

<b>Institution: Metanoia Institute</b>		
<b>Unit of Assessment: Impact on health and wellbeing</b>		
<b>Title of case study:</b> <b>Developing access to counselling and psychotherapy in the community, developing community resources and psychotherapy interventions</b>		
<b>Period when the underpinning research was undertaken:</b>		
<b>Details of staff conducting the underpinning research from the submitting unit:</b>		
<b>Name(s):</b> Dr Biljana van Rijn	<b>Role(s) (e.g. job title):</b> Faculty head of Research and Doctoral programmes	<b>Period(s) employed by submitting HEI:</b> 01/08/1998 – Ongoing
Dr Evi Chryssafidou	European Projects Officer/Researcher	19/10/2015 – Ongoing
Dr Joel Vos	Senior Researcher	05/03/2018 – Ongoing
Ciara Wild	Researcher	02/10/2008 – 31/07/2015
<b>Period when the claimed impact occurred: 2015-2020</b>		
<b>Is this case study continued from a case study submitted in 2014? Y/N</b>		
<p><b>1. Summary of the impact</b> (indicative maximum 100 words)</p> <p>According to NHS England (<a href="https://www.england.nhs.uk/mental-health/about">https://www.england.nhs.uk/mental-health/about</a>) one in four adults in the UK experience mental health problems in their lifetime. Improving mental health leads to a range of positive outcomes in physical health, education, and social functioning. Since 2013, NHS has aimed to improve and develop access to mental health services, and their strategy for the period of 2019-2024/24 is a development an integrated approach to delivery which combined the primary and community based mental health care.</p> <p>Metanoia Institute is one of the large providers of psychotherapy, counselling, and counselling psychology training in the local area, with an active community clinic, Metanoia Counselling and Psychotherapy Service, (MCPS) established in 1997. Through this community link Metanoia Institute responded to the local and national mental health needs and policies by developing MCPS as a research clinic in 2010, under the leadership of Dr Biljana van Rijn. This impacted the provision of treatments in the London Borough of Ealing and established a base for conducting broader practice-based research into counselling and psychotherapy and benefiting the profession. The impacts could be summarised as:</p> <p>1) Development of a community-based partnership 'Talking therapies Consortium', (Testimonial 1) of five community services within the London Borough of Ealing, which has received grant funding of £150 000 (2015 -2019), and £100 000 (2019-2023). MCPS provides approximately 428 clinical assessments and 1600 sessions per year to the local population. The service offers treatment to clients for up to a year. This complements the health services by providing a longer treatment duration with effective outcomes (ref:3,4,5).</p> <p>2) Development of knowledge and the research evidence base for psychotherapy with academic partners, nationally and internationally. The focus of this programme of research has been on developing innovative approaches that further client choice and preferences in psychotherapy and developing a research evidence base for Transactional Analysis psychotherapy within the European setting (European Association for Psychotherapy). (ref:1,2,3,6). Grant funding from EATA for these projects totals €190 000.</p>		

3) The underpinning research within the clinic has led to a broader impact linked to an Erasmus funded European project into developing mental health assessment skills for youth workers working with young refugees. This project involves organisations, youth workers and refugees in Greece, Italy, France and UK (AMORAY project, Erasmus grant funding 2019-2021) of €216 420. On project completion in autumn 2021, the project will provide direct benefit to 716 youth workers and young migrants and indirect benefits to approximately 1250 participants. (<https://amoray-project.eu/> , handbook resource submission).

## 2. Underpinning research (indicative maximum 500 words)

MCPS is one of a few fully functioning outpatient counselling and psychotherapy research clinics within the UK, which also conducts Routine Outcomes Monitoring (ROM) in its practice and has done so since 2013. The aims of the clinic research programme are:

- 1) To develop access to psychotherapy and counselling within community settings using methodology of evaluation comparable to the NHS services like IAPT (<https://www.england.nhs.uk/>) (ref.: 3,4,5).
- 2) To develop knowledge in psychotherapy and counselling by engaging with research partnerships, developing innovative approaches to psychotherapy, and improving existing treatments. This is exemplified by projects on the development of a pluralistic approach to counselling and psychotherapy (ref:1) and the investigation of client preferences (ref:2). Both projects are research partnerships with Prof Mick Cooper at Roehampton University, an internationally recognised authority in the field of counselling and psychotherapy research. The research into pluralistic approach to counselling at MCPS was the first study in this approach, as was the research into client preferences (Testimonial 2).

Another aspect of this research programme was focused on developing the scientific base and investigating effectiveness of one of the humanistic psychotherapy approaches, Transactional Analysis, taught at Metanoia Institute and practiced within the UK and internationally. The first step in this strategy was a naturalistic evaluation of practice of Transactional Analysis psychotherapy in Spain (ref:3). This project was a collaboration with Dr Adina Dumitry at Corunna University in Spain which received research funding of €40 000 from the European Association for Transactional Analysis (EATA). This project demonstrated challenges in conducting international ROMs in different community and language settings, although the MCPS demonstrated good outcomes in naturalistic practice. The increasing national and international importance of developing high standards of evidence for psychotherapy treatments has led to the most recent development within this research programme. In 2019 Dr Joel Vos and Dr Biljana van Rijn have received funding of € 150 000 from the European Association for Transactional Analysis for the development of the first international randomised control trial between 2019-2022. The current publications underpinning the research focused on the development of the research based conceptual model, results of an international survey into practice and psychometric analysis of TA instruments and have been accepted by the Transactional Analysis Journal for publication in April 2021 (ref:6).

## 3. References to the research (indicative maximum of six references)

1. Cooper, M., Wild, C., Van Rijn, B., et al. (2015). Pluralistic therapy for depression: Acceptability, outcomes and helpful aspects in a multisite study. *Counselling Psychology Review*, 30(1), 6-20.
2. Cooper, M., van Rijn, B., Chryssafidou, E., Stiles, W.B (2021) Activity Preferences in Psychotherapy: What Do Patients Want and How Does This Relate to Outcomes and Alliance? *Counselling Psychology Review*  
<https://doi.org/10.1080/09515070.2021.1877620>
3. van Rijn, B., Wild, C., & Dumitru, A. (2014). Challenges to Developing Routine Outcomes Evaluation in Different Practice Settings and Cultures: A Naturalistic Enquiry in Spain and the UK. *International Journal of Transactional Analysis Research*, 5(2), 28-34. Retrieved from <http://www.ijtar.org/article/view/13800/9077>
4. Van Rijn, B., & Wild, C. (2016). Development and Evaluation of Adherence Questionnaires for Gestalt Psychotherapy, Relational Transactional Analysis, and Integrative Psychotherapy: A preliminary investigation. *International Journal of Psychotherapy*, 20(1), 7-18. ISSN 1356-9082
5. Van Rijn, B., & Wild, C. (2016). Comparison of Transactional Analysis Group and Individual Psychotherapy in the Treatment of Depression and Anxiety: Routine Outcomes Evaluation in Community Clinics. *Transactional Analysis Journal*, 46(1), 63-74. doi: 10.1177/0362153715615115
6. Vos, J., van Rijn, B. (2021) The evidence-based conceptual model of Transactional Analysis: a focused review of the research literature (accepted for publication)

#### 4. Details of the impact (indicative maximum 750 words)

##### 1) Impact on the development and contribution to the local counselling and psychotherapy services in Ealing is evidenced by the development of the first Talking Therapies Consortium of local services in 2015.

MCPS is the largest community counselling and psychotherapy service in the local area. Between 2015 and 2020, the clinic has provided assessments to approximately 2 400 clients and offered 9600 sessions. Underpinning research within the clinic demonstrated effectiveness in routine practice and led to the recognition and continued statutory grant funding by the LBE (ref: 3,4,5). The service is still the only organisation within the consortium to provide annual outcomes of treatments to the Local Authority, and this contributes to the continuing funding of the whole consortium and access to community-based treatments for the local population.

##### 2) Development of professional practice in counselling and psychotherapy.

The underpinning research on pluralistic therapeutic practice in 2014 (ref:1) and research on client preferences published in 2021 (ref:2) contributed to the development of approaches which further personalisation of treatment, choice and quality in psychotherapy provision which are now becoming established in psychotherapy research and impacting clinical practice. Underpinning research on effectiveness and efficacy Transactional Analysis psychotherapy is leading the development of research-based evidence for this approach, and opening the door to replication and transparency, within an international psychotherapeutic community. EATA currently has 44 member associations with 7550 members in 28 countries (<https://eatanews.org/about-eata/>), who will benefit from this programme of research.

**3) Development of professional community-based practice in working with young refugees (AMORAY).** The underpinning research within the community clinic has led to gaining funding from Erasmus (Grant Agreement 2019-1-UK01-KA205-061359) into developing clinical assessment skills for youth workers who support young refugees in Italy, France, Greece and the UK. The grant covered the work between September 2019 and September 2021. Dr Evi

Chryssafidou, who has a current role as a European Project Officer and Dr Biljana van Rijn lead the project with the following partners:

- Asociación La Bien Pagá Espacio Escénico ,Spain
- Institut Corse de formation et recherche en travail social, France
- IASIS NGO, Greece

The project involves a development of a training curriculum and materials, shared within the EU and the UK, and a sequence of dissemination events to raise awareness about mental health among refugees and promote the project output. Although the project has not been completed, the following has been developed to date:

- Needs Analysis, defining the content of the training curriculum and the educational needs of the trainees, has been completed with the contribution of seventeen interviews from the partner organisations. Dr Biljana van Rijn, assisted by Dr Evi Chryssafidou, introduced the methodology, lead the analysis, and produced the final document ([https://drive.google.com/file/d/1TlpxoVk\\_s17dP4nXtuV7Gb4dqjPpYOey/view?usp=sharing](https://drive.google.com/file/d/1TlpxoVk_s17dP4nXtuV7Gb4dqjPpYOey/view?usp=sharing)).
- The Training Curriculum developed in English, is translated in partner languages, and covers five areas: general knowledge about assessment of mental health needs, mental health prevention, trauma, risk assessment and self-care (AMORAY handbook evidence)

The Metanoia Institute team led the trauma and risk assessment themes and contributed to the other three. The training content is structured in i) handbook notes, covering the theoretical part of the resources, ii) AMORAY tools, that include practical tools that promote reflection on theory and experiential learning, and the iii) Instructional package, that consists of instructions towards the training coaches, and tips about how to use the notes and tools. The AMORAY project follows a training of trainers' methodology, whereby experts train coaches, who will then train local trainers, who will instruct the youth workers. Over the second year of the project, minimum 100 youth workers will be trained in the four partner countries, and 500 migrants, refugees, and asylum seekers will benefit from mental health assessments and tailored psychosocial interventions. The first training event took place in December 2020, involving coaches from all partner organisations. The partners are currently planning a number of dissemination events, aiming to reach out to more than 200 youth workers (beyond the ones being trained in the project), more than 150 related professionals (e.g. psychotherapists and counsellors, social workers, trainers etc.) and more than 40 Youth Organisations. The overall impact, as specified in the grant involves:

#### **Direct benefit (n=716)**

216 (coaches and Youth workers) will directly benefit from the project (16 AMORAY coaches will be initially trained; these coaches will train 100 Youth Workers. Further, 100 Youth workers will be introduced to training through dissemination events.

500 YMRA (Young Migrants Refugees and Asylums Seekers) will benefit from youth workers trained during the AMORAY project (Each AMORAY trained youth worker is expected to work with minimum 5 YMRA over the duration of the pilot.)

#### **Indirect benefit (n=1250)**

PARTICIPANTS BENEFITING INDIRECTLY FROM THE PROJECT (n=500)

Further, 200-250 youth workers will benefit indirectly from the project. These are youth workers who will follow recorded training, attend dissemination events, visit the AMORAY platform and use the online material.

YMRA PARTICIPANTS ( approx. 1000)

Each youth worker is expected to work with a minimum of 5 YMRA. The AMORAY project is thus

expected to have an indirect impact on 1000 YMRA. It is also expected that a number of the 100 AMORAY youth workers are of migrant background.

- Refugee Council, UK

**5. Sources to corroborate the impact** (indicative maximum of 10 references)

1. Testimonials ( Ealing Abbey Counselling and Psychotherapy Service; Prof Mick Cooper; IASIS; Refugee Council)
2. Handbook materials for AMORAY Erasmus project