

## Will Daniel-Braham

### 1. Your Role as a Trustee

- a. What are your 3 top priorities for UKCP (current and for the next 3 years)?
  - i. A clear focus on raising the profile of BAME people in the profession
  - ii. More BAME people in the profession
  - iii. Address the level of bureaucracy within UKCP
  - iv. Focus on keeping the organisation funded
  - v. Develop a level of mutuality rather than hierarchy

### **I've been pondering the questions for a week now and wondering how to answer them. Below is my response overall to 'My Role as a Trustee'**

After much pondering and wondering, I then did what I would normally do, I asked my peers, my colleagues and my mentors what their thoughts were. This is because I'm very clear that I do not have all the answers and I wouldn't be so grandiose as to say that my answers would or should be considered the 'right ones'. But by reaching out to people, connecting with people, engaging with people, I would find out what THEY think; not just me.

Before I further respond to the questions posed by members, I want to share an insight I've had over this past week. **I don't really know the UKCP!** Furthermore, I don't know if I'm ashamed, embarrassed or intrigued by the fact that when people ask me the best place to find a therapist, there is another organisation that is in the forefront of my mind and NOT the UKCP. Then I started to think 'why is that?' This would be something I would be willing to engage with and address if I were to be elected.

I realise that when trainees that I teach ask me where the best place to find a therapist is, then it is generally the UKCP I refer to as their therapists must be UKCP registered. However, when a 'regular' person asks, I send them somewhere else. That's a question I'd like to get to the bottom of, am I alone in this or do other members do the same? That would be a priority to consider, how can we make UKCP more known and widespread and be in the forefront of people's minds when recommending psychotherapists. Has the organisation become 'exclusive in its own status'?

I also realise that I am supposed to write a maximum of 250 words in response to each question but struggle with there being a 250 word 'allowance' for a one bullet question in relation to 'Your Role as a Trustee' and the same 250 word 'allowance' for an eight bullet question on 'Diversity'!!

There's another couple of questions to be considered right there!!! One around Diversity and one around bureaucracy. There's a) a lot of it within UKCP and b) not an easy 'box' to fit a wide and diverse range of topics and issues into.

Should I be elected, I would do more of what I would normally do and throw myself head on into the role. Even as a candidate I find myself signing up for more courses that are attempting to raise awareness around issues of diversity, the most recent one I have signed up for is 'Exploring the barriers to inclusion within Counselling and Psychotherapy Training and Education'. (25th Feb if you'd like to join me)

So, in response to the questions: What will you, how will you, what do you, what are your thoughts on, please outline, etc, I shall pick up the questions and engage with them, enquire with them, expand on them, and I'll do it with YOU!  
I invite you to do the same!

Engage, enquire, expand - I like that. Isn't that what we do in the consultation room? Maybe that's why I don't feel I 'know' the UKCP! I haven't been engaged with!

I don't have the answers to your questions, but I do have an approach to your questions. One that will include YOU in the response, not the answer - the response.

One type of response to these questions would be to engage through the platforms that many other bodies that I am proud to be a member of have done. Podcasts, Zooms, Webinars, etc.

So here are some responses to the questions that emerged from engaging and enquiring with my peers, colleagues and mentors:

## 2. [Diversity](#)

- a. See above
- b. Having conversations that are open and not guilt inducing
- c. Creating an environment in which it feels enabling
- d. Reflective Expressions
- e. Handle the level of guilt around white privilege and see if we can break it down as a barrier to talking about race
- f. Be creative in the way we tackle and talk about topics that have previously been considered 'difficult' to talk about

## 3. [Increasing awareness of Psychotherapy](#)

- a. Open up the question around regulation
- b. Would a structure around grading work?
- c. Is the UKCP doing a better job of advertising itself?
- d. Is the site user friendly?
- e. Find out more about Scoped
- f. Find ways of distinguishing between a UKCP registered therapist and someone who has done an online counselling course
- g. Find ways of promoting the level of rigorous and extensive training and self-examination we are committed to as members – 'we walk the talk'

## 4. [Global Context](#)

- a. There is so much!!!
- b. Are we ignoring something in relation to the climate crisis?
- c. What we can do is limited, we are not Gods and Goddesses but we can touch things lightly

## 5. [Regulation](#)

- a. See above

## 6. [Collaborations](#)

- a. Let's collaborate to create clarity

## 7. [Governance](#)

- a. I would take these four bullet points to the first meeting I attend and ask first of all how they are already being addressed and then look to Engage, Enquire and Expand with the membership in order to further Explore.

As you can see, I have already demonstrated that whilst appreciating a formula, I have not followed it to the letter. I haven't answered 250 words per question, but I have stayed within my overall 'allowance' of 1,750 words maximum by writing 1009 words!