


Guest Editorial



Clare Whitworth, University of Leeds Counselling and Psychotherapy Student Research Conference

Each June the University of Leeds MA Psychotherapy and Counselling Conference offers a chance to find out first-hand what current MA students are researching in their fields. The 2018 conference brought together a wide range of research: from auto-ethnographies exploring countertransferential phenomena, to research into how cinematherapy can be beneficial for people dealing with depression, to the importance of truly informed consent. The curiosities of the students, and the variety of research projects this led to, were exciting.

Presented here are three of those students. All three ask their readers to consider in some way the therapeutic relationship. Wilby asks us to consider intersubjectivity as it relates to working with horses, and for acceptance of the possibility of a deeper knowing through a relationship that includes both human and equine animals. Allen

asks therapists to consider how their political beliefs may impact the therapeutic relationship. How do you manage congruence when politics disagree, and is it acknowledged? Whitworth explores the research around male victims of domestic violence and the scope of this issue. Building a therapeutic relationship is in part an awareness of the sometimes unexpected issues that may be brought into the counselling room, and an important part of that is true acceptance when they are. 

Clare Whitworth graduated from the University of Leeds in 2018, and now run a private practice and volunteer for TalkThru working with pregnancy loss and birth trauma. My interest in male victims of domestic violence continues to inform my practice, and I am also active with MenCASA gender inclusive counselling for domestic abuse.

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