

## Research Conference, 1<sup>st</sup> March 2019, London: The Research Journey from Start to Finish – Motivating to Motivated

 #CATres19

### Programme

9.00am Coffee and registration

9.30am Introduction to the Day

9.40am *“Can we create ACE (Attached Compassionate Empathic) nurses with the use of a CAT/CFT based student nurse supervision group”.*

Stephen Taylor, Clinical Nurse Specialist in Psychological Medicine and Cognitive Analytic Therapist, Honorary lecturer in mental health nursing at the University of West London.

10.10am *“Would you like to come with us? - A CAT informed Group Programme for the very stuck”*

Dr Liza Messing, Principal Clinical Psychologist and MAP clinical lead, and Dr Leon Simpson. Senior Clinical Psychologist, both from BEH (Barnet, Enfield and Haringey) MHT.

10.40am *“Mapping the making of maps: A qualitative investigation of how CAT diagrams are made”.*

Dr Steve Jefferis is a Consultant Clinical Psychologist, Course Director for the Northumberland, Tyne and Wear CAT Practitioner Training, and Clinical Lead for the NTW CAT Service. This talk will give an account of a piece of research supervised by Steve and carried out by a DClInPsy trainee, and will include a presentation of the findings as well as reflections on the experience of undertaking qualitative research in CAT and the challenges of working within the structure of a DClInPsy research program.

11.10am Coffee

11.40am *“CATCH-Y Cognitive Analytic Therapy for Containing self-Harm in Young People: Developing a brief intervention for young people who harm themselves. With a focus on Co-production”*

Dr Samantha Hartley, Senior Clinical Psychologist based at the Hope and Horizon Adolescent Inpatient Units and Nathan Randles. Dr Hartley works as part of the Pennine Care Young People's Mental Health Research Unit; developing and delivering projects in collaboration with academic partners and public involvement. She currently holds a HEE/NIHR Integrated Clinical Academic Clinical Lectureship with Pennine Care NHS Foundation Trust and The University of Manchester and is a CAT Practitioner Trainee. Mr Nathan Randles is a social media apprentice and young people engagement worker at Pennine Care NHS Foundation Trust. He has a wealth of experience in engaging young people and the public in mental health research and service delivery, within both health and local community contexts. Mr Randles will lead on the public involvement elements of the project, contribute to participant recruitment initiatives and ensure effective dissemination of the findings to young people and other stakeholders

12.10pm ACAT Research Strategy discussion

12.40pm Lunch (provided)



1.45pm Small Group Discussions

The afternoon session will bring delegates together for facilitated small group work designed around the needs of those attending. Provisional groups (to be confirmed)

Group 1: People who have an idea that they want to develop - with Mark Evans

Group 2: Developing early research designs e.g. feasibility studies - with Barney Dunn

Group 3: Qualitative and process research methods in CAT - with Glenys Parry

Group 4: People who know little about research but want to know more - with Frank Margison

3.00pm Tea and coffee

3.30pm *“Key Steps from being a Promising New Therapy to being part of the Evidence Base – what can CAT learn from other new therapies?”*

Professor Barney Dunn, CAT Practitioner, Professor of Clinical Psychology, NIHR Career Development Fellow, Mood Disorders Centre, University of Exeter. Barney will examine what CAT can learn from recently established evidence based therapies (e.g. Mindfulness Based Cognitive Therapy) and also discuss steps involved in developing new therapies, such as the Augmented Depression Therapy he is working on.

4.15pm Summary of the day

4.30pm Close

