

# DCoP Annual Conference

8–9 July 2016, Hilton Brighton Metropole



The British  
Psychological Society  
Division of Counselling Psychology

## DRAFT PROGRAMME TIMETABLE v9

### FRIDAY 8 JULY 2016 (only first authors listed)

Time	Regency (450)	Chartwell (80)	Edinburgh (50)	Gloucester (35)	Library (35)
9:15	<b>Welcome</b> (Regency) <i>Jill Mytton, Chair of Conference Committee</i>				
9:30	<b>Keynote</b> (Regency) <i>Professor David Clark</i>				
10:30	<b>Tea and Coffee</b>				
11:00	<b>Invited Session</b>  <b>Reflections on a Psychological Journey</b> <i>Professor Jamie Hacker Hughes – BPS President</i>	<b>5507 Workshop</b>  <b>Preparing for your doctoral viva workshop</b> <i>Rachel Tribe, UEL</i>	<b>5442 Paper</b>  <b>The lived experience of transgender people in Australia: Counselling Psychology and the transition process</b> <i>Catriona Davis-McCabe, Curtin University</i>	<b>5494 Paper</b>  <b>Super-Functioning and recovery: Counselling Psychology at another crossroads?</b> <i>Marko Turner, Uniting Recovery Mental Health</i>	<b>5431 Paper</b>  <b>Positive cultural belief about adversity predicts posttraumatic growth in Chinese young adults</b> <i>Kathleen Alias Hiu-Man Chim, University of Salford</i>
11:30				<b>5490 Paper</b>  <b>Existential Psychotherapy, cancer and religious faith</b> <i>Nicholas Sarantakis, Glasgow Caledonian</i>	<b>5474 Paper</b>  <b>Joy and laughter in the therapy room – A grounded theory study</b> <i>Elena Arora, Metanoia Institute</i>

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11:45	5487 Paper <b>Journey with the editors of the new Handbook of Counselling Psychology 4th Edition</b> <i>Barbara Douglas, Independent Practice</i>		Paper <b>Clinical practice with trans and non-binary people</b> <i>Christina Richards, Nottingham Centre for Gender Dysphoria</i>		
12:00		5512 Paper <b>A thematic analysis of the experience of Counselling Psychologists carrying out medico-legal assessments</b> <i>Craig Turnbull, CAMHS Hertfordshire Partnership NHS Trust</i>		5483 Paper <b>Email counselling and the therapeutic relationship - Implications for Counselling Psychologists</b> <i>Carole Francis-Smith, University of the West of England</i>	5171 Paper <b>Recovery Focused Care Transfer (ReFleCT): Fostering optimism and hope with clients prior to their discharge from secondary care</b> <i>Coleen Mercer-Quinn, TEWV NHS Foundation Trust</i>
12:30	<b>Lunch</b>				
13:00	<b>Sage Book Launch with desserts</b>				
13:30	5341 Symposium <b>Counselling Psychology from an international perspective</b> <i>Helen Nicholas, University of Worcester</i>  Paper 1	5486 Workshop <b>A call to action for Counselling Psychology: Refugees and social justice</b> <i>Philip Cox, University of Surrey</i>	5346 Workshop <b>Preventing self-harm in individuals with Borderline Personality Disorder symptomatology: Techniques that work</b> <i>Julia Noble, University of Manchester</i>	5518 Workshop <b>Go beyond 'good enough': How to delight your clients</b> <i>David Morrison, Glasgow Caledonian University</i>	5522 Workshop <b>Psychological rainbow – Intersectionality, research and applied practice</b> <i>Zakia Mahmood, BACPG</i>

	<p><b>Counselling Psychology around the world</b>  <i>Helen Nicholas,  University of Worcester</i></p> <p><i>Paper 2</i></p> <p><b>Counselling Psychology in the UK</b>  <i>Jessica Nielson Jones,  City University</i></p> <p><i>Paper 3</i></p> <p><b>Globalisation and internationalism of Counselling Psychology</b>  <i>Pam James,  Independent Practice</i></p>				
14:30			<p><i>5398 Paper</i></p> <p><b>Counselling in UK secondary schools: A review of evidence, and the development of the ESRC-funded ETHOS trial</b>  <i>Mick Cooper,  University of Roehampton</i></p>		
15:00	<b>Tea, Coffee and Poster Presentations</b>				
15:30	<b>Keynote (Regency)</b> <i>Dr Joanna Moncrieff</i>				
16:30	<b>Meet the Keynote session</b>				

17:00	<b>AGM</b>
19:30	<b>BBQ, Alfresco Restaurant</b>

**SATURDAY 9 JULY 2016** (only first authors listed)

<b>Time</b>	<b>Buckingham (250)</b>	<b>Balmoral (180)</b>	<b>Chartwell (80)</b>	<b>Edinburgh (50)</b>	<b>Gloucester (35)</b>	<b>Library (35)</b>
9:30	<p>5524 Symposium</p> <p><b>Building the evidence base for Counselling Psychology: Reports from a university research clinic</b> Mick Cooper, University of Roehampton</p> <p>Paper 1</p> <p><b>Introduction to the symposium: Practical considerations for setting up and running a research clinic</b> Tiffany Rameswari, University of Roehampton</p>	<p>5508 Workshop</p> <p><b>Neuroscience Workshop</b> TBC</p>	<p>5482 Workshop</p> <p><b>The questions I would like to ask but never do: A workshop for trainees</b> Daisy Best, Teesside University</p>	<p>5532 Workshop</p> <p><b>Discourse in the therapy room: The application of social constructionist methods in <i>challenging mental health settings</i></b> Richard Vincent, The School of Life/Private practice</p>	<p>5500 Symposium</p> <p><b>System update: Rethinking theory and practice in light of digital technologies</b> Elaine Kasket, Regent's University London</p> <p>Paper 1</p> <p><b>Technology and the ex-factor: Post-relationship behaviours in an online context</b> Lindy Morrison, Regent's University London</p> <p>Paper 2</p> <p><b>Understanding acculturation processes in the social networking age</b> Miloni Sanghvi, Regent's University London</p>	<p>5493 Paper</p> <p><b>Trauma resurgence and impact on dementia process: A study in elderly patients with Alzheimer's disease</b> Nicolas Delrue, Université</p>

10:00	<p><i>Paper 2</i></p> <p><b>Assessing clients' preferences for therapy; The Cooper-Norcross Inventory of Preferences (C-NIP)</b>  <i>Mick Cooper, University of Roehampton</i></p>				<p><i>Paper 3</i></p> <p><b>Understanding teenage girls' body-image construction and evaluation in the context of Instagram</b>  <i>Kathryn Ryan, Regent's University London</i></p>	<p><i>5383 Paper</i></p> <p><b>Posttraumatic growth in therapists working with trauma clients</b>  <i>Lucie Bartoskova, Glasgow Caledonian University</i></p>
10:30	<p><i>Paper 3</i></p> <p><b>Pluralistic therapy research: Investigations into shared decision-making</b>  <i>Adam Gibson, University of Roehampton</i></p> <p><i>Paper 4</i></p> <p><b>Meaning in loss: A pilot study of a meaning-oriented grief therapy group</b>  <i>Edith Steffen, University of Roehampton</i></p>	<p><i>5366 Paper</i></p> <p><b>Integrating neuroscience into Counselling Psychology: Exploring the views and experiences of UK based Counselling Psychologists</b>  <i>David Goss, University of Manchester</i></p>	<p><i>5489 Paper</i></p> <p><b>An Interpretative Phenomenological Analysis of psychodynamic supervisors' experiences of countertransference in supervision</b>  <i>Marta Sant, University of Malta</i></p>		<p><i>Paper 4</i></p> <p><b>Privacy regulation and "big data": Psychological, relational, and professional challenges</b>  <i>Elaine Kasket, Regent's University London</i></p>	<p><i>5543 Paper</i></p> <p><b>How do homeless survivors of abuse experience psychological therapy? An Interpretative Phenomenological Analysis</b>  <i>Emily Pathe, NHS Lanarkshire</i></p>
11:00	<b>Tea and Coffee</b>					
11:30	<p><i>5394 Paper</i></p> <p><b>Division of Counselling Psychology:</b></p>	<p><i>5165 Workshop</i></p> <p><b>An introduction to Neuropsychotherapy</b>  <i>Tony Ward, UWE</i></p>	<p><i>5505 Workshop</i></p> <p><b>Tiny texts and speed vivas: Tools for positioning and</b></p>	<p><i>5520 Workshop</i></p> <p><b>How using psychological theory and a</b></p>	<p><i>5481 Workshop</i></p> <p><b>Working independently - Setting up your own</b></p>	<p><i>5510 Paper</i></p> <p><b>Transcending trauma: Connecting to life in the face of</b></p>

	<b>Research Hub</b> <i>Neha Malhotra</i>		<b>arguing the contribution of your research</b> <i>Elaine Kasket, Regent's University London</i>	<b>constructivist approach towards teaching can help Counselling Psychology trainees better understand psychotherapy integration</b> <i>Alex Kyriakopoulos, Teesside University</i>	<b>psychology practice</b> <i>Daisy Best, Teesside University</i>	<b>death</b> <i>Lucy Longhurst, City University London</i>
12:00	5529 Paper  <b>Development in Counselling Psychology graduates: How can training programmes and the DCoP support leadership development in Counselling Psychology trainees?</b> <i>Tasim Martin-Berg, Glasgow Caledonian</i>					5530 Paper  <b>The role of peer support in recovery following traumatic bereavement: Insights from a qualitative service evaluation</b> <i>Edith Steffen, University of Roehampton</i>
12:30	<b>Lunch</b>					
13:30	5392 Paper  <b>An existential-phenomenological exploration of the lived experiences of men and women who have had counselling for their substance misuse: An Interpretative</b>	<i>Pecha Kucha Presentations</i>  5628  <b>A phenomenological study of loneliness amongst midlife lesbian women</b> <i>Charlotte Ord, Regent's University,</i>	5202 Workshop  <b>Everything you ever wanted to know about the Qualification in Counselling Psychology</b> <i>Victoria Galbraith, BPS Qualification in Counselling</i>	5521 Workshop  <b>A win-win situation: How engaging with local mental health services can help Counselling Psychology trainees to improve their understanding of clinical</b>	5519 Paper  <b>Leading the market: Understanding who your customers are and how to have more of them</b> <i>David Morrison, Glasgow Caledonian University</i>	5514 Paper  <b>Advancing compassionate practice in threat-focussed environments</b> <i>Alison McGourty, SLaM NHS Foundation Trust</i>

	<p><b>Phenomenological Study</b>  <i>Gulshan Vazir, NHS South West Yorkshire</i></p>	<p><i>London</i></p> <p>5632</p> <p><b>Is personal therapy relevant to CBT clinical practice?</b>  <i>Ariele Noble, University of Roehampton</i></p> <p>5533</p> <p><b>Inter-personal without the person: A conversation analysis and discursive psychology investigation into the way client and counsellor manage their relationship during online counselling</b>  <i>Richard Vincent, The School of Life/Private practice</i></p> <p>5536</p> <p><b>How do mephedrone users experience and make sense of their problematic use: Interpretative Phenomenological Analysis</b>  <i>Gurjeet Bansal,</i></p>	<p><i>Psychology</i></p>	<p><b>evaluation and audit frameworks</b>  <i>Alex Kyriakopoulos, Teesside University</i></p>		
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		<p><i>London Metropolitan University</i></p> <p>5671</p> <p><b>Walking in their shoes: An exploration of Black African and Black Afro-Caribbean clients experience of accessing Primary Care Services</b> <i>Jennifer Chigwende, City University London</i></p> <p>5573</p> <p><b>Personal development in the context of a psychological therapy training - An autoethnography</b> <i>Sophie Armes, Metanoia Institute/Middlesex University</i></p> <p><b>The Experience and meaning of compassion and self-compassion for individuals with an eating disorder presenting for Compassion Focused Therapy</b></p>				
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		Amy Crossley-Lewis				
14:00	5364 Paper <b>"Victim cast as perpetrator": Men's experiences of the criminal justice system following female-perpetrated intimate partner violence</b> Jessica McCarrick, Teesside University				5531 Paper <b>Romantic couples and autism spectrum disorder: An inter subjective approach</b> Rachel Lewis, Regents University London	5506 Paper <b>Factors affecting individual vulnerability to burnout and insights into improving workplace resilience</b> Tim Walker, City University London
14:30	<b>Tea and Coffee</b>					
15:00	<b>Poster Prizes (Buckingham)</b>					
15:15	<b>Keynote (Buckingham)</b> Dr Sharon Bowman					
16:15	<b>Close of Conference</b>					

**POSTERS (WILL BE DISPLAYED OVER BOTH DAYS) A-Z ORDER BY FIRST AUTHOR**

5267 **Living with acquired brain injury from a young adult's perspective: The implications for Counselling Psychology**  
Erin Elizabeth Seeto, City University London

5515 **A qualitative study of the impact of group dream work on psychotherapists' personal and professional development**  
Maryna Bentley, University of West of England

5517 **Private Matters: Counselling Psychologists' early experiences of working independently**  
David Morrison, Glasgow Caledonian University

5523 **Assessing the stress and resilience levels amongst health care workers providing emergency care in Sierra Leone**  
Judith Ormrod, University of Manchester

5542 **Reading and writing for well-being: A qualitative exploration of the therapeutic experience of adult participants in a bibliotherapy and creative writing group**  
Brianna Malyn, University of the West of England

**5556 Psychotherapists' experiences of non-intentional client death: A systematic review**

*Didier Danillon, University of Manchester*

**5558 Non-suicidal self- injury (NSSI): A qualitative survey study**

*Lorna Robinson, University of the West of England*

**5559 "We are not all dangerous and crazy" Constructions of voice hearing: A critical discursive analytic approach**

*Rebecca Aloneftis, City University London*

**5585 Exploring therapists' understandings of child sexual abuse and the impact of this on their practice with adult 'survivors': A discursively informed thematic analysis**

*Lynn Suter, Lifecentre/UEL*

**5587 IPA study exploring astronaut experiences of seeing planet Earth from space: Implications for well-being and Counselling Psychology**

*Annahita Nezami, City University London*

**5593 Exploring the psychological processes of lone fatherhood: A grounded theory approach**

*Anna Hovris, London Metropolitan University*

**5596 What are the experiences of young gay/lesbian women (18-25 years) in coming to terms with their sexual orientation?**

*Sarah Jones, Keele University*

**5597 How do clients who meet the criteria for Borderline Personality Disorder experience the therapeutic relationship?: An interpretative phenomenological analysis**

*Samantha Dewhurst, University of Surrey*

**5601 Working with self-harm: An interpretative phenomenological analysis of the experiences of counselling psychologists**

*Amirah Iqbal, University of Wolverhampton*

**5602 Exploring the personality traits of trainee psychologists and their motivations to become registered**

*Manpreet Kaur, University of Wolverhampton*

5603

**Who are the leaders and where are they working; Mapping our clinical leadership in terms of the service where they are**

*Philippa Capel, 2Gether Trust*

**5604 Words crossing worlds: Perception of post-traumatic stress symptoms related with bullying in the workplace: A systematic review**

*Nancy Leaver, University of Manchester*

**5605 Counselling Psychologists experiences of transference and counter-transference when working with clients who have experienced abuse**

*Carly Malcolm, Glasgow Caledonian University*

**5606 Case management supervision for psychological wellbeing practitioners working within IAPT services: A thematic analysis**

*Alexandra Painter, University of the West of England*

**5607 Supporting well-being and resilience in ministry: Examining the level of work-related stress and the impact of Bowen's Systems Coaching on burnout and work overload in Church of England clergy**

*Kathryn Kissell, University of Roehampton*

**5608 What is the experience of families who have used Open Dialogue in the NHS?**

*Jack Closs, City University*

**5909 A road (slightly) less travelled: A qualitative exploration of British women's experiences who are childfree through choosing**

*Mary Hill, University of the West of England*

**5610 What could psychological therapists do better? A systematic review of client accounts of unsatisfactory experiences**

*Caroline Vermes, University of Manchester*

**5611 The lived experience of mothers who have navigated alcohol addiction and child protection services in England**

*Gail Freedman, University of Wolverhampton*

**5613 How therapists establish trust with clients who dissociate and have a history of trauma: An Interpretative Phenomenological Analysis**

*Christina Theodoridu, Glasgow Caledonian University*

**5616 A thematic analysis of the experience of person-centred counselling for clients with multiple sclerosis: A pilot study**

*Rosemarie Lynass, Glasgow Caledonian University*

**5619 What is it like for adolescents with ASD to move onto secondary school? A grounded theory approach to explore this period from different perspectives**

*Cheryl Watkins, University of Wolverhampton*

**5622 Maternal ambivalence in the transition to motherhood: A narrative analysis**

*Sharon Collins, University of the West of England*

**5624 'The means to survive': South Asian women's perspectives of self-harm**

*Aishwarya Sambath, City University London*

**5626 A qualitative study of the factors influencing couple adjustment to a diagnosis of chronic fatigue syndrome**

*Jennifer Tell, University of Wolverhampton*

**5637 Living clean & eating green: Unhealthy attitudes to healthy eating**

*Joanna Harvey, City University*

**5639 Identity, intimacy, and self-other relations: Constructing asexual identities and intimacy in a sexualised world. A critical discursive account**

*Nina Nouripanah, Regent's University London*

**5641 Technology and the ex-factor: A mixed methods study of online abusive behaviours after relationship endings among UK adults**

*Lindy Morrison, Regent's University*

**5647 What is the process underpinning the psychologist's perception of and responses to the client's system of support in their therapeutic work with adults with learning disabilities?**

*Michelle Benson, Regent's University London*

**5648 The Trainee Counselling Psychologist's perspective of the therapeutic uses of self in online text based counselling**

*Gregory Warwick, University of Manchester*

**5649 How do transgender individuals decide when to begin hormone treatment? A grounded theory analysis of this decision making process and how it can be best supported**

*Loa Sofie Wamsler, London Metropolitan University*

**5653 Experiences of students from a refugee background in higher education: A systematic review of qualitative evidence**

*Doireann Mangan, University of Manchester*

**5654 Experiences of women attending an NHS specialist psychotherapy service for survivors of childhood sexual abuse**

*Rhea A. Williams, City University London*

**5655 What is known about the psychological health and well-being experiences of female military veterans?**

*Gemma Jones, University of Manchester*

**5656 Online dating experiences of individuals on the autistic spectrum**

*Ideh Massali, University of Wolverhampton*

**5657 An exploration of the meaning, perception and experiencing of failure in a therapeutic context among early career Counselling Psychologists**

*George Molesis, Glasgow Caledonian University*

**5658 From novice to expert: A qualitative investigation of the views and beliefs of Counselling Psychologists in training about working with clients experiencing eating disorders**

*Louiza Koen, University of Wolverhampton*

**5659 The age of anxiety: The experience of anxiety and attending to the body after completing a mindfulness-based stress reduction course**

*Jeeda Alhakim, City University London*

**5660 The facilitators, barriers and needs of individuals with Autism spectrum conditions accessing further and higher education: A systematic review**

*Nicky Toor, University of Manchester*

**5661 What they thought then and how they think now: A qualitative exploration of the lived experience of adult adoptees of closed adoption and its' influence on their significant relationships**

*Jana Outerbridge, University of the West of England*

**5662 Living and dying with lung cancer in Scotland: A literature review**

*Alison McLaughlin, Glasgow Caledonian University*

**5663 The efficacy of a two-tiered trauma resilience programme for front-line police constables and sergeants: A pilot study**

*Paula Riella, University of the West of England*

**5665 Pride and prejudice: Maternal perspectives of disability, an interpretative analysis**

*Alexandra Oxley, SLAM*

**5667 Constructing and deconstructing medically unexplained symptoms**

*Marianne Seabrook, London Metropolitan University*

**5668 Walking in their shoes: An exploration of Black African and Black Afro-Caribbean clients experience of accessing Primary Care Services**

*Jennifer Chigwende, City University*

**5673 Managing parallel life stages: A quantitative study of psychological wellbeing, satisfaction with life, and parental sense of competence in parents at midlife**

*Ariana Jordan, University of East London*

**5675 The experience and construction of selfhood & other in contexts of sexual identity persecution and displacement: A pluralistic qualitative analysis**

*Claudia Ezraeelian, Regent's University*