

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	<p>Welcome and introduction to the day</p> <p>Dr Vikram Luthra, consultant psychiatrist and psychoanalyst, Vice-Chair of Medical Psychotherapy Faculty, and Dr Giles Story, consultant psychiatrist and group analyst, Academic working group lead, Medical Psychotherapy Faculty</p>
09.40am	<p>Opening Keynote:</p> <p>Statistical Spin, Linguistic Obfuscation – The Corruptions of Science</p> <p>Farhad Dalal, psychotherapist and group analyst</p>
10.25am	<p>Grasping the Nettle: The Case for Psychotherapy Research</p> <p>Liz Allison, Director of the Psychoanalysis Unit, University College London, and Dr Emma Hotopf, consultant psychiatrist and clinical lead, Maudsley Self Harm Service</p>
11.10am	Morning break Poster viewing
11.40am	<p>Measuring Mentalising across Clinical Contexts: Some Lessons Learned - Implications for Practice and Research</p> <p>Dr Tobias Nolte, psychoanalyst and research fellow, University College London</p>
12.10pm	Panel Q&A and discussion
12.45pm	Lunch break Poster viewing
1.45pm	<p>Service user involvement in an RCT of MBT for offenders with antisocial personality disorder</p> <p>Dr Jessica Yakeley, consultant psychiatrist and clinical lead, Portman Clinic</p>
2.15pm	Mindfulness for difficult-to-treat acute depression: the implications of the respond trial for psychiatry

Time	Session
	Dr Florian Ruths, consultant psychiatrist and Medical Psychotherapy Lead in CBT, King's College London
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, consultant psychiatrist, 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.