BACP Webcast – 19 & 20 May 2017

23rd Annual Research conference: 'Research and reflective practice for the counselling profession'

Programme, presenter précis and biography information

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| 8.30 – 9.00am| **Studio:** Welcome and introduction to day 1  
**Hosts:** Faisal Mahmood & Sally Chisholm  
**Guest:** Clare Symons, BACP Joint Head of Research                                                                                                                                                       | Registration                                                                                                                                                     |
| 9.00 – 9.15am| **Conference opening and welcome** with Dr Andrew Reeves, Chair of BACP and co-host welcome with Professor David Balsamo, Executive Dean of the Faculty of Social Science, University of Chester                                                                 | → Welcome, keynote presentation, prize giving and poster presentations streamed live                     |
| 9.15 – 10.00am| **Keynote presentation:** *Therapist Self-Disclosure and Immediacy*, delivered by Professor Clara E. Hill, PhD, Professor of Psychology, University of Maryland USA                                                                 | Blue: Live stream from conference (Chester)                                                              |
| 10.00 – 10.15am| **PCCS prize presentation** by Catherine Jackson, Commissioning Editor of PCCS Books and the CPCAB Award with Barry Kopp, Senior Verifier CPCAB                                                                                                                                   |                                                                                                          |
| 10.15 – 10.35am| **Poster presentations**, introduced by Professor Panos Vostanis, Editor of CPR                                                                                                                                                                                                   |                                                                                                          |
| 10.35 – 11.00am| **Studio:** Reflection on the presentations so far and a look ahead at the afternoon presentations  
**Guest:** Fiona Ballantine-Dykes, BACP Head of Professional Standards                                                                                                                                        | Refreshment Break                                                                                      |
| 11.00- 11.35am| **Client diversity**  
*Being multilingual in psychotherapy: an applied linguistic view*, delivered by Louise Rolland, Beverley Costa                                                                                       | → Presentations streamed live                                                                               |
<p>| 11.35am - 12.10pm| <strong>Counselling professionals’ awareness and understanding of Female Genital Mutilation (FGM): implications for training and research</strong>, delivered by Charlie Jackson                                                                                                          |                                                                                                          |
| 12.10 - 12.40pm| “We’re here, we’re queer, we don’t drink beer”: The intersections of gender, sexuality, race/ethnicity, religiosity and non-heterosexual British South Asian women and the implications for mental health care, delivered by Anna Fry |                                                                                                          |
| 12.40 – 12.50pm| <strong>Studio roundup with Faisal and Sally</strong>                                                                                                                                                                                                                              | Lunch                                                                                                   |
| 12.50 – 1.45pm| <strong>Break in transmission</strong>                                                                                                                                                                                                                                               |                                                                                                          |</p>
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| 1.50 – 2.25pm | **Bereavement**  
Experiences of continued presence: on the practical consequences of ‘hallucinations’ in bereavement, delivered by Jacqueline Hayes |                              |
| 2.25 – 3.00pm | **The death of a child by drug use: examination of the experiences of bereaved parents who volunteer to support others similarly bereaved,** delivered by Philippa Skinner |                              |
| 3.00 – 3.30pm | **How bereavement counsellors experience returning to therapeutic work after the death of their parent,** delivered by Colleen Swinden |                              |
| 3.30 – 3.55pm | **Studio:** Reflection on the afternoon presentations  
**Guest:** Jacqueline Hayes | **Refreshment Break** |
| 3.55 – 4.30pm | **School-based counselling**  
The trust is the work: exploring how school counsellors maintain alliances with young people when sharing information, delivered by Tracey Fuller |                              |
| 4.30 – 5.00pm | **An investigation of school-based mental health counselling services with children in low socioeconomic schools,** delivered by Viki Kelchner |                              |
| 5.00 – 5.30pm | **Studio:** Reflection on the day and look forward to day 2  
**Guest:** Charlie Jackson |                              |
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| 8.30 – 9.00am| **Studio:** Welcome and introduction to day 2  
**Hosts:** Faisal Mahmood & Sally Chisholm  
**Guest:** Clare Symons, BACP Joint Head of Research                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Registration                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 9.00 – 9.15am| **Conference opening and welcome** with Dr Andrew Reeves, Chair of BACP and co-host welcome with Professor David Balsamo, Executive Dean of the Faculty of Social Science, University of Chester                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | ← Welcome, keynote presentation, prize giving and poster presentations streamed live                                                                                                                                                                                                                                                                                                                                                                                      |
| 9.15 – 10.00am| **Keynote presentation:** Professor Stephen Joseph - *Are we measuring what matters in counselling and psychotherapy research?*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 10.00 – 10.05am| **2017 BACP Outstanding Research Award** presented by **Professor John McLeod**                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 10.05 – 10.25am| **Poster presentations,** introduced by Professor Panos Vostanis, Editor of CPR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 10.25 – 10.50am| **Studio:** Reflection on the presentations so far and a look ahead at the afternoon presentations  
**Guest:** Professor John McLeod                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Refreshment Break                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 11.00 - 11.25am| **Gender & sexuality**  
*"Just sort of accept me for who I am as a person*  
an investigation of UK-based Transgender clients' experiences of counselling, an IPA study,* delivered by Sophie Preston  
  
*The value of qualitative research online: men’s accounts of depression,* delivered by Chrysostomos Athanasiadis  
  
*Therapists’ reflections on the topic of sex and sexuality within counselling and psychotherapy training and practice,* delivered by Anna Constantine                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ← Presentations streamed live                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
<p>| 11.25am – 12.00pm|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| 12.35 – 1.35pm| <strong>Break in transmission</strong>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |</p>
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| 1.35 - 2.10pm | **Using and developing outcome measures**  
NICE Guidelines for Depression 2017 – Why should I care? Discussion and Q&A, with by Naomi Moller, BACP Joint Head of Research | ← Presentations streamed live              |
| 2.10 – 2.40pm | **Independent validation of the Pain Management Plan:** benefits of self-management within a counselling setting, delivered by Joanna Quinlan |                                            |
| 2.40 – 3.05pm | **Studio roundup with Faisal and Sally**                                                                                      | Break                                      |
| 3.05 - 3.40pm | **Therapists working with abuse**                                                                                           | ← Presentations streamed live              |
| 3.40 - 4.10pm | **‘Looking through a lens of terribleness’: a thematic analysis of practitioners working in the field of domestic violence**, delivered by Sass Boucher |                                            |
| 4.10 – 4.20pm | **Studio:** Goodbye and thank you                                                                                           |                                            |
Keynote presentation (Friday):

Therapist Self-Disclosure and Immediacy

Professor Clara E. Hill, PhD

Session information:

Although there is theoretical controversy over the use of therapist self-disclosure and immediacy in psychotherapy, empirical support has been shown for their effectiveness if used infrequently and judiciously. This presentation will focus on the empirical and clinical findings about these interventions that allow therapists to use themselves as part of the therapeutic process.

Biography:

Clara E. Hill earned her Ph.D. at Southern Illinois University in 1974. She started her career in 1974 as an Assistant Professor in the Department of Psychology, University of Maryland and is currently still there as a Professor. She has been President of the Society for Psychotherapy Research, Editor of the Journal of Counseling Psychology, and Co-Editor of Psychotherapy Research. Awards include the Leona Tyler Award (Society of Counseling Psychology), the Distinguished Psychologist Award (Division 29 of the American Psychological Association), the Distinguished Research Career Award (Society for Psychotherapy Research), and the Outstanding Lifetime Achievement Award (Section on Counseling and Psychotherapy Process and Outcome Research, Society for Counseling Psychology).

Her major research interests are helping skills, psychotherapy process and outcome, training and supervising therapists, dream work, meaning in life, and qualitative research.

She has published 223 journal articles, 76 chapters in books, and 14 books (including Helping Skills, Dream Work in Therapy, and Consensual Qualitative Research). She is married, with two children and two grandchildren.
Keynote presentation (Saturday):

Are we measuring what matters in counselling and psychotherapy research?

Professor Stephen Joseph

Session information:

As we have seen in recent years, without evidence of effectiveness, counselling and psychotherapy practices are under threat. Research to develop the evidence base is therefore increasingly important. This presentation describes research by Stephen and colleagues over the past twenty years to pioneer developments in well-being, posttraumatic growth, and authenticity. The presentation will discuss the added value of these developments and their implication for the counselling and psychotherapy evidence base. Stephen will discuss how we need to be mindful of the implicit assumptions underpinning research.

The presentation will conclude by discussing how these and other such constructs of well-being can provide researchers in counselling and psychotherapy with more theoretically consistent tools to shape the type of evidence that informs the future of counselling and psychotherapy.

Biography:

Stephen is a Professor in the School of Education at the University of Nottingham where he is convenor of the counselling and psychotherapy cluster.

He is a BACP registered counsellor, HCPC registered counselling psychologist, and a senior practitioner member of the British Psychological Society’s register of psychologists specialising in psychotherapy.

He studied social psychology at the London School of Economics, going on to receive his PhD from London’s Institute of Psychiatry for his pioneering research into the psychology of traumatic stress. His subsequent education as a counsellor was at Metanoia. For the past twenty years he has been concerned with the promotion of human flourishing, posttraumatic growth, and well-being and their evaluation and implications for therapy.

He has published numerous articles, chapters, and books on these topics, including the groundbreaking edited volume *Positive Psychology in Practice: Promoting Human Flourishing in Work, Health, Education, and Everyday Life*. His latest book is entitled *Authentic: How to be Yourself and Why it Matters.*
Friday 19 May
Presentation abstract information
Being multilingual in psychotherapy: an applied linguistic view

Louise Rolland, PhD student, Applied Linguistics (Birbeck College, University of London) and Beverley Costa

Other Author: Beverley Costa

Research paper aim/purpose:
The implications of multilingual clients’ language choices have been observed in psychotherapy, from Buxbaum (1949) who noted that experiences only felt real when told in the original language, to Pérez Foster (1998) who considered therapy in a non-native language a ‘pseudo-therapy’. Multilingual clients’ value being free to choose their language(s) of expression in therapy (Dewaele and Costa, 2013). Up to two thirds of multilingual clients have reported switching languages in at least some therapy sessions (Rolland et al., 2017). This paper examines how multilingual clients view their language choices in therapy.

Design/Methodology:
109 multilingual adults reached through snowball sampling (non-patient routes) completed an English-language web questionnaire on their experience of one-to-one counselling or psychotherapy. Five respondents participated in a follow-on semi-structured interview. Quantitative data were analysed using statistical software; qualitative data were analysed thematically.

Results/Findings:
The client sample is skewed towards highly educated White female professionals in the UK; one fifth were in mental health-related occupations; English was typically participants’ first or second language. Key themes on language use include: (1) the first language mediates connection with the client’s past; (2) the new language mediates the present self and creating a new identity; (3) the first language increases emotional expression; (4) a later language may introduce distance. However there were exceptions: overall language associations reflected participants’ individual life journeys. Therapists played an important role in facilitating – or inhibiting – linguistic freedom.

Research Limitations:
Participants could remain anonymous, increasing reliability, however past recall may be inaccurate. The sample is not representative of a clinical population or particular region. Researcher subjectivity was reflected on in a journal and throughout analyses.

Conclusions/Implications: Multilingual clients’ language choices in therapy impact on meaning, emotional expression and identity. There is no universal rule such as ‘first language is best’: choices are linked to clients’ language acquisition history, the linguistic context of their life experiences and the therapeutic environment. Therapists should consider exploring these as part of bringing the whole person into therapy. Counsellor and therapist training should include characteristics of multilingualism and how to explore the therapeutic meaning of multilingualism with clients.
Counselling professionals’ awareness and understanding of Female Genital Mutilation (FGM): implications for training and research

Charlie Jackson, Research Fellow (BACP)

Other Authors: Martin Bell, Matthew Smith-Lilley

Research paper aim/purpose:
Whilst the physical implications of FGM have been well documented, much less research has looked at the psychological impact of FGM (Mulongo, McAndrew & Martin, 2014). Furthermore, there is little known about the understanding and awareness of FGM amongst counselling professionals. Therefore, the study aimed to explore BACP members’ awareness and understanding of FGM, to gauge their training needs and examples of best therapeutic practice when working with survivors.

Design/Methodology: BACP, in collaboration with representatives from the Department of Health (DH) FGM Prevention Programme, designed an online survey which was distributed to 41,599 BACP members; 2,073 (5.0%) members responded. The survey covered four broad themes: demographics; awareness and understanding of FGM; experience of working therapeutically with survivors and FGM training. Descriptive and inferential analyses were undertaken on quantitative data and thematic content analysis was undertaken on qualitative data.

Results/Findings: Only a small proportion of respondents (10%) had knowingly worked with survivors of FGM. Overall, respondents lacked confidence in their awareness and understanding of FGM, including their safeguarding duties, although respondents who had knowingly worked with survivors were significantly more confident in their knowledge. Respondents felt that helpful factors when working therapeutically with survivors of FGM included having cultural respect, knowledge and understanding, being non-judgemental/accepting and listening to the client. The most unhelpful factor was having ‘a general lack, or assumption of, awareness or understanding’. Less than a quarter of respondents had undertaken any training with regards to FGM, although the vast majority expressed a desire to do so.

Research Limitations: As the focus was on counselling professionals’ perceptions and experiences, it cannot be concluded that these are reflective of FGM survivors’ experiences of counselling. In addition, the small number of practitioners who had knowingly worked with survivors - and the low survey response rate in general - limits the generalisability of these findings.

Conclusions/Implications: This research has highlighted the importance of improving signposting to existing training and educational resources around FGM, as well as the need to develop new resources where appropriate. The importance of embedding cultural competency into core practitioner training, not just training specific to FGM, is paramount.
“We’re here, we’re queer, we don’t drink beer”: The intersections of gender, sexuality, race/ethnicity, religiosity and non-heterosexual British South Asian women and the implications for mental health care

Anna Fry, PhD Researcher/Counsellor (University of Huddersfield)

Research paper aim/purpose:
Relatively recently there has been a significant increase in literature on non-heterosexual women and also a significant increase in the study of non-heterosexual identities and the prevalence of mental health difficulties within this minority group. However, the study of British South Asian non-heterosexual women is noticeably absent in the areas of lived experience and mental health and well-being. Therefore, the current research seeks to study how participants understand the experience of being non-heterosexual in the United Kingdom and to explore their mental health and wellbeing.

Design/Methodology:
A mixture of purposive and snowball sampling was used to recruit participants who met the criteria for the study. Using Critical Narrative Analysis, the life-world of self-identified non-heterosexual women is explored in terms of lived experience, mental health and resilience. Their lives produce unique intersections between gender, sexuality, culture, spirituality and ethnicity in an environment of religiously and culturally endorsed homophobia, preventing freedom to explore and express their sexuality openly. The study explores the difficulties faced by participants due to their invisibility and the impact of this on their mental health and well-being. The study further considers how resilience is demonstrated despite multiple stresses and adversity and how individual and community resilience can be understood, established and maintained within this minority group in order to develop and sustain well-being. Minority Stress theory (Meyer, 2003) and Hatzenbuehler’s (2009) Psychological Mediation framework will be applied to the analysis in order to build an understanding of risk and resilience factors.

Results/Findings: Results will be ready at the time of the conference.

Research Limitations:
A relatively small number of participants took part in the main study. To my knowledge, this is the first study of its type to be carried out in the United Kingdom; it is envisaged that this ground breaking project will facilitate further research in this area. Subjectivity has been maintained through researcher reflexivity.

Conclusion/Implications:
Preliminary results indicate a complex model of intersecting identities which impact on coping which is further influenced by both community and individual resilience which affects help seeking behaviours and therefore mental health outcomes.
Experiences of continued presence: on the practical consequences of ‘hallucinations’ in bereavement

Jacqueline Hayes, Lecturer in Counselling Psychology (University of Roehampton)

Other Author: Ivan Leudar

Research paper aim/purpose:
To document the personal consequences of experiences of continued presence in grief, helping to resolve controversies about their significance.

Design/Methodology:
Narrative biographic interviews were carried out with 17 bereaved informants, and ethnomethodology used to identify sources of meaning and functions/consequences of these experiences. Inclusion criteria were: 1. at least one experience of presence since the loved one passed; 2. the bereavement occurred >3 months before the interview. Informants were recruited via adverts asking them to share their experiences of loss.

Results/Findings:
Informants heard voices of the deceased, saw their images, felt their touch, and sometimes felt their presence unspecified in any of the senses. Analysis revealed that such experiences were meaningfully connected to the immediate environments in which they happened but also to the personal histories of the bereaved. The narratives revealed both helpful and destructive potentials of these experiences. In all cases, these consequences relied on the relationship with the deceased.

Research Limitations:
The study cannot make statistical generalisations regarding the phenomenon. Due to the use of an opportunity sampling strategy, more females than males were interviewed. In addition, the study was not longitudinal, and thus could not follow informants over time to track changing meanings and consequences.

Conclusions/Implications:
The authors warn against oversimplification of experiences of continued presence, as significantly contrasting practical consequences commonly occurred within as well as between cases. The findings support the use of talking therapies based on personal meanings to help those distressed by their experiences of presence. The study made the following practitioner recommendations:

1. Practitioners should not assume that such experiences are signs of pathology – most often they are beneficial for the bereaved and have healing consequences.

2. When the experiences are distressing, the problem is likely to concern relationship difficulties with the deceased.

3. Therapists can help clients with distressing experiences of presence by working on the relationship with the deceased.
The death of a child by drug use: examination of the experiences of bereaved parents who volunteer to support others similarly bereaved

Philippa Skinner, MA Student/Counsellor (University of Chester)

Research paper aim/purpose:
To investigate a little-researched area of parental grief. There has been scant research either into the subject of loss through addiction or how supporting others may impact one's own bereavement process. The research asked why bereaved parents may volunteer to support others and what the role means to them. Parents' perceptions of positives and negatives of offering support were explored.

Design/Methodology:
This was a small-scale qualitative study using heuristic methodology. The researcher, who had experienced drug related loss and was explicitly part of the research, used purposive sampling to find participants. Four women and two men between forty and seventy years old responded; all had experienced losing a child to drugs between five and fifteen years ago. Semi-structured one to one interviews were conducted across a wide geographical area. The transcripts were examined using thematic analysis.

Results/Findings:
Findings were discussed under four themes: (1) experiences around bereavement, (2) on the way to becoming a supporter, (3) becoming a supporter, (4) looking after your own support needs. The overarching findings demonstrated that participants experienced their role as supporters as chiefly beneficial, helping them in their process of bereavement, in making meaning of the death and maintaining a continuing bond with their child.

Research Limitations:
The study was small scale, the sample purposive and consequently the results may not be generalisable across a wider bereaved population. All participants were white, British. The researcher's own experience will have subjectively influenced the work, a contested aspect of heuristic research.

Conclusions/Implications:
The research demonstrates the complicated nature of these seldom considered bereavements, and gives counsellors insight into the value of peer bereavement support work, meaning-making in bereavement and participants' understanding of continuing bonds. It is useful to any counsellor who works with bereaved clients and especially those who work with clients who have experienced a socially difficult or stigmatised bereavement.
How bereavement counsellors experience returning to therapeutic work after the death of their parent

Colleen Swinden, Doctoral Student on the DProf in Counselling and Psychotherapy and Psychological Trauma (University of Chester)

Research paper aim/purpose:
There has been increased interest in the impact of external events on counsellors, however, surprisingly little written on the experience of counsellor bereavement. The aim of this qualitative study was to explore this under-researched area of how the death of a parent affects therapists working with bereaved clients.

Design/Methodology:
Interviews were conducted with four bereaved counsellors; an appropriate sample size for the methodology. Counsellors reflected on their bereavement and its impact on their work. Data were analysed using Interpretative Phenomenological Analysis (IPA).

Results/Findings:
Five major themes emerged; parents’ age and participants secure attachment mitigated the distress they experienced and assisted their returning to work; prior experience of death of a loved one did not ameliorate the effects of the death; the counsellors disclosed their loss to one or more clients and the majority believed the disclosure of personal grief benefited their therapeutic relationships and was a potentially positive therapeutic technique; the experience of bereavement heightened the participants’ ability to empathise with their clients’ loss, resulting in greater understanding and connection. A significant concern that participants felt was that they had insufficient guidance regarding fitness to practice.

Research Limitations:
Participant self-selection may have introduced an element of bias to the results. The sample size was not balanced in terms of gender, ethnicity or social class. Researcher subjectivity as a bereaved counsellor may also have influenced the interpretation of data. This was managed initially by not disclosing this information to participants. Bracketing was used during interviewing, and during analysis, a close connection to the emergent themes from participants was maintained.

Conclusions/implications:
These findings support existing literature and also reveal potential gaps in grief and loss training for counsellors and supervisors. A particular training issue for supervisors might be identifying and discussing fitness to practice issues with supervisees. There are also implications for supervisors and counsellors in terms of counsellor self-care and the use of self-disclosure in therapy. Suggested further research is to explore the use of bracketing and the use of counsellor self-disclosure in greater depth.
The trust is the work: exploring how school counsellors maintain alliances with young people when sharing information

Tracey Fuller, Teaching Fellow and Psychotherapeutic Counsellor
BACP/UKCP (Sussex University)

Research paper aim/purpose:
This ESRC funded project explores multiple viewpoints on school counsellor information sharing because of safeguarding concerns. Its central research question explores how to best maintain trust in therapeutic alliances with young people when sharing information because of safeguarding concerns. It uncovers young people’s views of school counsellor information sharing processes and the factors that influence practice in this area. Jenkins and Palmer (2012) suggest there is little research about the impact of information sharing on alliances with young people. Further research is vital if counselling is going to be further embedded in schools.

Design/Methodology:
This case study is based at 7 ‘Place2Be’ secondary schools. It is influenced by Flyvbjerg’s (2002) re-working of Aristotle’s concept of phronesis or ‘practical wisdom’. School Counsellors (n=6), School Safeguarding Officers/Teachers (n=2) and Young People with counselling experience (n=11) are envisioned as contextual experts. In an iterative process, semi-structured interviews were undertaken with counsellors and teachers who reflected on a fictional information sharing vignette and a video was created using actors to speak the professional’s words. Two focus groups of young people responded to the vignette and the video of the adults’ views. The professional participants later met as a group to co-reflect on the data. Data were analysed thematically and narratively including a focus on relational and emotional factors.

Results/Findings:
A central theme is counsellor availability formulated both psychologically, for example maintaining empathy and attending to the young person’s concerns; and practically. A feature of an ‘available’ counsellor is their perceived trustworthiness as demonstrated by honest and transparent communication. Counsellor availability is experienced as a participatory process by young people. All participants highlighted the anxiety that accompanies information sharing so that availability is affected by the counsellor’s own experience of containment during safeguarding processes.

Research Limitations:
This is a small scale study exploring perceptions of a volunteer sample of counsellors, teachers and young people. It aims to generate contextual qualitative data rather than generalised knowledge.

Conclusions/Implications:
Therapeutic alliances with young people during information sharing are supported by participatory practices and sufficient containment experiences for school counsellors.
An investigation of school-based mental health counselling services with children in low socioeconomic schools

Viki Kelchner, Assistant Professor (University of Central Florida, College of Education and Human Performance)

Research paper aim/purpose:
The purpose of this investigation was to examine change in student-clients’ behavior and emotional problem scores who participated in five counselling sessions as part of a school-based mental health counselling service (SBMHCS) at two low socioeconomic schools. We also compared the student-clients’ school attendance to their previous year attendance.

Design/Methodology:
A one-group pretest-posttest design, which included collecting data at two points over a five-week period of time was utilized to examine the impact of the SBMHCS intervention on student-clients. A total of 38 student-clients completed a minimum of five Counselling sessions, including 27 males (71.1%) and 11 females (28.9%) from diverse racial and cultural backgrounds.

Results/Findings:
The results identified a multivariate within-subjects effect across time, Wilks’ $\lambda = .696$, $F(3, 31) = 4.518$, $p < .01$, and 31% of the variance was accounted for by the intervention (time). Analysis of univariate tests indicated that Externalizing Problems CBCL scores did not exhibit change over time; however, Internalizing Problems CBCL scores (partial $\eta^2 = .27$) and Total Problems CBCL scores (partial $\eta^2 = .17$) exhibited significant change over time. In addition, the number of school days missed decreased from their missed days of school from the previous research (Year 1, $M = 8.6$ days; Year 2, $M = 4.7$ days; partial $\eta^2 = .48$).

Research Limitations:
Limitations of the study included that the investigation occurred in two urban schools in a southeastern state and the lack of a control group in the quasi-experimental design makes it difficult to draw conclusions from the differences in scores over time.

Conclusions/Implications:
Our findings provide implications for SBMHCS as limited research has examined the influence of these intervention on school students in low socioeconomic schools. Our findings provide support for the use of a SBMHCS to improve student-clients internalizing and total problems as well as improving their school attendance. Therefore, our results contribute to the outcome-based research relating to school-based mental health counselling inventions.
Saturday 20 May
Presentation abstract information
“Just sort of accept me for who I am as a person” an investigation of UK-based Transgender clients' experiences of counselling, an IPA study

Sophie Preston, Counsellor (Graduate of Abertay University)

Other Author: Mhairi Thurston

Research paper aim/purpose:
A qualitative enquiry into transgender clients' experiences, assessing if, and if so how, their gender identity interacted with their counselling experiences.

Design/Methodology:
An Interpretive Phenomenological Analysis methodology (IPA) underpinned this study. A purposeful sample was recruited via online transgender networks. Semi-structured in-depth interviews were conducted with three UK-based transgender-identified individuals who had received generic counselling within the previous five years. An IPA methodology was used to develop key experiential themes from the participants’ narratives.

Results/Findings:
Superordinate themes:
1) The clients themselves: Participants’ gender identities were understood as both unique to them and also routine.
2) Experiences of seeking counselling: They sought counselling for pragmatic reasons, largely unrelated to counsellor expertise. Therapists’ gender identities were important.
3) Experiences of receiving counselling: Counselling was helpful in relation to gender identity, and all experienced a change toward greater self-acceptance. Counsellor acceptance, awareness, understanding and an active approach were helpful.
4) Interaction with other people / agencies: A history of being pathologised affected two participants’ counselling experiences.

Research Limitations:
The small sample size limited generalisability, and there were participant differences in age and gender identity. Participants’ self-reporting incurred the possibility of distorted memories, and perceptions of their therapists could not be verified. Analytical subjectivity was inevitably present, although steps were taken to counteract this.

Conclusions/Implications:
This importance of therapists’ preparedness to counsel trans clients was evident, as participants chose counselling on a pragmatic basis, but used counselling to discuss their gender. Basic concepts such as non-judgement were important, but manifested in relation to gender e.g. through the importance of pronoun usage, suggesting the importance of trans awareness. The potentially negative legacy of other healthcare provision and the prevalence of fear and anxiety points to the importance of counsellors understanding transgender in a social context and an appreciation of the concept and functioning of minority stress. These findings are broadly in keeping with existing research, though more nuance was possible as a result of the in-depth nature of these interviews.
The value of qualitative research online: men’s accounts of depression

Chrysostomos Athanasiadis, Lecturer in Counselling (University of Central Lancashire)

Other Authors: Professor Brendan Gough, Professor Steve Robertson

Background and introduction:
Qualitative research offers ways to achieve an understanding of people’s experiences from their own perspectives and to explore the social construction of meaning (Burr, 1995; Smith, 1995). However, qualitative data obtained through interviews are often affected by social desirability (O’Brien & Clark, 2010). An innovative approach to researching participants’ personal experiences that helps avoid this methodological shortcoming is the use of data from online forums (Gough, 2016). Qualitative research offers ways to achieve an understanding of people’s experiences from their own perspectives and to explore the social construction of meaning (Burr, 1995; Smith, 1995). However, qualitative data obtained through interviews are often affected by social desirability (O’Brien & Clark, 2010). An innovative approach to researching participants’ personal experiences that helps avoid this methodological shortcoming is the use of data from online forums (Gough, 2016). My study of unsolicited narratives from online interactions of depressed men is an example of this approach.

Nature of the methodological innovation/critique being proposed:
In this presentation, I will demonstrate an innovative way to conduct qualitative research: by drawing data from the internet. I shall use the example of my own research which is focused on depression in men. This piece of research received ethical approval, in line with the Research Ethics Policy and Procedures of Leeds Beckett University, on 7 April 2016.

The presentation will consider methodological issues and will provide practical advice on: ways of identifying relevant internet sources, dealing with ethical issues surrounding working with online data, copying and saving online data, and tips about analysing online data using an example from my research with online interactions of depressed men.

Conclusion and relevance to counselling and psychotherapy research practice:
Online forums are filled with naturally occurring data, the analysis of which can provide new insights into the participants’ experiences (Gough, 2016). An additional benefit of online forums is that forum users can reach out and speak to a great number of other people with no geographical restrictions (Robinson, 2001). Furthermore, research with internet-sourced information can be of practical value since information from websites, which does not require special access rights, may normally be used in academic research and reproduced in not-for-profit research documents with the acknowledgement of the source (Snee, 2013).
Therapists’ reflections on the topic of sex and sexuality within counselling and psychotherapy training and practice

Anna Constantine, Counsellor/Psychotherapist, PhD Student (University of Chester)

Research paper aim/purpose:
Narratives relating to sex and sexuality, expressed explicitly or implicitly, can surface within the therapeutic space. Practitioner training programmes can play a significant role in assisting therapists in training to develop reflective self-awareness and competence to work with these matters. The aim of this study is to highlight therapists’ experiences of, and the adequacy of training for, working with the topic of sex and sexuality within counselling and psychotherapy. It is anticipated that the study will be of interest to trainees, practitioners, training providers and the wider therapeutic community.

Design/Methodology:
A hermeneutic phenomenological methodology is employed. Nine therapists who responded to an online call for participants were recruited. Inclusion criteria required participants to be currently practising as a therapist, a member of a professional body, and to have completed their initial training within the last five years. The training approaches of the participants include person-centred and integrative modalities. Individual audio recorded, semi-structured interviews were undertaken and subsequently transcribed. Data were analysed by a thematic approach.

Results/Findings:
The analysis of data yielded six superordinate themes and thirteen subordinate themes. Findings suggest that the topic of sex and sexuality was experienced by participants as elusive within their training environments. Participants felt ill-prepared to work with the topic within their practice and further learning was accessed independent of their core training. An increase in self-awareness gained through training was highlighted by participants. Challenges within therapeutic practice were experienced, including difficulties relating to working with sexual orientation.

Research Limitations:
The research is limited by sample size and potential researcher's bias in interpretation of the data.

Conclusions/Implications (including practice implications):
Participants experienced their training as inadequate in preparing them to work with the topic of sex and sexuality within their practice. Findings raise important questions for training, therefore the development of counselling and psychotherapy training programmes may be influenced by this research on completion of the project.
Developing ETHOS: a randomised controlled trial of school-based, humanistic counselling with young people

Megan Rose Stafford, Project Manager/Researcher (University of Roehampton)

Other Authors: Karen Cromarty, Charlie Jackson, Peter Pearce, Tiffany Rameswari, Mick Cooper

Background and introduction:
Levels of mental health problems in children and young people are increasing. Investing in support for young people with behavioural and emotional difficulties can help them achieve academically and improve longer-term outcomes such as employment and health. One potential intervention that may achieve this is school-based counselling. School Based Humanistic Counselling (SBHC) is based in evidence-based competences for humanistic therapies. In pooled analysis of data across four pilot studies comparing SBHC with Pastoral Care as Usual (PCAU), SBHC resulted in reductions in psychological distress and demonstrated cost-effectiveness, as compared to PCAU. A fully-powered randomized control trial (RCT) is needed to establish the effectiveness and cost-effectiveness of SBHC.

Nature of the methodological innovation/critique being proposed:
The ETHOS study is a fully powered RCT aiming to evaluate the effectiveness and cost-effectiveness of SBHC for young people, as compared with PCAU. The present paper aims to describe the experiences of setting up and implementing an RCT of this nature, to inform research professionals with an interest in conducting similar work. This paper is a reflective account of the experiences of conducting an RCT evaluating humanistic counselling in a school setting with young people.

Conclusion and relevance to counselling and psychotherapy research practice:
The key challenges of developing and executing a fully powered RCT of this nature, can be categorized as logistical (e.g. implementing a RCT across multiple sites, and in a school environment), ethical (e.g. managing ineligible participants and/or clinical risk) and practice-based (e.g. recruitment and training of humanistic practitioners in a real-world setting). We present these challenges, how we have mitigated for them and our learning over the first phase of the study, including set-up and participant recruitment. What we have learnt from developing and implementing this study, will be of interest to practitioners, researchers and educators working in the field of young people’s mental health and well-being, and/or in school-based settings.
Independent validation of the Pain Management Plan: benefits of self-management within a counselling setting

Joanna Quinlan, Pain Management Worker/Private Counsellor (County Durham and Darlington NHS Foundation Trust/Joanna Quinlan Counselling)

Research paper aim/purpose:
Over 14 million people in England are reported to live with persistent pain (Bridges, 2012). This has wide ranging impact on peoples’ lives with 25% losing their jobs and 25% diagnosed with depression. Unfortunately pain services are unable to meet the demand with only a third ever attending a pain specialist (Breivik et al., 2006). The Pain Management Plan (PP) is a brief cognitive behavioural (CBT) self-management programme for people living with persistent pain that can be individually facilitated or provided in a group setting. Although a CBT programme, the PP could be delivered within a person-centred framework of core conditions, a therapeutic relationship, emotional processing and reflection. For this reason, the PP would fit well into integrative therapeutic approaches already employed by counsellors/ psychotherapists. The PP is an effective and low cost option that has reported efficacy; first in the original Cole et al. evaluation, and now as part of an independent validation by Quinlan et al. The first aim is to provide an independent evaluation of the PP and second to suggest how this could be used within counselling practice.

Design/Methodology:
The PP programme was delivered by the County Durham and Darlington Pain Management Team as outlined in Cole et. al led training sessions. Key pre and post quantitative/ patient experience measures were repeated with clinical significant change determined and compared to the original evaluation.

Results/Findings: ~
Of the 69 participants who completed the programme 20% achieved clinical significant change using the Pain Self Efficacy Questionnaire (PSEQ). 11-22% achieved clinical significant change in Brief Pain Inventory (BPI) interference domains. There were high levels of positive patient feedback with 25% of participants scoring a 100% satisfaction.

Research Limitations:
This evaluation is not a randomised control trial.

Conclusions/Implications:
This evaluation has results equivalent to those reported by Cole et al. It demonstrates clinically significant improvement in pain and health functioning and high patient appreciation results. Both evaluations emphasise the potential of this programme as an early intervention delivered within a stratified care pain pathway. This approach could optimise the use of finite resources and improve wider access to pain management.
'Looking through a lens of terribleness': a thematic analysis of practitioners working in the field of domestic violence

Sass Boucher, Counsellor and Psychotherapist (Keele University)

Research paper aim/purpose: Counsellors, Social Workers and Specialist Domestic Violence practitioners all work with clients who have experienced domestic violence. This study explores how listening to clients who have experienced fear, terror, physical violence and emotional abuse may impact on them. Work based stress is identified in literature, alongside concepts such as compassion fatigue, vicarious trauma, secondary trauma and burnout as ways in which practitioners may be affected by their work.

Design/Methodology: This qualitative Thematic Analysis, spans three professions. Social Workers in a Child Protection setting, Specialist Domestic Violence Practitioners in a specialist domestic violence agency and Counsellors practicing in a specialist domestic violence setting. The sampling for six participants, two from each profession, was purposive, recruited through existing professional and academic networks.

Results/Findings: Five themes developed through analysis.

1. The ‘Brutality of Domestic Violence’ encapsulates the reality for practitioners, revealing explicitly painful descriptions of client’s traumatic stories that practitioners are exposed to.
2. ‘Support - the Good and the Bad,’ explored the participant’s feelings around supervision and other organisational support.
3. ‘The Weight of Responsibility’ highlights participant’s heavy feelings of responsibility towards their role and client group.
4. ‘The Impact on Practitioners’ exposes professional experiences of burnout, stress and exhaustion, alongside deep personal reflection on their values and views of the world.
5. ‘Training and Awareness’ explores participant’s feelings of being unprepared for the extent of domestic abuse in their client group, and the potential for it to impact on them.

Research Limitations: Limitations include a small sample of participants. The small scale of the study prevented potentially valuable analysis on the concept and practice of self-care. As a qualitative piece, the role of the researcher is also an important consideration and part of the study.

Conclusions/Implications: It is hoped this research will support development around effective support for practitioners, reflective supervision is recommended for any practitioner providing emotional support by the BACP. This study also aims to create an awareness of the statutory framework for any practitioner working with clients at risk due to domestic abuse and that all participants felt unprepared for this area of work indicating a desire for domestic abuse to be included in professional training.
The importance of reflective practice when working with abused women at risk of, or experiencing, mother-child separation

Laura Monk, University Teacher in Counselling (University of Nottingham)

Research paper aim/purpose:
Women become separated from their children in contexts of violence/abuse in a variety of circumstances, e.g. private and public family courts. No formal provision of counselling exists for the collective population of such mothers and there are no recognised therapeutic recommendations. The research aimed to answer the question of how practitioners can improve their responses to this population.

Design/Methodology:
An Intervention Mapping Approach (IMA) (Bartholomew et al. 2011) was used to plan, develop, implement and evaluate a learning development workshop for professionals. This investigation involved four studies: two with mothers (n=10) and two with a wide range of practitioners (n=52). Mothers were recruited through the charity, MATCH (mothers apart from their children) and participated in a co-autoethnography and a nominal group process. Thirty-one practitioners were interviewed during a training needs analysis and a further twenty-one participated in the workshop, which was evaluated using pre- and post-workshop questionnaires and a reflective practice exercise. Recruitment was through opportunity and snowball sampling. Data were analysed deductively using the PRECEED-PROCEED model (Green and Kreuter 2005), which is embedded in the IMA, and inductively using thematic analysis.

Results/Findings:
There were three key findings. Practitioners’ responses were: 1) either unhelpful/punitive/harmful and rooted in mother-blaming and motherhood ideology or, 2) helpful/supportive/therapeutic and rooted in person- and/or woman-centred practice, and 3) responses were improved through training that involved reflexivity.

Research Limitations:
Caution should be applied when interpreting the findings as data from the sample of ten mothers and fifty-two practitioners (48 females, 4 males, mean age = 50, SD = 12) were retrospective and subjective. Although limited claims for generalisability can be made, recommendations for practice are grounded in the data and underpinned by empirical research using IMA, which is a theory- and evidence-based research method.

Conclusions/Implications:
Findings highlight the need for reflective practice, encouraged through training and supervision. Reflexivity provides a method for practitioners to think about their own attitudes, beliefs, values and perceptions, and where these come from, e.g. culture, society, media and theory; and how such factors might affect practice. There are implications for practitioners working with marginalised/stigmatised groups.