

Andy Cottom – Election Statement

There is a belief that those of us who volunteer our time and energy to UKCP have some sort of choice in the matter. However, I have a lifelong fascination in how change can be facilitated in the mind of the individual and in society and I am unable to turn down any opportunity to explore this passion further.

I believe that psychotherapy helps people with change. It can guide them towards the flexibility needed to adapt to an unwanted change that has been foisted upon them. Or it can help them to escape the rut of depression by finding the key that unlocks their true potential. My dream is that psychotherapy is available to all - where they need it, when they need it.

I also believe that UKCP has become a catalyst for change by challenging the status quo of the medical approach's monopoly on mental health and by championing psychotherapy, counselling and the work of all its members.

Over the past 5 years I have been fortunate to meet with dozens of UKCP members and to work alongside many of our volunteers and the UKCP staff. As a member of the Board of Trustees, I was proud to add my voice to prioritise the goal of making UKCP a household term. I am delighted with the progress that we have seen in the past year and excited by our plans for the future. I have a good relationship with the current Chair of UKCP, Martin Pollecoff and am keen to support his vision and that of the Chief Executive, Sarah Niblock. I want to remain a part of the team that is going to realise these ambitions and am therefore standing for the position of Vice Chair of UKCP.

Andy Cottom
September 2018.