

# Guide for Journalists



The **UK Council for Psychotherapy** is the leading body for **psychotherapists** and **psychotherapeutic counsellors**.

We aim to improve lives by providing **high-quality psychotherapies** to all those who need them.

Psychological – or talking – therapies are widely recognised as **effective treatments** for a range of mental health problems.

Almost **one in five** of us has consulted a psychotherapist or a counsellor at some time, with **almost half** of us knowing someone who has done so.

But many people are confused about the **different psychological professions** – which means they may not be able to decide who can provide the therapy that **best suits their needs**.

That is why we want to help you give **your audience** a clear idea about **what psychotherapy** is and how it helps people.





# What is psychotherapy?

Psychotherapy covers a range of approaches and methods designed to address mental health issues.

They range from one-to-one talking sessions to therapies that use techniques such as role play or dance to help explore people's emotions.

As well as individual adults, therapists can work with adolescents, children, couples, families or groups.

# What do you need to become a psychotherapist or a psychotherapeutic counsellor?

- Psychotherapists need to be trained to master's level, which will take at least four years to complete.
- Psychotherapeutic counsellors are also trained to either master's or degree level and the training takes a minimum of three years to complete.
- They both also need to undertake up to 450 hours of therapy practice with real clients before they become registered.
- These training standards are higher than those of many other counsellors or talking therapy practitioners.



# Who will they treat?

- Psychotherapists and psychotherapeutic counsellors provide safe, expert talking therapy for people with psychological, emotional and/or social issues.
- They will support people with specific difficulties such as addiction, physical and sexual abuse, and gender or cultural issues.
- They will also treat people with mental health problems such as depression, anxiety. Psychotherapists will also work with severe and enduring mental illnesses such as bi-polar disorder.
- A list of conditions psychotherapists and psychotherapeutic counsellors treat can be found on our website.





For more details check out our website:  
**[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)**

For case studies, please email us at  
**[communications@ukcp.org.uk](mailto:communications@ukcp.org.uk)**

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