A flavour of psychology

The Whitla Hall, Queen’s University Belfast
Friday 16 November 2018
9.30am–14.15pm

Supported by:

The British Psychological Society
Northern Ireland Branch
Welcome

The Northern Ireland Branch of the British Psychological Society (NIBPS) and The School of Psychology, Queen’s University Belfast welcome you to ‘A Flavour of Psychology 2018’.

These lectures have been designed to give you a flavour of the broad and fascinating discipline that is psychology. We hope they will help to inspire future generations of psychologists.

Our speakers are experts from a range of areas within the discipline and we wish to express our gratitude to them for taking the time to present to our audience today.

We are sure you will find the day stimulating, informative and enjoyable.

We wish to thank The School of Psychology at Queen’s University Belfast for its support for the event today.

Please visit our website www.nibps.org.uk/events for further information on our events.

Thank you.

2018 NIBPS Committee & School of Psychology Queen’s University Belfast
Programme: ‘A Flavour of Psychology’
16 November 2018

09.30   Registration
09.45   Welcome and introduction
10.00   Forensic psychology practice: Prisons and probation
        Dr Jo Bailey, National Offender Management Service
10.35   Sport and exercise psychology: What do you think?
        Dr Noel Brick, Ulster University
11.10   The function of laughter in social interaction
        Dr Gary McKeown, QUB
11.45   Break and exhibition (light refreshments provided)
12.30   Building resilience in schools: Helping pupils and
        teachers cope ...and why it’s important
        Professor Nichola Rooney, Queen’s University Belfast
13.05   The missing link between the prosocial and the dark
        side of human personality: The bridge of narcissism
        Dr Kostas A. Papageorgiou, Queen’s University Belfast
13.40   Clinical psychology in physical health contexts
        Dr Keith Kerrigan, Northern HSC Trust
14.15   Closing comments
Forensic psychology practice:
Prisons and probation

Dr Jo Bailey, HM Prison & Probation Service

Forensic psychology is often represented in the media. But is it misrepresented? What do forensic psychologists really do – and do the media portrayals make better dinner party conversations than they do real working life, or do we embrace the media portrayals?

Jo will outline the role of forensic psychologists; what they do, where they do it and why.

Dr Jo Bailey is the Head of Psychology at Her Majesty’s Prison & Probation Service in England and Wales. She has worked throughout the prison service with a range of client groups in different security categories and currently oversees the psychology service across the estate. She completed an undergraduate degree in Psychology at Manchester Polytechnic in 1989, worked outside of the criminal justice field for a few years before completing an MPhil Criminology at Cambridge University and joining HMPPS as a psychological assistant. Since then she completed her MSc in Applied Criminological Psychology at Birkbeck College, University of London in 1995 and her PhD at Anglia Ruskin University where she focused on the release and recall of life sentenced prisoners. Jo spends her non-working time raising three children, multiple cats and (at present) two dogs.
Sport and exercise psychology: What do you think?
Dr Noel Brick, Ulster University

What does a marathon runner think about to successfully complete a 26.2 mile run? How does a golfer keep focussed to hole a title winning putt? Can exercise improve our mood and make us feel better? In this talk Noel will discuss how sport and exercise psychology can influence sporting performance and help us understand the benefits of exercise for psychological wellbeing. Adopting a case study approach using contemporary sporting examples, and applying recent research evidence, Noel will discuss how psychological skills and attentional focus can influence performance during both endurance activities and discrete sports skills. This talk will also explore how exercise can influence psychological wellbeing and mental health outcomes.

Dr Noel Brick is lecturer in Sport and Exercise Psychology at Ulster University. He previously worked at a lecturer in Sport and Exercise at the Northern Regional College. He completed an undergraduate degree in Sport and Exercise Science at the University of Limerick in 1997 and an MSc at Ulster University in 2003. In 2016 he completed a PhD at the University of Limerick where he investigated the impact of attentional focus and cognitive strategies on endurance performance. Alongside his academic and research interests, Noel is also a long-distance runner and has completed more than 20 marathons and ultra-marathons including the Marathon des Sables (a 152 mile ultra-marathon across the Sahara Desert) in 2012 and the Irish 24-hour Championships in 2013.
The function of laughter in social interaction
Dr Gary McKeown, QUB

Laughter is usually thought to be a non-verbal response to a humorous event. On closer inspection of human social interactions it can been seen to do much more. Laughter is a crucial element of our conversations and social interactions. In this talk I will argue that laughter is principally a social bonding signal. However, it is a special social signal as it achieves many of its functions by being ambiguous with respect to the content of the communication. This allows it to serve multiple functions and facilitate our social interactions.

Gary McKeown is a senior lecturer in the School of Psychology, Queens University Belfast. His research and theoretical interests are in human communication and social interaction. He studies social interaction phenomena in naturalistic settings using multiple behavioural measurement techniques – often with multiple streams of synchronised information. Dr McKeown has been actively involved in the creation of both new data gathering techniques and the statistical approaches required to address them. He has studied many social signals and laughter has been a particularly interesting avenue of research.
Building resilience in schools: Helping pupils and teachers cope ... and why it’s important

Professor Nichola Rooney, Queen’s University Belfast

Young people are facing more and more challenges today both in and out of schools. Numerous reports demonstrate that Children and Young people in NI face significantly more mental health issues when compared to other parts of the UK. As the majority of these young people are in full time Education, teachers and schools are faced with significant challenges. I will provide an overview on research into resilience and give practical approaches that Teachers and adults can use to help build resilience in young people.

Professor Nichola Rooney is a Consultant Clinical Psychologist, Honorary Professor at Queen’s University Belfast and a Fellow of the British Psychological Society.

She has worked in the health and social care system for over 30 years, and has particular clinical expertise in children, young people and family services.

Nichola is currently Non-Executive Director of the Public Health Agency and Senior Professional Adviser to the Regulation and Quality Improvement Authority (RQIA).

She has led and published research in the area of neurodevelopment outcomes in children with congenital heart disease and is currently Chair of the Children’s Heartbeat Trust, NI.
The missing link between the prosocial and the dark side of human personality: The bridge of narcissism

Dr Kostas A. Papageorgiou, Queen’s University Belfast

What would you think if someone calls you Narcissist? You may want to consider responding ‘Yes I am!’ Subclinical narcissism is part of the dark triad of personality that also includes the traits of subclinical psychopathy and Machiavellianism. Narcissism is characterized by facets such as grandiosity, entitlement, dominance, and superiority. Previous studies suggested that narcissism might be unique among the dark triad in that, it encapsulates to a larger extent (in comparison to psychopathy and Machiavellianism), prosocial and adaptive behaviours. I will present a series of studies to show that narcissism may increase mental toughness resulting in: (1) lower psychopathy and Machiavellianism; (2) lower perceived stress and symptoms of depression; (3) higher school achievement. Finally, I will present findings using a new analytic technique (network analyses) suggesting that narcissism may be a ‘bridge’ between the prosocial and the dark side of human personality. Overall, this research suggests that personality traits, similarly to all other products of evolution, are neither bad nor good: instead they should be perceived as adaptive or maladaptive depending on the context under investigation.

Dr Kostas Papageorgiou is a Lecturer in Developmental Psychopathology at Queen’s University Belfast, the Director of the InteRRaCt Lab and an Associate Professor in Personality Psychology at Tomsk State University in Russia. Dr Papageorgiou lectures on the MSc course of Childhood Adversity in the School of Psychology at Queen’s and he supervises BSc, MSc, PhD, and Post-Graduate students’ research. Kostas uses an interdisciplinary approach in his research, combining methods from diverse disciplines, including cognitive and developmental neuroscience, personality assessment and genetics. He is particularly interested in exploring: (1) the contribution of non-cognitive factors to educational performance and psychopathology across development; (2) the aetiology of high
performance across achievement contexts; (3) the interplay between parents' and children's personality and psychopathology and its contribution to biological measures of health and longevity such as, telomere length; (4) networks of personality and psychopathology with a particular focus on the relationship between Subclinical Narcissism and Mental Toughness; (5) the link between visual attention, executive abilities and psychopathology across development.
Clinical psychology in physical health contexts

Dr Keith Kerrigan, Northern Trust

It is increasingly recognised that people living with physical health conditions often experience psychological distress and mental health difficulties that not only affect their illness experience but also the way in which they manage and cope with such challenges. Research also suggests that people with pre-existing mental health difficulties are more likely to develop physical health symptoms and concerns. Psychology has much to offer in helping people understand the impact of physical health on psychological wellbeing and in turn develop adaptive ways of thinking and approaching their condition.

This talk will look at the links between mental and physical health and wellbeing and will outline the role of clinical psychology specifically in working with psychological factors associated with physical health conditions. It will focus on the role of the Clinical Psychologist in Physical health settings and illustrate this through case examples.

Dr Keith Kerrigan currently works as a Consultant Clinical Psychologist at the RAID (Rapid Assessment, Interface and Discharge) liaison mental health team based at the Antrim Area Hospital.

Since qualifying as a Clinical Psychologist in 2007 he has worked exclusively in physical health settings, supporting people living with a wide range of physical health conditions, such as Gastro-intestinal difficulties, diabetes, respiratory conditions, Cancer, HIV and chronic pain. He has previously worked as a part time clinical tutor on the doctorate in clinical psychology at QUB and has been active in supervising doctoral research into psychological aspects of illness during this time. His research interests lay in the area of sexuality, physical and sexual health, religion and the impact of culture on coping and adjustment to illness.
This event was organised by

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Northern Ireland Branch

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