

## **Practitioner research-**

### **Research for those who never thought they could appreciate it.**

Practitioners rarely find doing research as a part of their daily practice as truly useful. Being a practitioner for 25 years I think I can relate to many of the arguments supporting this stand. At the same time making research part of one's daily practice seems to become an ethical norm now days. Our clients invest a great deal of time, pain and courage to teach us how to be useful practitioners. If I don't learn how to reflect on what they have been teaching me, it could easily happen that their investment into me would be lost for the professional field with my retirement. To reflect on this specific type of knowledge I need a solid methodology which would help me to see not just the things which go along with my present views but also the things which are not as comfortable to see.

As therapists we use our curiosity, empathy, carefully carved questions, creativity and other skills and qualities to improve the situation of our clients. It rarely occurs to us that we could use the same skills and qualities to become curious researchers of our own practice.

Practitioner research seems to offer an interesting alternative of how to face these ethical challenges. Treating one's own work as "data" can also help to create a useful metaposition in family therapy students.

Even though practitioner research is a broadly accepted format of exploring and developing one's own practice in some countries it is very much unknown concept in others.

In this talk I offer a basic insight what is practitioner research and pros and cons of such a practice. I would like to share our experience of using practitioner research as a tool for transforming our own practice and share also our experience of making it a part of our family therapy training.

#### ***Doc. Mgr. Lucie Hornová, PhD.***

*Lucie Hornova is a clinical psychologist and psychotherapist.*

*Originally, she has been working with addicts and their families on long term basis both in the UK and in the Czech Republic.*

*She first trained as a Rogerian Person-Centred therapist and latter, as a systemic family therapist. She has been working as a clinical psychologist and psychotherapist locally and internationally since 1995.*

*In 2008, she has founded and has been leading since, a hospital-based team of clinical psychologists, psychiatrists, and other professionals. They are using dialogical ideas and collaborative approaches in their work. The team is dealing with wide spectrum of clients including families with high level of violence, post-divorce families, psychosomatic illnesses, etc. The team has a strong collaboration with social services, courts, schools, medical doctors, NGOs, etc.*

*Lucie is a registered clinical psychology trainer since 2008. She has graduated a Systemic Supervision Course in the Tavistock Clinic in London and has been working as a trainer and supervisor locally and internationally. She is a director of Dialogical Institute of Psychotherapy (DIP) providing training in Systemic Family therapy.*

*Lucie has a special interest in psychosomatics. She has also graduated a University course in Acupuncture and Traditional Chinese Medicine.*

*She has been involved with EFTA as a national representative since 2006. She is one of the co-organizers of annual European Summer School on Dialogical practices.*

*Lucie and her team have done a 5-year practitioner research project with TAOS institute (Sheila McNamee) researching the co-therapy qualities in dialogical approach in therapy, gaining a title of PhD (2020). Lucie also teaches clinical psychology and dialogical approaches and practitioner research at several universities in the Czech Rep. For her work on practitioner research, she has been awarded a title of Docenture.*