

# Research Academy

Metanoia Institute, London 21<sup>st</sup> – 22<sup>nd</sup> March 2018

*Reflexive Research*

*Hands-on Seminars for Therapists to Enhance Practice Through Research*

**Ni**  
METANOIA  
INSTITUTE



**Welcome to our Seminars in:**

- *Qualitative Research*
- *Quantitative Research*
- *Mixed-Method Research*
- *Case Specific research*
- *Reflexivity Research – Using Self in Research*

# Event Information

## Research Academy Introduction

Metanoia Institute invites you to its Research Academy to develop your skills and explore the principles of practitioner research in a practical, hands-on way. How can research develop and expand our professional knowledge? How does the way we generate knowledge in therapeutic practice overlap and differ from the way we 'research'?

The Research Academy offers workshops with different approaches to research, ranging from qualitative to quantitative research with a focus on the improvement of practice through ongoing, systematic and - for both therapists and clients, rejuvenating learning.

Keynotes will be given by Dr Sofie Bager-Charleson, a PhD Director of Studies, and Dr Biljana van Rijn, Faculty Head of Research Strategy and Innovation. Our speakers include **Professor Carla Willig**, **Professor Mick Cooper**, **Professor Bill Stiles**, **Dr. Marie Adams**, **Dr. Alan Priest**, **Dr. Christine Stevens** and **Helena Kallner**. Each speaker introduces core concepts and research strategies, with opportunities for you to develop own research projects and ideas

All participants will be invited to take part in our research community for therapists.

The Research Academy is aimed at practitioners and academics in the fields of mental health, emotional wellbeing and psychological therapies. We invite you to join our research community with networks and further project opportunities to explore and develop interests in psychotherapy through research. The event is suitable for both novice and experienced researchers. It takes therapists' reality seriously, and explores creative, relational means of approaching research. It also aims to support therapists engaged in research training, addressing the 'research life cycle' with stages like:

- Defining a research problem
- Doing a Literature Review
- Using Self in Research; Reflexivity
- Defining Methodology and method
- Choosing Participants
- Doing Data analysis
- Write up
- Creating an Impact

## Time and Place

On Wednesday 21<sup>st</sup> March to Thursday 22<sup>nd</sup> March 2018 from 10.00 to 17:00 each day. The workshops will run from our North Common Road campus at Metanoia Institute; 13 North Common Road, Ealing, London W5 2QB.

## Registration Fees

£120 per day. Reduced rates are available for Metanoia members. For full details and fees, please contact Shea Holland ([shea.holland@metanoia.ac.uk](mailto:shea.holland@metanoia.ac.uk)).

## Registration Contacts

Please e-mail Dr. Sofie Bager-Charleson ([sofie.bager-charleson@metanoia.ac.uk](mailto:sofie.bager-charleson@metanoia.ac.uk)) for more information about the programme. To register for the event please email Shea Holland ([shea.holland@metanoia.ac.uk](mailto:shea.holland@metanoia.ac.uk)) or go to [metanoia.ac.uk/researchacademy18](http://metanoia.ac.uk/researchacademy18).

Each day offers different choices. *Please indicate your option in the attached booking form.*

The Keynotes, followed by the Creative Discussions are aimed at all. Participants will break into individual seminars from 13.00 to 17.00.

## Day Programme

### Day One: 21<sup>st</sup> March 2018

#### *Using Research to Develop Your Practice*

- 10.00 – 10.30: Arrival and coffee
- 10.30 – 11.15: Introduction and Keynote Lecture for All: ‘Therapist and Research. An Ambivalent Relationship?’, by Dr. Sofie Bager-Charleson
- 11.15- 12.00: Break-out groups for Creative Discussions with practice-based researchers about ‘doing research’. Some topics will be:
- Doing research based on your own clients. Ethical issues and solutions
  - Using Humanistic theory to evaluate therapeutic practice
  - Aesthetics and relational knowing in research
  - Researching to reach neglected client groups.
  - Doing a literature review
  - ‘Doing’ a Doctorate
  - Reaching out with your findings: a discussion about journals, conferences and the use of Podcasts

Alternative afternoon seminars (*please indicate your preferred option in your booking form*):

Day Seminars	Quantitative Research	Quantitative Research	Mixed-Method Research	Embodied Knowledge: Using the Arts in Research
13.00 - 16:00	Option 1 <b>Professor Carla Willig</b>	Option 2 <b>Professor Mick Cooper</b>	Option 3 <b>Dr. Alan Priest</b>	Option 4 <b>Dr Christine Stevens &amp; Helena Kallner</b>
16.00 -17:00	Research Work-shops: Your ideas	Research Work-shops: Your ideas	Research Work-shops: Your ideas	Research Work-shops: Your ideas

Day Two: 22<sup>nd</sup> March 2018

*Research Centre at MI: Improving Practice Through Case Specific Research*

10:00–10:30 Arrival and coffee

10:30–11:15 Dr Biljana Van Rijn, Keynote speaker: Introduction. Keynote Lecture for All: ‘Developing use of creative media in psychotherapy: Case Study Research into Avatar-Based therapy – ‘Richard’

11:15–12:00 Break-out groups for Creative Discussions with practice-based researchers about:

- Writing up your Research: from a dissertation to journal articles and books
- Different examples of using Case Study Research to improve Practice

Alternative afternoon seminars (again, please indicate your preferred option in your booking form):

Day seminars	<b>Theory Building Case Study Research</b>	<b>Reflexivity. Using Self in Research</b>
13.00 – 16.00	Option 1 <b>Professor Bill Stiles</b>	Option 2 <b>Dr. Marie Adams</b>
16.00 – 17.00	Research Workshops: Your ideas  Facilitated break-out groups for different Case-study projects	Research Workshops: Your ideas

~



Metanoia Institute welcomes you into our research community of therapists and looks forward to your contribution.

**Dr. Sofie Bager-Charleson**

Senior Fellow, Director of Studies MPhil/PhD

**Dr. Biljana van Rijn**

Faculty Head, Research Strategy and Innovation

## Metanoia Institute Research Seminar Series 2017/2018

Metanoia Institute holds regular research seminars at its Research Centre in 13 Gunnersbury Avenue to which members of the professional public are welcome. Here is a brief overview of forthcoming seminars.

### 19th October 2017

- Peter Pearce: 'Engaging with the Evidence Based Paradigm, Randomised Controlled Trials into the Effectiveness of School Based Humanistic Counselling (SBHC). From Pilot to ESRC funded full powered trial'.
- TA Case Study Research Team: 'TA Theory Based Case Study into Empathic Transaction'.

### 16th November 2017

- Dr. Biljana van Rijn: 'Presenting your research at conferences. Structure, content and tips'.

### 15th February 2018

- Kathrin Godfrey-Djundja: 'Motherhood in the therapy room. An Interpretative Phenomenological Analysis of the experience of mother-therapists who work with mothers who grieve for their child'.

### 23rd March 2018

- Stacey Miller: 'The Impact of Internet Exposure on the Therapeutic Relationship'.

### 31st May 2018

- Sonia Avasthi: 'Therapists experiences of working with suicidal students in Higher Education'.

[www.metanoia.ac.uk](http://www.metanoia.ac.uk)

Company limited by guarantee, Registered in England No.: 2918520  
Registered Charity No.: 1050175