



**Abertay
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1st International Conference on Pluralistic Counselling & Psychotherapy

**Abertay University | Dundee | Scotland
17-18 March 2018**

Programme



WELCOME

Welcome to the 1st International Conference on Pluralistic Counselling and Psychotherapy.

We are delighted to welcome participants from many parts of the world, and feel honoured to have been able to co-ordinate an event that offers such a diverse range of contributions and themes. Pluralistic therapy is a relatively new approach, and an important aim of the conference is to identify ways that we can all work more closely in the future to support each other in offering flexible, collaborative forms of help to our clients and service users. We would like to acknowledge the invaluable role of the Pluralistic Practice Network in establishing a forum in which like-minded practitioners and researchers can connect with each other. We encourage everyone attending the conference to talk with members of the Network about the work they have been doing, and to think about ways in which these efforts can be expanded.

The closing plenary at the conference will provide a space in which new initiatives can be explored. We hope that the conference will be an event where anyone can speak to anyone else – we all have valuable experience and skills to share. Finally, we also hope that, if you have come from afar, you will take this opportunity to get to know our lovely city of Dundee.

Kate Smith & Julia McLeod
Conference Co-Chairs

PROGRAMME

Saturday 17 March 2018

09.00 -09.45	Registration and coffee - Room 1007
09.45 - 10.15	Welcome to the Conference – Room 1516
10.15 - 11.00	Keynote Address – Room 1516
	Mick Cooper Directionality: Deepening an understanding of goal-oriented theory and practice
11.00 - 11.30	Coffee – Room 1007/1001
11.30 - 13.00	Papers
	Panel 1 - New perspectives in pluralistic theory and practice 1 – Room 1006
	Christian Hanser The 'Welcome Hut' as salutogenic, open access dwelling in the public sphere. Case study of life storytelling and narrative arts applied in a civic shelter in France
	Hanne Oddli, Gina Di Malta and Mick Cooper Client experiences of goal negotiation over the course of pluralistic therapy
	Sarah Cantwell Talking about what might be helpful: summary of findings from the concrete practice of pluralistic therapy
	Panel 2 - Working with young people 1 – Room 1516
	Gary Tebble Developing a pluralistic model of practice for counselling work with young people (11-16) with special educational needs/disabilities (SEND), using a mixed methods approach
	Miriam Finnegan The challenges of language: communicating with young people in counselling and psychotherapy.
	Jayne Nairn and Felicity Snowsill Digital interventions: creating a safe space for young people on-line
	Panel 3 - Therapist identity – Room 1004
	Marcella Finnerty How do integrative psychotherapists integrate?
	Jay Beichman How therapists make sense of pluralistic approaches to therapy: a qualitative interview study
	Ifidon James Ohilebo Socio-demographic variables predicting knowledge, attitude and practice of pluralistic counselling among secondary school counsellors in Nigeria
	Panel 4 - Measure development – Room 1517
	Patricia Joyce, Mick Cooper and Joel Vos Development of a young persons' therapy personalisation form
	Teresa McKenna How young people engage with the YP-CORE
	Mick Cooper and John Norcross The development of the C-NIP Preference Tool, and its use in clinical practice

Saturday 17 March 2018

13.00 - 14.00	Lunch – Bar One, Student Centre
14.00 - 15.30	Workshops
	Workshop 1 – Room 1004
	Andrew Reeves The potency of pluralistic practice with clients at risk of suicide: exploring experience and enabling change
	Workshop 2 – Room 1006
	Mick Cooper Working with goals in counselling and psychotherapy
	Workshop 3 – Room 2032
	Sondra Beres Finishing well: counselling through end of life
	Workshop 4 – Room 2008
	Sarah Cantwell Managing practical dilemmas in talking about what might be therapeutically helpful in pluralistic therapy
15.30 - 16.00	Coffee – Room 1007/1001
16.00 - 17.00	Workshop 5 – Room 1004
	Walter Baxter Case Formulation using a time-line map for short-term (6 session) work
	Workshop 6 – Room 1006
	Mike Moss The gift we are thirsting for: a pluralistic perspective on the therapeutic relationship
	Workshop 7 – Room 2032
	Rebekah Moore Peer research – the ultimate in participatory research?
	Workshop 8 – Room 2008
	Lynsey McMillan A pluralistic approach to eating disorders
	Workshop 9 – Room 1007
	Robin Higgins World Café: deep dive dialogues about pluralism
18.00 - 19.00	Walking Tour of Dundee
19.00 - late	Conference buffet dinner and ceilidh



Sunday 18 March 2018

09.00 -09.30	Registration and coffee - Room 1007
09.30 - 10.15	Keynote Address – Room 1516
	Rolf Sundet Pluralistic therapy and family therapy: A possible partnership?
10.15 - 11.00	Keynote Address – Room 1516
	John McLeod Getting closer to everyday life: using cultural resources in pluralistic therapy
11.00 - 11.30	Coffee - Room 1007/1001
11.30 - 13.00	Papers
	Panel 5 - New perspectives in pluralistic theory and practice 2 – Room 1004
	Susanne Thomson and Kat Stevens Social capital and therapy: working with women on issues around abuse and trauma Kate Smith Remembering a life: Autobiographical memory processes underlying narrative change and their implications for pluralistic therapy Patricia Joyce, Mick Cooper and Joel Vos Helpfulness of feedback tools: a young persons' perspective
	Panel 6 - Creative approaches – Room 1006
	Mark Pearson A multiple intelligences contribution to pluralism: Enhancing choice with a focus on strengths Doreen Fleet Developing a pluralistic and dialogical theoretical framework of a sand-tray intervention with adult clients. Grainne Ward Art-making as an adjunct to pluralistic therapy – a case series study
	Panel 7 - Pluralistic perspectives on different presenting problems – Room 1517
	Lisa Campbell and Kate Smith Therapy experiences of UK Armed Forces veterans treated for PTSD Michelle Nicholson A pluralistic approach to practice: the UK's first counselling service for women affected by pregnancy sickness Dawn O'Brien Client experience of helpful and hindering aspects of counselling for problematic anxiety
	Panel 8 - Training issues 1 – Room 2008
	Marcella Finnerty and Cariona Kearns Developing an organising framework for training in pluralistic counselling and psychotherapy: a pilot study Maheen Saeed and Zoe Powell Martin Becoming a counsellor: The student experience of a pluralistic training programme Richard Craven Pluralism as a framework for training and practice in mental health nursing

Sunday 18 March 2018

13.00 - 14.00	Lunch - Bar One, Student Centre
14.00 - 15.30	Papers
	Panel 9 - Using case study evidence to inform pluralistic theory and practice – Room 1004
	<p>Grainne Ward A case analysis of the facilitative processes associated with an art-therapy intervention in pluralistic counselling for an ACOA client.</p> <p>Siobhan Quinn Making sense of the emotional impact of early parental loss with an adolescent girl presenting with suicidal ideation, self-harm and eating disorders</p> <p>Teresa Mckenna A pluralistic approach in the treatment of Bipolar Disorder: the case of Catherine</p>
	Panel 10 - Training issues 2 – Room 1006
	<p>Jill Whitfeild Personal development groups: A safer version of the outside world</p> <p>Hannah Ballingall Counselling issues in access to higher education</p> <p>Sally Lumsdaine Evaluating pluralistic training: what makes a good counselling course?</p>
	Panel 11 - Working with young people 2 – Room 2008
	<p>Patricia Joyce A pilot randomised controlled trial of pluralistic counselling with young people who present with issues of addiction</p> <p>Dorothy Ingram A pluralistic approach to group counselling for young people</p> <p>Catriona Kearns, Marcella Finnerty and John McLeod Pluralistic group therapy for anxious children: a waiting list management strategy</p>
	Panel 12 – Room 1025 and 1026
	Room available for open meeting: issues around the further development of pluralistic therapy
15.30 - 15.45	Break
15.45 - 17.00	Closing Plenary – Room 1516
	Reflections on the conference. Further development of pluralistic therapy. Further conferences and events.





NOTES





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