

Conference Programme

A Conference On Developing the
Researcher Role in Therapeutic Practice



Fri 5th May – Sat 6th May 2017
Marymount University Hospital & Hospice, Cork
€150 (incl lunch & refreshments)

RESEARCH: FRIEND NOT FOE!

KEYNOTE SPEAKER:
PROFESSOR MICK COOPER

Book at conference@corkcounsellingservices.ie
or visit www.corkcounsellingservices.ie today.

This conference is run in conjunction with



Friday 5th May 2017

Time	Event
14.00 - 15.00	Registration
15.00 - 15.30	Welcome Ms Karen Walsh , CCS & Mr Anthony Boland , Marymount
15.30 - 17.00 Chair Ms Karen Walsh	Plenary presentation. Professor Mick Cooper . "What makes therapy effective: Reviewing findings from the psychotherapy research field"
17.00 - 17.30	Coffee / tea
17.30 - 18.30 Parallel presentations Chair 1A & 1B Ms Debbie Hegarty Chair 2A & 2B Mr Hugh Morley	<p>1A: Ms Clare McCormack - "Will You Understand Them?" psychotherapy and counselling students' attitudes and awareness in relation to dementia and working with clients who present with symptoms.</p> <p>1B: Ms Colette Cahill - Clients expectations of quick fixes & solutions - An exploration of the experiences of IH counsellors in Ireland.</p> <p>2A: Ms Madeline Andersen-Warren - Exploring and Examining Practice through a Delphi Cycle.</p> <p>2B: Dr Kate Kirk - Safe and Sound: a cooperative inquiry with psychodrama psychotherapists who work with clients who have experienced child sexual abuse.</p>
18.30 - 19.30	Drinks reception with The Cork City Lord Mayor Cllr Des Cahill and Cork County Deputy County Mayor Cllr Kevin Conway

Saturday 6th May

09.00 - 09.30	Late registration
09.30 - 11.30 Chair Mr Joseph Enright	Plenary presentation: Professor Mick Cooper "Relational depth: The latest evidence" Followed by interview with Mr Joseph Enright (CCS)
11.30 - 12.00	Coffee / tea
12.00 - 13.00 Parallel presentations Chair 1C & 1D Mr Hugh Morley Chair 2C & 2D Dr. Kate Kirk	<p>1C: Ms Verniece O'Sullivan - Striving for Perfection - How it can Hurt: a qualitative study exploring the impact of the pressures that newly qualified counsellors place on themselves to get it right.</p> <p>1D: Ms Karen Walsh - Teaching research: An exploration of "here be dragons" territory and the discovery of the counselling researcher.</p> <p>2C: Ms Michele O'Brien - Embodied and Relational: the core supervisory stance for these times.</p> <p>2D: Ms Delphine O'Keeffe - Therapeutic Relating Embodied: an exploration of psychotherapists' experiences of touch in therapy.</p>
13.00 - 14.15	Lunch
14.15 - 15.15 Plenary presentations Chair 1E & 1F Ms Laura Maybury	<p>1E: Mr Hugh Morley - Are Cork Counsellors Predictable Types? To explore if Jungian personality types of IACP counsellors in Cork bear out hypotheses from literature about counsellors' inborn disposition to their work.</p> <p>1F: Dr Kate Kirk - Nobody Nowhere to Somebody Somewhere: researching the effectiveness of psychodrama with young people who have Asperger's Syndrome.</p>
15.15 - 16.00	Dr. Kate Kirk and Ms Karen Walsh - Grasping the Tail of the Comet: researching counselling and psychotherapy - a panel discussion followed by Q&A and close.



Conference Posters:

Mr Anthony Boland, Mr Richard Daly, Ms Emma Carey, Dr. Kate O'Sullivan

Conference Mini Posters:

Ms Catherine Scallan, Ms Nicola Dineen, Ms Lorraine Horrell, Ms Bridget Horgan, Mr Pat Lyons

Conference Related Reading:

Cooper, M. (2016) *Existential Therapies* (2nd Ed.), London: SAGE

Cooper, M., McLeod, J. (2010) *Pluralistic Counselling and Psychotherapy*, London: SAGE

Cooper, M. (2008) *Essential Research Findings in Counselling and Psychotherapy: The Facts are Friendly*, London: SAGE

Cooper, M., Mearns, D., (2005) *Working at Relational Depth in Counselling and Psychotherapy*, London: SAGE

McLeod, J. (2016) *Using research in counselling and psychotherapy*, London: SAGE

McLeod, J. (2013) *An introduction to Counselling and psychotherapy research*. London: SAGE

McLeod, J. (2011) *Qualitative research in Counselling and Psychotherapy*. London: SAGE

Bager-Charleson, S. (2014) *Doing practice based research in therapy: a reflexive approach*. London: SAGE

Alvasson, M., and Skoldberd, K. (2010) *Reflexive Methodologies -new Vistas for Qualitative Research*, London: SAGE

Smith et al, (2009) *Interpretive Phenomenological Analysis: theory, method and research*, London: Sage



Professor Mick Cooper

Professor Mick Cooper is an internationally renowned pioneer and recognised authority in the field of counselling and psychotherapy and a chartered psychologist. He is the author of *Essential Research findings in Counselling and Psychotherapy*, *The Facts are Friendly* and other well known texts from relational depth to existential & pluralistic approaches to counselling & psychotherapy. He is a Professor of Counselling Psychology at the University of Roehampton, south London; and a Chartered Counselling Psychologist. Mick's main area of research interest has been school based counselling. He is currently seconded as the National Advisor for Counselling for the Children and Young People's Improving Access to Psychological Therapies programme by the Department of Health, England.



Dr Kate Kirk

Kate Kirk has travelled the road from being a new, and a bit frightened, practitioner who had to undertake research for her MA in Counselling Studies to being bitten well and truly by the bug. Since gaining her PhD, she has held roles that are dedicated to promoting research skills, confidence and experience for practitioners who work with people in many professional roles: chiropodists, health visitors, nurses, counsellors

and psychotherapists. For the past four years she has been lead trainer for research module for the BSc Counselling and Psychotherapy for Cork Counselling Services. She is a member of the research committee of FEPTO (Federation of European Psychodrama Training Organisations) and her current practitioner research is looking at the international landscape of psychodrama with young people; this is a qualitative study using the Delphi Cycle with 32 psychodrama practitioners from Europe, Thailand and America. In 2016 she was co-editor, with Christian Stadler and Michael Wieser, of a special volume of *Zeitschrift für Psychodrama und Soziometrie* entitled *Psychodrama: Empirical Research and Science 2*.



Ms Karen Walsh

Karen is a psychotherapist, supervisor and core trainer. She is head of training at Cork Counselling Services Training Institute and is a co-module leader in research on the BSc (Hons) top up programme. Karen has been involved in training students in counselling for over 20 years. She is part of the management team at Cork Counselling Services and been active in helping the organisation grow and develop. She has recently been one of the leaders in designing and developing the Hons degree programme in counselling and psychotherapy and has co led the programme through its accreditation with Coventry University. Karen is committed to working as a relational psychotherapist (Integrative Humanistic) as part of a community counselling organisation. Not surprisingly her current research interests are the challenges of undertaking research as a humanistic integrative therapist and how to improve the teaching of research to practitioners.