Reflections on the many faces of clinical psychology.

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Aims of this presentation

• To outline PhD research into identities involved in clinical psychology training and how to connect them.
• To understand the researcher’s identities and its influence over the research process.
• To understand reflections on the supervisory process to negotiate multiple identities.

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I find it difficult to identify with the "Expert by qualification" when they talk about mental health. I understand their expertise in the area but something about those with lived experiences and the "Expert by experience" seems to resonate and feels more authentic and powerful.
Outline of the research

• Study 1: Exploring the many identities involved in clinical psychology training.
• Study 2: Exploring how these identities can connect with each other.
• Study 3: Impact of identification with identities on clinical skills and practice.
• Study 4: Identity intervention.
How the research is an extension of the self

• The researcher’s identity is tied to the research.
• Expert by Experience
• Mental health professional
• Researcher
• Lived experience and professional identity
• Gives a unique perspective and insight.

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Separating the self from the research

- Important to step outside of the research.
- View it from the periphery of each group identity.
- Moving between the continuum of subjectivity and objectivity.
- Awareness of unconscious bias.
- I AM NOT MY PHD!

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Negotiating identities through supervision

• How the supervisory process reflected coproduction.
• Accepting critique.
• Movement from service user identity towards researcher identity.
• Understanding role in relation to wider clinical psychology identities.
• Service user advisor.
The impact of the service user researcher identity

• It adds value
• Novel insight
• Saliency and Centrality of identity
• Potentially dismissive of other experiences
• Coproduction dilemmas
• Equally valid to researcher identity
Through the lens of the literature

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Connecting the research to the real world

• The research will help identify how to connect the different groups within clinical psychology training.
• This will support integration of service user and carer groups with trainees and psychologists.
• It will support different groups to know their role and functions within clinical psychology.

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Potential Impact of identity on clinical skills and learning

- Trainees with lived experience may connect with service users and carers through an emotional and cognitive connection.
- Trainees with a professional identity may be impacted differently.
- This may encourage differences in interest in coproduction, stigma related to mental illness, burnout, self disclosure and imposter syndrome.

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Identity as a reflection between Them & Us

- Identities between in groups hold the same values, beliefs and attitudes.
- Connections between Them & Us can be through affective and cognitive identification.
- Resonating factors eg. empathy, emotional connections, personality features, power dynamics, professional and lived experience identities and values, attitudes, beliefs and goals open up connections.
- Social identities start to reflect one another through these catalysts opening these connections.
Conclusions

• BASICALLY I HAD AN EXISTENTIAL CRISIS.
• The research triggered an awareness and strength of certain identities.
• Negotiating identities was achieved through supervision.
• Added value to the research process.
• Barriers and facilitators of coproduction.
• Awareness of biases has made me a better researcher as a result.