



A Collaborative Revolution: Pluralistic Practice and Change

4th International Conference on Pluralistic Counselling and Psychotherapy

- Online Event -

Friday 16th July – 5:30pm onward (plus online pub till late)

Saturday 17th July – 9:30am to 6:15pm

Hosted by: University of South Wales and Online Events



WELCOME TO THE 4th ICPCP [ONLINE]

PANEL [FRIDAY EVENING]

Mick Cooper



Mick is an internationally recognised author, trainer, and consultant in the field of humanistic, existential, and pluralistic therapies. He is a Chartered Psychologist, and Professor of Counselling Psychology at the University of Roehampton. Mick has facilitated workshops and lectures around the world, including New Zealand, Lithuania, and Florida.

<https://mick-cooper.squarespace.com/>

Anna Fox



Anna is the Course Lead for the BA Counselling and Therapeutic Practice at the University of South Wales. She has worked as a CBT Therapist and Pluralistic Therapist in the voluntary sector, in educational settings and in private practice for the past eleven years and is an accredited member of the BACP. Prior to re-training she worked in education for 20 years and has a specific interest in working with disability and Autism Spectrum Disorder. Anna was a member of the Oxfordshire Autistic Advisory Service and was founder member and Chair of Thomley – a centre for families with disability -

which she designed along a Pluralistic philosophy.

<http://staff.southwales.ac.uk/users/10681-lafox>

Richard Knight



As a PhD researcher, as well as a pluralistic counsellor and DBT therapist, Rich is passionate about exploring counselling, disability, and intersectionality. Specifically, the counselling process of a disabled counsellor. They hope to ensure further diversity is prioritised within counselling. Rich is proud to be part of the Pluralistic Diversity Group, which provides a network and safe space to those from minority communities. They have substantial experience working with clients living with disabilities and with complex mental health conditions. Rich is both physically and comprehensionally disabled and identifies as non-binary. They work with four powered wheels and the four paws of their assistance dog as standard, or from their hospital bed, challenging

the dynamics of practice, academia, and accessible ways of working. For further information or if interested in joining the Diversity Group please contact them on r.knight@yorks.ac.uk.

Mariya Levitanus



Mariya is a Lecturer of Therapeutic Studies at the University of South Wales. Her doctorate thesis from The University of Edinburgh was entitled: Regulation and Negotiation of Queer Subjectivities in post-Soviet Kazakhstan. Mariya's interests include everyday experiences of gender and sexuality within counselling and psychotherapy and qualitative research methodologies.

Andrew Reeves



Andrew is a BACP Senior Accredited Counsellor/Psychotherapist, a Registered Social Worker and an Associate Professor in the Counselling Professions and Mental Health. He has worked for over 35 years in a range of practice settings, and often in multi-disciplinary teams. He is immediate past-Chair of BACP and is committed to inter-professional and systemically-informed ways of working. <https://andrew-reeves.net/>

OPENING CONVERSATION [SATURDAY]

We start the proceedings on Saturday with a conversation between the co-founders of the pluralistic approach and new practitioners and students. The discussion will centre on the future of pluralism.

Mick Cooper



John McLeod



Mick Cooper is an internationally recognised author, trainer, and consultant in the field of humanistic, existential, and pluralistic therapies. He is a Chartered Psychologist, and Professor of Counselling Psychology at the University of Roehampton. Mick has facilitated workshops and lectures around the world, including New Zealand, Lithuania, and Florida. <https://mick-cooper.squarespace.com/>

John McLeod is Emeritus Professor of Counselling at the University of Abertay, Dundee, and has been Visiting Professor at Universities and Colleges in Ireland, Italy, New Zealand and Norway. Author of books and articles on a wide range of topics in the field of counselling and psychotherapy, he has been a leading figure in the development of pluralistic practice.

Joining Mick and John are the following trainees and qualified practitioners:

- Janie Keddie
- Dr Chistine Kupfer
- Marc Johnson
- Nadia El-Nakla
- Gary Tebble

KEYNOTE CONFERENCE TALK [SATURDAY 4:30 – 5:30]

Tony Rousmaniere



Alexandre Vaz



‘Reaching for clinical expertise: Deliberate practice in psychotherapy.’

Therapists vary significantly in their clinical effectiveness, independent of their ages, sex, theoretical orientation and years of experience (Castonguay & Hill, 2017). To help explain the variables that might account for psychotherapy expertise, the science and study of expertise (Ericsson et al., 2018, 1993) has caught the attention of psychotherapy researchers, and the use of “deliberate practice” (DP) has been proposed as a common variable in highly effective psychotherapists (Rousmaniere et al., 2017). Recent empirical data supports the claim that therapists who undergo a routine of DP seem to achieve better outcomes and skills acquisition. An upcoming book series by the American Psychological Association Press aims at tailoring DP principles for training both common and model-specific clinical skills (Rousmaniere & Vas, in press). This workshop will (1) review the principles of DP, (2) focus on the practical applications of DP for therapist’s skill building, and (3) invite attendees to try experiential DP exercises they might use for ongoing skill development and enhancing client outcomes.

Tony Rousmaniere is Clinical Faculty at the University of Washing, has a private practice in Seattle, and is Co-Founder of the DP Institute. He provides DP workshops, webinars, and advanced clinical training and supervision to clinicians around the world. Dr. Rousmaniere is the author/co-editor of five books on deliberate practice and psychotherapy training and the forthcoming book series “The Essential of Deliberate Practice” (APA Press). In 2017 he published the widely-cited article in the Atlantic Monthly, “What your therapist doesn’t know”. Dr. Rousmaniere supports the open-data movement and publishes his aggregated clinical outcome data, in de-identified form, on his website at www.drtonyr.com. A Fellow of the American Psychological Association, Dr. Rousmaniere

was awarded the Early Career Award by the Society for the Advancement of Psychotherapy (APA Division 29). <https://drtonyr.com/>

Alexandre Vaz is a clinical psychologist and researcher at ISPA-University Institute in Lisbon, Portugal, and Co-Founder of the DP Institute. He is Co-Editor of the American Psychological Association Press's series "The Essentials of Deliberate Practice", and author of "Researching for Expertise: A Primer on DP for Psychotherapists". He has presented numerous peer-review papers and held various committee roles for the Society for Psychotherapy Research (SPR) and the Society for the Exploration of Psychotherapy Integration (SEPI), and is part of the Editorial Board of the Journal of Clinical Psychology: In Session. Dr Vaz is also founder and host of the Psychotherapy Expert Talks, and acclaimed interview series with distinguished therapists and researchers; and author on the 3rd edition of the Handbook of Psychotherapy Integration (2019, Oxford Press). <https://www.dpfortherapists.com/alexandre-vaz>