

**Institute of
Psychiatry**

at The Maudsley

KING'S
College
LONDON

University of London

Mental Health Social Work: Highlights in Research and Practice

**A one-day continuing professional development conference for
mental health social workers**

**Institute of Psychiatry, King's College London
Wednesday 16th May 2007
9.30 am – 4.45 pm**

Welcome!

I would like to warmly welcome you to this inaugural continuing professional development conference for mental health social workers at the Institute of Psychiatry, King's College London.

Today we will aim to present the latest developments in mental health social work, re-invigorate practice and stimulate discussion through research papers, a practice panel and a debate. We are pleased to welcome a number of internationally-renowned experts from a range of disciplines to contribute to the day. Further information about each can be found within this booklet and you will find the programme for the day on the back cover.

Today's conference has been organised by the Section of Social Work and Social Care at the Institute of Psychiatry. Our section, headed by Dr Alan Rushton (Reader in Adoption Studies), develops and evaluates innovative services and interventions designed to help both adults and children with mental health problems who are given support by social workers. Over the years, the Section's research portfolio has addressed the needs of both service users and mental health social workers in order to inform policy as well as practice.

The Section runs the MSc in Mental Health Social Work with Children and Adults programme, which also provides the Post-Qualifying Award in Advanced Social Work. The programme uses advanced case consultation to develop social workers' practice. Today's practice panel provides an insight into this stimulating and rigorous method for reflecting on inter-personal interactions that promotes change in complex and demanding situations. If you would like further information about the programme please see the brochure in your pack or find Jack Nathan or myself to talk to today

Our MSc programme draws upon the research expertise of members of staff within the Institute of Psychiatry. The Institute is a global leader in teaching and research in the sciences relevant to mental health. Our work encompasses almost the entire range of disciplines required to understand the causes of mental disorders, to develop new treatments, and to evaluate their implementation at patient level, as well as at the level of services and national health and social care policies. More information about our work can be found on our website at www.iop.kcl.ac.uk.

The Institute of Psychiatry is a school of King's College London (KCL). King's is the fourth oldest university in England with more than 13,700 undergraduates and nearly 5,600 graduate students in nine schools of study based at five London campuses. It is a member of the Russell Group, a coalition of the UK's major research-based universities. The College has had 24 of its subject-areas awarded the highest rating of 5* and 5 for research quality, demonstrating excellence at an international level, and it has recently received an excellent result in its audit by the Quality Assurance Agency.

We hope that you enjoy the day. To help us to prepare for next year's conference, we would be very grateful if you could complete our feedback forms before you leave. Thank you.

Best wishes,



Martin Webber
Programme Leader
MSc in Mental Health Social Work with Children & Adults

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With Thanks to...

We would particularly like to acknowledge the hard work of **Julie Smith** who has co-ordinated the enrolment of delegates and been unstinting in the time and effort she has given to organising today. All the members of the Social Work & Social Care Section have helped to organise the conference and we wish to acknowledge their contributions:

Julie Smith (Programme Administrator)
James Parker (Web Designer)
Alan Rushton (Section Head)
Jack Nathan (Lecturer in Social Work)

We would like to thank our invited speakers who have given their time to contribute to the day. In order of appearance: **Professor Graham Thornicroft, Professor Elizabeth Kuipers, Dr Diana Rose, Rebecca Peters, Dr Florian Ruths, Judith Lask, Professor Peter Huxley, Dr Eileen Munro, Dr Tirril Harris, Peter Bates, Dr David Morris, Dr Ray Jones, Joanne Hipplewith**

We are very grateful for the free book provided for every delegate by **Chipmunka Publishing**. Please see their website (www.chipmunkapublishing.co.uk) for further information about their work and to make a donation. Also, we would like to thank the **Social Perspectives Network** for their contribution to the day (www.spn.org.uk).

Thanks also to the **IT support** and **hospitality services** of the Institute of Psychiatry.

Finally, thank you to **YOU** for coming and contributing to this inaugural mental health social work CPD conference. We hope that you have enjoyed the day and please don't forget to leave your feedback sheets to let us know what we need to do differently next year.

Martin Webber

Session 1 – Research Papers

10.20 Paper 1:	Evidence for discrimination and evidence for reducing discrimination	Graham Thornicroft
10.40 Paper 2:	Family intervention in psychosis	Elizabeth Kuipers
11.00 Paper 3:	User involvement in research	Diana Rose
11.20 Questions		
11.30 Coffee		

Chair

Martin Webber

Programme Leader, MSc in Mental Health Social Work with Children & Adults
Social Work & Social Care Section
Health Service & Population Research Department
Institute of Psychiatry, King's College London

Martin is Programme Leader of the MSc in Mental Health Social Work with Children & Adults, a post-qualifying course for experienced social workers who wish to acquire research training and become advanced practitioners. He came to the Institute of Psychiatry in 2002 as a Social Science Fellow to undertake an MSc in Health Services Research and PhD research on the role of social capital on recovery from depression. He is a qualified social worker and has worked as an Approved Social Worker in a community mental health team in the Royal Borough of Kingston-upon-Thames. He also has experience of working with adults with learning difficulties in residential care.

Paper 1: Evidence for discrimination and evidence for reducing discrimination

Professor Graham Thornicroft

Professor of Community Psychiatry & Head of Health Service & Population Research Department
Institute of Psychiatry, King's College London

Graham is Professor of Community Psychiatry, and Head of the Health Service & Population Research Department at the Institute of Psychiatry, King's College London. He is a Consultant Psychiatrist working in a community mental health team in South London, and is Director of Research and Development at the South London and Maudsley NHS Trust. He chaired the External Reference Group for the National Service Framework for Mental Health, a ten-year national mental health plan for England. His areas of expertise include: mental health needs assessment, the development of new outcome scales, cost-effectiveness evaluation of mental health treatments, stigma and discrimination, and the development of community-based mental health services.

Abstract

Stigma and discrimination against people with mental illness are common and severe wherever they have been studied¹⁻⁴. One surprising aspect of this is that many consumers report that they feel discriminated against by health and social care staff, even though these are precisely the staff who are trained and experienced in offer assistance to people with mental illnesses. Furthermore, the 'social contact' hypothesis suggests that those with more contact with people with a diagnosis of mental illness will have more favourable and less stigmatising views⁵, but this approach does not seem to apply to mental health staff. A particular concern for many consumers is that they receive a second-class service from their family doctor or from casualty / ER departments when staff learn of the mental illness. There is evidence that this can lead to poorer physical health outcomes^{6,7}. In this context this paper will discuss the evidence that healthcare staff may be relatively stigmatising in providing both mental and physical healthcare to people with a diagnosis of mental illness

Reference List

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- (4) Sayce L. From Psychiatric Patient to Citizen. Overcoming Discrimination and Social Exclusion. Basingstoke: Palgrave; 2000.
- (5) Link BG, Cullen FT. Contact with the mentally ill and perceptions of how dangerous they are. J Health Soc Behav 1986; 27(4):289-302.
- (6) Desai MM, Rosenheck RA, Druss BG, Perlin JB. Mental disorders and quality of diabetes care in the veterans health administration. Am J Psychiatry 2002; 159(9):1584-1590.
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Paper 2: Family intervention in psychosis

Professor Elizabeth Kuipers

Professor of Clinical Psychology & Head of the Department of Psychology
Institute of Psychiatry, King's College London

Elizabeth trained at Bristol University for her first degree in Psychology, Birmingham University for her Clinical Psychology MSc and she did her PhD at London University. She has always had an interest in psychosis, and initially with Professors Julian Leff and Dominic Lam developed and evaluated specific family interventions in psychosis. Subsequently, with Professors Philippa Garety and David Fowler, she developed and evaluated cognitive behavioural interventions (CBT) for individuals with psychosis. She became a Professor of Clinical Psychology at King's College London, Institute of Psychiatry in 1998, and is currently Head of the Department of Psychology. Her research group has just finished a large research programme on mechanisms in CBT and FI in psychosis funded by The Wellcome Trust, and she is also involved in teaching and clinical training. Clinically she works in South London & Maudsley NHS Foundation Trust in one of the local Continuing Care Community Mental Health Teams, and am Director of PICuP (Pychological Intervention Clinic for Outpatients with Psychosis) with Dr Emmanuelle Peters.

Abstract

Up to 40% of those with psychosis have considerable contact and support from carers. We have known for a long time that the caring role can be depressogenic and that active coping is better than avoidance. The latest research on family intervention in psychosis, its effectiveness, and its probable mechanism of action will be presented together with the clinical implications.

Paper 3: User involvement in research

Dr Diana Rose

Senior Lecturer in User Research & Co-Director of Service User Research Enterprise
Institute of Psychiatry, King's College London

Diana Rose is a social scientist and did her PhD on representations of madness on British television. She has been a mental health service user all her adult life. In her view, being a 'user researcher' does not mean just happening to have mental health problems as well as being a researcher. A 'user researcher' strives to bring their experience of mental health problems to bear on the research s/he carries out. Diana started to do user research at the Sainsbury Centre for Mental Health where she developed a user-focused method of evaluating mental health services – known as User-Focused Monitoring (UFM). In 2001 she came to the Service User Research Enterprise (SURE) at the Institute of Psychiatry, King's College London, as its first project co-ordinator. She is now co-director of the unit together with Professor Til Wykes, a clinical psychologist.

Abstract

User involvement in research is a relatively recent phenomenon. User-focused research tends to be more focused on health services rather than social services although there are important exceptions. User involvement in research started about 10 years ago in two charities in London. In 2001, the Service User Research Enterprise (SURE) was set up here at the Institute of Psychiatry, King's College London. SURE aims to do research from the service user's perspective and most staff in the unit are receiving or have received mental health services. We have carried out many projects of practical importance, including a consumer review of electroconvulsive therapy. The consumer review was influential on NICE guidelines on ECT. This paper will present two of our projects which I hope will be of interest to social workers: users' retrospective views of compulsion and detention and users' views on continuity of care.

Session 2 – Practice Panel

11.45	Case presentation	Rebecca Peters
12.00	Expert opinions:	
	Cognitive therapy	Florian Ruths
	Psychotherapy	Jack Nathan
	Systemic family therapy	Judith Lask
12.30	Open forum	
1.00	Lunch	

Chair

Jack Nathan

Lead Consultant Adult Psychotherapist
Psychotherapy Department, Maudsley Hospital

Lecturer in Social Work
Social Work & Social Care Section
Health Service & Population Research Department
Institute of Psychiatry, King's College London

Jack has taught on the MSc in Mental Health Social Work with Children & Adults programme since 1989, initially as consultation group consultant and since 1995 as Lecturer in Social Work, admissions tutor, personal tutor and year one co-ordinator. He was formerly Social Work Team Manager at the Maudsley Hospital, managing a staff group of 12 social workers, covering both local services and the specialist/national divisions. Jack is also a Consultant Adult Psychotherapist with patients who self-harm and in the Psychotherapy Department at the Maudsley Hospital. He has concentrated on work with patients with a range of personality disorders, but particularly borderline patients, a majority of whom engage in severe acts of long-standing self-harming behaviours. He is particularly interested in making psychoanalytic concepts 'translatable' into time-limited NHS practice.

Case presenter

Rebecca Peters

Rebecca graduated with an MSc in Applied Social Studies / DipSW from The University of Oxford in 2002. Since then she has worked as a statutory children and families social worker, and senior social worker, in central London. Rebecca is particularly interested in parenting and preventative interventions. She is currently in the second year of the MSc in Mental Health Social Work with Children & Adults at the Institute of Psychiatry and her thesis evaluates the effectiveness of an intensive home visiting intervention designed to prevent child maltreatment.

Experts

Dr Florian Ruths

Florian is a Consultant Psychiatrist in South London and Maudsley NHS Foundation Trust. He specialises in cognitive behavioural therapy (CBT) with a special interest in mindfulness-based CBT. He has taught this on the MSc in Mental Health Social Work with Children & Adults programme for the last two years.

Judith Lask

Judith is a social work trained family therapist who has worked clinically in both child and adolescent and adult focused settings. She currently runs the family therapy courses at the Institute of Psychiatry, works clinically at the Maudsley Hospital and Institute of Family Therapy and provides professional consultation to family therapists, social workers and others. She has written on family therapy topics and child psychiatry and social work and is an ex chair of the Association for Family Therapy.

Session 3 – Research Papers

2.00 Paper 4:	Stress in mental health social work – a national and international challenge	Peter Huxley
2.20 Paper 5:	The dangers of risk assessment	Eileen Munro
2.40 Paper 6:	Can naturalistic studies of social support help advise social work practice?	Tirril Harris
3.00 Questions		
3.10 Tea		

Chair

Dr Alan Rushton

Reader in Adoption Studies & Head of Social Work & Social Care Section
Health Service & Population Research Department
Institute of Psychiatry, King's College London

Alan is Reader in Adoption Studies at the Institute of Psychiatry, King's College London and head of the section of Social Work and Social Care. Before that he worked for many years in mental health settings with both children and adults. He has conducted research into a range of social work topics including adoption and fostering, child protection and post-qualifying training and has a special interest in the evaluation of social work intervention.

Paper 4: Stress in mental health social work – a national and international challenge

Professor Peter Huxley

Professor of Social Work and Social Care
Centre for Social Carework Research
University of Wales, Swansea

Peter was the first Professor of Social Work in King's College London, taking up his post at the Institute of Psychiatry in 1999, after spending the previous 20 years at Manchester University where he was the first social worker in the UK to become the Head of a Department of Psychiatry. In 2003 he became the Director of the Social Care Workforce Research Unit (the former National Institute of Social Work Research Unit) in the International Policy Institute in the School of Social Science and Public Policy at King's. In August 2006 he moved to Swansea to establish the social carework research centre. He has an international reputation in the field of social care and mental health for his work on common mental disorders and the pathway to care, quality of life measurement, social care workforce research, and most recently the measurement of social inclusion. He has published nine books and 130 articles on mental health and social care.

Abstract

This paper is based on several reviews and surveys of stress in relation to social workers. There have been studies of stress and social work in several different countries, and three recent reviews of these studies will be summarised. The changing nature of employment globally and nationally is an important contextual consideration. The main focus of the paper is on the results of national surveys of social workers in England and Wales conducted recently. Selected results that relate to stress in mental health social workers will be presented. The factors that explain job satisfaction, desire to leave, emotional exhaustion and a high General Health Questionnaire score will be reported. The burnout scores of social workers and psychiatrists will be compared, and finally, consideration will be given to the nature of the composition of community mental health teams, and the contribution of composition, culture and climate to the stress experienced by social work team members.

Paper 5: The dangers of risk assessment

Dr Eileen Munro

Reader in Social Policy
London School of Economics & Political Science

Eileen is a Reader in Social Policy at the London School of Economics. She was a social worker for many years before taking up an academic career. She has studied philosophy, in particular the philosophy of science, and this has fuelled her interest in the reasoning skills needed in social work. Her current research interests are in risk assessment and management in child protection and mental health services, taking a systems approach to understanding front line practice.

Abstract

Society has become increasingly preoccupied with risk and this has had a major impact on mental health services. In place of their traditional focus on treating people with mental disorders, 'their primary function is to protect the public' (Secretary of State for Health, 2002). This presentation argues against allowing risk assessment to dominate over therapeutic services not just for the welfare of patients but also for the safety of the public. The results of an analysis of inquiries after homicides will be used to argue that professionals will best reduce violence not through predicting risk but, indirectly, by focusing on diagnosing and treating people with mental disorder.

Paper 6: Can naturalistic studies of social support help advise social work practice?

Dr Tirril Harris

Honorary Research Fellow
Health Service & Population Research Department
Institute of Psychiatry, King's College London

Tirril divides her time between clinical work in private practice with adults and research in Social Psychiatry with George Brown, based at the Socio-medical Research Group, Institute of Psychiatry, King's College London. The Brown-Harris model of depression, which has emerged from this colleagueship of some thirty years, succeeds in blending ideas from both medical sociology and psychoanalytic thought and in collecting data to verify these insights about the mutual influence between outer and inner worlds. She is a member of the London Centre for Psychotherapy and is also a member of the Research Committee of the UKCP.

Abstract

Naturalistic research among both general population samples and psychiatric patients has revealed the crucial importance of emotional support as a protection against common mental disorder, particularly depression. Based on principles extracted from detailed attention to the quality of this emotional support, a befriending intervention was developed with particular reference to the role of self-esteem enhancement. Two randomised controlled trials of this intervention will be described, one a secondary prevention of chronic depression and one a primary prevention against postnatal depression, and their implications for social work discussed.

Session 4 – Debate

Reclaiming the ground: How can social work take a lead on the social inclusion agenda?

3.30	Introduction to debate and speakers	Peter Bates
3.40	Speaker position statements:	
	Social inclusion policy	David Morris
	Social work & social inclusion	Ray Jones
	Practitioner perspectives	Joanne Hipplewith
4.10	Open debate & questions to the speakers	
	Concluding remarks from speakers	
4.45	Close	

Chair

Peter Bates

Senior Consultant, Mental Health
National Development Team

After training as a Social Worker, Peter worked in probation, the employment service, social services, the NHS and audit before moving to the National Development Team in 1999 where he provides consultancy on mental health and learning disability services. Recent customers include the National Institute for Mental Health in England, the Social Exclusion Unit, the Scottish Executive and many local services. Publications include a review of 'Supported Volunteering' projects, 'Working for Inclusion' for the Sainsbury Centre for Mental Health; the Day Service Modernisation Toolkit, official guidance to local authorities on commissioning employment services and how to respond to the Scottish Mental Health Act, and 60 other items on empowerment, disability and inclusion. He is constantly in demand as a lively speaker and effective trainer.

Experts

Dr David Morris

Programme Director
National Social Inclusion Programme

David is Programme Director of the National Social Inclusion Programme (NSIP) at the National Institute for Mental Health in England, leading implementation across government of the report of the Social Exclusion Unit on Mental Health (2004) and key aspects of the Social Exclusion Action Plan (2006). He has extensive experience in the field of social inclusion, providing leadership and management development, advice and consultancy on policy and strategy across a range of government and non-government organisations nationally and internationally. David is also Principal Lecturer, Community Engagement and Social Inclusion at the University of Central Lancashire (UCLAN) and Director of the international programme on community engagement and mental health services within its newly formed Institute of Philosophy, Diversity and Mental Health. David's doctoral research, completed in 2004 at Manchester University's National Primary Care Centre, was on social inclusion and community engagement in the context of primary care.

Dr Ray Jones

Visiting Professor
University of Bath

Ray is a registered social worker, a visiting professor at the University of Bath and honorary fellow of the University of Gloucestershire. From 1992 to 2006 he was director of social services, and then director of adult and community services, with Wiltshire County Council. In 2001-2002 he was the first chief executive of the Social Care Institute for Excellence. He is the author of five books and numerous published papers on social work and social policy, and is an academician (AcSS) of the Academy for the Social Sciences. In 2005-2006 he was deputy chair, and then chair, of the British Association of Social Workers. Ray is also chair of the Assembly for Social Work and Social Care Education, Training and Research, member (and past chair) of the Partnership Boards of Research in Practice and of Research in Practice for Adults at the Dartington Hall Trust, chair of the Marlborough Brandt Group (which has development and linking programmes with The Gambia in West Africa), and a trustee of Quarriers (a Scottish-based major social care charity).

Joanne Hipplewith

Approved Social Worker
Westminster City Council

Joanne works in a Community Mental Health Team in Westminster as a social worker & Approved Social Worker, and also has experience of working in a children's team for two years. As she has worked in both children and adults services she has had the opportunity to see how the social work identity is supported or alienated in different parts of the service from an organisational point of view. In her five years as a qualified social worker she has seen social work constantly undergoing a state of change. However, she feels that less is known or understood about what social work is now than when she trained. Joanne is also a 2nd year student on the MSc in Mental Health Social Work with Children & Adults programme at the Institute of Psychiatry.

Mental Health Social Work: Highlights in Research and Practice

Institute of Psychiatry, Kings College London
Wednesday 16th May 2007

Programme

9.00 Registration & coffee
10.00 Introduction & welcome to conference Martin Webber
10.10 Introduction to the Institute of Psychiatry Graham Thornicroft

Session 1: Research papers (Chair: Martin Webber)

10.20 Paper 1: Stigma & Discrimination Graham Thornicroft
10.40 Paper 2: Family intervention in psychosis Elizabeth Kuipers
11.00 Paper 3: User involvement in research Diana Rose
11.20 Questions

11.30 Coffee

Session 2: Practice consultation panel (Chair: Jack Nathan)

11.45 Case presentation Rebecca Peters
12.00 Expert opinions:
Cognitive therapy Florian Ruths
Psychotherapy Jack Nathan
Systemic family therapy Judith Lask
Open forum

1.00 Lunch

Session 3: Research papers (Chair: Alan Rushton)

2.00 Paper 4: Stress in mental health social work Peter Huxley
2.20 Paper 5: The dangers of risk assessment Eileen Munro
2.40 Paper 6: Social support and social work practice Tirril Harris
3.00 Questions

3.10 Tea

Session 4: Debate - "Reclaiming the ground: How can social work take a lead on the social inclusion agenda?"

3.30 Introduction to debate and speakers (Chair: Peter Bates)
3.40 Speaker position statements:
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Open debate & questions to the speakers
Concluding remarks from speakers

4.45 Close