

Ageing Across the Lifespan: Dr. Kate Foxwell and Dr. Fergal Jones

This group is interested in all aspects of adult development and ageing, including mindfulness-based approaches for older people (Kate & Fergal); the value of concepts of attachment and mind-mindedness in working with older people with dementia (Kate); and systemic theories in our understanding of older adult mental health and wellbeing (Kate). We look at multiple psychological perspectives such as applied, educational, experimental, clinical or psychosocial to better understand the different processes involved in ageing.

Child and Adolescent Emotional Well-being and Mental Health: Dr. Tamara Leeuwerik (chair) tamara.leeuwerik@canterbury.ac.uk, Ms. Linda Hammond, Prof. Alex Hassett, Dr. Trish Joscelyne

The aims of this cluster are to further research into infant, child and adolescent emotional wellbeing and mental health issues. Members of the group have special interests in a broad range of topics - please see details below. They are also happy to support research undertaken using a range of both qualitative and quantitative research methodologies.

Linda's research interests relate to the emotional health and well-being of young people of all ages who have experienced the life-changing effects of abuse and neglect and, as a consequence of these experiences, have been adopted or placed in foster care. She is also concerned with the experience of those who seek to care for children who have experienced trauma, either as foster carers, residential staff or adopters. Her research is informed by developmental, attachment, and psychoanalytic understandings of trauma and its impact on infant and child development, and the wider systems seeking to support these children. A further research strand in which Linda is involved, relates to the impact of digital technologies on children and young people's emotional health and well-being; particularly the role that digital technologies may play in influencing adolescent identity formation, self-esteem, and the development of young people's social and emotional relationships.

Alex's research interests focus on the emotional well-being and mental health of children and young people with a particular focus on early relationships, attachment, trauma, and their link with emotional well-being. He has an interest in the impact of early trauma and exploring the adaptive ways young people make sense of these experiences. This includes an interest in identity development in care experienced young people and more generally young people's attempts at understanding their own mental health. He also has an interest in the role of relationships in trauma recovery with a focus on role of foster care in providing relational spaces for recovery from trauma. He is also interested in how the care environment understands being trauma informed.

Trish's research interests lie in understanding ways of supporting young people with emotional difficulties, particularly in terms of the role that schools can play in supporting young people in developing resilience and in the role of special schools in particular. She also has interests in the effects of domestic violence on young people – not only its impact, but also concepts of resilience and post-traumatic growth. Trish has a particular interest in supporting those with less of a voice to be heard in research, for example by hearing from fathers in perinatal mental health, from young people with social, emotional and behavioural needs or from families from minority communities on the effect of trauma on their lives.

Tamara's research interests in child and adolescent mental health and wellbeing include: i) the understanding and treatment of paediatric obsessive-compulsive disorder (OCD), anxiety and school refusal; ii) the use of mindfulness-based and compassion-focused approaches with children, young people and their families; and iii) (barriers and facilitators) to engagement in psychological therapies.

Previous research experience with children and young people included a focus on attachment, theory of mind, peer relationships and prosocial development.

Learning, sensory and Physical Disabilities

This research group aims to bring together all those who are interested in research in the areas of learning, physical and sensory disabilities.

Prof Jan Burns works in the area of sport and people with intellectual impairments, both intellectual disabilities and autism. She worked on the classification system to re-include athletes into the Paralympic Games and works with Virtus (World Federation for Para-athletes with ID) to promote sport performance for elite athletes, and with organisations such as the Special Olympics and Mencap for sport inclusion at grassroots.

Adult Mental Health: Dr. Dan Salter (chair) dan.salter@canterbury.ac.uk, Dr. John McGowan, Ms. Anne Cooke, Dr. Maria Griffiths, Dr. Rachel Whatmough

Members of this group have interests in adult mental health research that include: aspects of personality disorders; procedural rules in therapy – experienced therapists’ in-session decision making; therapeutic change processes, e.g. sudden gains, cross modality; therapeutic adherence; prediction of psychopathology (e.g. PTSD); and the identification of resilience and risk factors in the development of psychopathology; (Ann and John) the development and evaluation of therapies and services for people with psychosis; (Maria) relatives’ responses to/perceptions of diagnosis of psychosis, family intervention in psychosis including engaging with families and carers in routine team practice, parental mental health where a parent has a psychosis diagnosis.; and (Rachel Whatmough) perinatal mental health.

Culture, the Arts, Health and Wellbeing: Dr. Sue Holttum (chair) sue.holttum@canterbury.ac.uk, Dr. Kate Foxwell, Dr. Rachel Whatmough

This broad-based cluster seeks to investigate different components of contemporary culture and their impact on psychological and physical wellbeing and includes: (Kate) The meaning of ‘home’ and the role of travel in constructing identity; (Sue) artistic expression, both individually and in groups, as a channel for creativity and collective social affirmation. (Rachel) *the relationships between singing and well-being; and the use of other creative therapy approaches in working with distress (creative writing, ‘culture therapy’ etc).*

Health Psychology and Physical Conditions (any age group): Dr. Sue Holttum (chair) sue.holttum@canterbury.ac.uk, Dr. Holly Milling, Dr. Louise Goodbody (community psychology focus), Prof. Jan Burns (sport), Dr. Rachel Whatmough

The members of this group have interests in the application of psychology to a wide array of illness related topics such acute and chronic health including pain, sleep, cystic fibrosis, cardio-vascular conditions, excessive appetites, neurological illness and oncology. Group members also have a strong interest in the promotion of health and well-being including concepts such as optimism, hope and resilience gaining a greater prominence in health research. Although the positive concept of

coping with illness has been much studied, the factors that lead to a hopeful and positive outlook and to a greater likelihood not only of staying well but of experiencing optimal physical condition for much of life and into old age and across social groups require more research. Whilst genetic and constitutional factors play their role, the social and psychological correlates of longevity, health-enhancing behaviours and general health and well-being have much potential for further research within a biopsychosocial framework.

Mindfulness, Compassion and Wellbeing

Dr. Fergal Jones (chair) (fergal.jones@canterbury.ac.uk), Dr. Sue Holttum, Dr. Kate Foxwell, Dr. Holly Milling, Dr. Tamara Leeuwerik, Dr Rachel Whatmough.

This cluster is about understanding the relationships between mindfulness, compassion and wellbeing. Individual staff members' interests include: the use of mindfulness-based, compassion-focused and related interventions to improve and maintain wellbeing (Fergal, Sue, Tamara, Holly); the role of arts and social media in increasing mindful awareness (Kate); and staff wellbeing, mindfulness and compassion in healthcare (Holly, Sue, Fergal), including in Schwartz rounds (Sue) and; mindfulness within the workplace, mindfulness and compassion-based approaches within physical health (Rachel).

Neuropsychology: Dr Jerry Burgess (chair) jerry.burgess@canterbury.ac.uk

This research group is interested in the measurement and rehabilitation/condition management of adults with acquired brain injury and/or long-term neurological conditions. Investigations of brain-behaviour relationships, executive functioning, personality and emotional changes associated with brain damage, and socio-emotional adjustment after brain injury or stroke are of special interest. Neuropsychological assessment using psychometric tests is a key function in the work of a clinical psychologist, and understanding and/or improving tests in regard to their ecological validity, cross-cultural validity, accurate measurement of constructs (i.e. IQ, attention), and measuring response bias are always welcome advances in the field, and of interest to this group. Sustaining a brain injury or acquiring a neurological condition that affects cognition, mood/personality, and/or motor functioning is a life-changing event for individuals and their families, leisure and vocational prospects. Capturing these individuals and their families experiences, and devising means of helping them adjust and function as normally as possible is the key to neuro-rehabilitation, and an important area for further research and development, and the primary area of this teams' clinical experience. This research team is also composed of clinical psychologists with experience in scale development and validation, and would be particularly suited to working with methodologies that involve test/scale development and psychometric analysis.

Professional Issues (including service user/carers research): Ms. Anne Cooke (chair) anne.cooke@canterbury.ac.uk , Dr. Maria Griffiths, Dr. Sue Holttum

Some of the issues that this group are interested in include: (Anne) The debate about the role of psychology in our society. For example, is psychological therapy just 'the opium of the people'? Would efforts directed at changing individuals be better directed at changing society? (Sue) Service user perspectives on services, including clinical psychology; (Maria) Carer/family perspectives on

services including clinical psychology; multi-professional engagement in the delivery of psychological therapies. How might the current limited dialogue between clinical psychology and those who use its services be developed? What changes might clinical psychologists be able to make to their thinking, practice and professional structures as a result? What aims might we have in common with those of the user/survivor movement

Public Mental Health: Ms. Anne Cooke and colleagues at Kent County Council, Division of Public Mental Health, Department of Public Health.

This cluster is interested in public health issues that involve mental health including health promotion and illness prevention and focuses on “populations” as opposed to individual people or patients/service users. Particular interests include child protection, men’s health, primary care social prescribing, ageing, self-harm and public health training for applied psychologists. We are affiliated with the new third year placement in public mental health.