

Free online research event series 2021 - 2022

The Society for Psychotherapy Research UK Chapter is proud to offer a series of free online research events for psychotherapy researchers (both novice and experienced) and research-interested practitioners. Employing a range of different event formats (e.g., panel discussion, online lecture, student presentations), expert psychotherapy researchers will present and discuss their current research projects and methodologies with their implications for psychotherapy practice. An online student research seminar will offer clinical/counselling psychology students the opportunity to present their own research and view research being done by other students.

*The online events are available **free of charge** for both SPR members and non-members.*

October 2021 event

**On using first person methods to model change in psychotherapy:
A multi-case study underpinned by autoethnography
by John Hills
on Monday 18th October 2021 (6:30-7:30pm)**

Abstract: Presented here are the findings from my PhD research: a multicase study from my own counselling practice with four clients who presented with embodied expressions of distress. I set out to build models of therapeutic change. However a parallel thesis emerged during the project: an autoethnographic account in which my uses of supervision, personal therapy, dreams and life events, intersect with formal stages of theory development.

Sessions were audio recorded and coded for qualitative markers indicating the emergence of novel self-narratives. Therapeutic change was typified by an evolving internalised map of self and world, with corresponding change in embodied experience. However a reflexive narrative running throughout the work highlights the superordinate role of reflexivity in theory development. The continuous evolution of change concepts reflects the theory building work of clinicians in their everyday practice.

Dr John Hills is now a Senior Lecturer at Leeds Beckett University, leading on the MA Integrative Counselling program. His current research interests include the engagement of the psychotherapy profession with the social determinants of mental health.



To register for the event go here: [here](https://www.eventbrite.co.uk/e/182486190107)
<https://www.eventbrite.co.uk/e/182486190107>

Further events in the series:

Wednesday 10th November (6:30-7:45pm) - Short presentation and panel discussion

Here to stay...!? The future of online therapy

Professor Naomi Moller, Dr Andreas Vossler (both Open University), Kate Anthony (Online Therapy Institute) & Anne Stokes (Patron of the Association for Counselling & Therapy Online, ACTO)

To register for the event go here: [here](#)

Thursday 9th December (6:30-7:30pm) - Online seminar with Q&A

StratCare: A multi-site randomised controlled trial of stratified care for depression

Dr Jaime Delgado, Senior Lecturer in Clinical Psychology, University of Sheffield, UK

To register for the event go here: [here](#)

Thursday 20th January 2022 (6:30pm-8pm) - Short presentations and discussion

Online Student Research Seminar

Short student presentations with discussion/feedback from the audience (Postgraduate students and researchers)

To register for the event go here: [here](#)

Wednesday 9th February (6:30pm-7:30pm) - [Book launch](#) and discussion

Outcome measure and evaluation

Dr Chris Evans, Visiting Professor, University of Sheffield & Dr Jo-Ann Carlyle, Consultant Clinical and Forensic Psychologist

To register for the event go here: [here](#)

Wednesday 16th March (6:30pm-7:30pm) - Online lecture with Q&A

Clients' perspectives on preference work: A Consensual Qualitative Research

Dr Gina Di Malta, Lecturer in Psychotherapy and Counselling, The Open University & Dr Hanne Weie Oddli, Associate Professor, University of Oslo, Norway

To register for the event go here: [here](#)

SOCIETY FOR PSYCHOTHERAPY (SPR) UK CHAPTER CONFERENCE LEEDS 2022

“Evidence for practice: Used, not used, misused?” - Full day hybrid (in-person and online) conference hosted by the UK Chapter Saturday 9th April 2022



The conference will provide a unique opportunity to share your research developments and engage with psychotherapy researchers, practitioners and students from the UK and further afield in a welcoming and collegiate atmosphere. The conference is planned as a hybrid conference, with in-person attendance (COVID 19 permitting). The in-person part of the conference will be held at Leeds Beckett University (Rose Bowl). Our two internationally renowned key note speakers will be Dr Jocelyn Catty and Professor Michael Barkham, addressing themes from their respective perspectives on child & adolescent and adult psychotherapy research, practice and teaching.

The submissions portal (link to follow) will be open from 15th October 2021 until 07th January 2022. For further information please go to the [conference website](#).

To learn more about membership of the SPR follow [this link](#)