



International Research Conference

8th and 9th February 2018

“All in the Mind”

**Global Perspectives on
Understanding
Researching and Treating
Mental Health**

**International Speakers
Presentations and Debate**

Generously Supported by the Isle of Man Medical Research Committee

Programme - Day One

Thursday 8th February 2018

09.30	Opening Speeches - Lecture Theatre	
	<p>Hon. David Ashford MHK - Minister of Department of Health and Social Care Angela Murray - Director of Community Care Dr Roy Clague - Isle of Man Medical Research Committee</p>	
Chair Venue	Juan Corlett Lecture Theatre	Nicola Howard Scott Foundation Room
10.45	Coffee Break	
11.00	Training / Supervision	Researching Psychotherapy
	<p>Learning in supervision and transfer into psychotherapeutic practice – the impact of verbal reflection and dramatization Hannes Krall (Austria)</p> <p>Educational and personal processes in psychodrama psychotherapy-pilot Project Mirjana Jovanovska Stojanovska (Macedonia)</p> <p>The process and outcome in psychodrama-based training groups for psychology students Krzysztof Ciepliński (Poland)</p>	<p>Nobody Nowhere to Somebody Somewhere: researching the effectiveness of psychodrama with young people who have Asperger’s Syndrome Kate Kirk (Isle of Man)</p> <p>Using the Hermeneutic Single Case Efficacy Design in a psychodrama group António-José Gonzalez and Paulo Martins (Portugal)</p>
13.00	Lunch Break	
14.00	Lecture Theatre - Key Note Speaker	
	<p>Professor Phil Jones “Children and Young People as Researchers” A rights perspective on children’s research into their experiences and views</p>	
Chair Venue	Juan Corlett Lecture Theatre	Kate Kirk Scott Foundation Room
15.00	Children’s Play	Voices of Service Users
	<p>Improving Mental Health and Wellbeing for Children using Play and Creative Arts Therapy Jan Watson (Isle of Man)</p> <p>‘Playful Awakening – Releasing the Gift of Play in Your Life’ Di Gammage (United Kingdom)</p>	<p>“Nicola, I am not being heard” Is the Voice of the Person Diagnosed with Anorexia Nervosa being heard in our Health Service? Nicola Howard (Isle of Man)</p> <p>All in the Mind? What about the rest of me: Using horticulture to stimulate our minds, bodies, social interactions, and soul in school settings. Carl Dutton (United Kingdom)</p>
16.30	Close	
16.45	UKCP HIPC Working Group for Children and Young People	17.30 FEPTO - Opening Meeting
18.00	Close	

Programme - Day Two

Friday 9th February 2018

9.30	Lecture Theatre - Key Note Speaker Professor Mick Cooper The Facts are Friendly: "Research findings in Psychotherapy and Counselling"	
10.30	Coffee Break	
Chair Venue	Juan Corlett Lecture Theatre	Nicola Howard Scott Foundation Room
11.00	<p>About Diagnosis</p> <p>Stalag Loopy, Barbed Wire Mad: An exploration of the mental health of Allied POWs in Europe 1939-1945 Stacey Astill (Isle of Man)</p> <p>Are Personality Disorders real or only exist on the Professionals' mind? Luis Simoes (Isle of Man)</p>	<p>Researching Practice</p> <p>Experience of Psychodrama Rehabilitation Group: based on interviews of five women and (IPA) Mari Rautiainen (Finland)</p> <p>The Portuguese Version of the Spontaneity Assessment Inventory (Revised) Paulo Martins and António-José Gonzalez (Portugal)</p>
12.30	Lunch Break	
13.30	<p>Lecture Theatre</p> <p>DEBATE</p> <p>"this house believes that ICD 10 / DSM V diagnosis is required to access treatment and helps understanding of mental health"</p>	
Chair Venue	Juan Corlett Lecture Theatre	Nicola Howard Scott Foundation Room
14.30	<p>Addiction</p> <p>Using Psychodrama as a Research Tool with Young People to Explore the Spiritual Dimension of their Twelve Step Recovery Journey Veronica Harris (Ireland)</p> <p>Psychodrama in therapeutic communities for drug addiction: A study of four cases investigated using idiographic change process analysis Authors-Ines Testoni and Maria Silvia Guglielmin (Italy) Presented in absentia by co-author Kate Kirk (Isle of Man)</p>	<p>Resilience and Coping</p> <p>Beyond Diagnosis: Developing a model of mental wellness, resilience and development. Graham Clucas (Isle of Man)</p> <p>The pressure and privilege of providing palliative care professionally to friends, colleagues and family Lottie Morris (Isle of Man)</p>
16.00	Closing Plenary - Hannes Krall - Chair FEPTO Research Committee	
16.30		

Key Note Speaker

Children and Young People as Researchers: A rights perspective on children's research into their experiences and views

Professor Phil Jones



Abstract

Recent years have revealed new perspectives on the complexity of children and adults trying to work together in research. On the one hand, good intentions about children's participation rights, or user involvement, in research can dissolve or become distorted. On the other, we are increasing our insight into positive ways in which children and adults engage together in the process. This presentation is offered in the spirit of adding to such insight. It will report on a pilot, funded by LankellyChase, which offered the opportunity for children and young people experiencing disadvantage to train as researchers and to develop projects to explore their own, and other children's, experiences and views on their lives. It involved the formation of a group of children as a reference group or 'Youth Expert Panel' for the pilot and collaboration between University College London's Institute of Education and four different partner organisations working with children experiencing disadvantage. The young researchers received training, devised research to explore the theme of disadvantage based on their own responses to the term, were supported in implementing the research and made decisions about impact, including how they wanted their findings to be disseminated. The presentation will focus upon one of the projects which addressed children's perceptions of their own and others' wellbeing in relation to disadvantage. The presentation will build bridges between this project and research involving children in the context of therapy.

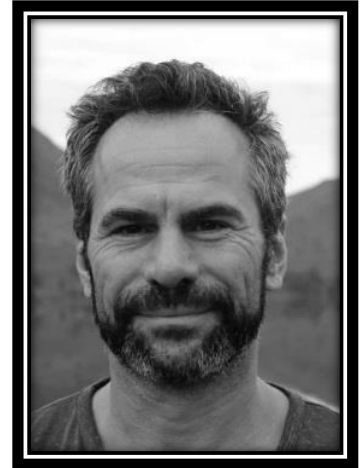
Biography

Phil Jones is Professor of Children's Rights and Wellbeing at UCL's Institute of Education and he was Director of Research, School of Education, at the University of Leeds. He was recently awarded a Fellowship of the Royal Society of Arts, Manufactures and Commerce (RSA) and was a Mellon Distinguished Scholar at the University of the Witwatersrand, Johannesburg. Publications include 'Rethinking Childhood: Attitudes in Contemporary Society' (Continuum); 'Rethinking Children's Rights' (with Welch, Bloomsbury); 'Exploring Education and Childhood' (with Wyse, Davis and Rogers, Routledge); 'Childhood' (with Moss, Tomlinson and Welch, Pearson) and he is editor of Bloomsbury's 'New Childhoods' Series. His books on the arts therapies have been translated and published in China, South Korea and Greece, and he is working on the second edition of 'The Arts Therapies' (Routledge) and third edition of 'Drama As Therapy' (Routledge). Research articles have been published in the 'European Journal of Counselling and Psychotherapy', 'Research in Drama Education', 'Counselling and Psychotherapy Research', 'The Arts in Psychotherapy' and 'Body, Movement and Dance in Psychotherapy'. He has given keynotes in many countries including South Africa, South Korea, the U.S.A., Italy, Greece, the Netherlands and at the Triennial World Congress for Psychotherapy, Sydney, Australia

Key Note Speaker

THE FACTS ARE FRIENDLY: Research Findings In Psychotherapy And Counselling

Professor Mick Cooper



Abstract:

How important is the therapeutic relationship? Do some therapists have better outcomes than others? What kinds of clients are most likely to improve in therapy? This keynote will present a state-of-the-art review of current evidence on the outcomes of psychotherapy; looking at overall effects, and the factors that are associated with better or poorer outcomes. This includes orientation factors, therapist factors, relational factors and client factors. The paper will then go on to consider some key current developments in the psychotherapy research field, in particular the move towards the use of systematic feedback and from 'evidence-based' practice to 'evidence-tailored' practice

Biography

Mick Cooper is Professor of Counselling Psychology at the University of Roehampton, where he is Director of the Centre for Research in Social and psychological Transformation (CREST). Mick is a chartered psychologist, a UKCP-registered psychotherapist, and a Fellow of the British Association for Counselling and Psychotherapy (BACP). Mick is author and editor of a range of texts on person-centred, existential, and relational approaches to therapy; including *Working at Relational Depth in Counselling and Psychotherapy* (Sage, 2005, with Dave Mearns), *Pluralistic Counselling and Psychotherapy* (Sage, 2011, with John McLeod), and *Existential Therapies* (2nd ed., Sage, 2017). Mick has led a series of research studies exploring the processes and outcomes of humanistic counselling with young people. Mick is the father of four children and lives in Brighton on the south coast of England.

Presenters & Abstracts

Stalag Loopy, Barbed Wire Mad: Stalag Loopy, Barbed Wire Mad: An exploration of the mental health of Allied POWs in Europe 1939-1945

Stacey Astill

Key words: Mental health, diagnosis, classification, Second World War, Prisoner of War, Captivity

This paper focuses on the manifestation and diagnosis of mental health conditions in Allied Prisoners of War (POWs) during internment in European camps during the Second World War. It will consider the contemporary attempts to diagnose conditions, as well as the classification, and treatment options given by both camp medical personnel and laymen.

The mention of mental illness in POW memoir literature is somewhat inconsistent, however it is common for the men to be less inclined to speak about experiences with depression, disordered eating, and suicidal ideation – this leads to a range of partial, fleeting, or obscure references to the mental health within camps, interspersed with some accounts which are more forthcoming. Despite the inconsistent nature of the evidence, this in itself provides information about the views of mental illness within the situation.

This paper will combine prisoner memoirs, diaries, and oral testimonies with articles published in the British Medical Journal, The Lancet, and similar academic journals to build a stronger idea of the conditions and treatment provided during this period. It will draw on these sources to consider how these disorders were viewed, diagnosed, and treated; and whether there were any consistent criteria between camps.

Biography: Stacey Astill is a senior library assistant, PhD researcher, and Lecturer in History and Heritage at University College Isle of Man. Her most recent publications include Disruption of Freedom: Life in Prisoner of War Camps in Europe 1939-1945, Toilet Radios and Cat Guts: Allied uses of objects in prisoner of war camps during the Second World War, and Are Friends Adjacent? The Manx experience in European POW Camps.

The process and outcome in psychodrama-based training groups for psychology students

Krzysztof Ciepliński

Key words: psychodrama, experiential learning, students training groups, change processes, self-esteem, emotional changes, helpful aspects of training.

Psychodrama is a method of treatment and training based on human potential for role playing and experiential learning. The author will present the concept and results of the application of selected psychodrama techniques in academic education.

The research was conducted by a team of master degree students: Patrycja Choda, Jonna Karkut, Urszula Kłosowska and Anastazja Zawiślak led by Krzysztof Ciepliński. The participants were fourth year psychology students from the John Paul II Catholic University of Lublin, Poland. Qualification for the training and control groups was voluntary and randomized. 24-hour three-day training for two groups with 14 participants was prepared and conducted by a certified psychotherapist and psychodrama trainer.

The goals of the training were the following: 1) providing the students' personal experiences and knowledge on typical short-term small group processes; 2) familiarizing them with the selected psychological methods and techniques used in groups; 3) developing their core professional competencies, like self-awareness, interpersonal communication and cooperation with the group.

The positive and negative emotions, self-esteem and the participants' own estimation of their interpersonal skills were controlled with the use of the Polish versions of the following questionnaires: The Positive and Negative Affect Schedule (PANAS) D. Watson & A. Clark; The Rosenberg Self-Esteem Scale (SES) and ICQ-R40 D. Buhrmester, M.T. Wittenberg, T.H. Reis & W. Furman. Pre-, post- and follow-up tests were used. The Polish version of R. Elliott's Helpful Aspects of Therapy (H.A.T.) questionnaire was used for analyzing the change process from the trainees' perspective.

Studies have shown that participants demonstrated significant changes in their self-esteem level and emotional processes. The levels of positive and negative emotions, identified as a stage, as well as a feature, were changing during the training. Qualitative analysis has proved that participation in the training is connected with many helpful personal events.

Biography: Krzysztof M. Ciepliński, PhD, is a psychologist, psychodramatist and integrative psychotherapist, trainer, researcher and lecturer at The John Paul II Catholic University of Lublin (Poland), and also the Vice President of FEPTO. He provides group, individual and couple psychotherapy. His research interests include psychodrama outcome and change process studies, integration of psychotherapy and positive psychology.

Beyond Diagnosis: Developing a model of mental wellness, resilience and development

Graham Clucas

Key words: Diagnosis, trans-contextual, model of change, recovery, developmental, evidence based, collaborative working, addiction, mental health, criminalisation, silos, intervention, service user, experiential, choice, relationship, wellness, resilience

This paper proposes a trans-contextual model of recovery from mental health, addiction and criminality from the experience of service users and survivors of prison and psychiatric care. The paper will develop a model that can encompass the effects of biology, medication, nursing, counselling, evidence based psychology and psychotherapy.

Within the mental health system there is a danger of reducing problems to individual silos and treating individual symptoms rather than seeing the whole person. Given the plethora of

treatments and interventions vying for attention, priority and funding is there any way a clinician can be assured of choosing the right intervention at the right time.

My journey of change led to the development of this model, my initial conclusions were supported in working with some of the most damaged and vulnerable members of society. The model examines the complex interaction of inner experiences and how one relates to them. At the same time there is recognition of the direct correlation between these relationships and the environment the person must occupy to continue their recovery.

The objective of the model is to allow for communication between the different interventions so that the effects are properly understood; to show how they can collaborate to effect long term positive client wellbeing and behaviour; and to develop an evidence based map for the journey of recovery and assist clinicians to choose the most appropriate and effective intervention at the right time.

Developing this model is challenging, that is reason to attempt it. Our target population has been poorly served for too long. In giving clinicians evidence to choose an intervention we ease their task and increase the chances of success. That benefits our clients and their society.

Biography: Graham Clucas MBACP is the founder and CEO of Quing. The Isle of Man Trauma Recovery Community. Graham has lived an interesting life, Mental Health Service User, Career Criminal and former Addict to qualified Psychotherapist. Graham has worked in a variety of settings since gaining his BACP registration: Therapeutic Communities, social enterprises, charities. Graham speciality is working with people marginalised by society: homeless people, offenders, addicts and long term mental health patients. Graham also runs a small private practice and runs personal development training workshops for various charities in the U.K.

All in the Mind? What about the rest of me: Using horticulture to stimulate our minds, bodies, social interactions, and soul in school settings. Today we chilled out and just talked about stuff in the garden.’ (Young Person)

‘Growth takes time. Be patient. And while you’re waiting, pull a weed.’ – Emilie Barnes (author)

Carl Dutton

Key words: horticulture therapy, children and young people, schools.

Horticulture as therapy, children and young people, CAMHS, education mental health and well being

Green space and its restorative properties for quality of life are becoming increasingly favoured in research and the media as a recognised form of non-invasive mental health treatment. Studies have found that access to green space; for relaxation, exercise or fresh air correlate with better mental health, mood and attention in both children and adults. This paper will explore the use of horticulture as therapy within the context of child mental health services (CAMHS) and school settings.

It will demonstrate how to use horticulture as an activity/therapy to aid young people who may experience mental health issues that impact upon their emotions, relationships, and behaviours. The paper will focus on the Haven of Greenspace Project which is an established program that has run over the last ten years in a number of schools in Liverpool to help maintain and enhance young people's mental health. Social and Therapeutic Horticulture is now becoming a widely appreciated area of Psychosocial therapy, and has been found to have a positive impact on mental health (Chiumento et al, 2015; Sempik et al., 2003; Sempik et al., 2004; Sempik and Aldridge, 2005). It will look at the specifics of the therapeutic benefits of using horticulture and novel ways of measuring change which include draw and write journals, five ways to well being, and use of photographs.

The paper focuses on a primary need to think about mental health as more than just the mind and to advocate an approach that takes into account ourselves in relationship to others and the wider environment.

Biography: Carl Dutton is a mental health practitioner at Alder Hey Children's NHS Foundation Trust working in CAMHS. He is a trained Mental Health Nurse and Psychodrama Practitioner. He has written and presented on many areas of working with psychodrama, art based interventions, horticulture, and narrative methods. He has held role of research therapist with University of Liverpool in particular focusing on work with asylum/refugee children and the use of horticulture as therapy in schools. His passion for nature and horticulture comes from his parents and grandparents.

'Playful Awakening – Releasing the Gift of Play in Your Life'

Di Gammage

Key words: play, identity, patterns, enquiry

I am passionate about play. Play's part in the development of secure attachments forged between infant and carer(s), its capacity as weaver of the patterns of behaviour, thoughts, beliefs and emotional responses that collectively make up our sense of self, its role as a means of reflecting on and reviewing that self through the arts and in the therapeutic relationship.

Many years ago I discovered a very special one-act play entitled *The Cloak* during my time at drama school. Returning to *The Cloak* almost three decades later, this text underpins my enquiry into play and my subsequent book. The cloak is a symbol of the identity we each create. I would like very much to offer a performance of the play (30 minutes in duration) together with an accompanying paper exploring identity and personality, the roles assigned to us by our parents/carers, friends, teachers, and wider society, and how we might become more empowered as authors of our own narratives in our lives.

As a child psychotherapist mainly working with looked-after children and young people who have experienced insecure attachments, neglect, and many forms of abuse, I am particularly concerned with exploring new and thus far untold stories about their lives. Through play, art and dramatherapy together we can enquire into the story-so-far and what might be.

I am always cautious of labelling any human being, especially with a mental health condition. I see the only value in doing so is that the individual is able to access the help and understanding needed. The danger is that the person becomes over-identified with the diagnosis and loses sight of the possibility of all they can become. Furthermore, society's view of the labelled individual will likely carry judgement and stigmatisation that the person and their family will also be required to manage.

Biography: Di Gammage is a play therapist, drama therapist, Child psychotherapist and Buddhist psychotherapist. She is a clinical supervisor and trainer. Di is the author of 'Playful Awakening - Releasing the Gift of Play in Your Life' and founding director of Potential Space theatre company. She has a private practice in South Devon

The Portuguese Version of the Spontaneity Assessment Inventory (Revised)

António-José Gonzalez (ISPA-IU, Lisbon, Portugal)

Key words: spontaneity, psychodrama, psychometric

According to Kipper (2005) spontaneity is a key point of the psychodrama therapy. One of the few psychometric instruments to measure this concept is precisely Kipper's SAI-R. In this presentation, we will show the psychometric properties of the Portuguese version of the SAI-R, based on a sample of 2940 participants (Fem=1659; Masc=1281). Based on the collected data, some issues concerning the concept and its measurement will be presented and discussed. Using the Hermeneutic Single Case Efficacy Design in a psychodrama group

Biography: António José Gonzalez currently works at the Clinical Psychology, ISPA Instituto Universitário. António does research in Health Psychology and Clinical Psychology. Their most recent publication is 'The Portuguese version of the NEO-FFI: age, gender and education characterization.'

Using psychodrama as a research tool with young people to explore the spiritual dimension of their twelve step recovery journey

Veronica Harris- Psychodrama Psychotherapist

Key words: Twelve step programme, higher power, liminality, creativity, data analysis

This paper explores my research interest while in the early stages of a professional doctorate thesis in practical theology. My research arises from my professional context as a psychodramatist working with young people in addiction recovery in Ireland within the spiritual framework of the Twelve Step Programme (TSP). I will discuss the initial 'Steps' of the programme, the typical client profile and how I employ psychodrama to assist transformation in this process.

I will outline from my experience the power of psychodrama's spiritual roots and energies in creativity and spontaneity that offer a liminal space for young people to explore the spiritual

dimension and challenges of the TSP. I will show how 'surplus reality' allows participants seek and find a source of positive energy and meaning-making that can guide and sustain them, namely a Higher Power, described in Alcoholics Anonymous literature as a "new sense of power and direction". I will demonstrate how through 'role reversal' this connection can be strengthened.

My next stage is to envisage using psychodrama as a research tool within a qualitative research paradigm to examine how spirituality is experienced by young people now in secondary care centres following primary residential treatment. What is its effectiveness, or otherwise, in their recovery journey? How this can be evaluated and evidenced? I will summarize two sessions I propose in order to gather research material. I will offer my data collection strategies of employing photography, audio tape and a culminating questionnaire to provoke reflection. Finally, I will look to peers to offer me help as I consider ways of translating narrative findings from the psychodrama experience into data analysis.

Biography: I work as a psychodrama psychotherapist (BPA/UKCP) in an adolescent addiction treatment centre in Ireland. I am in my 2nd year of a professional doctorate in practical theology at Anglia Ruskin University, Cambridge, UK. The focus of my thesis will be on spirituality and recovery in the Twelve Steps treatment model using psychodrama as a research tool.

Do You Hear Me? Is the Voice of the Person Diagnosed with Anorexia Nervosa being heard in our Health Service?

Nicola Howard BSc

Key words: Anorexia Nervosa, mental health, voice, heard, health service, IPA.

From a historical perspective Anorexia Nervosa dates from the Hellenistic era and religious fasting. The term translates to 'nervous absence of appetite' and became more widely known within the medical profession in the 1870's when Queen Victoria's private physician wrote a seminal paper. Anorexia Nervosa continues to have the highest mortality of any mental health illness. The local community mental health team has seen a significant increase in referrals for this condition.

Providing care and treatment is recognised as personally demanding and anxiety provoking for carers and professionals. Due to frequent association with psychopathology, role impairment and inadequate treatment this represents a significant health and financial concern to services.

The aims of the study are to explore the experiences of those diagnosed with Anorexia Nervosa in how they perceive their voice is being heard in local health services and to investigate the need to adapt current service provision. This will be a qualitative research project using an Interpretative Phenomenological Approach (IPA). As this approach is ideally matched to small sample design three participants with a diagnosis of Anorexia Nervosa will be interviewed. An idiographic commitment will be given to the analysis to reflect the significance of the experience for the individual. The overarching goal of the project is to ascertain if there is a need for service delivery to be revised and amended. Completion for this MSc dissertation is scheduled for March 2018.

Biography: Nicola is a psychiatric nurse with 20 years' experience. Nicola began her career as a health care assistant in 1997 on the Isle of Man, she attended Coventry University and graduated in 2003 with a BSc in Mental Health Nursing. In 2009 Nicola returned to the Island to take up a post as a CMHP with the Community Mental Health Services for Adults until she became the Island's mental health Skills facilitator in March 2015. During her time as a CMHP Nicola specialised in Eating Disorders, achieving a Master Practitioner Certificate with the National Centre for Eating Disorders. Nicola is currently completing her MSc dissertation in Professional Practice, the main focus of this has been in Eating Disorders and her research Do You Hear Me? Is the voice of the person diagnosed with anorexia nervosa being heard within our health service?

Nobody Nowhere to Somebody Somewhere: researching the effectiveness of psychodrama with young people who have Asperger's Syndrome

Dr Kate Kirk

Key words: psychodrama, Asperger's Syndrome, young people, psychodrama data collection tools

This presentation explores the pleasures and pitfalls of practitioner research, from the practice based catalysts that initiated the research question to completion and beyond. The aim of this study was to explore whether psychodrama promotes social integration in young people with Asperger's Syndrome; the objectives were to establish: any changes in the young person's social status in peer group; changes in their ability in social skills and competence in peer group; changes in their ability to develop and maintain friendships; changes in their to detect feelings. The planned treatment programme was a weekly psychodrama group that, due to school holidays spanned eleven weeks, and ran for eight planned sessions of two hours. These sessions followed the psychodrama cycle of warm-up, action and sharing; the warm up phase was designed to reflect the aims of the research, the subsequent action and sharing was spontaneous and emerged from the group. The study used a mixed methodology that included familiar CAMHS' tools SDQ's and HoNOSCA and psychodrama specific tools: social atom circles and role atom analysis. In addition the young people completed diary sheets following each group session. The data collection tools were applied pre- and post- the treatment intervention. Due to restrictions and small numbers of participants this became more a pilot study. The results from the qualitative psychodrama tools demonstrated change; whilst the quantitative tools proved to be too 'clunky'. There will be space to discuss ways of undertaking research methodology that empowers young people working with them, rather than doing research on them; in particular exploring the action methods of cooperative inquiry and Delphi cycle.

Biography: Kate Kirk has been involved in psychodrama for over thirty years. She has been a psychodrama psychotherapist for the last twenty-three years working young people; seventeen of them working for the Isle of Man Child and Adolescent Mental Health Service. She has written articles, chapters, edited journals and books on matters related to psychodrama with young people in different contexts. She is a member of the FEPTO research committee; her current study is looking at the International Landscape of Psychodrama with Young People.

Learning in supervision and transfer into psychotherapeutic practice – the impact of verbal reflection and dramatization

Hannes Krall

Key words: supervision, psychodrama, psychotherapy training, learning transfer

Supervision is an important step in professional training of counsellors and psychotherapists. It aims at learning on the job in the transition phase from training to professional practice. In this phase trainees need to develop their role as a psychotherapist in order to promote mental health of their clients. At the same time they have to take care for themselves. They have to manage their stress and professional challenge and to strengthen their confidence. The presented study investigates how supervision can be helpful and supportive in the transition from training to psychotherapeutic practice.

Aim: The objective of the study is to investigate the learning outcome regarding different aspects like theoretical, methodological, relational and personal dimensions. Furthermore, a specific interest is on studying the specific impact of experiential learning and action methods in psychodrama.

Methods: In this study 18 psychotherapy trainees at the University of Innsbruck are participating. All participants have to get 120 hours of supervision during their 3rd and 4th year of training. Supervision is provided by five different experienced supervisors in small groups of 3-5 students. After each session trainees fill in a self-report questionnaire covering the supervisory alliance, the achievement of the goals in supervision and the transfer of the learning outcome to their professional practice. A specific focus in the self-report is on helpful and hindering factors of verbal and experiential procedures and interventions in supervision.

Results: In the presentation preliminary results will be shown. A specific focus will be on a comparison of supervision sessions which are conducted solely on the basis of verbal reflection and those which are including also experiential learning and action methods.

Discussion: The results of the study are relevant for trainers who want to support the transition of students from theoretical learning to practical experiences in counselling and psychotherapy. Experiential methods of reflection and learning can effectively support and enrich the learning experience of trainees.

Biography: Dr Johannes Krall is a University Professor at Alpen-Adria-University of Klagenfurt, Educational Sciences and Research; psychologist, counsellor, psychotherapist, supervisor; trainer for supervision at the Austrian Society of Groupdynamics and Grouptherapy and lecturer for psychodrama at the University of Innsbruck. He is chair of FEPTO Research Committee. Current research interests in psychodrama training, supervision and psychodrama practice.

Using the Hermeneutic Single Case Efficacy Design in a psychodrama group

António-José Gonzalez (ISPA-IU, Lisbon, Portugal) (presenter)

Paulo Martins (Faculty of Human Kinetics, University of Lisbon, Portugal)

Key words: Psychodrama Research, Psychotherapy Efficacy Research, Hermeneutic Single Case Efficacy Design

We will present the results of a 5-year research using the Hermeneutic Single Case Efficacy Design proposed by Robert Elliott, with 6 participants of a psychodrama therapeutic group in a university clinic in Lisbon. The goal of this study is twofold: to allure psychodramatists to the psychotherapy effectiveness research field, and to suggest to psychotherapists the use of this research design with their clients. In doing so, they'll improve their practice and produce research on the effectiveness of psychotherapy. We will present the data both in a single case and a group rational.

Biography: António José Gonzalez currently works at the Clinical Psychology, ISPA Instituto Universitário. António does research in Health Psychology and Clinical Psychology. Their most recent publication is 'The Portuguese version of the NEO-FFI: age, gender and education characterization.'

Paulo Martins has a PhD in Human Kinetics with a specialization in Sport and Exercise Psychology from the Human Kinetics Faculty of the University of Lisbon. He has been a lecturer and a researcher for the university's Department of Sport and Health since 2004 on the topic of sport pedagogy. His main research interest is personal and social responsibility development and he published several research articles on the topic. He is also one of the coordinators of the Champ4life project, with former elite athletes. He is also a specialized member in the Portuguese Court for Sport. He has an interest in arts and is an actor in Playback Theater - Eco Project and in the Improvisation Theater Group – Dispar Teatro.

The pressure and privilege of providing palliative care professionally to friends, colleagues and family

Dr Lottie Morris, Clinical Psychologist, Hospice Isle of Man- Biography

(Co- Author – Dr Ben Harris, Clinical Director, Hospice Isle of Man)

Key words: Burnout, palliative, wellbeing, coping, caring

Background: Previous research has found that nurses find it distressing when patients with whom they have grown close die. However, this may be mitigated by the job satisfaction inherent to providing end of life care. Hospice staff on the Isle of Man frequently provide palliative care for friends and family, due to the small population size.

Methods: A mixed methods design was employed to determine whether levels of burnout were higher in hospice clinicians who had provided care for a greater number of people they knew personally over the last year. 59 participants completed the Maslach Burnout Inventory

and reported the number of patients over the last year with whom they had a personal relationship. Eight participants then took part in focus groups to explore their personal experiences of providing palliative care for people they knew personally.

Results: Levels of burnout were low and there was no relationship between burnout and the number of patients clinicians had known personally over the last year. While participants reported stressful aspects of caring for people they knew, factors such as self-care, support, and sense of privilege acted as a buffer against burnout.

Conclusion: Levels of burnout in palliative care are likely to be low. The emotional toll and pressure of providing palliative care to family and friends is mitigated by a range of protective factors. By drawing on coping strategies and paying attention to personal and professional boundaries, this can be an intensely rewarding experience.

Biography: Dr Lottie Morris is a Clinical Psychologist working in palliative care. She is committed to a compassionate and collaborative approach to supporting individuals and their families. She completed her Doctorate in Clinical Psychology at the University of Bath and has published research on a range of topics relating to both mental and physical health.

Experience of Psychodrama Rehabilitation Group: based on interviews of five women and (IPA)

Mari Rautiainen

Keywords: Interpretational Phenomenological Analysis, psychodrama, non-structured interviews, depression.

The aim of this research is to understand the effectiveness of psychodrama as a method in psychiatric rehabilitation. Interpretational Phenomenological Analysis, IPA, was chosen as a means of exploring the lived experiences of psychodrama group members and the meanings they found in these experiences. The study examined the psychodrama rehabilitation of five severely depressed women. Five non-structured in-depth interviews were conducted. All the interviews were recorded and transcribed verbatim. During the interview the participant responded to open-ended questions: How did you experience psychodrama rehabilitation and how that appears in your life?

Psychodrama rehabilitation refers to reduce symptoms, improve the ability to work and promote psycho-social functioning. Psychodrama is a form of group therapy which has been used in mental health rehabilitation services for three decades in Finland. Psychiatric rehabilitation groups are financed and supported by The Social Insurance Institution of Finland (Kela). Kela is a provider of social security benefits for all residents of Finland and has financed psychiatric rehabilitation, where psychodrama has been the main method for 30 years.

Methodology: The author chose IPA as a method for this study to gain detailed information about the complex phenomena of psychodrama group process and the experience of group members to identify themes and theoretical structures which describe this process. The author chose a phenomenological approach to understand the phenomenon of psychodrama from the perspective of the group members. IPA is used to analyze data from one-to-one interviews in

order to develop in-depth descriptions that helps illuminate human experience. Using IPA as a method enables to describe not only the change of patient's problems but how patient has worked with his problems.

The aim of this IPA analysis is to understand the effectiveness of psychodrama as a method in psychiatric rehabilitation. Interviews for IPA analysis were made in 2010 in a psychiatric rehabilitation group, where psychodrama was used as a method. IPA as an analysing tool was chosen to deepen the understanding of the experience of the group members and the influence of psychodrama rehabilitation in their lives. All interviewed group members in this IPA research have diagnosis of depression, anxiety, and all of them have severe trauma history. Three of them were on sick leave, one was unemployed and one was a student during the rehabilitation. Access to experience depends on what group members tell us, and in these interviews they shared openly their experiences.

Results: Non-structured in-depth interviews were conducted with five participants. Using Interpretative Phenomenological Analysis (IPA), the researcher identified three primary themes representing the lived experienced and meaning found in the participants' experience of what is healing in psychodrama rehabilitation. The findings: The significance of the group, therapeutic work and therapeutic process support and contribute new aspects to the knowledge of this experience.

Biography: Mari Rautiainen, MSc in Psychology, Psychotherapist, Family therapist, Psychodrama Trainer, TEP. Mari is a Doctoral student at the University of Jyväskylä, the Department of psychotherapy research, Finland. Mari's research is about the effectiveness of psychodrama The research data has collected during 2002-2010 from 12 psychiatric rehabilitation groups, where psychodrama was used as a method.

**Are Personality Disorders a Myth in the Isle of Man?
Are Personality Disorders real or only exist on the Professionals' mind?
(alternative title for the presentation)**

Luis Simoes

Key words: Personality Disorders, Prevalence, Diagnosis, Assessment

My talk aims to present statistics around the number of patients currently diagnosed with a Personality Disorder in the Isle of Man and to compare the Isle of Man Personality Disorders diagnosis' prevalence to other countries' prevalence of the same disorders. General stats around the number of admissions and average length of admission on inpatient services will be also presented and again compared whenever possible with data from other countries and with NICE Guidelines recommendations. Information around the most common Personality Disorder diagnosis on the Island will be presented too.

It will be also addressed information about the way Personality Disorders are being diagnosed on the Island, particularly whether or not structured assessments are being used. Retrospective data will also be presented in this regards (2010-2017). Since it is expected

that some Personality Disorders Diagnosis have not followed structured assessments, question will be made whether these diagnoses are correct and, therefore, if Personality Disorders actually exist in the Isle of Man. Furthermore, local data gathered so far point to the presence of a large number of EUPD/Borderline Personality Disorder presentations (approximately 70%) in comparison to other Personality Disorder Diagnosis, such as Dissocial (4%) and Paranoid (less than 0.5%). Again this information will be compared with the reality of other countries.

ICD-11, currently being completed, points to a general Personality Disorder Diagnosis rather than to different and specific personality presentations. This will be again used to questioning the existence of Personality Disorders generally and locally in the Isle of Man.

Biography: Luis is a Clinical Psychologist, accredited by both BPS (British and Psychological Society) and HCPC (Health and Care Professions Council). He completed his training in Portugal, at the University of Coimbra. Additionally, worked previously in a hospital in Portugal for approximately 7 years and then moved to the Isle of Man, where he has been working for the past 3 years. Currently he is working both at the Inpatient (Acute Ward) and Outpatient (CMHSA). His areas of preference are Personality Disorders and Schema Therapy Interventions.

Educational and personal processes in psychodrama psychotherapy-pilot project

Mirjana Jovanovska Stojanovska

Key words: research, education, trainees, questionnaire, training groups, results

In 2015, the School for Psychodrama AMIGDALA started a pilot project that explored the educational and personal processes in psychodrama psychotherapy. The purpose of this pilot project was:

- To describe the maturation and change/adaptation of the educational process.
- To enable trainees, through their personal experience, to relate to cognitive knowledge, practical skills and techniques
- To develop their critical thinking and increase their awareness of group process
- To increase the awareness of educators about the unity of practice, theory and research in psychodrama
- To increase their awareness of their own processes

The study involved direct participation of psychodrama trainees under the supervision of trainers. A questionnaire is given at the end of each group, to each of the trainees, during one school year of 10 months. There were 22 participants from three training groups: the groups met once a week, for 3 hours.

The data obtained from the questionnaire LIBS that is designed for the purposes of this research. LIBS contains 32 items in four broad educational areas: i) Learning, ii) Insight / Consciousness, iii) Building / Development and iv) Skills. The data analysis was undertaken by committees consisting of trainers and trainees. Results for each of these educational areas are presented.

Biography: Mirjana Jovanovska Stojanovska, MA in Clinical and Counselling psychology, senior trainer and supervisor in the school for psychodrama training "Amigdala". She is Gestalt (EAGT certified) therapist and certified supervisor by the Gestalt centre in London. She is also an individual member in EAP. She is a supervisor in several schools for psychotherapy education in Macedonia. She runs a private office for psychotherapy, counselling and psychodiagnostics. Currently, she enrolled on a PhD program in psychology. Her research interests include studying the educational process and the outcomes of psychotherapy

Psychodrama in therapeutic communities for drug addiction: A study of four cases investigated using idiographic change process analysis

Professor Ines Testoni, Psychologist University of Padova,

Presenters / authors - Professor Ines Testoni, Psychologist University of Padova,
Maria Silvia Guglielmin, Psychodrama Psychotherapist and Director of Psychotherapy Training,
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Ireland

Keywords: Psychodrama; Person Centred Approach, Drug and Alcohol Addiction; Change Process Research; Person Centered Approach; Therapeutic community

Many psychotherapeutic models, including psychodrama, have tried to address the problem of drug-addiction and alcoholism within, and outside, therapeutic communities (TCs). The dearth of literature related to the application of psychodrama in TCs means that significant efforts have to be made to show its effectiveness. This presentation derives from a TC in northern Italy and presents a study of four cases, which analysed the results of a 6 month psychodrama research intervention that adopted the Person Centered Approach (PCA). The effects were measured through an idiographic change process with a mixed method design. The qualitative part of the assessment consisted of the Client Change Interview (CCI), the Helpful Aspects of Therapy (HAT), while the longitudinal quantitative part utilized the Spontaneity Assessment Inventory - Revised, the Clinical Outcomes in Routine Evaluation - Outcome Measure, the General Self-Efficacy Scale, and the Pro.Spera. The changes in the main personality factors were checked through the MMPI. Results suggested on the one hand that psychodrama therapy may increase patients' self-awareness and motivation to change their way of life and improve the PCA. On the other hand the qualitative methodology of HAT and CCI was useful in monitoring the process of change and empowerment of the patients. Finally, gender specificity is considered and presented.

Biography: Ines Testoni is Professor of Social Psychology, Director of the Master in Death Studies & the End of Life (University of Padova). Her principal themes of research and interest concern the relationship among death, psychological discomfort, existential suffering, representation of the death. Specifically, in the field of social psychology of health, she studies bereavement and anticipatory mourning, health psychology and psycho-oncology / end-of-life, mental and social representations of health and illness.

Improving Mental Health and Wellbeing for Children using Play and Creative Arts Therapy

Jan Watson

Key words: Play therapy, Creative Arts Therapy, Enabling Growth and Healing

This abstract describes a proposed presentation /paper for the "All in The Mind?" Conference. The presentation will explore the theory and practice of Play and Creative Arts Therapy. This is essentially a method of helping children with social, behavioural and emotional problems to help themselves through play, which is a child's natural medium of self-expression and essential for development. Children are given the opportunity to play out their feelings and problems with a therapeutic objective.

It will explore the cohort of children who can benefit from such an approach. This includes children children suffering from: Abuse (Emotional, Physical, Sexual), ADHD, Anger, Attachment Issues, Autistic Spectrum, Behaviour Problems, Bereavement / Loss, Bullied / Bullies, Communication Problems, Delayed Development, Nightmares, Physical Disabilities, Poor School Attendance, Separated / Divorced Parents, Social Exclusion, Trauma, Unauthorised Absences, Under Performing (Academically, Socially, Culturally), and those with Withdrawn Personality.

Play and Creative Arts Therapy is an evidence based approach with international research, carried out by PTUK showing that between 77% and 84% of children receiving play therapy, delivered to PTUK/PTI standards, show a positive change.

The presentation will also detail how play and creative arts therapy can contribute to the following key objectives of the Isle Of Man Strategic Plan for Mental Health and Wellbeing:

- People of all ages will benefit from evidence based interventions, delivered as early as possible and improved access to psychological therapies
- Quicker and reliable access to a range of support / therapy options.
- Evidence-based, high quality services will be delivered through appropriate, cost effective investment in mental health.

It can make a positive contribution to Steps 3 and 4 of the Stepped Care for Mental Health and Well-being.

Play and Creative Arts therapy is holistic, non-judgmental and integrative which fits with the final statement in the strategy- Providing a holistic approach to mental health and wellbeing is the way forward to meeting the needs of the population and for us all to be more responsible for our own and others mental health and wellbeing.

Biography: Jan Watson is an Accredited Play and Creative Arts therapist, a clinical supervisor and Practitioner of Parent-Child Attachment Play. She trained as a tutor for the APAC Postgraduate Certificate course in Therapeutic Play Skills in the UK. Previously a teacher with 27 years experience in primary, middle and secondary schools on island and in the UK. Mum of two grown up children who both attended Laxey and Ramsey Grammar Schools. Passionate about children's wellbeing!

POSTER PRESENTATIONS

Audit: Metabolic Side Effect Monitoring for Clozapine

Holly Renshaw

Background:

Life expectancy for people with schizophrenia is up to 20 years less than for the general population and clozapine can exacerbate cardiovascular and metabolic disorders. With prescribing clozapine there is a duty of care for physical health monitoring and interventions where needed, early identification and interventions will help prevent risk of disorders and mortality.

Aims:

To determine if patients prescribed clozapine on the Isle of Man are being appropriately monitored for metabolic adverse effects.

Method:

Criteria were decided on from NICE guidelines and quality standards, The Maudsley Prescribing Guidelines and the BNF.

All patients prescribed clozapine on the Isle of Man were included, identified from the pharmacy clozapine dispensing list. Criteria were checked using Medway lab results and RiO patient notes over the last 12 months, using a data collection sheet.

Results:

Criteria		Standard	Compliance (%)
Test	Frequency		
Lipids	Annually	100%	44
Fasting glucose/HbA1c			53
Weight/BMI			15
Waist Circumference			0
Blood pressure			12
For patients taking clozapine less than 12 months:			
Lipids	Baseline and every 3 months	100%	33
Fasting glucose/HbA1c	Baseline, after 1 month and every 4-6 months		33
Weight	Baseline, weekly for first 6 weeks, at 12 weeks and every 3 months		33
Blood pressure	Baseline, daily during first 4 weeks, at 12 weeks		33

Conclusion:

None of the standards are being met. Therefore possible early interventions and prevention of metabolic adverse effects may be being missed.

Lab results were found more than results that needed manual input. No manual results from primary care were found.

Recommendations:

- Share the findings
- Allocation of a section in the electronic notes for recording measurements
- Reminder system from pharmacy
- Monitoring chart for newly initiated inpatients
- A process of reporting from primary care to secondary care
- Re-audit in one year's time

"Befriending Your Research Monster"**An audit of research skills and experience within the Isle of Man Mental Health Service**

Alyssa Isaac (Clinical Psychology Assistant) and Dr. Catharine Kirk (Psychodrama psychotherapist)

Background:

The Research and Development (R&D) group was first established on the Isle of Man by a small group of mental health practitioners to share their passion for research. As the group expanded, members realised that there was little data available regarding the research experience, skills, and interests of other employees within the mental health service (MHS). It was agreed that an audit would be completed to gather this information.

Aims:

To collect and collate information from all MHS employees regarding their research skills, experiences, and attitudes. Using this information, the R&D group aimed to understand how to provide support to those employees interested in undertaking research and promote research awareness within the service. Additionally, the audit would ideally be used as a benchmark for future studies.

Method:

A questionnaire was disseminated through the MHS global e-mail system to all employees regardless of role; in addition, paper copies were available upon request. The questionnaire comprised of 18 questions concerning: beliefs about research; experience in various stages of research; and interest in conducting future research. The data, both qualitative and quantitative, was then collated using SurveyMonkey online software.

Results:

Quantitative data shown below; qualitative data was also collected.

<i>Response rate</i>	19%
<i>Response by occupation</i>	21% Registered Mental Health Nurse
	16% Administrative Staff
	12% Social Worker
	11% Healthcare Assistant
	11% Manager
	11% Psychologist/Psychotherapist
	18% Other
<i>Positive feelings toward research</i>	75%
<i>Negative feelings toward research</i>	25%
<i>Interest in conducting future research</i>	55% Yes
	25% No
	7% Possibly
	13% Did not respond

Conclusion:

The majority of respondents indicated some degree of research experience and an understanding of its impact on their daily practice. Over half (55%) of respondents suggested they would like to be involved in future research opportunities. The themes of qualitative data collected highlight the lack of managerial support and protected time that most MHS employees feel they have to undertake this. Additionally, many responses indicated a feeling of intimidation, not 'speaking the language' of research, and not being aware of helpful resources on island.

Recommendations:

- Share findings with the MHS as a whole
- Hold research workshops for all skill and experience levels
- Promote research friendly environment
- Secure managerial support to allow for protected research time
- Recruit research oriented/experienced staff

The Development of a Research and Development Group within the Isle of Man Mental Health Services

Juan Corlett

Background:

In 2014 a group of mental health practitioners established a Research and Development interest group (MHS R&DG) meeting every 4/6 weeks during lunchtimes. The group consisted of a mixture of research experience from a variety of professional backgrounds. At the end of 2015 the group took on a more formal role with support from mental health management and clinical governance team. However, the group remained practitioner focused. Following the establishment of a Department of Health Social Care (DHSC) wide Research and Development unit (DHSC R&D Unit), in 2018 the MHS R&DG returned to its more informal practitioner led format.

Aim:

Create an enabling culture for the promotion and development of research and development in all areas of the Mental Health Service (MHS).

Terms of Reference:

To enable practitioners to move from a state of research awareness to research active to research expert and create a pool of research mentors who support research processes. Enable practitioners to identify aspects of practice to research and increase skills and the theoretical knowledge underpinning day to day practice. Promote a network of skilled research practitioners and experts who can act as a resource for those undertaking research for the first time and/or those undertaking more advanced studies.

Work of the Group:

- The establishment of a forum providing support, advice, guidance and supervision to those wishing to undertake R&D within MHS
- Securing representation from all MHS areas and third sector mental health related services
- Support staff to move from a state of research awareness to research active to research expert
- Completion of a knowledge, skills and experiences study across the whole MHS and analyse outcomes to establish a base line of where people are with regards R&D
- Organise and arrange in partnership with Federation of Psychodrama Training Organisations (FEPTO) and Keyll Darree an international mental health research conference for 2018

Future:

Many of the longer term aims of the group such as the development of an R&D strategy and to support other DHSC Divisions to set up similar groups has now been taken on by the newly developed DHSC R&D Unit. This has enabled the MHS R&DG to return to its original 'informal' status providing support and supervision to those engaged in practitioner research, raising R&D awareness amongst practitioners and supporting the R&D agenda within the DHSC.

The Spectrum of the Mind

Spectrum yn aigney

Young People of the Isle of Man

The following collection of artwork is from some of the young people of the Isle of Man who have accessed local therapeutic services.

“These creative interpretations are of our experiences of therapy and how it has supported our development in self-esteem, tolerance, resilience and social ability. Therapy has been a guiding hand during emotional difficulties and challenges.”

“Therapy allows us to be Able in Body and Mind”

Slone ayns corp as aigney

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