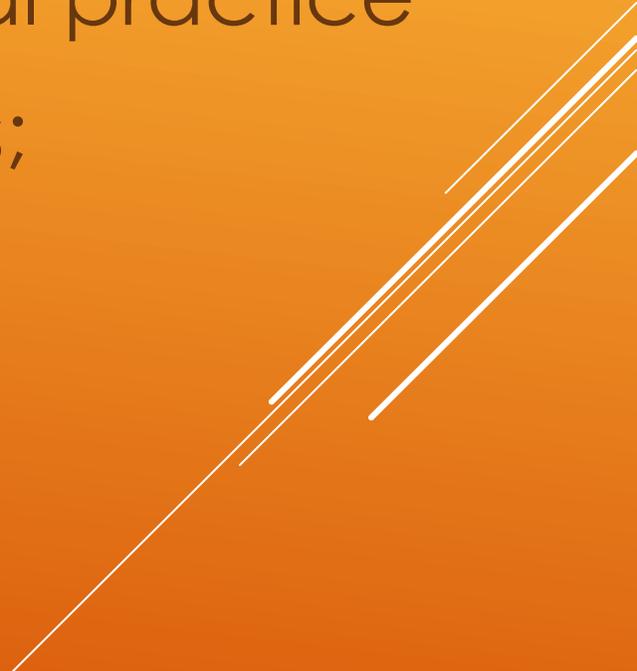


SPTI RESEARCH SHOWCASE 2017  
'RESEARCH & THE RELATIONSHIP'

SHARING MY EXPERIENCES  
WHY?

- ▶ Why did you choose to attend this workshop?
  - ▶ Where are you right now in your time-line?
  - ▶ What are your dreams academically / professionally?
  - ▶ What are you passionate about?
- 
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## Post graduate experiences of:

- ▶ Incorporating my research into my clinical practice
  - ▶ Disseminating my research: presentations; publications; workshops
  - ▶ Exploring further (research) opportunities
- 
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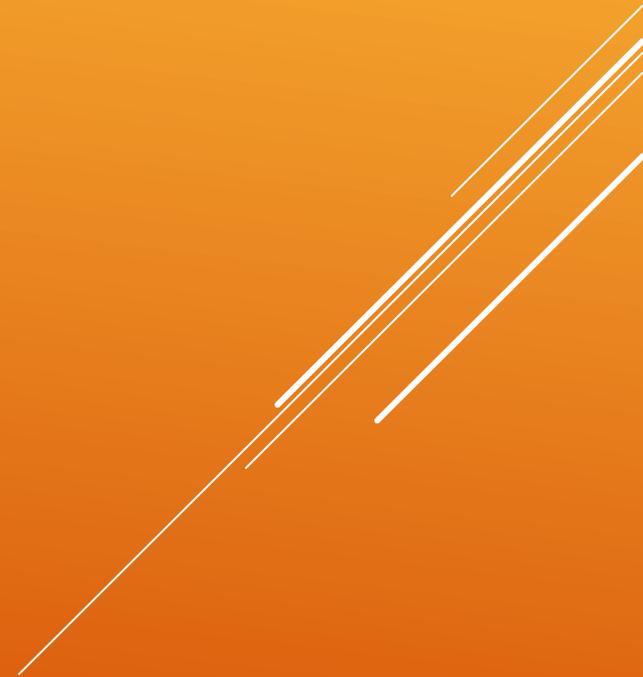
## SPTI Research project

- ▶ This module involves the undertaking and writing up of a small-scale research project relevant to the theory and practice of Integrative Psychotherapy
- ▶ It aims to produce research-competent practitioners capable of advancing the profile of Integrative Psychotherapy

## Shaping your research question

- ▶ What do you want to know more about, in respect of your research subject?
  - ▶ What do you want to achieve?
- 
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- ▶ My own therapy experience ...
- ▶ My training experience ....



## Personality integration

- ▶ 'The process of making whole: taking disowned, unaware, unresolved aspects of the ego and making them part of a cohesive whole' (Erskine 1996; 2015)

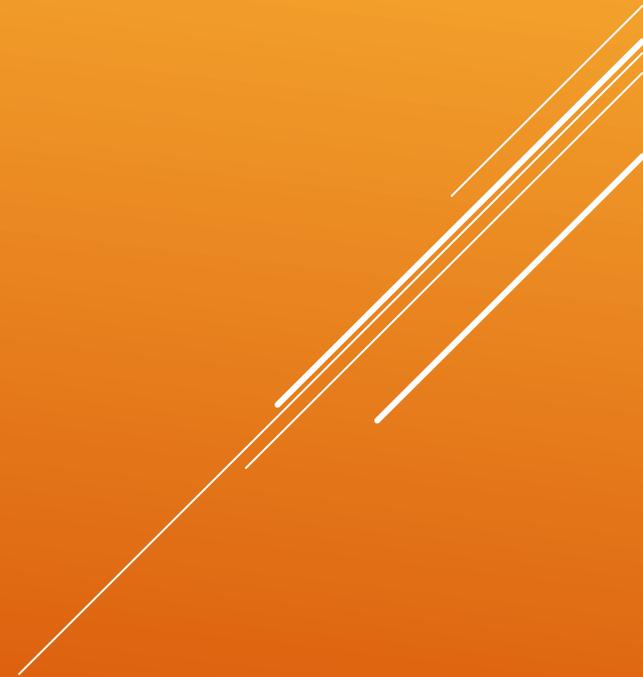
- ▶ A descriptive phenomenological inquiry into the clients experience of reconnecting with hidden aspects of self within the context of integrative psychotherapy
  - ▶ I wanted to know more about the textures of this experience from the clients first person perspective
- 
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# Incorporating my research into my clinical practice

- ▶ Working with adults who want help to recover from childhood relational trauma
- ▶ How does it feel to be them? What's the texture?
- ▶ How can this bespoke understanding inform my interventions?
- ▶ What did my research tell me?

# Disseminating my research

- ▶ Understanding my motivation
- ▶ Why?



2015

- ▶ May 1<sup>st</sup> SPTI quarterly Graduate Research Group
  - ▶ June bacp research conference, Nottingham
  - ▶ November SPTI Research Showcase
- 

2016

- ▶ January submitted research paper bacp CPRJ
  - ▶ January bacp Nottingham Counsellors Network presentation
  - ▶ February Pilot of Your Inner Child Workshop
  - ▶ September 1st Your Inner Child (YIC) workshop, Nottingham
- 
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2017

- ▶ January/ February 'Dissemination and writing for publication' & 'Fixing your problems in research evaluation' (Institute of Mental Health, Prof. Martin Orell)
  - ▶ February bacp Private Practice Journal
  - ▶ April YIC Croydon
  - ▶ June YIC Liverpool
  - ▶ October YIC Cardiff & Stafford
  - ▶ November YIC Nottingham
- 

▶ BACP Research Conference (June 2015)

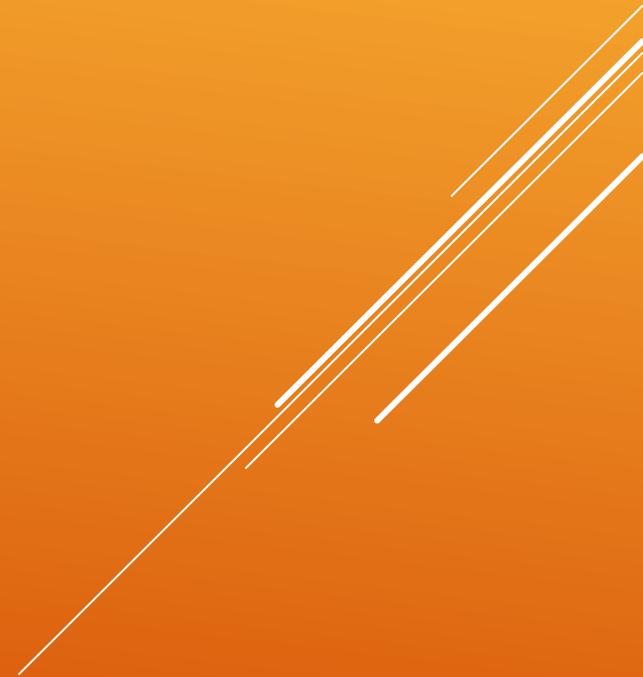


▶ SPTI Research Showcase (November 2015 )

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- ▶ Submitted research paper bacp Counselling & Psychotherapy Research Journal (January 2016)

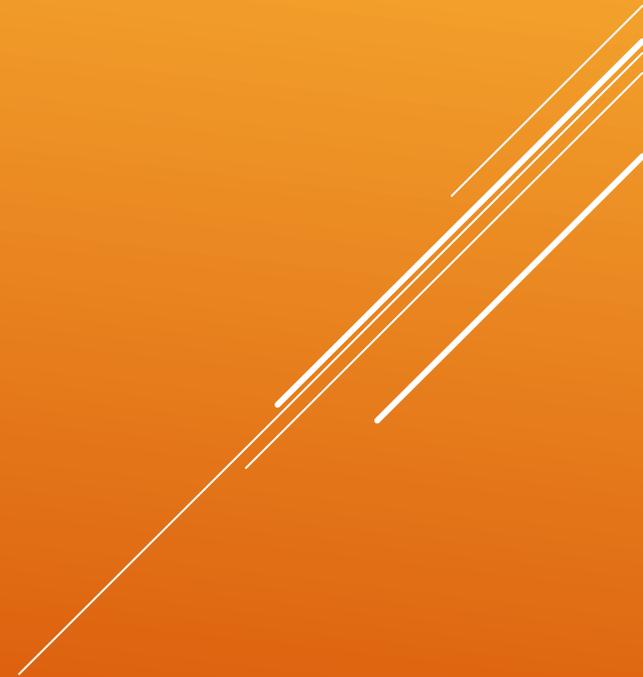
- ▶ Presentation bacp Nottingham Counsellors Network  
(January 2016)



▶ Pilot: Your Inner Child (YIC) workshop (February 2016)

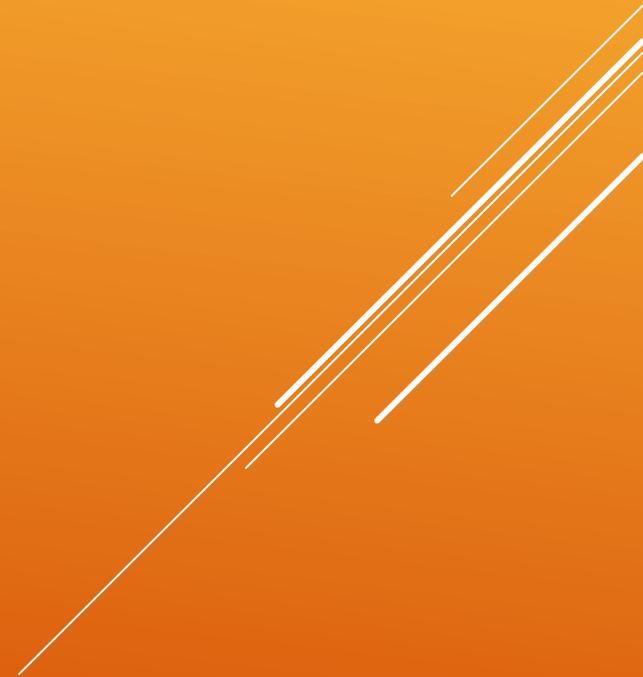
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- ▶ 1st Your Inner Child Workshop, Nottingham  
(September 2016)



- ▶ ‘Dissemination and writing for publication’ & ‘Fixing your problems in research evaluation’
  - ▶ Institute of Mental Health, Prof. Martin Orell (January / February 2017)
- 

- ▶ bacp Private Practice Journal: 'The Child Within'  
(February 2017)



- ▶ YIC Croydon (April 2017)
  - ▶ YIC Liverpool (June 2017)
  - ▶ YIC Cardiff & Stafford (October 2017)
  - ▶ YIC Nottingham (November 2017)
- 
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## Exploring further (research) opportunities

- ▶ Private practice: case studies
- ▶ Workshop: shame and the practitioner (research?); human development
- ▶ Future articles: CPRJ; bacp PP Journal; International Integrative Psychotherapy Association
- ▶ Book: all the chapters are in the original research
- ▶ Doctorate in Psychotherapy by Professional Studies Dpsych (Prof)

- ▶ Imagine where you want to be in 4 years time ...
  - ▶ What's your motivation?
  - ▶ What steps do you need to take?
  - ▶ What is the opportunity cost?
  - ▶ What support do you need?
  - ▶ What is the cost?
- 
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- ▶ Any questions or points?

## Contact details

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