

## Working with research in practice, universities and colleges conference

Programme Thursday 13 June 2019

Time	Session	Presenter
8.45am to 9.15am	Registration and Refreshments	
9.15am to 9.30am	UC Chair introduction	Geraldine Dufour
9.30am to 10.15am	Psychotherapy in the Era of Evidence-Based Practice: Challenging its subordination to medical Science and calling upon the need to building bridges between research methodologies	Dr Felicitas Rost
10.15am to 11am	Practitioner research: how I came to like green eggs and ham	Clare Symons, BACP
11am to 11.30am	Refreshment break	
11.30am to 11.40am	Welcome to Cambridge. Importance of research.	Graham Virgo, Senior Pro-Vice-Chancellor (Education)
11.40am to 12.25pm	Evidence and upsetting the apple cart	Catina Barrett and Dragana Ramsden
12.25pm to 1.10pm	Research and me: 'A practitioner transformed' - tales from trips to research-land and back to practice.	Anne Bentley
1.10pm to 2.00pm	Lunch	
2.00pm to 2.45pm	Score project	Emma Brogglia
2.45pm - 3.30pm	Gaining Insight and Tackling Barriers facing Men, Care-leavers and Refugees in accessing counselling at University	Charlotte Williams and Jo Myddelton
3.30pm to 3.45pm	Refreshment break	

3.45pm to 4.10pm	Plenary/question and answer session	All presenters
4.10pm to 4.15pm	Event Close	Geraldine Dufour

## Presenters

### Dr Felicitas Rost

‘Psychotherapy in the era of evidence-based practice: challenging its subordination to medical science and calling upon the need to building bridges between research methodologies.’

#### Session information

A range of psychological treatments have been shown to be effective for a range of mental health conditions. I’ll present an overview of the key findings and current evidence base but argue that the subordination of psychological treatment and research to medical science is a hindrance and in need of a re-visioning.

The reinforcement of an illusory hierarchy of evidence that elevates random control trials above other research methodologies is restrictive. Similarly, the belief that case reports are the only methodology of true value is unhelpful. I’ll argue that instead of keeping such a stern polarization we should invest our efforts in building bridges between the various research methodologies and employing them in conjunction.

The ambition to identify ‘the most effective treatment’ for ‘the x condition’ restricts patient choice and shared decision making. Overall, I will conclude that we ought to focus on the endeavour to find out who benefits and who does not from which treatment at what point in time.

#### Biography

Dr Felicitas Rost is the research lead at the Portman Clinic, Tavistock and Portman NHS Foundation Trust and current president of the Society for Psychotherapy Research (SPR) UK Chapter. She supervises dissertations of DProf Child Psychotherapy trainees at the Tavistock and MSc and DClin Psy students at UCL. Her current research interests are shaped by two beliefs: the need to build bridges between counselling and psychotherapy research and clinical practice; and the breaking down of arbitrary dichotomies between types of research.

### Anne Bentley

‘Research and Me: ‘A Practitioner Transformed’ - Tales from trips to Research-Land and back to Practice.’

#### Session information

How many of us can honestly say that we long for the online arrival of the latest Counselling and Psychotherapy Research Journal, scanning the pages eagerly for fresh insight?

We're busy people, we say. We know what we know because we sit with the individual, textured, reality of students in pain. This is our truth. And yet? What if counselling practice made friends with research? Not in the occasional skimming through a journal kind of way but with an ongoing curious engagement?

My talk will look at the challenges of conducting my own research and show how I used others research to effect change. I will show how my research changed me as a practitioner, challenged some of my core beliefs about counselling and sent me on long windy walks around the Plymouth campus. Finally, I will share the peculiar, and sometimes painful, joys of getting research into publication.

## Biography

Anne Bentley is the Manager of the Student Wellbeing Services at the University of Plymouth. She has worked as a counsellor and counselling supervisor in various settings, including with police officers, street homeless people, in the community and with university students. Her doctoral research will look at international students' experience of the university campus. She has published in a variety of publications including, the UC journal, Counselling and Psychotherapy Research, British Journal of Guidance and Counselling and The Guardian. She has seen first-hand the benefits of research upon her practice and fully believes that counsellors make the best qualitative researchers!

## Clare Symons

'Practitioner research - how I came to like green eggs and ham.'

Session information: Undertaking research as part of my counsellor training was not something that came easily. To me, the language of methodology, data collection, and analysis was something that scientists understood and not something that I was ever likely to enjoy or be good at. So how did I get past these fears and preconceptions? And why am I so convinced that research has a crucial contribution to make to individual practice, the development of services, commissioning and policy?

In this session I will share what I have learned from my own journey into research to highlight why I believe it is important for practitioners to engage actively with research in a variety of ways. I will look at how BACP seeks to support research among members and within the wider counselling and psychotherapy field, and I will offer some practical tips for getting started, whatever your level of knowledge, experience or fear.

Biography: Dr Clare Symons is a BACP Registered Senior Accredited Counsellor who has worked with clients in a range of settings including higher education, private practice and the voluntary sector. For over 10 years she was a trainer of counsellors and psychotherapists at the University of Leicester, where she also completed PhD research examining complaints and malpractice in therapy. Her belief in the value of research to practice has been key both in her former work as Editor of BACP's Counselling and Psychotherapy Research journal as well as in her current post as BACP Head of Research.

## Catina Barrett and Dragana Ramsden

‘Evidence and upsetting the apple cart’

### Session information

How long does it take? Seven years? 17 years? 40 years? - these are some of the time estimates for realising evidence-based change, for getting research findings implemented in practice so they make a difference. Why is this and what can we do to speed up change?

In this session Dragana and Catina will share the methods, key findings, and lessons learned from their involvement in two interrelated studies in adult education and will use their lessons learned to discuss the practical challenges of evidence-based practice in further education, including the leadership challenges of cross sector evidence-based practice and when politics gets in the way.

### Biography

Catina Barrett is currently a member of the Centre for Mental Commission for Equality in Mental Health and works for the Women's Leadership Network. From 2015 to 2018 she was the BIS/DfE national lead for the £20M Community Learning Mental Health research. By background, she's a teacher, researcher, public health specialist and nurse. Her background includes teaching, health, and research.

Dragana Ramsden is Head of Quality and Tutor Development at City Lit and a FETL Fellow 2018. Her FETL fellowship research focused on collaboration and leadership in improving mental health and wellbeing. The research explored a possible vision of collaborative working between primary care mental health and adult community learning, and the leadership required for achieving the vision. Her passion for the social purpose of education and inclusion drives her research interests. Dragana also has extensive experience of leading and managing a wide range of adult learning programmes, delivered through multiple stakeholder partnerships, which are aimed at adults with barriers to engagement.

## Charlotte Williams and Jo Myddelton

### Session Information

Gaining insight and tackling barriers facing men, care-leavers and refugees in accessing counselling at university - findings of a two-year research project funded by UPP Foundation Trust.

### Biography

Charlotte Williams - Counsellor, Supervisor, Organisational Consultant, Trainer and Leader. BA Hons, PG Dip, MA, MA, BACP Acc.

Charlotte has over 17 years' experience of working in the Higher Education Counselling Sector as a counsellor, supervisor and for the past six years, as Head of Service at Birkbeck. She sits on the HUCCS Executive Committee and is a member of the SCoRE committee, a group of Service Heads working with BACP researchers on UK wide sector research.

She has a passion for continuous academic studies, for thinking, learning, making meaning and for research and having gained a Master's in counselling at Chester University and a Masters in Leading and Consulting to Organisations at the Tavistock.

Jo Myddelton - BACP Accredited Counsellor, BA Hons, MA, BACP Acc.

Following a first career as an actress, Jo retrained at Birkbeck as a counsellor/psychotherapist. She has worked in H.E Counselling for over 7 years, starting at Queen Mary University and subsequently working at Birkbeck for the last 3 years as a counsellor. For the last year, she has also taken on the role of Widening Participation Counsellor at Birkbeck, leading on the implementation and writing up of this research project.