



**Redefining Resilience**

**ICPCE 2021**

**3rd International Conference  
on Psychology, Counselling  
and Education**

[icpce2021.psychreg.org](http://icpce2021.psychreg.org)

**Keep the bounce in your step: Developing resilience as a Mental Health Psychology Practitioner during Covid -19.**

Dr Agata Wezyk presented research from a QR-funded project in the ICPCE conference (30<sup>th</sup> October) to a number of academics, professionals and members of the public.

Agata presented a study that used an exploratory, inductive, qualitative approach, featuring semi-structured interviews with nine mental health psychology practitioners who performed their duties during the COVID-19 pandemic investigate. She talked about how the pandemic affected the mental health and wellbeing of Mental Health Psychology Practitioners and the strategies they employed to demonstrate resilience. This QR-funded project was conducted within the department in collaboration with academics from University of West London and Catholic University of Lyon and a former BU MSc student.

Ventouris, A., Wezyk, A., Panourgia, C., Comoretto, A., Yankouskaya, A., & Taylor, Z. Keep the bounce in your step: Developing resilience as a Mental Health Psychology Practitioner during Covid -19. *In: 3<sup>rd</sup> International Conference on Psychology, Counselling and Education : Redefining Resilience, 29-31 October*