

FOUNDATIONS OF A CONVERSATIONAL MODEL OF PSYCHOTHERAPY

Introduction

Frank Margison

A therapy so good it needs two names!

- Conversational Model
 - This *describes* the model drawing directly on the work of Robert Hobson and Russell Meares
- Psychodynamic Interpersonal Therapy [PI]
 - This is the same approach but *defined* for research purposes with adherence scales, manuals, teaching methods

Russell Meares and Robert Hobson



Some key principles

- Personal problem-solving within a relationship
- Feeling language and metaphor
- Distinguishing persons and things
- Conversation
- Here and now exploration
- Mutual asymmetry
- Aloneness-togetherness

Underlying mechanisms

- What is crucial?
 - metaphor,
 - links across sessions,
 - rebuilding the self in relationship,
 - interpersonal learning,
 - acknowledging error and repairing alliance breaches,
 - avoiding being a “persecutory therapist”
 - Meares and Hobson 1977

What NOT to do: “The Persecutory Therapist”

- Meares and Hobson 1977

It describes what therapists do that can be destructive to clients:

- intrusive,
- derogatory,
- invalidating and
- opaque therapist
 - Impossible or conflicting demands, unclear structure and expectations

- Reference:

- Meares, RA; Hobson, RF; (1977) The Persecutory Therapist, *Br. J. Med. Psychol*, 50, 349-359

A brief history

- 1970...
 - Imagination and Amplification in psychotherapy
 - Russell's research work with Bob at Bethlem hospital
- 1977
 - The Persecutory Therapist
- 1978-2004
 - MRC project, defining Conversational Model
 - Development of PIT as a research model for (mainly) brief therapy
- 1978 onward
 - Russell developing Conversational Model in relation to the self
- Sheffield and Leeds: Process-Outcome studies
- Manchester: RCTs on under-researched groups
- Sydney: Borderline personality outcome, cost-benefit and follow up



Future of the Conversational model?

- Simple and cost-effective to train counsellors
 - (Guthrie *et al* 2004)
 - Develop within IAPT programme?
- Accessible and acceptable to nurses, counsellors, clinical psychologists and psychiatrists
 - Training model built on continuing professional development
- Training model well-developed and researched
- Treatment research has focused on treatment resistant groups,
 - Often not considered for psychotherapy (long term unresponsive clients, self harm, somatisers, Borderline personality etc.)
- Built long- and short-term variants with manuals for guidance

Working across two hemispheres

- geographically
and
- metaphorically

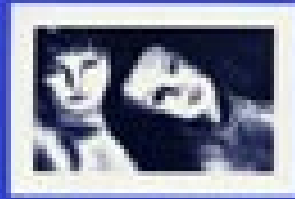
Building a network

- PIT-UK
 - Meet every second month, first Friday, Gaskell Psychotherapy Centre, Manchester
- Australian web resources: <http://www.anzapweb.com/>
- New UK web site with downloadable learning materials

The Self
in Conversation



Vol. VII Edited by Russell Meares
and Pauline Nolan



Intimacy
&
Alienation

Edited by Russell Meares
and Pauline Nolan

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The Metaphor
of Play

Origin and Resilience
of Personal Being

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Borderline Personality
Disorder and The
Conversational Model

A Clinician's Manual

Russell Meares

Dissociation
Model of
Borderline
Personality
Disorder

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Foreword by Allan N. Schore