MA PSYCHOTHERAPEUTIC PRACTICE: HUMANISTIC

RESEARCH AND PRACTICE (CLINICAL PRACTICE I & II)

M7X01681

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

A CRITICAL EXPLORATION OF MY CHOSEN RESEARCH TOPIC FOR MY DISSERTATION

- Ingrid Nicholls
- P151102
- Level 7: Assignment 2
- 20 minute Oral Presentation

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WHAT DOES THE LITERATURE SAY

SOCIAL PRESCRIBING

BACKGROUND AND CONTEXT

- What is Social Prescribing
- Small literature review already done
- Background on the research topic
- National Association of link workers (NALW, 2019)
- My own bias in researching this topic

THE SOCIAL PRESCRIBER ROLE

- Social Prescribers are being implemented within Primary Care and Health Board practices to support patients with their emotional health and well-being (Husk, et al, 2019)
- There is a goal set to employ one thousand Social Prescribers by 2022 and for 1 million patients to have access to a Social Prescriber by 2024 (Roland, et al, 2020)

RECENT MINI LITERATURE REVIEW

Theme identified within a recent literature review

There appeared to be a lack of training and guidelines to adhere to (Frostick and Bertotti 2019)

Social Prescribers stated they felt comfortable in the role, however, did feel out of their depth on occasions (Hamilton-West, et al, 2020)

Some Professionals struggled to identify the remit of the Social Prescriber (Hazeldine, et al 2020)

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MY PRACTICE AND INNER CONFLICTS

- Bromley-by-Bow the leaders of Social Prescribing (Bromley-by-Bow Centre 2021)
- Working within the GP practices advantage or disadvantage? (Wakefield, et al, 2020)
- My work in practice and the team I have around me
- My concern for crossing of boundaries into the field of Counselling.

POTENTIAL BIAS OF THE RESEARCHER

- Currently working as a Social Prescriber within Primary care
- Already having an insight in to potential areas of the research
- Finding it a struggle on times to protect Counselling as a Profession
- Literature v's opinion-this research must be done in a way to eliminate researcher bias

AIMS AND OBJECTIVES OF THIS RESEARCH PROPOSAL

- To explore the training of a Social Prescriber and how confident they feel to undertake their role safely
- This research topic is current with a proposal of 1,000 Social Prescribers to be employed within primary care by 2022
- Initial mini review of the current literature identified areas in need of further research
- There appears to be uncertainty within the role, therefore a need to explore how this can be achieved effectively and safely

HOW WILL THIS RESEARCH BE UNDERTAKEN PROPOSED TIMESCALE OF WORK

LITERATURE REVIEW

DIFFICULTIES IN RESEARCH DUE TO THE CURRENT CLIMATE WITH THE PANDEMIC

ALLOCATED TIME FOR THE RESEARCH

ESTIMATED TIMESCALE FOR WRITING UP THE REPORT

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TABLE OF PROPOSED TIMESCALES

Plan of work for research topic Supervision meeting	Estimated target dates of completion TBC
Proposal submitted	May 2021
Supervision meeting	TBC
Ethical approval	
Initial research/30-40 journal articles sourced	May 2021
Supervision meeting	TBC
Literature review, coding, identify and name themes emerging. Supervision meeting	September 2021 TBC
Dissertation write up: introduction, methodology, literature review, discussion, conclusion. Utilising supervision throughout	November 2021
Date to hand the whole thing in to be checked	January 2022
Final draft handed in	March 2022

METHODOLOGY

- Literature review
- Thematic analysis
- Qualitative Research
- UWTSD library resources
- Peer reviewed journal articles within the last five years
- Online Research, medical websites and journal's
- NALW Code of Conduct

ETHICAL CONSIDERATIONS

- Ethical Consideration is important when undertaking any form of research (Bond, 2015)
- Research should follow the guidelines set by the British Association for Counselling and Psychology (BACP, 2018)
- This research will comply with the ethical requirements of University of Wales Trinity Saint David (UWTSD)
- Literature review so will require no live participants
- Safeguarding needs to be addressed regarding the researchers own mental health and well-being as they are heavily involved within this field of work

TO SUMMARISE

- I have explored and identified my research topic with a mini literature review
- I have considered the ethical implications regarding myself and others
- I have collated a bibliography of 30-40 journal articles on my chosen research topic
- I have clear timescales set out for my research and writing of my dissertation

ANY QUESTIONS

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