

Design of a Feasibility Study Incorporating the Dyad Repertory Grid into routine Cognitive Analytic Therapy

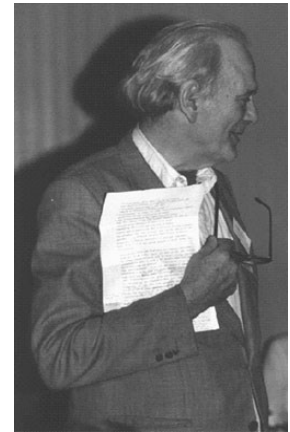
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Introduction

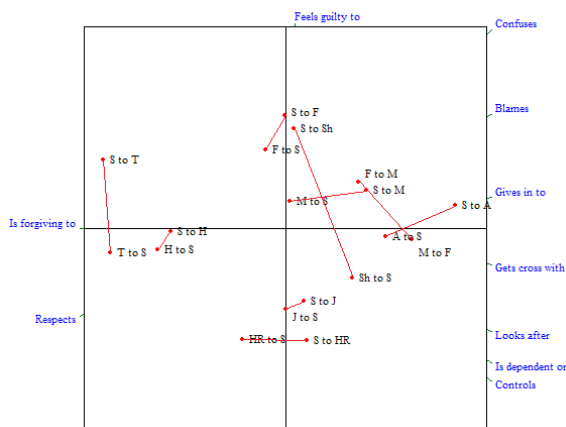
Repertory grids were originally invented by the psychologist George Kelly.¹ They are a type of psychometric test which examines how an individual construes (or understands, describes) the world around them. The results can be shown in a graph and through descriptive statistics. Anthony Ryle and Martin Lunghi adapted the repertory grid to invent the dyad grid.² The dyad grid shows how an individual construes their important dyadic relationships. Dyad grids have been used extensively in psychotherapy research, however there has been no study of the feasibility of their use in routine psychotherapy or of the patient/therapist experience.



Above:
Dr George Kelly



Right:
Dr Anthony Ryle



Example dyad grid graph produced using Idiogrid Version 2.0 software by James Grice.³ One pattern is that in 6 of the 9 dyads, self-to-other is to the right hand side of other-to-self, suggesting self-to-other does more getting cross with, giving in to, looking after and being dependent on the other than the other does to self. The other is experienced as forgiving and respectful.

Study objectives

To evaluate the feasibility of integrating dyad repertory grids into the reformulatory and termination phases of routine Cognitive Analytic Therapy in an NHS psychotherapy service. To understand if the patient experience of Cognitive Analytic Therapy is enhanced through the integration of dyad grids. To understand whether and if the therapist understanding of the patient is enhanced through the integration of dyad grids.

Method

Therapists working in an NHS psychotherapy service will aim to conduct a dyad grid during the first five and final five sessions of a 24 session Cognitive Analytic Therapy. They will aim for the results of the dyad grid to be included in the reformulation and goodbye letters. Patient participants will complete a weekly questionnaires including the CORE-10 and Helpful Aspects of therapy, they will complete a semi-structured interview on their experiences within 6 weeks of completing therapy. Therapist participants will complete a study form on their experiences and a semi-structured interview on their experiences within 6 weeks of completing therapy.

Data Analysis

Quantitative analysis will include the Number of sessions attended, Drop-out rate, Adherence check on whether the dyad grid was integrated into the reformulatory phase and the termination phase. A qualitative thematic analysis will be undertaken on the transcriptions of the semi-structured interviews conducted with patients and therapists on their experiences.

Conclusions

5 patients and 4 therapists have been recruited into the study. Dyad grids have been successfully undertaken in three of the patients so far.

1. Kelly, G. A. (1955). The psychology of personal constructs. Vol. 1. A theory of personality. Vol. 2. Clinical diagnosis and psychotherapy. Oxford, England: W. W. Norton. 2. Ryle, A and Lunghi, M (1970). The Dyad Grid: A modification of repertory grid technique. *The British Journal of Psychiatry*, 117 (538), p323-327. 3. Idiogrid was written by James W. Grice Ph.D. www.idiogrid.com