>Chair: <i>Families</i>  | <b>14.45 - 15.15 Paper 30 minutes</b><br>Engaging private practitioners in research: what we've learnt and why it's relevant.<br><b>Charlie Duncan and Victoria Heydon-Hatchett</b><br>Chair: <i>Private Practice</i>  |
| <b>15.20 - 15.50 Paper 30 minutes</b><br>Analysis of counselling student employment destinations: using action research to enhance the counselling curriculum and improve employability.<br><b>Sally Lumsdaine</b><br><i>Training</i><br>Chair: <i>Policy</i>  | <b>15.20 - 15.50 Paper 30 minutes</b><br>Having lived sober – a developmental perspective of recovery: literature review.<br><b>Brendan Murphy</b><br>Chair: <i>Addiction</i>   | <b>15.20 - 15.50 Paper 30 minutes</b><br>Understanding carer resilience in Duchenne Muscular Dystrophy: the role of emotional intelligence and social support.<br><b>Suzanne Glover</b><br>Chair: <i>Carers</i>   | <b>15.20 - 15.50 Paper 30 minutes</b><br>Intensive Filial Therapy with Brazilian mothers and their infants, victims of family violence.<br><b>Helen Gedge</b><br>Chair: <i>Families</i>   | <b>15.20 - 16.20 60 minute workshop</b><br>Setting up a university-based counselling research clinic: opportunities, challenges and potential solutions.<br><b>Lynne Gabriel</b><br>Chair: <i>U&amp;C</i>  |
| <b>15.55 - 16.25 Paper 30 minutes</b><br>Counselling provision in a grammar school within Northern Ireland.<br><b>Georgina Campbell-Morrison</b><br><i>CYPF</i><br>Chair: <i>Addiction</i>   | <b>15.55 - 16.25 Paper 30 minutes</b><br>Having lived sober – a developmental perspective of recovery: literature review.<br><b>Brendan Murphy</b><br>Chair: <i>Addiction</i>   | <b>15.55 - 16.25 Paper 30 minutes</b><br>Exploring the countertransference impact of my primary attachment and developmental experiences on my psychotherapeutic work with clients. From emotionally unavailable relationships to an emotionally receptive profession. <i>Therapist experience</i><br><b>Davina Sacks</b><br>Chair: <i>Families</i> | <b>15.55 - 16.25 Paper 30 minutes</b><br>An exploration of how childlessness and the decision whether or not to become a parent is understood by psychoanalytic practitioners.<br><b>Sheila O'Sullivan</b><br>Chair: <i>Families</i>                | <b>15.55 - 16.25 Paper 30 minutes</b><br>An exploration of how childlessness and the decision whether or not to become a parent is understood by psychoanalytic practitioners.<br><b>Sheila O'Sullivan</b><br>Chair: <i>Families</i>   |
| <b>16.25 - 16.45</b> Refreshments, poster and exhibition viewing   |   |   |   |  |
| <b>16.45 - 17.15 Paper 30 minutes</b><br>I really wish our faculty could practice what they're preaching: perspectives from students on wellness promotion in counsellor education.<br><b>Brett Kyle Gleason, Heather Dahl and Wendy Hoskins</b><br><i>Training</i><br>Chair: <i>Client experience</i>         | <b>16.45 - 17.15 Paper 30 minutes</b><br>Listening to 'listening': what clients say of their experience of 'being listened to' in the psychotherapeutic context.<br><b>Elena Coltea</b><br>Chair: <i>Client experience</i>  | <b>16.45 - 17.15 Paper 30 minutes</b><br>Personal social media use by UK counselling practitioners and the need for a new policy direction.<br><b>James Hemsall</b><br>Chair: <i>Social media</i>   | <b>16.45 - 17.45 Workshop 60 minutes</b><br>An evaluation of using CORE-Net with online therapy.<br><b>Rachael Klug and Pip Weitz</b><br>Chair: <i>Online therapy</i>   | <b>16.45 - 17.45 Workshop 60 minutes</b><br>Embedding research into student counselling services in UK universities: rupture and repair of the researcher-practitioner relationship.<br><b>Louise Knowles, Charlotte Williams and Emma Broglia</b><br>Chair: <i>U&amp;C</i>  |
| <b>17.20 - 17.50 Paper 30 minutes</b><br>What factors influence a client's choice of counsellor/ psychotherapist in a private practice setting and the implications for the profession's regulatory status.<br><b>Julie May</b><br><i>Private practice</i><br>Chair: <i>Counselling practice</i>               | <b>17.20 - 17.50 Paper 30 minutes</b><br>Interweaving timelines: longitudinal patterns of change over twelve months of a counselling practice and multi-case research study.<br><b>John Hills</b><br>Chair: <i>Counselling practice</i>   | <b>17.20 - 17.50 Paper 30 minutes</b><br>Putting it out there: the mental health implications of sharing on social media.<br><b>Kate Smith</b><br>Chair: <i>Social Media</i>  | <b>17.20 - 17.50 Paper 30 minutes</b><br>Putting it out there: the mental health implications of sharing on social media.<br><b>Kate Smith</b><br>Chair: <i>Social Media</i>  | <b>17.20 - 17.50 Paper 30 minutes</b><br>Putting it out there: the mental health implications of sharing on social media.<br><b>Kate Smith</b><br>Chair: <i>Social Media</i>   |
| <b>19.30 - 23.30</b> Dinner  |   |   |   |  |

**DRAFT Saturday 18 May 2019 programme**

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|---|--|---|--|--|
| <b>08.15 - 08.45</b> Registration, poster and exhibition viewing  |  |   |  |  |
| <b>08.45 - 09.00</b> Conference welcome by our chair <b>Dr Andrew Reeves, Deputy Chair Dr Caryl Sibbett and co-hosts</b>  |  |   |  |  |
| <b>09.00 - 09.45</b> Keynote presentation by <b>Kim de Jong PhD. Using routine outcome monitoring as a feedback intervention to enhance outcomes in routine practice.</b>   |  |   |  |  |
| <b>09.45 - 10.00</b> Awards   |  |   |  |  |
| <b>10.00 - 10.20</b> Poster presentations   |  |   |  |  |
| <b>10.20 - 10.40</b> Refreshments, poster and exhibition viewing  |  |   |  |  |
| <b>Lagan</b>  | <b>Broadway Suite</b>  | <b>Boardroom Suite</b>  | <b>Glenbank</b>  | <b>Lisburn</b>   |
| <b>12.30 - 13.00 Paper 30 minutes</b><br>Working with survivors of domestic violence: addressing the needs of male and female counselling clients in the UK.<br><b>Jeannette Roddy</b><br><br><i>Families</i> <span style="float:right">Chair:</span>                 | <b>10.45 - 11.15 Paper 30 minutes</b><br>Is supervision fit for purpose for experienced counsellors?<br><b>Trish Hobman</b><br><br><i>Supervision</i> <span style="float:right">Chair:</span>  | <b>10.45 - 11.15 Paper 30 minutes</b><br>Borrowed memories: life story research, the experience of living with Dissociative Amnesia (DA): a pilot study.<br><b>Marian Crowley</b><br><br><i>Research methods</i> <span style="float:right">Chair:</span>  | <b>10.45 - 11.45 Workshop 60 minutes</b><br>Measuring change in parent-child interactions following family therapy interventions.<br><b>Helen Gedge</b><br><br><i>Families</i> <span style="float:right">Chair:</span>           | <b>10.45 - 11.15 Paper 30 minutes</b><br>Exploring Christian privilege in Northern Ireland: experiences of oppression among people with a non-Christian background.<br><b>Ali Graham</b><br><br><i>Culture</i> <span style="float:right">Chair:</span>   |
| <b>14.05 - 14.35 Paper 30 minutes</b><br>Male survivors' experiences of psychological support following domestic violence: client insights from NHS and Third Sector provision.<br><b>Christopher Keech</b><br><br><i>Men</i> <span style="float:right">Chair:</span> | <b>11.20 - 11.50 Paper 30 minutes</b><br>Supervision - a mandatory requirement for practicing counsellors, from trainee and novice supervisee's perspectives.<br><b>Andrew Coon</b><br><br><i>Supervision</i> <span style="float:right">Chair:</span>  | <b>11.20 - 11.50 Paper 30 minutes</b><br>What are the influences on the personal and professional development of person-centred experiential therapists in their first year post-qualification?<br><b>Caroline Riley</b><br><br><i>Therapist experience</i> <span style="float:right">Chair:</span> | <b>11.20 - 11.50 Paper 30 minutes</b><br>Just about working: writing myself better after a problematic workplace experience.<br><b>Jens Bakewell</b><br><br><i>Workplace</i> <span style="float:right">Chair:</span>             |  |
| <b>10.45 - 11.15 Paper 30 minutes</b><br>Perceptions of mental health and individuals with mental health issues in a work context.<br><b>Naomi Moller</b><br><br><i>Workplace</i> <span style="float:right">Chair:</span>   | <b>11.55 - 12.25 Paper 30 minutes</b><br>Understanding independent raters' experiences of learning how to use the Person Centred and Experiential Psychotherapy Scale-10 (PCEPS-10).<br><b>Graham Westwell</b><br><br><i>Outcome measures</i> <span style="float:right">Chair:</span>  | <b>11.55 - 12.25 Paper 30 minutes</b><br>A phenomenological study of female therapists' experience of the embodied intersubjective dimension within the therapeutic encounter.<br><b>Sandra Tapie</b><br><br><i>Therapist experience</i> <span style="float:right">Chair:</span>                    | <b>11.55 - 12.25 Paper 30 minutes</b><br>The impact of expanding the self on the ability to work at relational depth.<br><b>Katarzyna Adamczyk</b><br><br><i>Relational depth</i> <span style="float:right">Chair:</span>        | <b>11.55 - 12.25 Paper 30 minutes</b><br>'Just munching like the herd': an interpretative phenomenological analysis of the impact of intersubjectivity in equine facilitated psychotherapy.<br><b>Fiona Wilby</b><br><br><i>Equine</i> <span style="float:right">Chair:</span>                         |
| <b>11.55 - 12.25 Paper 30 minutes</b><br>Couples counselling: who attends and how effective is it?<br><b>Charlie Duncan and Gemma Ryan</b><br><br><i>Families</i> <span style="float:right">Chair:</span>   | <b>12.30 - 13.00 Paper 30 minutes</b><br>Potentials of working online for therapeutic relationships from the perspectives of face-to-face counsellors.<br><b>Andrew McMurray</b><br><br><i>Online therapy</i> <span style="float:right">Chair:</span>  | <b>12.30 - 13.00 Paper 30 minutes</b><br>Now you see me: improving the process of informed consent in the psychotherapy and counselling professions.<br><b>Karen Bateson</b><br><br><i>Consent</i> <span style="float:right">Chair:</span>  | <b>12.30 - 13.00 Paper 30 minutes</b><br>Why I am here: the initial experiences and expectations of first year counselling students.<br><b>Asli Ascioğlu Onal</b><br><br><i>Training</i> <span style="float:right">Chair:</span> | <b>12.30 - 13.00 Paper 30 minutes</b><br>Arts for the blues: a new creative intervention for depression.<br><b>Linda Dubrow-Marshall, Ailsa Shaw Parsons and Kerry Nair</b><br><br><i>Depression</i> <span style="float:right">Chair:</span>   |
| <b>13.00 - 14.00 Lunch</b>  |  |   |  |  |
| <b>11.20 - 11.50 Paper 30 minutes</b><br>Perceptions of and barriers to counselling among the Chinese community within Northern Ireland.<br><b>Ulrike Speers</b><br><br><i>Culture</i> <span style="float:right">Chair:</span>  | <b>14.05 - 15.35 Symposium 90 minutes</b><br><b>Overview:</b> Deterioration as an outcome of therapy: a systematic case study group investigation.<br><b>Susan Stephen</b><br><b>Paper 1:</b> Developing the Hermeneutic Single Case Efficacy Design (HSCED) method to investigate deterioration in therapy: the case of Sofia.<br><b>Emily Price and Rebecca Moran</b><br><b>Paper 2:</b> Challenges in adjudicating a Hermeneutic Single Case Efficacy Design (HSCED) investigation into deterioration in therapy: the case of Luke.<br><b>Ruth Love and Laura Bell</b><br><b>Paper 3:</b> What features of therapy may contribute to a client's deterioration? Metasynthesis of a systematic case study series.<br><b>Susan Stephen, Laura Bell, Maha Kahn, Ruth Love, Hannah Macintosh, Melanie Martin, Rebecca Moran, Emily Price and Brigid Whitehead</b><br><br><i>Research methods</i> <span style="float:right">Chair:</span> | <b>14.05 - 14.35 Paper 30 minutes</b><br>Idiosyncratic psychological processes and social invisibility experienced by intersex people: a multiple case study.<br><b>Annalisa Cortese</b><br><br><i>LGBTQ</i> <span style="float:right">Chair:</span>  | <b>14.05 - 14.35</b><br><br><b>Networking</b>  | <b>14.05 - 15.05 Workshop 60 minutes</b><br>Setting up a research study and protocol for evaluating the effectiveness of a counselling service – database, methods and analysis.<br><b>Rod Dubrow-Marshall and Naomi Moller</b><br><br><i>Outcome measures</i> <span style="float:right">Chair:</span> |
| <b>14.40 - 15.10 Paper 30 minutes</b><br>Responding to boundary issues: a qualitative study.<br><b>Peter Blundell</b><br><br><i>Boundaries</i> <span style="float:right">Chair:</span>  |  | <b>14.40 - 15.10 Paper 30 minutes</b><br>How do adolescent clients experience power in person-centred therapy relationships?<br><b>David Cook</b><br><br><i>CYPF</i> <span style="float:right">Chair:</span>  | <b>14.40 - 15.10</b><br><br><b>Networking</b>  |  |
| <b>15.15 - 15.45 Paper 30 minutes</b><br>Inferring causality in process-outcome research on counsellor empathy.<br><b>Robert Elliott</b><br><br><i>Research methods</i> <span style="float:right">Chair:</span>   |  | <b>15.15 - 15.45</b><br>Integrating deliberate practice into a counsellor training programme.<br><b>Julia McLeod</b><br><br><i>Training</i> <span style="float:right">Chair:</span>   | <b>15.15 - 15.45</b><br><br><b>Networking</b>  | <b>15.15 - 15.45</b><br><br><b>Networking</b> <span style="float:right">Chair:</span>  |
| <b>15.50 - 16.20 Plenary - Discussion around the next 25 years, with Professor John McLeod, Professor Sue Wheeler, Dr Andrew Reeves and Dr Caryl Sibbett.</b>   |  |   |  |  |
| <b>16.20 Conference Ends.</b>   |  |   |  |  |