

Psychotherapy research: evidence and its discontents

Date: Monday 13 July 2026

Location: in-person | RCPsych, London

| Time | Session |
|---------|--|
| 09.00am | Registration and refreshments |
| 09.30am | Welcome and introduction to the day Dr Vikram Luthra and Dr Giles Story |
| 09.40am | Opening Keynote: Statistical Spin, Linguistic Obfuscation – The Corruptions of Science Farhad Dalal, psychotherapist and group analyst |
| 10.25am | Grasping the Nettle: The Case for Psychotherapy Research Liz Allison, Director of the Psychoanalysis Unit, University College London. and Dr Emma Hotopf, consultant psychiatrist |
| 11.00am | Morning break Poster viewing |
| 11.30am | Measuring Mentalising across Clinical Contexts: Some Lessons Learned - Implications for Practice and Research Dr Tobias Nolte, University College London |
| 12.00pm | Panel Q&A and discussion |
| 12.45pm | Lunch break Poster viewing |
| 1.45pm | Service user involvement in an RCT of MBT for offenders with antisocial personality disorder Dr Jessica Yakeley, consultant psychiatrist |
| 2.15pm | Mindfulness-based cognitive therapy versus treatment as usual after non-remission with NHS Talking Therapies high intensity psychological therapy for depression Dr Florian Ruths, consultant psychiatrist |

| Time | Session |
|--------|---|
| 2.45pm | Physician, know thyself (and study it)' Conducting research on personal therapy in psychiatry as a trainee Dr Jennifer Dunn, Resident doctor in core training |
| 3.10pm | Panel discussion and Q&A |
| 3.30pm | Afternoon refreshments Poster viewing |
| 4.00pm | Large Group Experience Dr Maria Papanastassiou and All Delegates |
| 5.00pm | Closing remarks Dr Vikram Luthra and Dr Giles Story |
| 5.15pm | Close of conference |

RCPsych is an inclusive organisation with over 22,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers, panellists and participants views and comments are their own and not the established views of the College.