

## PTIN Meeting 2018: Friday 19 - Saturday 20 October

Report by Paul Dierick, Dion Van Werde, et al.

### Participants

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Chip Ponsford (Sherwood Institute, Northumberland, UK, Ecotherapy groups).

Judi Perry (Student Psychology, currently studying 'Person-Centred & Experiential Psychotherapy MSc'; Nottingham, UK, Msc research on The role of unconditional positive regard in Pre-Therapy with clients experiencing psychotic processes).

Wendy Traynor (psychotherapist/counsellor, University of Strathclyde, UK, tutor and PhD research on Person-centered and experiential Therapy for Psychotic process).

Jean-Marc Priels (psychologist, person-centered psychotherapist, Clinique Sans Soucis, Brussels, Belgium).

Dion Van Werde (psychologist, person-centered psychotherapist, BTZ Wiesloch, Germany).

Mathias Dekeyser (psychologist, person-centered psychotherapist, University Psychiatric Hospital Sint-Kamillus, Leuven, Belgium; outreach programme Mobiel Team).

Bea Segers (headnurse; ward responsible of the 'Contact ward'. Psychiatric hospital KARUS Gent, Belgium, ).

Paul Dierick (PhD, psychologist, person-centered psychotherapist, Psychiatric hospital Duffel, Belgium, Gerontopsychiatry).

Gwenda Henry (psychologist, person-centered psychotherapist, KARUS Gent, 'Contact ward') (Saturday).

### Excused

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Joe Bartholomew (Sussex Partnerschip).

Muriel Willems (UCL Louvain la Neuve).

Keir Ashcroft (Univ. of Cumbria, UK).

Katharina Raninger, Linz, Austria

### The meeting

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Some general remarks on the PT website:

- **Call for using the PT website more.** Everyone can write a message/note/text to Mathias, and he as webmaster will post it.

- **Pre-Therapy website can be further developed as a sort of library.** E.g. presenting (all) texts that are not copy-righted, or with permission of the author(s). Dion has boxes filled with original publications; it would be interesting to scan these texts, and put them on the site, so that they become available for everyone.

Idea:

#### Let's make a film about Pre-Therapy

Let's make a kind of demonstration film, a documentary showing a 'good practice' and Pre-Therapy process.

Points of attention:

- Tapes without introduction, commentary nor explanation of meaning could possibly harm PT. E.g. the language used is a delicate issue.
- Make sure that it is copy-righted.
- What will it be used for?

### **Inventory of topics, themes, contributions for the 2018 meeting:**

- Website.
- Members.
- Inventory, presenting, every one of us speaking about what he/she is doing.
- Scheduling interviews with Judi Perry.
- Chip Ponsford: film and discussion on Ecotherapy groups.
- Wendy Traynor: speaking about her PhD research on Person-centered and experiential Therapy for Psychotic process.
- Judi Perry: speaking about her research.
- The contact ward in KARUS Gent, with Bea Segers and Gwenda Henry.
- The Flemish training program on Client-Centered care for people with psychotic vulnerability: recovery and fostering contact.
- Clinical case: psychotherapy with somebody exhibiting delusional thinking (Paul Dierick).
- Clinical case: working with a brain injured patient (Chip Ponsford).

### **Info about new projects**

- On 8/6/2018, Dion gave a Lecture on PT for a full auditorium of professionals from the hospital and for members of the ÖGWG (PC organisation), at the Kepler Universitätsklinikum, Neuromed Campus Linz, Austria. Dr. Katharina Raninger, psychiatrist in training, is engaged in bringing PT to the psychiatric environment there. The next day was a 1 day workshop for a smaller group.
- New postgraduate specialisation programme at the French Speaking University Louvain-la-Neuve (Belgium). Pre-Therapy is a recurrent element of their programme (Dion did a 1 day workshop with the students already).

### **Introductory round. Who is busy doing what?**

#### **Chip**

- Doing Pre-Therapy contact work with a client in a state of being psychotic and hearing voices, brought him back into contact.
  - Finished a main project: He and Rab Erskin made a film about men with (psychotic) depression: connecting with the self, others and the wood life environment.
- Format of the group: weekly meetings of half a day (4 hours), during 26 weeks. He is writing papers about this group.

#### **Judi**

Is currently studying 'Person-Centred & Experiential Psychotherapy MSc', and is now in her last year of her masters research in person centered therapy and more specifically on The role of unconditional positive regard in Pre-Therapy with clients experiencing psychotic processes.

#### **Wendy**

Has a history of being involved in the PTIN. This was at least her 4<sup>th</sup> time participating here in the network meeting.

Wendy's main connection to the network is through her research at the University of Strathclyde. This includes three studies focusing on PCEP for psychotic processes in adults.

- The first study involves Practitioners in Britain using PCEP including Pre-Therapy Most used Pre-Therapy.
- The second study involved 20 clients receiving PCEP.
- The third study is a case study with a person-centered psychotherapist offering over 20 sessions to a client. The results include examples of how people use Pre-Therapy in practice and show change processes.

Wendy has been involved in supporting training programs, and e.g. played the role of the client in the training program on Pre-Therapy and is currently teaching in the staff team at the University of Strathclyde on the MSc in person-centred counselling and psychotherapy which includes basic training in Pre-Therapy/contact work.

#### Mathias

- Practices Pre-Therapy contact reflections when appropriate with the clients he works with, mostly individual work. He's thinking of possible training opportunities for family. In the 'recovery academy', where courses/input must be given by experts by experience: offering something about special experiences.
- Webmaster. Manages the Pre-Therapy website, manages the mailing lists. The website is a means of connection. The reference list on Pre-Therapy is an important tool.
- Would like to work further on a paper on the communicative contact scale data.
- Has been involved in organizing the Flemish training program on Client-centered care for people with psychotic vulnerability: recovery and fostering of contact, together with Bea, Paul, Dion.
- Considers writing something together with a client who is hearing voices and who is really keen of improving the health care system, maybe in doing so, giving her possibilities.

#### Bea

Works on the Pre-Therapy contact ward for more than 30 years, now with another psychiatrist (physician) and another psychologist since Dion moved and Gwenda entered; she stayed, fostering continuity in approach.

Wendy mentions that her research data implies that person-centered therapy also with psychotic vulnerable patients can be effective and supports findings in other studies.

#### Paul

- Has been practicing Pre-Therapy contact work in his work as a psychologist person-centered psychotherapist, with elderly patients, when appropriate. At the ward elderly patients with a great variety of psychiatric problems are admitted, encompassing depressive, hypomanic or bipolar mood disturbances, psychotic problems, cognitive disturbances, problems which are rooted in personality patterns, problematic grieving or broader experiences of losing (health, possibilities, home, loved persons). Paul incorporates Pre-Therapy as a framework and concrete interventions in his own work with patients in individual contacts and in group sessions. As a member of the core staff of the ward, he formulated the person-centered approach, encompassing Pre-Therapy contact work, experiential and interactional therapeutic work, as a part of the treatment model in the official blue print of the ward, besides the medical treatments with medication and electroconvulsive therapy (ECT) and the cognitive behavioral approach.
- Working with delusional thinking proofs to be challenging in practice and in our person-centered approach, when the patient is at an overall rather high level of psychological contact functioning, but sticks to certain core delusional beliefs.

- Paul also participated as a staff member in the Flemish training program on Client-centered care for people with psychotic vulnerability: recovery and fostering of contact (together with Dion, Mathias and Bea), where he brought in the part (two days) on person-centered listening attitudes and skills.

#### Dion

Has been going through a tough period of change: changing work, country, language, house.... Despite all this, he has been very active in spreading Pre-Therapy, as is shown in the overview of activities 2017-2019 (list can be sent on request).

NOTE: Pre-Therapy travelled to Afrika for the first time . Dion did a 3 day workshop in Casablanca, Maroc, for the “Institut Marocain De Psychotherapie Integrative”.

#### Jean-Marc

- Some time ago, in the hospital Sans Souci at Brussels, there was a program based on the person-centered approach and Pre-Therapy. Now, due to change of staff, there is a program rather based on dialectic behavior therapy. JM, as paramedic director, still has the openness to support the Pre-Therapy Approach, if people are willing to engage in it.

- He is doing quite a lot of group therapy. He says: “In my facilitating encounter groups, I’m inspired by Garry Prouty and Pre-Therapy. The students that participate in the encounter groups experience a difference in approach. Being phenomenologically rooted in reality, gives me a sense of peace, something meditative, anchorage. This is a benefit of Pre-Therapy.”

- Another part of his agenda has to do with being part of the broader community of the person-centered approach and connecting people. He works a lot with the French speaking regions. How to e.g. bridge the separate associations and separate persons in France is a challenge.

- He participated in the PCE conference in Vienna in July this year. Everywhere, he spoke about Pre-Therapy.

- He is a trainer in ‘Snoezelen’. After a session, people can share their experience. People can e.g. also express the voices in their head and feel some security. He often uses Pre-Therapy contact reflections at those moments.

- He is involved in the Hearing voices Network. The network is an international group with national branches. Next year there’s a conference in Den Haag. Our PC / PT approach gives us the right attitude and even the appropriate skills to work with people who we meet, and whom we respect as the specialists of their own experience. We “encounter”.

In the recovery approach, the users promote and teach about what is called “the crisis card”, which can really be helpful if everyone takes the card serious. Maybe we can bring the topic of contact reflections (more) into this forum.

[www.revfrance.org](http://www.revfrance.org) - le Réseau français sur l'entente de voix.

[www.intervoiceonline.org](http://www.intervoiceonline.org) - Intervoice: The International Hearing Voices Network.

At the University of Maastricht (the Netherlands) years ago already, prof. Marius Romme, Sandra Escher and colleagues did research about hearing voices. In psychiatric hospital Sint Amandus Beernem, some years ago at a hearing voices day, now retired PTIN member Bea Konings invited Sandra Escher who gave a presentation together with a specialist by experience. Paul and Mathias attended this meeting.

#### Gwenda

Now works about two years already as psychologist at the contact ward in the hospital KARUS in Gent, where the Network annually meets since many years now.

Previously, she has worked for about 19 years with people suffering from psychosis, also from a person-centered perspective and practice. At the contact ward now, she uses Pre-Therapy systematically. Most of the patients are in “grey zone functioning”, that is, they switch being in and out of contact. She works with families of patients too.

## Research

- Wendy: There is bias in reporting outcomes in some studies. E.g. in researching Avator therapy, person-centered therapy served as a control group and showed to be as effective or sometimes even more effective in longer term follow up.

We can conduct research on a small scale, case studies, and use a format of multiple case study design. Wendy will consult Robert Elliott and look at gathering information regarding possible research methodology. Wendy is willing to support such research on Pre-Therapy contact work. Paul is interested too.

Permission of different relevant ethical committees may be needed, depending on the research design and locations. But when the treatment studied is the treatment as it conducted in usual in practice at site it can be less complicated. Wendy would like to look at helping in gathering further case study evidence in the future after her studies are completed (her viva is pending).

- Mathias is willing to help to write up a case study for a Flemish journal.

- We can organize a research workshop, maybe at or in annex to next year’s PTIN meeting.

We can organize a skype discussion meeting on research. We can best develop an actual plan with simple steps. E.g. how to choose the client/case to study, what to say to the client about participating in the research, how to contact and what to say and write for the ethical committee?

Ideas about measures that could be used: PANNS, CORE, PDAS. Especially ‘rich data’ are valuable, qualitative data which give research life.

Dion mentions the psychiatrist Raninger Katharina from Linz, Austria. Probably she would be interested in participating in research too. She needs hard data to communicate better with her university environment.

Gwenda shows interest in research too, which is also important in the hospital she works in..

Jean-Marc mentions that Doc. Emmanuel Zech, university of Louvan-la-Neuve, may be contacted as to support research projects in French speaking regions.

A monitoring system, called “Qit-online” (‘Quality Improvement in Treatment’; see <http://www.qitonline.be/nl/missie>), is now already used by Gwenda. Can even be used with patients in grey zone functioning.

Gwenda already gathered data from working with a woman who was very psychotic, and who has been hospitalized at her ward. She now continues to see this woman in private practice.

Gwenda is interested to write an article on it. Her data could be matched with the notes of the nurses during admission, what would be an extra source of information for testing the research hypothesis.

### Conclusions about research.

- Wendy is willing to make a start and write up some ideas towards developing a practical research protocol that could be adapted to different contexts.

- Paul and Chip (and maybe others) are willing to participate in this process.

- Gwenda is willing to write up what she has so far; not specifically on Pre-Therapy, more on PCA.

### **Flemish training program.**

For the second time already, Dion, Paul, Mathias and Bea organized a training program (in the Dutch language, in Flanders) on “Client-centered care for people with psychotic vulnerability: recovery and fostering contact”.

This training program encompassed 8 days of training, spread over 5 months, from October 2017 till February 2018).

We developed this training program according to the guidelines outlined in the Concept note we wrote and agreed upon in former PTIN meetings, on “Essentials and Formats for Education and Training in Pre-Therapy and Pre-Therapy Contact Work” (edited by Paul Dierick, Carl Adams, Dion Van Werde and Pete Sanders, 6<sup>th</sup> version, January 2012).

“Pre-Therapy” and “the person-centered approach” are the core topics of the Flemish training program, and targets on working with the diagnostic group of clients suffering psychosis.

We incorporated the recovery oriented movement.

We delivered a certificate of attendance, certified by the PTIN and the co-organizing training center “Focus on Emotion”.

Our training program is open for all mental health professionals (with bachelors or masters degree) working with psychotic vulnerable people in mental health or other care services.

Participants of the two editions of the training program so far, were working as psychiatrist, psychologist, social worker, nurse, music therapist, client facilitator in sheltered living, job coach (for people with psychotic vulnerability), ...

Among others, it were colleagues from the psychiatric hospitals KARUS Gent (Sint Denijs Westrem), Leuven (Bierbeek), and Beernem.

(In 2020 this programme, so far coordinated by Mathias, will be organized in the Leuven / Vlaams Brabant region).

The learning process for the trainees implies an experiential process of (self)reflection and mutual feedback in the training group.

The program offers frameworks and tools to therapeutically work with psychotic vulnerable people with low levels of contact functioning, grey zone functioning and higher levels of contact functioning: in individual contacts, group contacts and ward applications; with special experiences as hallucinations and delusions; using a client-centered way of listening and responding (as to attitudes and skills); and applying a recovery oriented view.

We did teaching, group and individual processing of content and experiences, role-playing, and supervision of case material the trainees brought in.

From the trainees we got feedback that it changed the way they looked at problems and patients. One could say it fostered more understanding for the person and his suffering, and taught a more holistic/richer/more satisfying way to deal with as well the emotional as well as the very concrete and reality aspects of what the clients / patients brought and needed.

Important to the participants was also the wide range of perspectives, coming from different fields of practice, clients and profession.

The Pre-Therapy framework helped to be more conscious about one’s own thinking and the elements in play, and thus find out what to do in a given situation easier.

The participants also expressed a need for further learning in a supervision/intervision group in the future.

Mathias is thinking about training clients/family in Contact Work (like Elfie Hinterkopf did on a ward in the seventies). In the reorganization of mental health care, a lot of attention is being paid to the family network. In the training however, it should be made clear, that family members are no professional caregivers. Family and mental health professional are different roles and positions in relation to the person with psychotic vulnerability. Nevertheless, family members can use contact reflections. A special format of training for family would be possible. Maybe “Similes” (the Flemish organization of family members of persons with psychiatric problems) could be interested in co-organizing such a program?

### **Website [www.pre-therapy.com](http://www.pre-therapy.com)**

The list of references on Pre-Therapy and contact work, is an important tool, which everyone can find on this website. This list of references is kept up to date as much as possible. Maybe we can use the website more?

Until now Mathias has been webmaster of our Pre-Therapy website. Mathias asks if someone else can do this job for a next period.

We see among the users a more consumer attitude than a participating attitude.

It seems good to broaden the involvement from the core Flemish group/board to other countries. Judi Perry offers her help, is willing to take up the webmaster function when she has finished her dissertation, from next year May / June 2019 on. Until then, Mathias will continue to do it. We all thank Mathias for having put so much efforts in maintaining the website and we thank Judy for taking up the role of webmaster in the coming future. Keeping the website alive really is an important contribution to the Network.

In the list of the discussion group, one can ask for who is interested in a certain theme, e.g. a research topic, and then proceed in a kind of task force e-mailing group, and report back to the list later.

Announcing concrete themes one would like to work on in more depth, asking specific questions and addressing themes to form such groups could make the list more alive and even reach people/colleagues that we do not see or hear so much, but are still connected anyhow. E.g. Hans Peeters recently made some interesting contributions.

### **PTIN memberships, taking care of the Pre-Therapy heritage and fostering further evolution**

There are different kinds of members or participants in the PTIN. There is a board and a (small) core group of members who participate in the PTIN meetings. There are specialists who are able to write papers, give presentations, workshops, training. There are other people that are connected, interested, practicing and following what goes on in the world of Pre-Therapy.

Garry gave his heritage to Dion. How can we further transmit the heritage?

We are in a transition. Before, we had to connect and check with a kind of “absolute knowledge and authority” about Pre-Therapy. Dion, being a master in Pre-Therapy and contact work, does not want to be “the” authority to approve who can be certified as a Pre-Therapist or contact worker.

For now, we rather would like to support each other, and support and bring together the little bits of knowledge that are there everywhere, spread worldwide.

Let's support what is happening, let's open up more, and let us share our knowledge.

(PS the idea formulated in the beginning of the networkmeeting about using the Website as a kind of open library fits to this)

If you have had training and intervision on PCA Pre-Therapy/contact work, you will develop your own bits of knowledge anyhow.

About using existing knowledge and experience, we can refer to the experience of Barbara Krietemeyer, who came into connection with Pre-Therapy by Marlis Pörtner, who noticed that Barbara had discovered contact reflections from her own search in practice to help a person who appeared to be out of contact, exposing aggressive behavior and not responding to normal communication. Barbara developed her own bits of knowledge. Afterwards she learned to know Pre-Therapy, integrated this knowledge, came to our meetings, and even finally wrote a publication together with Garry Prouty, really taking in and presenting the Pre-Therapy perspective.

(See: Krietemeyer, B. & Prouty, G. (2003). The art of psychological contact. The psychotherapy of a mentally retarded psychotic client. Person-Centered & Experiential Psychotherapies, 2(3), 151-161.

Also published as:

Krietemeyer, B., & Prouty, G. (2007). The art of psychological contact: The psychotherapy of a mentally retarded psychotic client. In R. Worsley & S. Joseph (Eds.), Person-Centred Practice: Case studies in positive psychology (pp. 125-134). Ross-on-Wye, UK: PCCS.

Jean-Marc mentions that Pre-Therapy is not seen as a tribe in the PCApproach. (referring to an article by Germain Liettaer and Monica Gundrum to be published in the PCE Journal). Where do we situate ourselves? E.g. rather in the more classical Rogerian client-centered approach, with emphasis on the application of the core conditions, psychological contact being the first condition?

It's anyhow important that people connect to the PTIN. Obviously, we want people to encourage to come to the network meetings.

Conclusions.

- We do not deliver a certificate based on an evaluation. We can deliver a certificate of attendance.
- Everybody can take initiatives, e.g. organize a training program, organize a workshop.
- We ask everybody taking such initiatives, to stay connected with the PTINetwork, and to come to Network meetings. Only then they can add to their name and their initiative: "supported by the PTIN".
- The PTIN can be seen as a connecting group, an inspiring group.
- There can be several local or language groups, as e.g. PTIN-UK, PTIN-Belgium, or PTIN-Flanders, PTIN-France, ...
- There is a connection with the 'Hearing voices group' in the UK.
- Do we need to write up how to relate to the PTIN, which criteria to meet for certain benefits?

E.g. When you want to organize a Pre-Therapy training or workshop, and you want to be

- recognized by the Network, you need to (or are invited to) participate in the network meeting at least x-times, speak and/or write about it, put a report on it on the website, ....?
- To get our thinking about all this, we hope that writing up the report of this year's meeting is a step forward. Let's communicate about it, let's work on it further.

**Chip Ponsford. Ecotherapy groups: film, presentation and discussion.**

Chip presented a beautiful film on his and Rab Erskin's work and we discussed it afterwards. The film was about men with (psychotic) depression, connecting with their self, with others and with and within the wood life environment.

**Wendy Traynor. Speaking about her PhD research on Person-centered and experiential Therapy for Psychotic process.**

Wendy discussed her PhD research as described earlier in these minutes based on 3 studies with 20 practitioners and 20 clients. Pre-Therapy was often reported as the practice most adopted by UK practitioners who participated in this research. Outcomes suggest that PCEP including Pre-Therapy can be effective for this client group and raised considerations relating to practice. Wendy will update the network when her viva process is complete fuller results are further disseminated.

**Judi Perry: Reflections on the 2018 PTIN Meeting**

"It was wonderful to be back in Ghent for my second PTIN Meeting. There is always a welcoming atmosphere and this year it felt like we had very productive and exciting discussions about the future, both in terms of the network and growing research.

I attended this year in the role of both PTIN member and researcher as I was conducting my MSc research interviews over the PTIN weekend on my question: 'How do person-centred and experiential Pre-Therapy practitioners experience offering unconditional positive regard to clients experiencing psychotic processes?' It was a real privilege to have the opportunity to hear the in-depth and varied experiences from PTIN members and I really appreciated the support from the network for my research.

It was also exciting to explore possible new developments for the future, such as local groups PTIN-UK, PTIN-Belgium, PTIN-France etc.

I was also personally encouraged to have the support of the PTIN for me to take on the role of webmaster from summer 2019 to support Mathias.

As always, it was great to hear what others are doing in the Pre-Therapy world and I was inspired by the on-going work of the PTIN. It was great to be able to come to the PTIN this year with more to share in terms of Pre-Therapy with my research and to be able to give something back through helping with the website next year.

It was from attending the 2017 PTIN that I was inspired to embark on Pre-Therapy research, so it was great to be able to involve members this year and hopefully share my findings in 2019. Thank you again for another welcoming, encouraging, energising and inspiring PTIN!"

**10 years Memorial of Garry Prouty**

Next year it will be ten years since Garry Prouty died (May the 17th 2009).

What can we do in memory of Garry?

**Next year PTIN meeting**

Will take place at October, 25 – 26<sup>th</sup>, 2019.

As usual, in KARUS, campus Gent (Sint-Denijs Westrem).

Possibly, the Network meeting could be held at other places too, to empower people, and to support local groups/countries where something is going on.

Once confirmed, Bea will mail the info about the dates in the membership list.

The group thanks Bea for successfully having put in all the work to make this year's Network meeting at KARUS hospital possible again.

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