



Individual Development Award (IDA) Springboard Award

Aimed at individuals employed by a health or social care organisation who are an [ARC KSS member organisation](#) to undertake activities aimed at developing research skills.

How film could be used in psychotherapy to help foster a therapeutic alliance for patients who have experience trauma?

Chloé Smith, Kent and Medway NHS and Social Care Partnership Trust



Project summary

The use of film to contextualise meaning has been utilised in a range of different environments; including educational establishments, health care settings and community spaces. Psychoanalysis and film theory have long established a working alliance, which curiously explores how individuals portray themselves in the world. The design of the project aims to investigate if the incorporation of film in a group setting, can provide an opportunity to share reflective dialogue through a third-party perspective. Although it has been difficult to identify a standardised approach, a literature review has helped to scope research methods from across a range of different clinical practices. The project proposal will draw from the researchers own clinical experience, looking at mental health through the lens of attachment theory and trauma informed practices.

What did you achieve through this award?

Although still in it's working process stage, the award provided me with the opportunity to begin the courageous steps of incorporating research into clinical practice. However, I have learnt that this is an ongoing skill, which continues to fuel my enthusiasm by exploring new ways of making the therapy space as accessible as possible, where a shared language can begin to take place. However, a slight clash between clinical practice and research may have been identified, which resulted in not being able to meet my original objectives that were highlighted in the submitted research proposal. Upon reflection, I have observed that in my eagerness, the objectives drifted in to the realms of fantasy rather than reality. This recognition has allowed me to consider how the project is now a long-term venture that will continue to take shape and promote growth.



What has this award meant for you? What has it enabled you to do?

This award has confirmed my ability of continuing to work creatively within the field of trauma-informed practice. By shining a light on this approach, up-to-date academic research is required, that will help contribute to best practice, which is evidence-based. The award has allowed me to take ownership of my own unique learning-style, an area which at long-last I am beginning to embrace. Unfortunately, there is still some ambiguity in regards to the award, including the dispensing of funding, which has been the cause of some confusion. My eagerness to learn has been part of my core characteristic since my younger years and is something that I cherish greatly. I will continue to draw from my interest of narration and storytelling which has enabled me to continue the project outside of my clinical hours.

What's next?

By viewing the literature review as a live document, I hope that this piece of written work will help contribute towards further funding projects with the National Institute for Health and Care Research (NIHR). It is hoped that prior experience of the Clinical and Practitioner Academic Programme (ICAP) and Springboard award will support the application for the Pre-doctoral Clinical and Practitioner Academic Fellowship (PCAF). In the meantime, I have begun to inadvertently create my own research team; which consists of a clinical supervisor, academic supervisor, an additional support tutor and all being well, a research mentor to help me along my scenic route, through the world of clinical research.

What is your experience of receiving mentorship as part of this award?

The experience of receiving this mentorship has allowed me to embrace other areas of theoretical thinking which I may not had the opportunity to be privy to. Developing this project will highlight the importance of providing alternative methods of communication for individuals to be able to express their internal and external world. The project addresses equality, diversity and inclusion by providing a platform where the incorporation of the arts becomes a tool where a shared language can begin to take place. It is this last section which I continue to draw inspiration from.