International neighbours: building a research infrastructure that works at local, national and international levels

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International neighbours: building a research infrastructure that works at local, national and international levels

The UK perspective:
• The socio political drivers for research
• The professional context
• Strategic activity
• International collaboration
The socio political drivers for evidence based counselling and psychotherapy

- Empirically supported treatments (ESTs)
- Clinical guidelines (NICE)
- Emotional capital and Improving Access to Psychological Therapies (IAPT)
- Public protection and regulation
The professional context

- Theory driven training for practitioners
  - Lack of research capability and capacity
    - Limited evidence base
      - No independent subject status
        - and
        - Limited research funding
BACP strategy

To develop core competencies and a core curriculum

To contribute to the knowledge base for counselling and psychotherapy

To develop a research culture

To develop a national research infrastructure

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Training competent therapists

- The professional role and responsibility of the therapist
- The social, professional and organisational context for therapy
- Understanding the client
- The therapeutic process
Developing a research culture and contributing to the evidence base

- Engaging practitioners
- Professional networking
- Research partnerships
- Raising the profile of research
Engaging practitioners

- Enquiry service
- Research surgeries
- Dissertations database
- Therapy Today research pages
- Special interest articles
- Research awards
- Annual conference

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The web

Published systematic reviews

- *Counseling in the Workplace: a comprehensive review of the research evidence* – 2nd edition
  By Professor John McLeod (University of Abertay, Dundee) (January 2008)

- *The impact of clinical supervision on counsellors and therapists, their practice and their clients: a systematic review of the literature*
  By Professor Sue Wheeler (Institute of Lifelong Learning, University of Leicester) and Kaye Richards (BACP) (December 2007)

- *A systematic review of research on counselling and*

ESRC Researcher Development Initiative

The University of Leicester, in partnership with BACP, secure an ESRC Researcher Development Initiative grant

Research projects and priorities:

- The Research Department aims to raise research awareness within the BACP membership to develop a research culture while contributing to the evidence base of counselling and psychotherapy.
Professional networking

- Psychological Professions Advisory Group
- Supporting IAPT
- New Savoy Partnership
- Consultations
- Conferences
Research partnerships

• Joint research bids
• Research network support
• Seed corn funding
• Supporting research clinics
Raising the profile of research

CPR

Systematic reviews

Information sheets

‘The facts are friendly’ Mick Cooper’s Book

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Developing a national research infrastructure

- Training research aware practitioners
- Developing research partnerships
- Building national resources
- Launching a Research Foundation
International collaboration
Thank you