



4th International Conference on Pluralistic Counselling and Psychotherapy 2021

University of
South Wales
Prifysgol
De Cymru

Online Event: Live: Friday 16th and Saturday 17th July 2021

A Collaborative Revolution: Pluralistic Practice and Change

Programme Friday evening 5pm til late.

5.00-5.30	Arrival and Reception – come on chat to meet and greet.
5.30 – 5.40	Welcome to this online event with our webcast hosts Online Events – John Wilson and Andrew Reeves
5.40-6.30	Andrew Reeves will host a panel Discussion around the title of the conference with Mick Cooper, Anna Fox, Mhairi Thurston, Richard Knight and Mariya Levitanus
7.00 til late	Online Pub and social gathering.

Programme Saturday 9.30 – 6.15pm.

9:00 - 9:30	Arrival and Reception – come on chat to meet and greet.
9:30 – 9.45	Welcome to this online event with our webcast hosts Online Events – John Wilson
9:45 – 10:30	Panel: Professor Mick Cooper; Professor John McLeod with Janie Keddie, Dr Chistine Kupfer, Marc Johnson, Nadia El-Nakla and Gary Tebble

10.30-11.00	Research into Practice Strand				Practice into Research Strand
	Rm 1 (30 mins)	Rm 2 (30 mins)	Rm 3 (30 mins)	Rm 4 (30 mins)	Rm 5 (30 mins)
	<p>Cindy Cromar</p> <p>Incorporating Positive Psychology into the Pluralistic Framework – taking a client from functioning to flourishing</p>	<p>Amanda McGarry</p> <p>Exploring suicide potential through the lens of pluralism.</p>	<p>Lisa Cromar</p> <p>The Roots of the Autistic Mind</p> <p>The efficacy of utilising the pluralistic approach when working with individuals</p>	<p>Imogen Harries</p> <p>‘A Solid Post in the Ground’ Pluralism and the Supervision of Experienced Secondary School-Based Counsellors: Emerging ideas and the implications for supervisory practice.</p>	<p>Kate Smith</p> <p>On being a pluralist – the importance of therapist identity and relational styles</p>
11.00-11.15	BREAK				

11.15-12.45	Research into Practice Strand		Practice into Research Strand				
	Rm 1 (30 mins)	Rm 2 (60 mins)	Rm 3 (90 mins)	Rm 4 (90 mins)	Rm 5 (90 mins)	Rm 6 (60 mins)	Rm 7 (60 mins)
11.15-11.45	<p>Mick Cooper</p> <p>The Goals Form: Reliability, Validity, and Clinical Utility of an Idiographic Goal-Focused Tool for Routine Outcome Monitoring in Counselling and Psychotherapy</p>	<p>Sophia Balamoutsou</p> <p>Exploring the development of a collaborative research database, ‘How can we cultivate a collaborative and open sharing about how we conduct research?’</p>	<p>Rolf Sundet</p> <p>Pluralistic practices and causation – on a helpful perspective and tool for practice in a world of complexities</p>	<p>Nicola Blunden</p> <p>Working Pluralistically with Parts of Self - A Collaborative Space</p>	<p>Ani de la Prida</p> <p>A Pluralistic Approach to Therapeutic Communication</p>	<p>Alison O’Connor</p> <p>Reflecting on moral injury, trauma and loss through a pluralistic lens.</p>	<p>Mariya Levitanus</p> <p>Queering psychotherapy: denormalisation of the counselling room</p>

11.45-12.15	Rm 1 (30 mins)	Sophia Balamoutsou					
	Hilary McNally Exploring the experience of counselling students in the use of deliberate practice						
12.15-12.45	Rm 1 (30 mins)						
	Mick Cooper Client Perspectives on Preference Accommodation in Therapy: A Consensual Qualitative Research Study						
12:45 – 1:35	LUNCH						

1.35-1.45	Welcome back and Book Launch		
1.45 – 2.45	Encounter Groups		
	Room 1	Room 3	Room 4
	Pluralistic Encounter Group	Creativity Group	Research Group
	<p>‘Developing a format for pluralistic encounter groups’.</p> <p>In this unstructured dialogue, we will explore a number of questions order to start to collaboratively develop a framework. Our starting point will be Ani de la Prida’s blog, available on the pluralisticpractice website, on the ways in which pluralistic principles might be extrapolated to encounter group work. We encourage participants to read this blog before attending this session.</p>	<p>This session is a chance to find out about the Creativity Gathering; meet some of the Gatherers, ask questions and see if you’d like to be involved.</p> <p>Creativity is a rich resource of healing and an important facet of our humanity. It can add depth and richness to the therapeutic process. We do hope you’ll be inspired to meet with us and learn more.</p>	<p>Our aim is to provide attendees of the 4th ICPCP with an opportunity to conceptualise and engage with the drive to use a pluralistic frame to undertake research. This 90 minute workshop will involve an introduction to pluralistic enquiry and then allow attendees to break in to one of three groups for discussions.</p>
2.45 – 3.00	Break		

3.00-4.00	Research into Practice Strand			Practice into Research Strand				
	Rm 1 (60 mins)	Rm 2 (60 mins)	Rm 3 (60 mins)	Rm 4 (60 mins)	Rm 5 (60 mins)	Rm 6 (60 mins)	Rm 7 (60 mins)	Rm 8 (60 mins)
	<p>Dr. Hannah Gilbert</p> <p>Meeting cross-cultural selves: Building links between anthropology and pluralistic psychotherapy</p>	<p>Dr. Jay Beichman</p> <p>Pluralistic Philosophies and the Future of Pluralistic Therapies</p>	<p>Jill Brennan</p> <p>"The Lotus in the Therapy Room : what might be the benefits of further study of psychotherapeutic practitioners with non-theistic religious affiliations?"</p>	<p>Ani de la Prida</p> <p>Collaborative contracting with children and young people – a creative approach</p>	<p>Robin Higgins</p> <p>The Neuro-Science of Well-Being and Personal Purpose</p>	<p>Alex Drummond</p> <p>Anger Management: when ADHD or Autism underpins domestic conflict and violence.</p>	<p>Andrew Reeves</p> <p>Collaborative Engagement with Suicidal Clients: Pluralistic Practice and Making Sense of Risk</p>	<p>Lisa Cromar</p> <p>Autistic Masking: Learning how to understand and assist a client in deciphering masking behaviours</p>
4.00-4.30	Break							
4.30 – 5.45	<p>Key Note Speakers Tony Rousmaniere and Alexandre Vaz</p> <p>‘Reaching for Clinical Expertise: Deliberate Practice in Psychotherapy’</p> <p>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.</p>							
5.45-6.15	Key themes from the conference							