

***CURRICULUM VITAE***

***JOHN BIRTCHNELL***

**Born:** 8th April, 1932, Aylesbury, Buckinghamshire, UK

**Educated:** Sir Thomas Rich's School, Gloucester (1943-1951)

**Married,** two sons.

**Degrees and Qualifications:**

<b>Institution</b>	<b>Qualification</b>	<b>Date</b>
Edinburgh University	M.B. Ch.B	1959
Edinburgh University	M.D.	1966
Conjoint Board, London	D.P.M.	1963
Aberdeen University	Dip. Psychotherapy	1967
Royal College of Psychiatrists	M.R.C.Psych.	1971
Royal College of Psychiatrists	F.R.C.Psych.	1981
British Psychological Society	A.F.B.Ps.S.	1993
British Assn. of Art Therapists	R.A.Th.	1993
British Psychological Society	F.B.Ps.S.	1996

**Appointments, starting with the most recent**

Attached Worker, Section of Psychotherapy, Institute of Psychiatry, London	1992-02
Scientific Officer, Medical Research Council: M.R.C. Social and Community Psychiatry Unit Institute of Psychiatry, London	1989-92
M.R.C. Social Psychiatry Unit Institute of Psychiatry, London	1982-89
M.R.C. Clinical Psychiatry Unit Graylingwell Hospital, Chichester	1970-82
MRC Clinical Research Fellow Department of Mental Health, Aberdeen University	1967-70
Senior Psychiatric Registrar St. John's Hospital, Aylesbury	1964-66
Psychiatric Registrar Crichton Royal Hospital, Dumfries	1962-64
Senior House Officer (Psychiatry) Walton Hospital, Liverpool	1961-62
Senior House Officer (Neurology) Walton Hospital, Liverpool	1961
House Surgeon (Neurosurgery) Walton Hospital, Liverpool	1960-61
House Physician (Psychiatry) Sefton General Hospital, Liverpool	1960

### **Honorary Appointments**

Senior Lecturer, Institute of Psychiatry, London	1983-
Consultant Psychiatrist, Maudsley Hospital, London	1983-2003
Consultant Psychiatrist, Graylingwell Hospital, Chichester	1973-82
Consultant Psychiatrist, West Sussex Branch of the Samaritans	1972-82
Tutor, St George's Hospital, London, MSc in Psychotherapy	1972-82
Psychiatric Clinical Tutor, Graylingwell Hospital, Chichester	1972-78
Senior Registrar, Graylingwell Hospital, Chichester	1970-73
Senior Registrar, Ross Clinic, Aberdeen	1966-70

### **Offices held in the British Psychological Society**

Editor, British Journal of Medical Psychology	1989-95
Associate Editor, British Journal of Medical Psychology	1995-2006
Member of the Executive Committee of the Psychotherapy Section of the British Psychological Society	1994-97
Member of the College of Fellows Steering Group on Big Issues Psychology	2005-08

### **Membership of Major Committees**

Member of the Council of the British Association of Art Therapists	1970-75
Member of the Executive Committee of the Southern Division of the Royal College of Psychiatrists	1972-76
Convenor of Society of Clinical Psychiatrists Study Group on Recruitment into Psychiatry	1980-87
Convenor of Clinical Advisory Board of Diploma in Art Therapy Course, Goldsmiths' College, London	1975-85
Member of the Advisory Board of the Medical Research Council	1997-2001

### **Honours and Awards**

Fellowship of the Royal College of Psychiatrists	1981
Art Therapist in Residence, Academy of Performing Arts, Edith Cowan University, Perth, Western Australia	1993
Honorary Member of the British Association of Art Therapists –	

awarded for distinguished service to the Association	1995
Fellowship of the British Psychological Society	1996

### **Clinical Summary**

Apart from brief appointments in Neurosurgery and Neurology, my clinical experience has been entirely in psychiatry. My first appointment (Sefton General Hospital) was in two observation wards in a general hospital. These handled several new admissions per week. My second appointment (Walton Hospital) was in a unit in a general hospital which had a small number of in-patients, but a heavy out-patient commitment. It was here that I had my first experience of psychotherapy. My third appointment (Crichton Royal Hospital) was in a large, Scottish mental hospital, where I worked mainly in the admission wards, but where I also spent time in a psychogeriatric department. I held a weekly out-patient clinic. My fourth appointment (St John's Hospital) was in a large, English mental hospital, where I worked in two admission wards and in a ward for the treatment of the neuroses, and where again I held a weekly out-patient clinic. I left this post to spend a year at the Ross Clinic in Aberdeen where I trained full-time in psychotherapy. From this time on, all my appointments were in full-time research, but I always set time aside to do individual psychotherapy and couple therapy. At Graylingwell Hospital I ran a weekly psychotherapy supervision group. During my time in London I have held a weekly out-patient clinic in individual psychotherapy and couple therapy at the Maudsley Hospital, and have been an honorary tutor in psychotherapy at St George's Hospital and a sessional psychotherapy supervisor at Guy's Hospital. My interest in art therapy began during my training in psychotherapy. I have made a film, written papers and book chapters, and spoken at conferences on art therapy. I have contributed to an annual, five-day, residential, art therapy school at Leeds Metropolitan University over a twenty five year period.

### **Publication Summary**

Books	07
Edited Books	00
Chapters in Books	13
Peer-reviewed papers	80
Non peer-reviewed papers	28
Conference papers - published	08
Conference papers - unpublished	
I do not normally keep a record of these - so, a selection only	22
Other publications	00

## Research Summary

Apart from six months in neurosurgery and six months in neurology, all of my clinical posts were in psychiatry, and I have always been a very psychological psychiatrist. In 1966-7, with an M.R.C. Award for Further Education in the Medical Sciences, I trained, full-time, in psychotherapy. Since then, all of my clinical work has been psychotherapeutic. From 1967 to the present, I have worked continuously in research, being financed throughout by the Medical Research Council. My major preoccupation has been with relationships, and my name is given to the press by the British Medical Association and the Association of Family Therapists when they receive enquiries about relationships and marriage.

My earliest research interests were in the possible short and long term consequences of parental death (the topic of my MD thesis). Later, I became interested in the effects of other forms of separation from parents, and later still, in the quality of parental care. I considered the possible influence of parental social class, the size and composition of sibships and birth order upon reactions to parental death, but subsequently I began to consider the effects of these factors in their own right. In one important study I compared parental social class with current social class for a range of psychiatric disorders. I examined the effects of early family experiences upon sexual identity and marital quality.

It was when I observed a strong association between marital quality and depression, that I switched my attention to current family relationships. I began to develop measures of marital quality and carried out a collaborative study with marriage guidance counsellors. Out of this grew an interest in couple therapy and, in the late eighties, I collaborated with the Tavistock Institute of Marital Studies. From the mid-eighties, I switched again, from studying family relationships to studying the relating process itself, and I consider my work in this area (see my 1993/96 book), to be far and away my most important contribution to psychology.

Another strand to my research, has been a concern with the possible causes and management of attempted suicide. This led me to establish links with the Samaritans. A factor which features in studies both of attempted suicide and marital quality is psychological dependence. The definition and measurement of dependence became an area of central interest to me and, out of this, ultimately developed a general theory of relating. I constructed a questionnaire for measuring maladaptive forms of relating (the PROQ) and a set of questionnaires specifically for measuring relating between couples (the CREOQ). Further questionnaire measures followed for measuring interrelating between various combinations of family members. The theory has relevance for the classification of personality disorders and the questionnaire is proving to be of value in the assessment of personality disorders in a number of clinical settings. The theory also has relevance for psychotherapy, couple therapy and family therapy (see my 1999/ book) and the individual questionnaire and the couple questionnaires are being used in research into individual psychotherapy and couple therapy.

In recent years there has been an increasing evolutionary component to my theorising,

and an important new development has been the distinction I draw between the functions of what I call the inner me and the outer me. This is described in my 2003 book I consider the inner me to be the seat of the relating objectives. The inner me also generates emotions that reward us when we are on track and punish us when we are off track in the attainment of the relating objectives. The outer me is more thoughtful and inventive and seeks out ways of attaining the objectives.

**My most significant contributions to the advancement of psychological knowledge are:**

- a. Studies into early loss and separation experiences (Birtchnell, 1970 x 4, 1980, Kennard & Birtchnell, 1982).
- b. Clarifying the distinction between anniversary reactions, which recur annually, and age correspondence reactions, which occur only once (Birtchnell, 1981).
- c. Demonstrating that the quality of the early parental relationship has a much more powerful effect upon adult psychopathology than early loss or separation (Birtchnell et al. 1988).
- d. Demonstrating an association between certain psychiatric disorders and downward social mobility (Birtchnell, 1971).
- e. Pointing to the methodological defects of earlier birth order studies and conducting more methodologically correct ones (Birtchnell 1971, 1972).
- f. Demonstrating the extent and nature of the association between marital quality and neurotic pathology. Developing measures of marital relating. (Birtchnell & Kennard, 1983, Birtchnell, 1988 x 2, 1991).
- g. Identifying interpersonal and personality factors associated with attempted suicide ( Pallis, Langley & Birtchnell, 1975, Pallis & Birtchnell, 1977, Birtchnell, 1981) and proposing psychotherapeutic strategies for the management of suicidal individuals (Birtchnell, 1983). This also involved advising and working with the Samaritans.
- h. Refining the definition of psychological dependence and demonstrating its relationship to depression, neuroticism and self-esteem. Contributing to the measurement of dependence (Birtchnell, 1984, 1988, 1991, Birtchnell et al., 1991).
- i. Pointing to the inadequacies of classical interpersonal theory (Birtchnell, 1990, 1994), which led to the development and elaboration of a new theory of relating. This builds upon classical interpersonal theory but takes into account the principles of evolutionary psychology. This I consider to be my single, most important contribution to psychological knowledge (Birtchnell, 1993, 1994). Professor A.T. Beck (Philadelphia) wrote, "I am convinced that John Birtchnell is on to something important in terms of his vertical and horizontal axes." Professor Russell Gardner (Texas) wrote "Until now we have had no one comprehensive system for organizing and systematizing people's communicational attributes." Denis Trent (*Brit. J. Med. Psychol.*) wrote "Birtchnell's theory is comprehensive and well thought out. Hidden within the content, however, is his ability to present a highly complex and well integrated theory in a clear and

easily understandable style."

j. Developing measures based upon what is now called relating theory (Birtchnell et al., 1992) and applying these measures to patients receiving psychotherapy and couple therapy. In recent years these measures have also been used for the assessment of prisoners in therapeutic communities. This work is expanding, and several prisons are now routinely applying these measures.

k. Comparing my measures with other interpersonal measures such as the Interpersonal Check List and the Inventory of Interpersonal Problems.

l. Extending and developing techniques used in art therapy (Birtchnell, 1989 etc.).

## **Publications**

### **1) Books**

BIRTCHNELL, J., WILSON, I.C., BRATFOS, O. et al. (1973) *Effects of Early Parent Death*. A volume in MSS Series on Attitudes Toward Death. New York: MSS Information Corporation.

BIRTCHNELL, J. & GRAY, S.H. (1978) *A Bibliography in Dynamic, Familial and Social Psychiatry*. Society of Clinical Psychiatrists Report No. 11. Society of Clinical Psychiatrists: London.

BIRTCHNELL, J. & GORDON, E. (1980) *A General Reading List*. Royal College of Psychiatrists: London.

BIRTCHNELL, J. (1987) *Recruitment into Psychiatry*. Society of Clinical Psychiatrists Report No. 14. Society of Clinical Psychiatrists: London.

BIRTCHNELL, J. (1993) *How Humans Relate: A New Interpersonal Theory*. A volume in the series Human Evolution, Behavior & Intelligence. Praeger: Westport, CT. Published in paperback by Psychology Press, Hove, Sussex, UK, 1996.

BIRTCHNELL, J. (1999) *Relating in Psychotherapy: The Application of a New Theory*. A volume in the series Human Evolution, Behavior & Intelligence. Praeger, Westport, CT. Published in paperback by Brunner-Routledge, Hove, Sussex, UK, 2002.

BIRTCHNELL, J. (2003) *The Two of Me: The Rational Outer Me and the Emotional Inner Me*. Routledge: London.

### **2) Edited Books** None

### 3) Chapters in Books

BIRTCHNELL, J. (1971) Social class, parental social class, and social mobility in psychiatric patients and general population controls. In Baldwin, J.A. (Ed.) *Aspects of the Epidemiology of Mental Illness: Studies in Record Linkage*. International Psychiatry Clinics **8** (3). Little, Brown & Co.: Boston.

BIRTCHNELL, J. (1975) Early parent death and mental illness. BIRTCHNELL, J. (1975) Depression in relation to early and recent parent death. Both in Morrison, G.C. (Ed.) *Emergencies in Child Psychiatry: Emotional Crises of Children, Youth and their Families*. Charles C. Thomas: Springfield, Ill.

BIRTCHNELL, J. (1975) An analysis of the art productions of a psychiatric patient who was preoccupied with his nose. In Ullman, E. & Dachinger, P. *Art Therapy in Theory and Practice*. Schocken Books Inc.: New York.

BIRTCHNELL, J. (1983) Verbal description versus numerical analysis in psychiatric research. In Calhoun, J.B. (Ed.) *Environment and Population: Problems of Adaptation*. Praeger: New York.

BIRTCHNELL, J. (1984) Art therapy as a form of psychotherapy In Dally, T. (Ed.) *Art as Therapy: An Introduction to the Use of Art as a Therapeutic Technique*. Tavistock: London.

BIRTCHNELL, J. (1994) Books reconsidered: A Critical Dictionary of Psychoanalysis, by Rycroft, C. BIRTCHNELL, J. (1994) Books reconsidered: The Myth of Mental Illness. Both in Crown, S. & Freeman, H. (Eds.) *The Book of Psychiatric Books*. Aronson: Northvale, N.J.

BIRTCHNELL, J. (1996) Detachment. In Costello, C.G. (Ed.) *Personality Characteristics of the Personality Disordered*. Wiley: New York.

BIRTCHNELL, J. (1996) Psychotherapeutic considerations in the management of the suicidal patient. In Maltsberger, J.T. & Goldblatt, M.J. (Eds.) *Essential Papers on Suicide*. New York University Press: New York.

BIRTCHNELL, J. (1996) The management and resolution of dependency in the depressed client. In Flach, F. (Ed.) *The Hatherleigh Guide to Managing Depression*. Hatherleigh Press: New York.

BIRTCHNELL, J. (1996) Psychiatric disorders in marriage. In Katz, K. (Ed.) *Contemporary Psychiatry*. Mark Allen: London.

BIRTCHNELL, J. (1997) Personality set within an octagonal model of relating. In Plutchik, R. & Conte, H.R. (Eds.) *Circumplex Models of Personality and Emotions*. American Psychological Association Press: Washington, D.C.

Birtchnell, J. (1998) A Gestalt art therapy approach to the treatment of family and other interpersonal problems. In Sandle, D. (Ed) *Development and Diversity: New Applications in Art*

*Therapy*. Free Association Books Ltd. London.

BIRTCHNELL, J. & Borgherini, S. (2000) Interpersonal theory and treatment of dependent personality disorder.. Maffei, C. (Ed.) *Treatment of Personality Disorders*. Plenum Press: New York.

#### **4) Peer-reviewed published papers**

ZINKIN, S. & BIRTCHNELL, J. (1968) Unilateral electroconvulsive therapy: Its effects on memory and its therapeutic efficacy. *British Journal of Psychiatry*, **114**, 973-988.

BIRTCHNELL, J. (1969) The possible consequences of early parent death. *British Journal of Medical Psychology*, **42**, 1-12.

BIRTCHNELL, J. (1969) Parent death in relation to age and parental age at birth in psychiatric patients and general population controls. *British Journal of Preventive and Social Medicine*, **23**, 244-250.

BIRTCHNELL, J. (1970) Early parent death and mental illness. *British Journal of Psychiatry*, **116**, 281-288.

BIRTCHNELL, J. (1970) Depression in relation to early and recent parent death. *British Journal of Psychiatry*, **116**, 299-306.

BIRTCHNELL, J. (1970) Recent parent death and mental illness. *British Journal of Psychiatry*, **116**, 289-297.

BIRTCHNELL, J. (1970) The relationship between attempted suicide, depression and parent death. *British Journal of Psychiatry*, **116**, 307-313.

BIRTCHNELL, J. (1970) Sibship size and mental illness. *British Journal of Psychiatry*, **117**, 303-308.

BIRTCHNELL, J. & ALARCON, J. (1971) Depression and attempted suicide: a study of 91 cases seen in a casualty department. *British Journal of Psychiatry*, **118**, 289-296.

BIRTCHNELL, J. & ALARCON, J. (1971) The motivation and emotional state of 91 cases of attempted suicide. *British Journal of Medical Psychology*, **44**, 45-52.

BIRTCHNELL, J. (1971) A case register study of bereavement. *Proceedings of the Royal Society of Medicine*, **64**, 279-282.

BIRTCHNELL, J. (1971) Early parent death in relation to sibship size and composition in psychiatric patients and general population controls. *Acta Psychiatrica Scandinavica*, **47**, 250-270.

BIRTCHNELL, J. (1971) Mental illness in sibships of two and three. *British Journal of Psychiatry*, **119**, 481-487.

BIRTCHNELL, J. (1971) Social class, parental social class, and social mobility in psychiatric patients and general population controls. *Psychological Medicine*, **1**, 209-221.

BIRTCHNELL, J. (1971) Birth rank and mental illness. *Nature*, **234**, 485-487.

BIRTCHNELL, J. (1972) The interrelationship between social class, early parent death and mental illness. *Psychological Medicine*, **2**, 166-175.

BIRTCHNELL, J. (1972) Early parent death and psychaitric diagnosis. *Social Psychiatry*, **7**, 202-210.

BIRTCHNELL, J. (1972) Birth order and mental illness: a control study. *Social Psychiatry*, **7**, 167-179.

BIRTCHNELL, J. (1973) The use of a psychiatric case register to study social and familial aspects of mental illness. *Social Science and Medicine*, **7**, 145-153.

BIRTCHNELL, J. (1973) How appropriate is the epidemiological approach to the investigation of the familial causation of mental illness? *British Journal of Medical Psychology*, **46**, 365-371.

BIRTCHNELL, J. (1973) An analysis of the art productions of a psychiatric patient who was preoccupied with his nose. *American Journal of Art Therapy*, **12**, 211-224.

BIRTCHNELL, J. (1974) Some possible early family determinants of marriage and divorce. *British Journal of Medical Psychology*, **47**, 121-127.

BIRTCHNELL, J. (1974) The effect of early parent loss upon the direction and degree of sexual identity. *British Journal of Medical Psychology*, **47**, 129-137.

BIRTCHNELL, J. (1974) Is there a scientifically acceptable alternative to the epidemiological study of familial factors in mental illness? *Social Science and Medicine*, **8**, 335-350.

BIRTCHNELL, J. & FLOYD, S. (1974) Attempted suicide and the menstrual cycle - a negative conclusion. *Journal of Psychosomatic Research*, **18**, 361-369.

BIRTCHNELL, J. (1975) The personality characteristics of early bereaved psychiatric patients. *Social Psychiatry*, **10**, 97-103.

BIRTCHNELL, J. & FLOYD, S. (1975) Further menstrual characteristics of suicide attempters. *Journal of Psychosomatic Research*, **19**, 81-85.

PALLIS, D.J., LANGLEY, A. & BIRTCHNELL, J. (1975) Excessive use of psychiatric services by suicidal patients. *British Medical Journal*, **3**, 216-218.

BIRTCHNELL, J. (1975) Psychiatric breakdown following recent parent death. *British Journal of Medical Psychology*, **48**, 379-390.

PALLIS, D.J. & BIRTCHNELL, J. (1976) Personality and suicidal history in psychiatric patients. *Journal of Clinical Psychology*, **32**, 246-253.

BIRTCHNELL, J. & MAYHEW, J. (1977) Toman's Theory: tested for mate selection and friendship formation. *Journal of Individual Psychology*, **33**, 18-36.

PALLIS, D.J. & BIRTCHNELL, J. (1977) Seriousness of suicide attempt in relation to personality. *British Journal of Psychiatry*, **130**, 253-259.

BIRTCHNELL, J. (1978) The peculiar problems of psychiatric research. *British Journal of Medical Psychology*, **51**, 113-118.

BIRTCHNELL, J. (1978) Early parent death and the clinical scales of the Minnesota Multiphasic Personality Inventory (MMPI). *British Journal of Psychiatry*, **132**, 574-579.

BIRTCHNELL, J. (1979) Some MMPI characteristics of psychiatric patients whose breakdown followed recent parent death. *Social Psychiatry*, **14**, 181-186.

PALLIS, D.J., CLOPTON, J.R. & BIRTCHNELL, J. (1979) MMPI profile patterns of suicide attempters. *Journal of Consulting and Clinical Psychology*, **47**, 135-139.

BIRTCHNELL, J. (1980) Women whose mothers died in childhood: an outcome study. *Psychological Medicine*, **10**, 699-713.

BIRTCHNELL, J. (1981) In search of correspondences between age at psychiatric breakdown and parental age at death ('anniversary reactions'). *British Journal of Medical Psychology*, **54**, 111-120.

BIRTCHNELL, J. (1981) Some familial and clinical characteristics of female suicidal psychiatric patients. *British Journal of Psychiatry*, **138**, 381-390.

BIRTCHNELL, J. & KENNARD, J. (1981) Early mother-bereaved women who have and have not been psychiatric patients. *Social Psychiatry*, **16**, 187-197.

BIRTCHNELL, J. (1981) The use of the computer in life history research. *Behaviour Research Methods and Instrumentation*, **13**, 624-628.

BIRTCHNELL, J. & KENNARD, J. (1982) Some marital and child rearing characteristics of early mother-bereaved women. *British Journal of Medical Psychology*, **55**, 177-186.

KENNARD, J. & BIRTCHNELL, J. (1982) The mental health of early mother-separated women. *Acta Psychiatrica Scandinavica*, **65**, 388-402.

BIRTCHNELL, J. & KENNARD, J. (1983) Marriage and mental illness. *British Journal of*

*Psychiatry*, **142**, 193-198.

BIRTCHNELL, J. & KENNARD, J. (1983) What does the dependency Scale of the MMPI really measure? *Journal of Clinical Psychology*, **39**, 532-543.

BIRTCHNELL, J. (1983) Psychotherapeutic considerations in the management of the suicidal patient. *American Journal of Psychotherapy*, **37**, 24-36.

BIRTCHNELL, J. & KENNARD, J. (1983) Does marital maladjustment lead to mental illness? *Social Psychiatry*, **18**, 79-88

BIRTCHNELL, J. & KENNARD, J. (1984) Early and current factors associated with poor quality marriage. *Social Psychiatry*, **19**, 31-40.

BIRTCHNELL, J. & KENNARD, J. (1984) How do the experiences of the early separated and the early bereaved differ and to what extent do such differences affect outcome? *Social Psychiatry*, **19**, 163-171.

BIRTCHNELL, J. (1984) Dependence and its relationship to depression. *British Journal of Medical Psychology*, **57**, 215-225.

BIRTCHNELL, J. (1985) The relationship between scores on Ryle's Marital Patterns Test and independent ratings of marital quality. *British Journal of Psychiatry*, **146**, 638-644.

BIRTCHNELL, J. (1986) The imperfect attainment of intimacy: A key concept in marital therapy. *Journal of Family Therapy*, **8**, 153-172.

BIRTCHNELL, J. Reply to John Carpenter's comment. *Journal of Family Therapy*, **8**, 179-182.

BIRTCHNELL, J. (1987) Attachment-detachment, directiveness-receptiveness: A system for classifying interpersonal attitudes and behaviour. *British Journal of Medical Psychology*, **60**, 17-27.

BIRTCHNELL, J. (1988) Defining dependence. *British Journal of Medical Psychology*, **61**, 111-123.

BIRTCHNELL, J., EVANS, C. & KENNARD, J. (1988) Life history factors associated with neurotic symptomatology in a rural community sample of 40-49 year old women. *Journal of Affective Disorders*, **14**, 271-285.

BIRTCHNELL, J. (1988) The assessment of the marital relationship by questionnaire. *Sexual and Marital Therapy*, **3**, 57-70

BIRTCHNELL, J., MASTERS, N. & DEAHL, M. (1988) Depression and the physical environment. *British Journal of Psychiatry*, **153**, 56-64.

BIRTCHNELL, J., EVANS, C. & KENNARD, J. (1988) The total score of the Crown-Crisp

Experiential Index: A useful and valid measure of psychoneurotic pathology. *British Journal of Medical Psychology*, **61**, 255 - 266.

BIRTCHNELL, J. (1988) Depression and family relationships. *British Journal of Psychiatry*, **153**, 758-769.

BIRTCHNELL, J. (1988) Depression and life circumstances. *Social Psychiatry*, **23**, 240-246.

BIRTCHNELL, J., EVANS, C., DEAHL, M. & MASTERS, N. (1989) The Depression Screening Instrument (DSI): A device for the detection of depressive disorders in general practice. *Journal of Affective Disorders*, **16**, 269-281.

BIRTCHNELL, J. (1990) Interpersonal theory: Criticism, modification and elaboration. *Human Relations*, **43**, 1183-1201.

BIRTCHNELL, J. (1991) The measurement of dependence by questionnaire. *Journal of Personality Disorders*, **5**, 281-295.

BIRTCHNELL, J. (1991) Negative modes of relating, marital quality and depression. *British Journal of Psychiatry*, **158**, 648-657.

BIRTCHNELL, J. (1991) Redefining dependence: A reply to Cadbury's critique. *British Journal of Medical Psychology*, **64**, 253-261.

BIRTCHNELL, J., DEAHL, M. & FALKOWSKI, J. (1991) Further exploration of the relationship between depression and dependence. *Journal of Affective Disorders*, **22**, 221-233.

BIRTCHNELL, J., FALKOWSKI, J. & STEFFERT, B. (1992) The negative relating of depressed patients: A new approach. *Journal of Affective Disorders*, **24**, 165-176.

BIRTCHNELL, J. (1993) Does exposure to poor maternal care in childhood affect later ability to relate? *British Journal of Psychiatry*, **162**, 335-344.

BIRTCHNELL, J. (1994) The interpersonal octagon: An alternative to the interpersonal circle. *Human Relations*, **47**, 511-529.

BIRTCHNELL, J. (1994) Marital intimacy: A response to Rampage and Gorell Barnes. *Journal of Family Therapy*, **16**, 340-342.

BIRTCHNELL, J. (1995) Exercising caution in applying animal models to humans: A response to Price and Gardner. *British Journal of Medical Psychology*, **68**, 207-209.

BIRTCHNELL, J. (1997) Attachment in an interpersonal context. *British Journal of Medical Psychology*, **70**, 265-279.

BIRTCHNELL, J. (2001) Relating therapy with individuals, couples and families. *Journal of Family Therapy*, **23**, 63-84.

BIRTCHNELL, J. & SHINE, J. (2000) Personality disorders and the interpersonal octagon. *British Journal of Medical psychology*, 73, 433-448.

BIRTCHNELL, J. (2002) Psychotherapy and the interpersonal octagon. *Psychology & Psychotherapy, Theory, Research and Practice*, 75, 349-363.

SHINE, J. & BIRTCHNELL, J. (2002) Offence typology and the interpersonal octagon: an exploratory analysis. *Criminal Behaviour and Mental Health*, 12, 227-229.

BIRTCHNELL, J. (2002-3) The visual and the verbal in art therapy. *The International Arts Therapies Journal (online)* 2 at <http://www.derby.ac.uk/research/-art/nimda/>

BIRTCHNELL, J. & EVANS, C. (2004) The Person's Relating to others Questionnaire (PROQ2) *Personality & Individual Differences*, 36, 125-140.

BIRTCHNELL, J., DENMAN, C. & OKHAI, F. (2004) Cognitive analytic therapy: Comparing two measures of improvement. *Psychology & Psychotherapy, Theory, Research and Practice*, 77, 479-492.

BIRTCHNELL, J., VOORTMAN, S., DE JONG, C. & GORDON, D. (2006) Measuring interrelating within couples: The Couples Relating to Each Other Questionnaires (CREOQ) *Psychology & Psychotherapy, Theory, Research & Practice*, 79, 339-364.

BIRTCHNELL, J., SHUKER, R., NEWBERRY, M. & DUGGAN, C. (2009) An assessment of change in negative relating in two male forensic therapy samples using the Person's Relating to Others Questionnaire (PROQ). *Journal of Forensic Psychiatry & Psychology*, 20, 387-407.

KALAITZAKI, A.E., BIRTCHNELL, J. & NESTOROS, J. N. (2009) Interrelating within the families of young, psychotherapy outpatients. *Clinical Psychology and Psychotherapy*, 16, 199-215.

KALAITZAKI, A.E., BIRTCHNELL, J. & NESTOROS, J. N. (2010) Does family interrelating change over the course of individual treatment? *Clinical Psychology and Psychotherapy*, 17 (6), 463-481.

KALAITZAKI, A.E., BIRTCHNELL, J. & KRITSOTAKIS, E. (2010) The associations between negative relating and aggression in the dating relationships of students from Greece. *Partner Abuse: New Directions in Research, Interventions and Policy*, 1 (4) 420-442.

NEWBERRY, M. & BIRTCHNELL, J. Negative relating and offence type. *Journal of Criminal Psychology*. 1:24-35

BIRTCHNELL, J., HAMMOND, S., HORN, E, DE JONG, C. A. & KALAITZAKI, A. A shorter version of the Person's Relating to Others Questionnaire (PROQ3). *Clinical Psychology & Psychotherapy*, doi: 10.1002/cpp.789

### **Papers in preparation**

BIRTCHNELL, J., HORN, E. & DE JONG, C. The interpersonal approach to personality and personality disorders.

BIRTCHNELL, J. The interpersonal circle and the interpersonal octagon: A confluence of ideas.

### **5) Non peer-reviewed papers**

BIRTCHNELL, J. (1972) Befriending: a kind of loving. *The Samaritan*, No.2, 1-4.

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## **6) Conference papers - published**

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BIRTCHNELL, J. (1997) Attachment in an interpersonal context. Paper read to the Inaugural Joint Meeting of the Psychotherapy Sections of the British Psychological Society and the Royal College of Psychiatrists, November, 1995. *British Journal of Medical Psychology*, 70, 265-279.

## **7) Conference papers - unpublished (a selection)**

BIRTCHNELL, J. (1971) Using the Aberdeen case register to study family factors in mental illness. Paper read to the 5th World Congress of Psychiatry, Mexico City.

BIRTCHNELL, J. (1974) The effect of early parent death (childhood bereavement) upon adult psychopathology. Paper read to a Conference with International Participation on Psychopathology, Bratislava, Czechoslovakia.

BIRTCHNELL, J. (1977) The aggressive component of suicidal behaviour. Paper read to the International Congress of Suicide Prevention and Crisis Intervention, Helsinki.

BIRTCHNELL, J. (1989) Understanding marital relationships in terms of the styles of relating of the marital partners. Paper read to the Family Research and Family Therapy Conference,

Institute of Psychiatry, London.

BIRTCHNELL, J. (1990) Medical skills and psychologists: Recipe for a merger? Paper read to the 10th Annual Merseyside Conference on Current Issues in Clinical Psychology.

BIRTCHNELL, J. (1990) Psychiatry and psychology: Resolving the territorial battle. Paper read to the Committee of University Clinical Psychology Training Courses Conference, Torquay.

BIRTCHNELL, J. (1991) Parenting experiences and subsequent social support. Paper read to the Spring Quarterly Meeting of the Royal College of Psychiatrists, University of Leicester.

BIRTCHNELL, J. (1993) Art as a means of joining up with feelings about self and others. Paper read to conference on Theoretical Advances in Art Therapy, Warwick University.

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BIRTCHNELL, J. (1994) The development of the Couple's Relating to Each Other Questionnaires (CREOQ) for the relating of marital partners before and after marital therapy. Paper read to the conference: Closing the Gap between Family Research and Family Therapy, Institute of Psychiatry, London.

BIRTCHNELL, J. (1995) Measures of relating: The interpersonal octagon. Workshop presented to the Twelfth Annual Meeting of the Society for Psychotherapy Research, Ravenscar, Yorkshire.

BIRTCHNELL, J. (1995) How does using art in psychotherapy make a difference? Paper read to conference on Theoretical Advances in Art Therapy, Warwick University, September.

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BIRTCHNELL, J. (1996) A new interpersonal system for classifying and measuring personality disorders and psychiatric symptoms. Paper read to the Winter Quarterly Meeting of the Royal College of Psychiatrists, Stratford upon Avon, January.

BIRTCHNELL, J. (1996) Dependence set within a new interpersonal theory. Paper read to the II European Congress on Personality Disorders. Milan, June.

BIRTCHNELL, J. (1997) Using the Person's Relating to Others Questionnaire (PROQ) to assess change in psychotherapy. Paper read to the Fourteenth Annual Meeting of the Society for Psychotherapy Research, Ravenscar, Yorkshire.

BIRTCHNELL, J. (1997) Creating order out of chaos: A system for describing, measuring and improving the interrelating of marital partners. Paper read to the conference Chaos and

Creativity: A Challenge for the Millenium, Marriage Counselling Scotland, Edinburgh, November.

BIRTCHNELL, J. (1988) Family relating and mental illness. Paper read to the Winter Meeting of the Royal College of Psychiatrists, London, January.

BIRTCHNELL, J. (1998) The psychotherapy of suicidality. Paper read to the International Congress on Aggressiveness and Hopelessness in Suicidal Behaviour, University of Padua, Italy, June.

BIRTCHNELL, J. (1998) Attachment is not enough: Expanding the attachment concept outward and upward. Paper read to the Third London Conference on The Links Between Family Research and Family Therapy, Institute of Psychiatry, July.

BIRTCHNELL, J. (1998) The interpersonal psychotherapy of personality disorders. Paper read to the III European Congress on Personality Disorders, University of Sheffield, July.

BIRTCHNELL, J. (1998) Assisting the emergence of disturbing material. Paper read to the Third National Conference on Theoretical Advances in Art Therapy, Birmingham, October.

BIRTCHNELL, J. (1999) Relating in psychotherapy. Paper read to the Wessex Psychotherapy Society, Southampton.

BIRTCHNELL, J. & EVANS, C. (2000) The psychometric properties of the Person's Relating to Others Questionnaire, Revised Version (PROQ2): Comparison of a large clinical and non-clinical sample. Paper read to the Seventeenth Annual Meeting of the Society for Psychotherapy Research, Ravenscar, Yorkshire.

BIRTCHNELL, J. (2001) The Person's Relating to Others Questionnaire. Panel presentation. Joint meeting of the European and UK Chapters of the Society for Psychotherapy Research, Leiden, The Netherlands.

BIRTCHNELL, J. (2005) The PROQ3 as a measure of relating difficulties in psychotherapy patients. Panel presentation. Joint meeting of the European and UK Chapters of the Society for Psychotherapy Research, Lausanne, Switzerland.

BIRTCHNELL, J. (2006) The application to psychotherapy of measures based upon the interpersonal octagon. Panel presentation. Paper read to the 37<sup>th</sup> International Meeting of the Society for Psychotherapy Research, Edinburgh, Scotland.

BIRTCHNELL, J. & KALAITZAKI, A. (2006) Measuring interrelating within couples: The Couple's Relating to Each Other Questionnaires (CREOQ). Poster presentation. International Association for Relationship Research Annual Conference, Rethymnon, Crete.

## **8) Other relevant information**

I have reviewed a large number of books for a wide range of professional journals.

Over and above my editorial duties I have acted as a referee for many papers submitted to a wide range of journals.

A number of psychologists have used my measures, or modifications of them, in research projects leading to higher qualifications.