



**UKCP**

UK Council for Psychotherapy



**Annual Review**

**2014 / 15**

# Who we are/about our registers



## The UK Council for Psychotherapy

UKCP exists to promote and maintain high standards in the practice of psychotherapy and psychotherapeutic counselling for the benefit of the public, throughout the United Kingdom.

Our membership includes over 7,800 individual therapists and more than 70 training and accrediting organisations. Our individual members work privately, in public health or third sector organisations offering a wide variety of psychotherapeutic approaches.

## About our registers

We hold the national register of psychotherapists and psychotherapeutic counsellors which only include practitioners who meet our exacting standards and training requirements and who agree to abide by our ethical guidelines.

We also hold a specialist register of psychotherapists and psychotherapeutic counsellors working with children and young people. Practitioners on this register have specific skills, training and experience to work with children and families. And we hold a directory of supervisors.

We regard the regulation of psychotherapists and psychotherapeutic counsellors, and the accountability of their practice as being of paramount importance. This is in order to ensure public protection and to inspire public confidence in our registrants.

Our register is accredited by the Professional Standards Authority under their Accredited Registers scheme.



# Welcome from our Chair

I am very pleased to introduce UKCP's first annual review. It is a new initiative for UKCP, and one that I hope will contribute to improving communication within our organisation and give a flavour of the work we have done in the past year as well as details of our finances.

This document, which sits alongside our annual report, has given me a valuable opportunity to look back over the past year and review what we as an organisation have achieved, both on behalf of and with our members.

I hope you'll find that this review provides an insight into the work we do to hold the standards for the profession, both in terms of our individual practice as well as the place of psychotherapy and psychotherapeutic counselling in society.

We can be rightly proud of what we've achieved over the past year and you can read about our achievements in this report. But the year has not been without its challenges. Our Chief Executive, David Pink, moved on to new opportunities after six years at UKCP – and we are currently recruiting for a new Chief Executive. Also an issue with the reaccreditation of our register with the Professional Standards Authority caused concern for many members (see page 7).

Looking forward to 2016 and beyond, we must get better at communications and we are drawing up a plan to improve the way we engage with members and the wider world this year.

A key project for the coming year – which we will need your continued input on – is our Digital Development Project (see page 6). We have learned important lessons from our current website and have changed our way of working on large projects. We now establish project boards to bring together a range of relevant skills and experience to oversee large pieces of work. I am aware of members' frustrations regarding our website and the Find a Therapist function. We have been very slow on this, but we must take whatever time is needed to get this right.



Looking further ahead, we are establishing a centrepiece annual professional conference which we will launch in 2017. We aim for this to be a must-attend event in the psychotherapy calendar, which will help cement UKCP's position as a centre of excellence, and allow us to communicate our views as a profession to a wider audience.

But in the more immediate future, I will be handing over to a new Chair. They will bring with them enthusiasm and new ideas on how to take UKCP forward. I am immensely proud to have had the privilege to have been your Chair for the last four years and I wish my successor well in their new role.

**Janet Weisz**  
Chair, UKCP

# UKCP in facts and figures 2014/2015

8,565

Individual members



73

Organisational members



174

Registrants who completed and passed their audit



2

Party conference roundtables



12

Member events



3

Issues of *The Psychotherapist* published



40

Complaints and Conduct Process cases received



4

New organisational members



16

Quinquennial reviews



4

Books published



5,470

Twitter followers

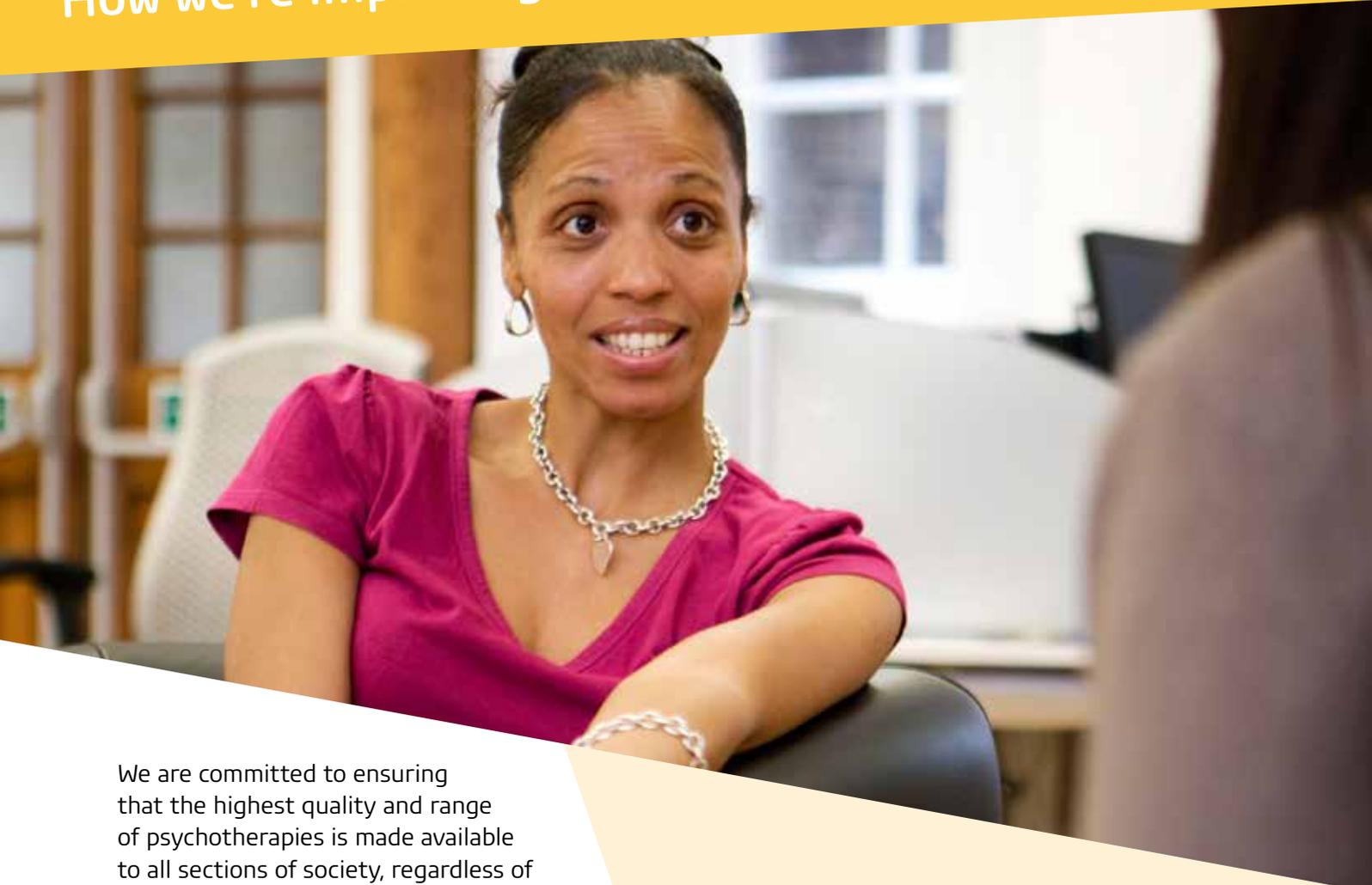


3

Member consultations



# How we're improving access to psychotherapy



We are committed to ensuring that the highest quality and range of psychotherapies is made available to all sections of society, regardless of background or status.

To do this, we campaign to improve access to psychological therapies. And to increase the effectiveness of our campaigns, we work with other organisations that share our aims. For example, we're part of the We Need to Talk coalition which includes Mind, the Royal College of Psychiatrists, the British Psychoanalytic Council (BPC) and the British Association of Counselling and Psychotherapy (BACP).

As part of We Need to Talk, we took the lead role in campaigning for greater public investment in psychological therapies. We are making the case that investment should go beyond Improving Access to Psychological Therapies (IAPT) so that the NHS is able to provide the broadest range of therapy possible.

During the year, we campaigned for government to increase research into psychological therapies. And because of lobbying by UKCP and other professional bodies, the National Institute for Health and Care Excellence (NICE) recognised counsellors and psychotherapists as eligible to apply to join its guideline development group on depression.

## Working collaboratively

In September 2015, we launched an official collaboration between BACP, BPC and UKCP. This formalises our aim to work more collaboratively while retaining our distinct identities. Our aim is to ensure that the value of therapy is fully recognised in 21st century Britain.



# How we're engaging members

We are committed to working with our members to improve communication and participation, and to provide a valued service. We do this by consulting members and finding ways to involve them in our work.

We worked for over a year on a review of UKCP's constitution and governance – the Shape Review. Our aim was to ensure members had an organisation fit for the 21st Century.

We held a call for ideas and a number of consultation meetings, including three regional meetings, to maximise opportunities for members to contribute.



Some of the changes made during the Shape Review were technical ones that our lawyers advised us to make to bring our constitution in line with the Companies Act. Others were more significant governance improvements, including:

- giving members a stronger voice through a Members' Forum which is able to make clear recommendations on the future direction of UKCP
- creating a more 'executive' Executive Committee and a smaller, more strategic Board of Trustees
- providing proper connections between the UKCP complaints system, the therapists' register and membership of UKCP
- the number of vice-chairs was changed from two to one, and the new vice-chair position was changed to being a trustee position. This created a role to work more closely with the Chair, providing the Chair with more support and deputising for them when necessary.

## Going digital

Our Digital Development Project will replace our existing website and membership database. This will enable us to deliver more member benefits, promote psychotherapy more effectively and improve communication. We are consulting with members throughout this project.

Not surprisingly, members identified the Find a Therapist tool as one of the absolutely critical things to get right. We have learned important lessons from our current website and are working hard to get this project right.



# How we're maintaining professional excellence



Our primary purpose is to ensure therapists on our registers meet appropriate standards of education, training and practice. And our register must meet relevant national accreditation standards.

A core element of our service to the public is dealing with concerns and complaints relating to therapists' fitness to practise or their behaviour. We do this through our Complaints and Conduct Process.

In 2015, we improved our complaints process by establishing an independent advisory group to review feedback from a consultation held in the previous year, and to offer recommendations to our Board of Trustees. This work was completed in November 2015 when we launched our new Complaints and Conduct Process rules.

After each Complaints and Conduct Process case, we undertake detailed analysis, identifying the issues causing difficulties for our registrants and their clients. We share our insights in our member magazine to provide insight into how the circumstances that tend to lead to a complaint can be avoided.

## Being accredited by the Professional Standards Authority

Our register is accredited by the Professional Standards Authority. The Accredited Registers Programme is for organisations, such as UKCP, that hold voluntary registers for people in professions not regulated by statute.

We first applied for PSA accreditation in 2013 and were successfully reaccredited in November 2014. Our reaccreditation in November 2015 did not go as smoothly. The Authority raised a number of concerns and we worked with them to address the issues.

During this process our accreditation was suspended for two months although UKCP and our registrants were still able to use the accreditation logo during this time. Our reaccreditation was confirmed in January 2016.

# How we're ensuring that psychotherapy is recognised



We take our responsibilities to protect the public and professional standards seriously. So it is vital that we work to improve society's understanding of psychotherapy.

We have campaigned for some years to protect lesbian, gay and bisexual people seeking therapy from harmful 'gay cures'. During the year, we worked on an initiative which effectively ends the possibility of conversion therapy being provided on the NHS.

With support from the Department of Health, we brought together 14 organisations to sign a Memorandum of Understanding on Conversion Therapy in the UK. The signatory organisations include NHS England, NHS Scotland and the Scottish Government, the Royal College of GPs, the Royal College of Psychiatrists and professional therapy bodies.

The Memorandum is an agreement on actions to end the practice of conversion therapy in the UK, to bolster psychological professionals' training and improve the emotional support available to LGB clients who seek therapeutic help.

Following the launch, an internal UKCP working group put forward recommendations about including gender dysphoria and transgender in the Memorandum. This is subject to active discussion among the Memorandum's signatory organisations.

UKCP representatives discussed conversion therapy with the then Health Minister, Norman Lamb, in spring 2015

## Responding to members' concerns – DWP campaign

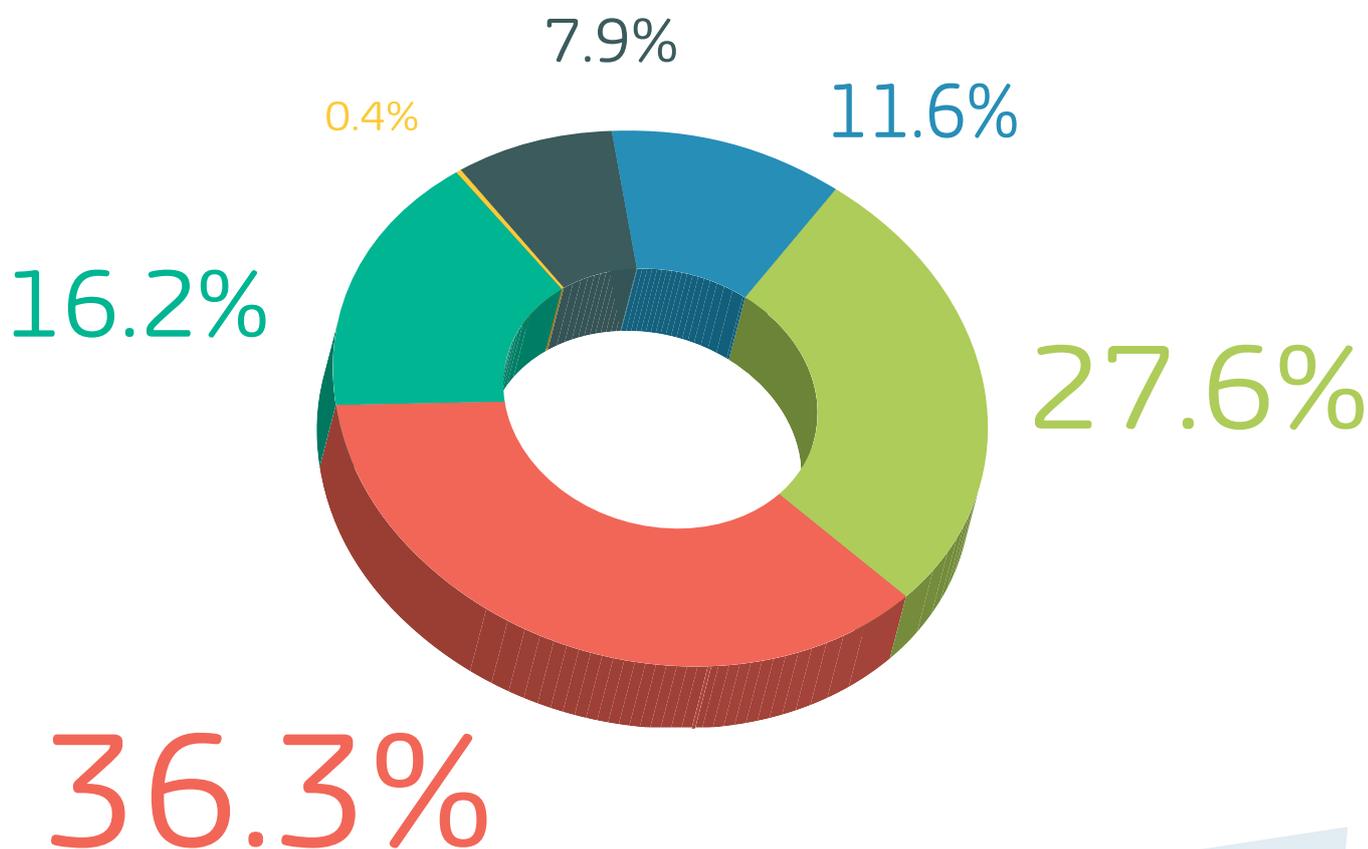
We responded to concerns from members and others that the government would seek to sanction benefit claimants with mental health problems if they did not enter treatment.

Alongside other therapy organisations, we engaged with the Department for Work and Pensions (DWP) and secured reassurance that compulsion will not go ahead. We are working with the DWP to ensure that benefit claimants with mental health problems are able to access the therapy they need in a timely and effective manner without any threat of sanction.



# Summary accounts

Our expenditure for the year ended 30 September 2015



- Improving access**  
£140,145
- Culture and a well-run organisation**  
£333,033
- Maintaining professional excellence**  
£438,485
- Engaging our members**  
£196,183
- Recognition of psychotherapy**  
£4,885
- Governance**  
£95,558

## Trustee's statement

This is a summary of the information published in the Annual Trustees Report and Financial Statement, which were approved by the trustees and signed on their behalf.

This summary information is presented to provide financial highlights from the year, and may not contain sufficient information to gain a complete understanding of the financial affairs of the organisation.

The full trustees' report, statutory financial statements and auditors' report may be obtained from the UKCP website.

# Our trustees

The Board of Trustees is responsible to members and the Charity Commission. The Board oversees the fulfilment of the charity's objectives. These are the trustees at the time this review was published. For a full list of trustees who served during the year, please see our annual report available on our website.



## **Janet Weisz, Chair**

Janet is a psychotherapist and psychodynamic counsellor who has worked in the voluntary sector, public sector and private practice for over 20 years.



## **Patricia Hunt, Vice Chair**

Patricia is a psychoanalytic psychotherapist who also spent 10 years working for the University of Nottingham as head of its counselling service.



## **Neil Robertson, Treasurer**

Neil has been a chartered accountant for over 30 years with substantial experience in corporate finance and the charity sector. He is also a psychotherapeutic counsellor in private practice.



## **Keith Carlton**

Keith is a psychoanalytic psychotherapist working in private practice and is an accredited sexual diversity therapist. Previously he had a career in marketing communications and research.



## **James Caspian**

James is a hypno-psychotherapist in private practice. Much of his work is in the field of transvestism, transgenderism and transsexualism. He is a trustee of the Beaumont Trust.



## **Andy Cottom**

Andy is a psychodynamic psychotherapist and trauma counsellor, working primarily with those suffering from depression, anxiety and other emotional difficulties, as well as trauma.



## **Sian Ellis**

Sian is a psychoanalytic psychotherapist and has also spent many years as a training and management consultant across educational services within both the public and private sectors.



## **Jacqui McCouat**

As well as her work as a humanistic integrative psychotherapist working in organisations and in private practice, Jacqui has a strong business background and is on the advisory board for Kingston Business School.



## **David Fitzgerald, lay trustee**

David is in his tenth year as director of the Institute of Certified Public Accountants in Ireland having formerly had several senior management roles with global nutrition company Glanbia.



## **John Loughrey, lay trustee**

John is responsible for providing legal, governance and compliance advice at IRIS Business Software. He previously worked in a similar capacity for another software service, CryptoLogic.



## **Emma Williams, lay trustee**

Along with her current post at the charity and membership organisation PTA UK, Emma has previously held director roles at Camden Arts Centre and the Roundhouse.

# Categories of membership

## Organisational membership

For organisations relevant to psychotherapy or psychotherapeutic counselling, which have a code of ethics and practice compatible with our requirements and which support our aims and objectives.

## Student member

For students who are on a training course with one of our organisational members leading to a recognised qualification. Membership offers reductions on the cost of events, plus access to professional networks, groups and other resources.

## Trainee therapist member

Student membership benefits plus listing as a trainee on our website. Ten per cent discount on becoming a full UKCP member in the first year following qualification.

## Retired member

For former full individual members who have retired from all clinical or non-clinical work. For individuals who want to keep in touch with developments in their professional body but who no longer appear on our register.

## Full clinical individual member

A full range of membership benefits including:

- Inclusion in the national register of psychotherapists and/or national register of psychotherapeutic counsellors
- A professional membership certificate
- Permission to use the UKCP members' logo on your website, in print or under the logo in Yellow Pages
- The opportunity to apply for a European Certificate for Psychotherapy from the European Association for Psychotherapy.

## Full non-clinical individual member

For those who have been a full-clinical member and who are now not currently engaged in any clinical practice (e.g. full or part-time academics or researchers).



# Benefits of membership

## Benefits of membership

- Professional recognition, regulation and support
- Members' voices are heard nationally through our campaigning, policy and political work
- Superb networking opportunities including a dedicated LinkedIn group
- Range of membership grades to suit different career stages
- Details included on our website (full clinical individual members and trainee therapists)
- Professional conferences which can contribute to your CPD
- Regional events, members forums, and special interest groups
- Free subscription to *The Psychotherapist* magazine
- Email bulletins for professional news, campaign updates and developments within UKCP
- Discounts on books in the UKCP series
- Discounts on professional indemnity insurance for UKCP members

Visit [www.ukcp.org.uk/join](http://www.ukcp.org.uk/join) for lists of organisational and accrediting organisations, further details on membership grades and fees along with downloadable application forms.

## To apply

- A student or trainee must apply via the UKCP organisational member that is responsible for their training
- To apply for full-clinical membership, applicants must, in the first instance, belong to one of our organisational members and their application be accredited through this member
- Individuals who have trained with an organisation which is not a UKCP organisational member must apply for full clinical membership through a UKCP accrediting organisation
- Holders of the European Certificate in Psychotherapy (ECP) may apply directly to a UKCP College

**For further advice or information, please contact:**

UK Council for Psychotherapy  
2nd Floor Edward House  
2 Wakley Street  
London EC1V 7LT

Telephone: 020 7014 9955 option 1  
Email: [membership@ukcp.org.uk](mailto:membership@ukcp.org.uk)

