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**Reconnecting to self and others: Person Centred Therapy for psychosis, a mixed method study of helpful practice and change process**

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**Learning Goal:**

To consider the helpful and unhelpful practice and change process in clients with unusual or psychotic processes who receive person-centred therapy including restoring the connection to self and others

**Abstract Text:**

This research investigated helpful and unhelpful practices, changes and contextual factors in clients who experience psychotic processes in the form of three studies.

Study 1 involved semi-structured interviews with 20 person-centred practitioners working with clients with psychotic processes, focusing on helpful or hindering practice and observed changes.

Study 2 involved 20 adult clients who had self-identified as hearing voices, having other unusual experiences or psychotic processes were interviewed mid- or post-therapy using the Change Interview protocol. Studies 1 and 2 used grounded theory analysis.

Study 3 consisted of a hermeneutic single case efficacy design study (HSCED; Elliott, 2001) with a client who was experiencing psychotic processes and who received 22 sessions of PCT. Qualitative and quantitative data was presented to a sceptic adjudicator and debated in a quasi-judicial forum with five independent judges: two therapists, a carer and two experts by experience. Conclusions were reached regarding therapy impact and causal efficacy.

Overall results indicated that most practitioners incorporated pre-therapy into practice, with positive results. Practitioners often worked in multidisciplinary contexts with attention to supervision, self-care and boundaries. Person-centred values and real relationship were important. Unconditional positive regard (UPR) was the most critical condition named by practitioners and clients. Unhelpful factors included practices such as judgement and unwanted directivity.

All studies showed improvement in social abilities, positive sense of self, and an increase in aspects of wellbeing. There was evidence of improvement in mood and reduction in unusual experiences.

Clients engaged in a real relationship in therapy. Most clients were active agents in their own change process. Findings demonstrate that person-centred therapy can be helpful for adult clients with psychotic processes.

Limitations of the study include the dual therapist-researcher relationship in study 3, data reliability, the homogeneity and small size of the samples and limitations in measures.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**