

## Juliet Rosenfeld – Candidate Statement

We Want A World In Which Emotional And Mental Wellness Is A Human Right.

I am motivated and moved by this, UKCP's vision, enough to want to get involved as a trustee. I want to help make the vision a reality.

How can anyone argue with this idea of mental wellness being fundamental to being alive?

Yet it seems to me that the problem is whilst we all agree in theory that parity of esteem is essential in reality this is not the case. Parity of esteem suggests society and government treats mental illness as we treat physical illness. Parity of esteem means we would consider the cure or amelioration of mental or emotional, painful or unbearable symptoms as just as important to relieve as we do physical symptoms of disease and chronic conditions.

However, as practitioners and people working and connected with improving mental health in its broadest sense - we still have a long way to go to really persuade those in power and making policy that parity of esteem should mean just that, a true parity of esteem.

A public discussion has started about mental health but stigma is still rife, however hard UKCP and all its members have worked to change that.

For those of us working and immersed in the sphere of psychotherapy it is easy to forget how many people have no sense of what we do, what psychotherapy is - and how easily we may use language about our work that further mystifies this complex 'internal' world we work with our clients and patients in.

I am a widow and lone parent of two young sons. I work mainly in private practice and the NHS. I live in London and trained at Regent's University and at the Tavistock and Portman NHS Trust. I have spent time in NHS, and PCT funded settings and I have been troubled since I began working in this field how hard it is for people to get high quality psychotherapy, when they need it. Whilst there is some state provision, the waiting lists are long, and the offering may well be inadequate for someone's needs. Waiting in many cases we know worsens the problem as someone begins to feel less and less important, and more and more vulnerable and sometimes disturbed.

I'd like to be a trustee to play a role in helping the UKCP bring psychotherapy to much greater numbers of people who presently need help and cannot get it. Whilst I see UKCP and other bodies as advancing the presence of psychotherapy our work is still marginalised. Poor mental health - for all the advances remains something that is not easy to talk about. We talk about mental wellness more than we did but not the unwell, this too needs to change and we need to accept that mental health problems is often part of a life's experience, and everyone suffering deserves expert help.

I don't think it is right that only those who can afford a therapy session each week should be supported through one of the bleakest conditions that a human being can suffer. The fear and loneliness of depression or anxiety, or any of the huge spectrum of ways a human can feel needs understanding and interpretation not alienation.

I have a background in campaigning and politics and believe I can communicate effectively. I think that UKCP has made great inroads over the last two years in engaging well but we have to shout very loudly to make ourselves heard and I know I can help do this. I have served on the board of an AIM listed Plc and understand the governance responsibilities that are involved for those who run organisations.

I also have experience of working within government and believe I understand some of the difficulties faced by those on the other side, when thinking about mental health provision and how it can be accounted for. I also have experience of working in marketing and communications which I will draw on working as a trustee for UKCP.

Good mental health needs to be seen as being just as important as good physical health and parity of esteem is critical. Whilst a more open and less stigmatised public conversation has begun, feeling as if you are losing your mind, or unable to function is still an unacceptable state of mind if you are to be taken seriously as an employee or worker of any kind. From personal experience, it is easier to talk about a family member who has cancer, than depression. I would like to help my fellow trustees in the fight for wider provision of psychotherapy to anyone that needs it.

Thank you for taking the time to read this, and I very hope very much you will vote for me.