

COSCA's 3RD ANNUAL COUNSELLING RESEARCH DIALOGUE 2006

*"Speaking Outside the Counselling Room:
Expressing the Spirit of Counselling through Research"*

CALL FOR PAPER/PANEL/WORKSHOP/POSTER SUBMISSIONS

Submissions are sought under the Dialogue's theme on the following four perspectives:

- **The organisation:** communicating what is happening within counselling/counselling skills organisations—sharing different experiences
- **The counsellor:** what is the counsellor's interest in being professional? What is the unspoken agenda of the counsellor? Is counselling something to believe in for the counsellor? The uncertainty of the counsellor—am I doing this wrong because it is really hard to keep to the theory I was trained in?
- **The client:** what does the client make of the counselling relationship? What can we/should we be learning from "them"? Is counselling really for the client, or is it actually for the counsellor?
- **The researcher:** research is about speaking to the wider community. It produces evidence. It speaks to power e.g. policy/decision makers. Speaking truth to power is an issue. How do researchers speak out in a social context i.e. to authorities/communities/the public? The experience of doing research that leads the researcher to question theory and previously strongly held convictions.

Submissions are invited from across the field of counselling skills, counselling and psychotherapy, including practice-based researchers. You are invited to make your submission in any of the following formats:

- ⇒ Research Paper (max 30 minutes: 15 mins Presentation/15 mins Discussion Time)
- ⇒ Panel (3 papers on a linked theme: max 1 hour: 15 mins each Presentation and 15 mins Discussion Time)
- ⇒ Research Workshop (max 90 minutes)
- ⇒ Poster (visual display of preliminary/final findings on A1 flipchart size)

STUDENT STRAND - This year, there will be a new Counselling Student Strand dedicated to presentations from students who wish to present their research findings.

If you are interested in submitting in any of the above formats, please send an **Abstract Submission** (as outlined on the Abstract Submission Proforma) of no more than **300 words by 31 JULY 2006 by email to:**

Marilyn Cunningham, COSCA Administrator: marilyn@cosca.org.uk



COSCA
Counselling & Psychotherapy
In Scotland

18 Viewfield Street, Stirling FK8 1UA
Tel: 01786 475 140 Fax: 01786 446 207
Email: marilyn@cosca.org.uk
Website: www.cosca.org.uk

Venue:

Scottish Further Education Unit,
Argyll Court, Castle Business Park,
Stirling FK9 4TY

Date:

Thursday 9 November 2006
10 am – 4 pm (9.30 am Registration)

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ABSTRACT SUBMISSION PROFORMA **To be returned by: 31 JULY 2006**

PERSONAL DETAILS

Title	Forename	Surname
Job Title	Organisation/Study Place	
Mailing Address		
Town	Post Code	
Telephone	Fax	Email
COSCA Membership No (if applicable)		

ABSTRACT SUBMISSION: (For further information please refer to **CALL FOR PAPERS FORM**)

➤ Paper (max 30 mins: 15 mins Presentation/15 mins Discussion Time)	<input type="checkbox"/>	➤ Research Workshop (max 90 mins)	<input type="checkbox"/>
➤ Panel (3 papers on a linked Theme (max 1 hour: 15 mins each Presentation/15 mins Discussion Time)	<input type="checkbox"/>	➤ Poster	<input type="checkbox"/>

Please if the above Abstract Submission is part of the Student Strand

Please complete the following as relevant, on a separate sheet, clearly heading each page with your name and the title of the Abstract Submission. **The Abstract Submission should be no more than 300 words.**

➤ Name and Précis of other presenters, if relevant	➤ Background
➤ If Panel Discussion, name of panel organiser	➤ Aims
➤ Presentation Format	➤ Results
	➤ Conclusions/Implications

Equipment Required:

OHP Flipchart Laptop Projector for Laptop Other (Please specify)

**Please return Abstract Submission by:
31 JULY 2006 to:**

Marilyn Cunningham, Administrator

COSCA (Counselling & Psychotherapy in Scotland)

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Tel: 01786 475 140 Fax: 01786 446 207

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INFORMATION

This 3rd COSCA Counselling Dialogue will address the need for counsellors to speak out, to "burst the bubble", to tell others about how they work as counsellors and to share what they know.

It will address the difficulties and challenges for counsellors in articulating this, given that the counselling room is by its nature private. It will question the extent to which what happens there can be shared with others.

Is research the vehicle for doing this?

The Dialogue will focus on the view that clients' problems are not necessarily only their own as individuals, but that these problems are experienced in a much wider context: social, economic, religious, spiritual and cultural. It will examine the need for counsellors to understand these contexts and the role of research in informing others.

There is a need for the rational versus emotional dialogue within the field of counselling. However, on the rational side, much is already discussed e.g. statements of ethics and legislation relevant to counselling. On the other hand, on the emotional side, much is left unspoken e.g. what happens to clients and counsellors in the counselling room. This Dialogue will aim particularly to articulate the struggles/difficulties around the emotional side of counselling. It will look at the expression of anger, the limits of power, conflict, etc.

The Dialogue has much to offer those working in the counselling skills, counselling and psychotherapy world, including organisations, researchers, students, trainers and counsellors/psychotherapists.

This year, for the first time, a new "**Student Strand**" is being included. This will offer invaluable opportunities to student presenters across the counselling research field in Scotland to share their findings with others.

- EXPENSES:** Presenters cannot reclaim travel or any other expenses from COSCA.
- METHOD OF PAYMENT:** Cheque/Invoice/BACS (add £2.00 service charge if an invoice is to be issued)
- CLOSING DATE**
- FOR BOOKINGS:** 19 October 2006
- LATE BOOKINGS:** COSCA will accept late bookings subject to availability and immediate payment in full.
- CANCELLATIONS:** Written notification of cancellation after 19 October 2006 or failure to attend the conference without written notification prior to 19 October 2006, will be subject to a 100% cancellation charge. Cancellations before 19 October 2006 will receive a 50% refund.

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BOOKING FORM
Closing date: 19 OCTOBER 2006

PERSONAL DETAILS

Title	Forename	Surname
Job Title	Organisation/Study Place	
Mailing Address		
Town	Post Code	
Telephone	Fax	Email
COSCA Membership No (if applicable)		

ACCESS/DIETARY REQUIREMENTS

Please specify:

COSCA aims to maximise attendance and participation at all events. We can offer a range of services to facilitate equality of access to our events. Please contact COSCA for further details. With sufficient notice, COSCA will endeavour to provide a signer or hearing loop if required.

DELEGATE FEES

COSCA Members:	£55	<input type="checkbox"/>	Presenters:	£45	<input type="checkbox"/>
Non-COSCA Members:	£65	<input type="checkbox"/>	Student Strand Presenters:	£25	<input type="checkbox"/>
Counselling/Counselling Skills Students:	£35	<input type="checkbox"/>			

FEE ENCLOSED:

£

I ENCLOSE DELEGATE FEE OF:

PLEASE INVOICE (ADD £2 SERVICE CHARGE)

INVOICE DETAILS, IF DIFFERENT FROM MAILING ADDRESS:

COSCA's 3RD ANNUAL COUNSELLING RESEARCH DIALOGUE STIRLING, THURSDAY 9 NOVEMBER 2006



Presenting at COSCA's Counselling Research Dialogue

The COSCA Counselling Research Dialogue encourages submissions from individuals and organisations from across the counselling/psychotherapy field in Scotland.

Some Tips and Suggestions to Help You in Delivering your Presentation/Poster.

Planning the Presentation of your Study:

General Points

- Be sure that the study you are presenting is valid and its methodology sound i.e. it should not be opinion.
- Make the strengths and limitations of the research clear.
- Decide where the focus should be, and the 3 key points you want to make. If it is a large piece of research, e.g. a PhD, only include key issues. Develop a logical and clear structure. Take account of colleagues' and friends' comments.
- Imagine the audience and try to relate your presentation to them. Most delegates at COSCA's Counselling Research Dialogue will be counsellors, psychotherapists, counselling skills users and trainers. Fewer will be academic researchers. Most (but not all) will have some knowledge of research. Some will be experts but usually only very familiar with one or a small number of areas.
- If you are using audio-visual aids (OHP or Power Point slides) in your presentation use no more than 7 pieces of information on each slide. Present only key points or illustrations - not a script. Make each slide clear, readable from the back of the room, and appealing. Allow at least one minute for each slide.

Structure:

- Introduce yourself and your topic, and outline your aims/plan for the presentation.
- Describe the context of your study and why you did it.
- Explain how you did the study and any criticisms of it.
- Present your findings and any weaknesses in your evidence.
- Discuss its implications and how far these can be generalised.
- Sum up - clear conclusions are strong ones (no matter whether they are popular or positive in themselves)

On the day:

- Check that the equipment you need is there and working for your presentation.
- Be positive, enthusiastic and get excited. Above all, *do not worry*. People have come along to hear your presentation.
- Enjoy giving your presentation.

Paper (30 Minutes)

- Allow up to 15 minutes for the presentation and rehearse the presentation in full to ensure that it is no longer than 15 minutes.
- Allow 15 minutes for questions and feedback (rehearse questions you can expect).
- Give the main body of your research and its conclusions/implications at least 10 minutes in your presentation. Limit the presentation of your methods to between 3 and 5 minutes. Leave sufficient time (15 minutes) for discussion after your presentation.
- Include references, your literature review and the details about your methodology in a handout.
- You will get valuable feed-back during the 15 minute discussion after your presentation.

Poster

- Prepare your poster presentation on A10 flipchart paper.
- Place it on a designated flipchart stand at the Dialogue.
- Show what was done – use schematic diagrams, arrows, and other strategies to direct the visual attention of the viewer.
- Use 16-24 font size throughout to allow it to be read at least 6 feet away.
- Double-space all text.
- The title banner should be readable from 15-20 feet away.
- If space permits, use first names for authors to facilitate interactions.
- Use maximum of 2-3 colours where possible to unify and enhance.
- Use self-explanatory graphics with a minimal amount of text materials as supplements.
- Catch the essence of your study – design the poster to address one central question.
- Provide an explicit take-home message.
- Summarise implications and conclusions in user-friendly language (preliminary or otherwise).

Workshop (90 minutes)

- Identify the goals of your workshop before you begin developing the programme.
- Ensure that your workshop is as focused as possible.
- After you have designed your workshop programme, create a brief evaluation form to be filled out at the end of the workshop.
- Create a hands-on component to your workshop to encourage active participation. Make sure there is dialogue between you and the participants.
- Consider co-presenting your workshop with one of your colleagues or a member of your target audience. Try to see your role as a catalyst for bringing people together rather than as an expert on the issue.
- Try to have break-out sessions so people aren't sitting in the same place the whole 90 minutes.

COSCA Journal: Counselling in Scotland

Presenters are encouraged to prepare their presentations as papers for the COSCA Journal, Counselling in Scotland, after the Dialogue. Information on style and format for submissions is available from the COSCA office.