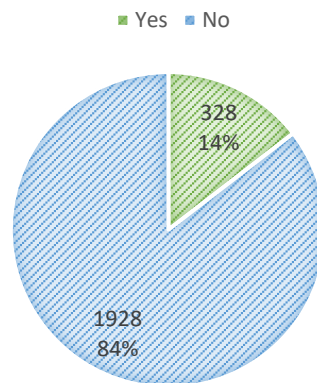


Conducting research

Our recent member survey showed **84%** of the membership are **not** currently involved in psychotherapy research.

Are you currently involved in psychotherapy research?



However, of those people, **only 3%** reported that they didn't feel research was relevant to their practice and **85% reported being interested in research.**



Despite most people reporting that they are not involved in research, **74% of respondents reported using standardised measures to record clinical outcomes.**

Alongside people saying they didn't know how to become involved in research, **additional comments showed that many felt unable to conduct research as they did not have access to a research ethics process.** This was particularly relevant to those working in private practice.

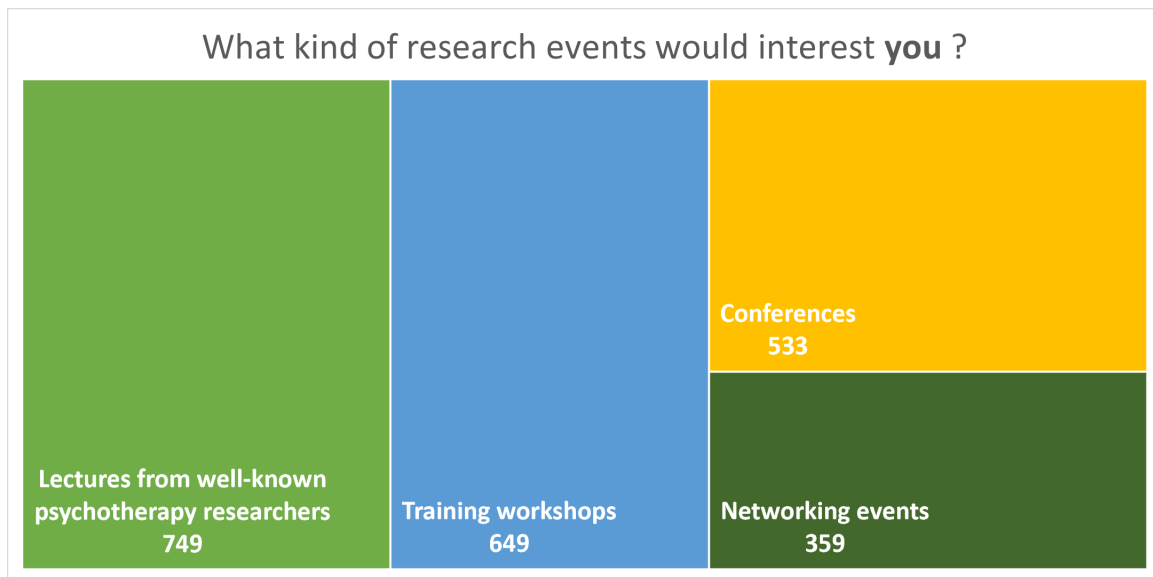
For members who are currently involved in research, many were so kind as to provide an additional details as to the projects they are involved with. Just this small snapshot demonstrated the **huge range of research interests and activities across the membership.**

What does this tell us?

- ✦ While it's great so many people want to be involved with research, the vast majority of the membership aren't currently conducting psychotherapy research. **We know that we need to be do more to help engage members and inform people about they can be involved in research.** We also plan to do more work to explore what it means to do research as a clinician and the many different forms that research can take. Many members commented that they didn't have time for research alongside clinical work, and this was especially true of those who were in early in the career or starting a new practice.
- ✦ The number of clinicians using standardised measures to record clinical outcomes also means there is a lot of data being recorded across the membership that may be key to demonstrating the efficacy of psychotherapy. We would really like to explore how we may be able to bring this data together – perhaps through an organisational database – to help demonstrate the value of psychotherapy to both the public and policy makers
- ✦ We are aware of the challenges of conducting research whilst in clinical practice and also of the additional challenge of obtaining ethical permission. **Exploring how we may be able to better support our members with research ethics is currently a very high priority.** For those who are already involved in research, we want to provide more opportunities to learn from their work and promote it internally and externally. We're hoping to get some more information from our research-active members to create a directory. This will hopefully provide more opportunities for publicity, networking and collaborative funding bids.


UKCP Research Events

In July 2019, we held a research workshop at Regents' University. The day included lectures and a series of interactive workshops across a range of different topics. The feedback showed it was very well received and we are hoping to offer similar learning opportunities around research in the near future. The results from this survey supported this, with **73% of the membership saying they would like the UKCP to put on more research events.**



Comments about UKCP research events also highlighted that [members would like events to be less London-centric](#). Some also suggested they would prefer more collaborative, non-hierarchical spaces that would enable less experienced researchers and students to share ideas.

What does this tell us?

-  We're going to be less focused on large annual research conferences and **more focused on regular, smaller events that provide learning opportunities for members**. Within this, we would like to engage more with research active members so they have the opportunity to share their knowledge with others and promote their research; and to provide a more accurate representation of the breadth of research within the membership. We'll be using some of the feedback from the last research workshop to help decide event themes and we will keep using a feedback mechanism as much as possible to ensure events are relevant and useful.

Given the present situation with COVID-19, [we're also looking into how we can provide additional learning resources and online lectures](#) to support research CPD even in self isolation. This could also help to share more information to busy clinicians to take part in their own