

SOCIETY FOR PSYCHOTHERAPY RESEARCH



UK CHAPTER RAVENSCAR CONFERENCE 24th – 27th March 2010



Come and join one of the most friendly and welcoming professional conferences, celebrating the 23rd meeting of the Society for Psychotherapy Research in the UK.

The programme reflects the interdisciplinary nature of SPR, with a wide representation of professions, organizations and therapy orientations: be there, join in and help us make SPR more able to help you and other therapists.

Keynote speaker

Leigh McCullough Ph.D.

Leigh is Associate Clinical Professor at Harvard Medical School and Director of the Research Institute at Modum Bad Psychiatric Centre, Vikersund, Norway. She will be presenting her work on Affect Phobia and Affective Capacity in a Keynote presentation and workshop.

The programme includes 23 research based papers, a choice of 2 workshops, the famous SPR poster-viewing session and a great chance to network with and learn from clinical and academic researchers. The setting is a spectacular cliff-top hotel on the Yorkshire coast, home to the SPR-UK conference for many years. For further details, see www.ravenhall.co.uk

Outline timings:

Registration 9 – 10.30am. On Thursday 25th March 2010

Final session finishes 1.30 p.m. on Saturday 27th March 2010

A discounted rate is available to those who wish to stay on the night of Weds 24th

Programme may be subject to small change

**Application form for SPR UK conference
24th – 27th March 2010**

Name: _____

Address: _____

SPR member: Yes/No

(delete as appropriate. Membership is available: www.psychotherapyresearch.org/membership)

Conference cost covers full board accommodation and meals

I would like to register as:

- £350 (regular/retired member)**
 £325 (student member)
 £395 (non-member)

- Early Bird Discount for registrations before 29th November 2009 – conf. fees less £28.95**

*** Delegates with non-conference attendance partners staying in the same room will be charged at the following rates:**

I have a partner staying:

- Midweek** (Thursday) - £65.00 including breakfast, lunch and dinner;
 Weekend (Friday) - £75.00 including breakfast, lunch and dinner.

I/we would also like to stay on

- Wednesday 24th** at a discounted rate of £56.00 (includes dinner)

I enclose a cheque¹, payable to SPR (UK) for:

Total £

¹ If paying by invoice please supply name, address and email of organisation

**Please send payment (cheques only) to:
Carrie Beet – SPR conference administrator
Orchard Stable House
Orchard Lane
East Hendred
Wantage
OXON OX12 8JW**

¹ Please note although we will do our best to ensure that organisations have paid in advance, if they have not done so you will be liable for payment on the day. We will let you know if this is the case in advance of your travel



PROGRAMME (revised)

Thursday 25th March 2010

09.00-10.30 Registration and coffee

10.30-10.45 Welcome, housekeeping – Chair's introduction to Keynote Speaker

10.45-11.30 Keynote Speaker **Leigh McCullough**

**Freedom from Affect Phobia:
How Affective Capacity Can Guide Us in the Art and Science of Living.**

This presentation will discuss Affect Phobias and how we fear what we need most: the vital feelings that are most essential for healthy functioning. The distinction between adaptive and maladaptive affects will be discussed with examples of healthy emotional responses drawn from cultures around the world. Current research will be presented on the power of emotion to transform behavior.

11.30-12.30 **Plenary session: Change, trajectories & Measuring** (20 minutes each)

Complexities of Measuring Change in Psychotherapies

Chris Evans

“100 Trajectories: patterns of change in Routine Secondary Care Psychological Therapy, an Early Analysis”

Jeremy Halstead, Chris Leach, Mike Lucock

A New Self Report Measure of Mentalization

Alesia Perkins

12.30-13.30 LUNCH

13.30-15.10 **Plenary session: Relatedness and Group Therapies** (20 minutes each)

Compendium: A Computerised Programme for the Tracking and Measurement of Group Process

Marion Brown, Andy Downie, Nicole Howard

Changes in Object Relations Following Time Focused Group Psychotherapy

Geraldine Curtin

The (nature of the) Relationship Between Attachment Style and Symptom Reduction is examined in a Group of Depressed Outpatients across the Course of Brief Time-Limited Group Psychotherapy

Jo Wilson

The Experiences of People who Received Group PBCT for Distressing Voices

Luke Goodliffe, Mark Hayward AND Dora Brown

Can Group Psychotherapy Survive NICE? A Systematic Review of Group Analysis and Analytic/Dynamic Group Psychotherapy

Chris Blackmore

15.10-15.30 COFFEE

15.30-17.00 **Parallel Workshops:**

- A. Recording outcomes of psychotherapy – what outcomes?
Peter Stratton
- B. Approaches from Personal Construct Psychology and Simple Techniques from kinesiology are introduced to identify the core holding pattern
Susanne Lakin
- C. Affect Phobia Model of Short-term Dynamic Psychotherapy: Evidence-based treatment and interventions
Leigh McCullough
- D. Reading research papers critically: appraising evidence about practice
Fiona Warren
- E. Relating Theory: Its implications for research and therapy
John Birtchnell

17.00-17.15 Introduction of posters (1 minute intervals)

17.15-18.15 Poster viewing

19.00 DINNER

Friday 26th March 2010

08.00-09.00 BREAKFAST

09.00-10.40 **Plenary papers: Therapy and Lives** (20 minutes each)

A Controlled Study of Cognitive Analytic Therapy (CAT) for Stressed Pregnant Women with Anxiety and Depression: Rationale, Feasibility and Initial Results

Jane Hamilton, Ian B Kerr, Vivette Glover, Hilary Beard, Elizabeth Best

Researching the Reformulation in Cognitive Analytic Therapy

Lawrence Welch

Private Lives and Professional Practice

Marie Adams

Development and Preliminary Evaluation of an Instrument to Measure Internalised 'Subjective Communalities'

Ian B Kerr, Jan Abernathy

Sexual Boundary Violations

Bonnie Meekums and Carol Martin

10.40-11.10 COFFEE

11.10-12.30 **Plenary papers: Trials and Beyond** (20 minutes each)

Difficult Moments with Difficult Patients – The therapists experience

Thomas Schroder

The Experience and the Impact of Complaints on Psychotherapists Working Within the NHS: A qualitative study

Katherine Barnes

Trial Conducted in Latvia Concerning the Effects of Group Dance Movement Psychotherapy on Weight and Psychosocial Well-being in Overweight Women

Bonnie Meekums, Indra Majore-Dusele, Leva Vaverniece

The NICE Depression Guidelines and the Recovery Model: is there an evidence base for IAPT?

Susan McPherson

12.35 – 13.20 **Open Forum led by Michael Barkham**

Towards Broadening the Evidence Base Submitted to NICE in Support of Psychological Therapies

13.20-18.00 LUNCH followed by Small Group Networking

19.30 Reception with wine

20.00 CONFERENCE DINNER (DRESS INFORMAL)

Recognition of the work and contributions to SPR of Phil Richardson, Jane Knowles and Brian Lake

Saturday 27th March 2010

08.00-09.00 BREAKFAST

09.00-10.20 **Plenary papers: Extending the Boundaries** (20 minutes each)

The experiences of People who Received Group PBCT for Distressing Voices

Luke Goodcliffe and Mark Hayward

To Evaluate the Reliability and Validity of the Quality of Life Enjoyment and Satisfaction Questionnaire in a Population of Adults with Treatment Resistant Depression

Ester Kiehl

Therapeutic Relationships with Multiple Professionals in Community Mental Healthcare

Jocelyn Catty

Neutralising the Patient: An interpretative phenomenological analysis of therapists' accounts of sexual boundary violations

Nick McNutty

- 10.20-10.50 COFFEE
- 10.50-12.00 Therapeutic Relationships in Vocational Rehabilitation – the interaction of two relationships for people with severe mental illness
Jocelyn Catty
Person-Centred/Experiential Approaches to Social Anxiety: Initial outcome results
Robert Elliott & Brian Rodgers
SDO Evaluation of IAPT's Doncaster and Newham Pilots: what recommendations can we make now for IAPT?
Glenys Parry; Kim Dent-Brown (30 minute slot)
- 12.00-13.30 AGM (SPR members) with light lunch
- 13.30 CLOSE

The conference will be held at Raven Hall Hotel, Near Scarborough, North Yorkshire. YO13 0ET

Hotel website: www.ravenhall.co.uk

Tel: +44 (0) 1723 870353

Fax: +44 (0) 1723 870072

Email: enquiries@ravenhall.co.uk (if you wish to arrive earlier or stay later and book your own

room – checking in on the Wednesday will be from 3 p.m.)

For those not attending the conference sessions, breakfast will continue to be available each

morning until 0945.

Nearest railway station: Scarborough (12 miles to the South)

Nearest main line station: York (45 miles South West)

Nearest airport: Teeside (40 minutes North West)

Taxi: Nippee +44 (0) 1723 377377