

BACP Research Conference 2020. Draft Programme.

Thursday 14 May 2020

Orchard

Pre-conference Workshop

Jeannette Roddy, Linda Dubrow-Marshall, Rod Dubrow-Marshall, Leigh Gardner and David Jarvis.

Taking research from concept to counselling practice: building on foundations

Research, theory and practice.

18:00-20:00

Key: **Research Paper**

Workshop/Other

Discussion Paper

Rapid Paper

Friday 15 May 2020

08:15 - 08:45	Registration			
08:45 - 09:00	Intro from Head of Research Clare Symons, BACP Chair Natalie Bailey and UWE Pro Vice-Chancellor (Student Experience) Jo Midgley			
09:00 - 09:45	Keynote: Nick Midgley. <i>What can therapists learn from a RCT?</i>			
09:45 - 10:00	PCCS Award			
10:00 - 10:15	BACP Research update			
10:15 - 10:45	Refreshments and poster viewing			
	Forest	Orchard	Willow	Birch
10:45 - 11:15	Kimberly-Anne Linnett Evans. <i>Black minds matter: What is the Impact of Colour Blindness in Therapy on Black African and Afro-Caribbean Clients?</i> Colour blindness; black clients.	Paul Nicholson. <i>Intuitive intent: an interpretive phenomenological analysis of the influence of colloquial experience on use of self in practice.</i> Intuition and training.	Anne Crisp & Gordon Jinks. <i>'I didn't know what I was coming to': the voice of the unprepared client on their experience and what helps them engage with therapy.</i> Client experience; unprepared clients.	<p>Symposium</p> <p>Dr. Maria Luca, Jessie Emilion, Traci Postings. <i>The benefits of using mixed research methods to develop a counselling competences framework.</i></p> <p>Papers</p> <p>Jessie Emilion. <i>A Systematic Review of the Counselling Skills.</i></p> <p>Dr Maria Luca. <i>The use of Grounded Theory to develop a framework for counselling competences.</i></p> <p>Traci Postings - <i>A reflective account of a novice researcher's experience of contributing to the development of a counselling competences framework.</i></p> <p><i>Mixed methods, counselling competences.</i></p>
11:15 - 11:45	Jo Pybis. <i>Care homes - the role of a counsellor.</i> Care homes, counselling.	David Hughes. <i>Understanding Shame from the Perspective of a Therapist.</i> Shame, Person-Centred.	Julia McLeod & John McLeod. <i>Self-initiated involvement in yoga as an adjunct to psychotherapy.</i> IPA, life course perspective.	
11:45 - 12:15	Dr Divine Charura. <i>An exploratory study of clients (refugees and asylum seekers) perceptions on counselling and psychotherapy before and after therapy.</i> Refugees, Asylum seekers.	Dr. Gill Mathews. <i>Exploring the potential for counselling people with dementia.</i> Dementia friendly counselling services	Kirstin Bicknell. <i>Transforming Laughter: An exploration of therapists' responses to client laughter.</i> Laughter, IPA.	
12:15 - 12:45	Dr Penn Smith. <i>Framing recovery: Using photo elicitation as a means to facilitate service user voice in research.</i> Photo elicitation, mental health	Jeremy Bacon. <i>Uptake and outcomes for older people - Analysis of community-based counselling services' data.</i> Older people, Counselling.	Elle Hull. <i>Dying to be Seen - A Qualitative Study of the Experience of Women Over 40 Seeking Counselling for an Eating Disorder</i> Eating disorders, women.	

Friday 15 May 2020 continued

12:45 - 13:45	Lunch			
13:45 - 14:30	Research Priorities Discussion Panel Mhairi Thurston, Michael Barkham, Naomi Moller			
	Forest	Orchard	Willow	Birch
14:30 - 15:00	Duncan McCaig. <i>The effectiveness of counselling in private practice: results from a one year pilot study.</i> Outcome measures, private practice.	Erin Stevens. <i>Working in the Shadow of Harm: An interpretative phenomenological analysis of psychotherapists' experiences when working with clients who have been harmed in therapy.</i> Iatrogenesis, Harm.	Tara Fox & Valerie Fletcher. <i>An Analysis of University first year students' experience of their voluntary engagement in resilience training?</i> University students and resilience.	Workshop Penny Bullock. <i>Why are young people not routinely involved in the design of mental health services: a methodological challenge?</i> Young people, health research, Co-operative Inquiry.
15:00 - 15:30	Jo Hilton. <i>Putting the client first - Creating a learning community in a practice, research and training centre in Scotland.</i> Dialogue, phronesis.	James Costello, Liz Maliphant & Alison Rouse. <i>The shadow at work.</i> Relational abuse, organisations.	Géraldine Dufour & Julieta Galante. <i>Effectiveness of providing a mindfulness-based intervention to increase resilience to stress in university students: one-year follow-up results from a randomised controlled trial.</i> Mindfulness, Students.	
15:30 - 16:00	Refreshments and poster viewing			
16:00 - 16:30	Graham Westwell. <i>Which side are you on? Towards the de-medicalisation of distress within counselling and psychotherapy research</i> Person-centred experiential research; de-medicalising distress	Workshop Raymi Doyle. <i>Intersubjectively negotiating the space between us: a way of "being" in research with individuals that are often misrepresented/misunderstood.</i> Intersubjectivity, inclusivity.	Hot Topic Discussion Panel BACP Policy Team	Jules Prentice. <i>Understanding the relationship between stress and sexual functioning among a cohort of British Army personnel: an exploration into early predictors for declining resilience, emotional deregulation and maladaptive behaviours.</i> Stress and sexual function
16:30 - 17:00	Tracy Hitchcock & Tara Fox. <i>What is the place of personal development in counselling training and in the qualified therapist's journey?</i> Personal development awareness.			Heather Dahl, Chris Wood, Wendy Hoskins, Katrina Harris. <i>The Impact of Career Stress on Client Suicide Risk: Implications for Practitioners, Faculty, and Students.</i> Suicide risk, career development.
	Forest			
17:30 - 18:45	Gala Reception and New Researcher Showcase Poster presentations New Researcher award			

Saturday 16 May 2020

08:15 - 08:45	Registration			
08:45 - 09:00	Intro from Head of Research Clare Symons, BACP Research Committee Chair Mhairi Thurston and UWE Head of Health and Social Sciences Peter Clegg			
09:00 - 09:45	Keynote: Lynne Angus. <i>Research-supported principles of change and Humanistic Psychotherapy</i>			
09:45 - 10:00	CPCAB Award			
10:00 - 10:15	BACP Research update			
10:15 - 10:45	Refreshments and poster viewing			
	Forest	Orchard	Willow	Birch [new researcher focus]
10:45 - 11:15	Amanda McGarry. <i>Exploring suicide potential and the actualising tendency: A qualitative study of suicide notes</i> . Suicide, actualising tendency.	Angelina Baslari. <i>Approaching dissociation in the therapy setting through the lens of counselling psychology</i> . Counselling psychology, CBT.	Fiona Maclean & John McLeod. <i>Pluralistic counselling for chronic pain: overcoming psychosocial barriers to pacing in pain self-management</i> . Chronic pain, IPA.	Postgraduate Students and Supervisors Forum Incl. additional poster presentations [10:45 - 11:30]
11:15 - 11:45	Trish Hobman. <i>The relationship between the different functions of supervision, counsellor wellbeing and practitioner efficacy</i> . Supervision, counsellor wellbeing.	Afra Turner. <i>Bridging the gap and continuing to learn professionally: A Mixed Methods Study exploring the impact of CPD on practice. Impact of CPD in practice</i> . CPD, HE.	Lisa Cromar. <i>A literature review exploring the efficacy of person-centred counselling for autistic people</i> . Autism; Person-Centred Counselling.	Rapid papers Penny Bullock. <i>What is the most effective means of support for young people following sexual assault?</i> Karen Brasher. <i>Adolescent males experiences of Authenticity</i> . Marie-Claire Murhpy & Kate Smith. <i>Developing a competencies and adherence scale for Pluralistic Integration</i> . [11:30 - 12:15]
11:45 - 12:15	Rod Dubrow-Marshall & Linda Dubrow-Marshall. <i>Assessing the role of psycho-education in empowering survivors of complex PTSD and trauma coerced attachment – emerging insights and potentialities</i> . Psycho-education, complex PTSD	Caroline Jesper & Emma Broglia. <i>Developing an evidence based supervision competence framework</i> . Evidence-based, supervision.	Cloie Parfitt. <i>On the Spectrum & in the Room: Exploring Experiences of Traumatic Stress in Autistic Women & Implications for the Counselling Process</i> . Women; Autism	
12:15 - 12:45	Robert Elliott. <i>The Effectiveness of Humanistic-Experiential Psychotherapies: A Meta-analysis Update</i> . Humanistic-experiential psychotherapies; outcomes.	Simone Harch. <i>Can integrative counselling support adoptive parents who may, as a result of their 'lived experience', have mental health needs?</i> Adoption, post-adoption support.	Antonella Cirasola. <i>The factor structure of the Working Alliance Inventory Short-form in youth psychotherapy: an empirical investigation</i> . Alliance; youth psychotherapy.	Felicia Smith-Kleiner. <i>Psychotherapy and Counselling Masters Theses: Challenges in 'Keeping the clients at the centre of research'</i> . Masters theses, Research methods.

Saturday 16 May 2020 continued

Lunch				
	Forest	Orchard	Willow	Birch [new researcher focus]
12:45 - 13:45				
13:45 - 14:15	<p>Kate Hoyland. <i>The bodily experience of those bereaved through the Grenfell Tower fire: an interpretative phenomenological analysis</i>.</p> <p>Bereavement, Trauma, Embodiment.</p>	<p>Benjamin Nuss. <i>Where have all the men gone?</i></p> <p>Male, narrative</p>	<p>Michelle Oldale. <i>'Fat person walks into the therapist's office'.... Therapist attitudes and client experiences in psychotherapy with people of size</i>.</p> <p>Fat, weight stigma.</p>	<p>Greta Kaluzeviciute & Sue Kegerreis. <i>Exploring the complexities of gaining ethical approval for qualitative psychotherapy and counselling research projects</i>.</p> <p>Ethical Approval, Qualitative Research.</p>
14:15 - 14:45	<p>Krystal Scott. <i>Therapist perspectives on the use of congruence with children in school-based counselling</i>.</p> <p>Congruence, children.</p>	<p>Kay Capaldi. <i>Experiences of Learning Emotion-Focused Therapy: A Qualitative Interview Study</i>.</p> <p>Emotion focused therapy, training.</p>	<p>Simone Harding. <i>A Narrative Inquiry into the Life of a Woman in a Larger Body</i>.</p> <p>Obesity, weight-stigma body-image.</p>	<p>Workshop Heather Dahl, Wendy Hoskins, Chris Wood.</p> <p><i>Narrative Research: An underutilized qualitative methodology for the counselling practitioner.</i></p> <p>Narratology, Narrative Inquiry</p>
14:45 - 15:15	<p>John Hills. <i>Doing practitioner research: A case study in the use of subjectivity and the self as research instrument in theory building</i>.</p> <p>Practitioner research</p>	<p>Elvis Langley. <i>'In the Same Boat, Helping Each Other': a Grounded Theory of Growth and Emancipation in Peer-Led Hearing Voices Groups</i>.</p> <p>Hearing voices, peer-support.</p>	<p>Jessica Kawalek. <i>Exploring emotional support needs of dance students in the UK</i>.</p> <p>Body image, dance student.</p>	
15:15 - 15:30	Short Refreshments break			
15:30 - 16:00	<p>Dr. Katrina Harris. <i>Self-Advocacy and Counselor Wellness: The Struggle is Real</i>.</p> <p>Self-Advocacy, Wellness.</p>	<p>Kathleen Vandenberghe. <i>Embodied understanding of variations in the 'comprehending' of self after bowel cancer: a qualitative study of early and long term survivorship</i>.</p> <p>Bowel cancer, survivorship.</p>	<p>Gill Harvey. <i>A Narrative Exploration into Counsellors' experiences of the influence of a fundamentalist religious upbringing on mental health and wellbeing in adulthood</i>.</p> <p>Religion, Faith, Counsellors.</p>	<p>Ying Liu. <i>Putting the therapist's client-self at the centre of research</i>.</p> <p>Self-disclosure; therapist's experience.</p>
16:00 - 16:30	Conference Plenary			

Forest. Friday, 17:45-18:15. Poster presentations

Joanna Griffin	An Exploration of Emotional Well-being in Parents of Disabled Children.
Tracey Leung	Where Can They Go? A scoping review of counselling service for refugees and asylum-seekers who have experienced sexual
Sheung-Tak Cheng & Joyce Cheng	Effectiveness of physical and cognitive-behavioural intervention programmes for chronic musculoskeletal pain in adults: a meta-analysis of randomised controlled trials.
Robelle Mercado & Dorrie Dixon	'In clients' experiences how effective is counselling in helping those who have been affected by a loved one's narcissistic
Hannah Windows & Stacey Permaul	In the experience of clients who have body image issues, how has/do their encounters with social media impact on them?
Fiona Desai & Ros Moseley	In the experience of clients who identify as addicts with shame-based experiences, how might counselling help with their recovery?
Laura Davis & Caroline Dekkers	In Clients' experience, is the Person-Centred Approach effective in helping them process their diagnosed/self-diagnosed anxiety disorders/issues?
Ami Sohi	Ethnicity and culture: Maximising trainee counsellor learning.
Sally Morrison	Mapping the self. How does Walk and Talk therapy in nature support self-exploration? A trainee counsellor's client experience as autoethnography.
Letitia Ash-Lameer	A journey through bereavement by suicide- an initial exploration using Intuitive Inquiry.
Neffisatu Dambo	Expecting Greatness: Supporting the Transitions of High School Seniors.
Wendy Hoskins, Heather Dahl, Katrina Harris	International Counseling Identity Development Model: A ten year review.
Kate Diggory	When Heroism meets Heresy. Taking self-compassion for Carers on-line.
Melody Cranbourne-Rosser	The role of presence when working with children and young people demonstrating harmful sexual behaviour.
Christine Ramsey-Wade	Mindful Eating – Conscious Living™: An acceptability study and non-randomised controlled trial of an 8-week mindfulness programme focused on food and eating.
Paul Nicholson & Alys Griffiths	Counselling for people with dementia and their families: lessons learned and potential for future development.

Birch. Saturday, 11:00. Poster presentations

Alexander G Romanitan	Shifting Boundaries: Understandings of time and it's implications on cross-cultural counselling/therapy work.
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