

CTUK Newsletter

Issue 6, April 2020



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Written by Tara Shennan, CTUK Admin. April 2020.

Find us here

On our Website: www.ukcounsellors.co.uk



Page: www.facebook.com/ukcounsellors



Private group for counsellors/therapists -
<https://www.facebook.com/groups/234004167107915>



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Editor's letter

Dear members,

This month's issue will of course still be heavily focussed on the sector's response to the covid-19 crisis. This issue has a bigger focus on the research that is ongoing in various corners of the profession and I hope that you feel able and inspired to participate in that research. The more answers we can get to some very pertinent questions, the more interventions can be put in place to safeguard our profession. We, as a collective, remain one of the few groups of professions that act as a barrier between clients and the overbearing spread of the medical model and the pathologisation of distress. It is important that we challenge attempts to force us out through lack of employment opportunities and poverty "wages".

So how are members of CTUK feeling during the pandemic?

During the pandemic, CTUK have been running social support sessions every Monday and Thursday evening at 7:30pm. These sessions have now been running a month and they have given us the opportunity to see, in real terms, what the emotional load has been and continues to be as the weeks progress.

Overall, people have been coping well considering all that is happening. The main takeaway, that even counsellors need reminding of sometimes, is that anxiety and depression are not pathological responses to this crisis (or any crisis). There is a lot to be concerned about for so many of us; health and wealth anxiety sitting on top of whatever stress we had before the lockdown; and continue to have during it.

In our own team we are riding the ups and downs alongside our members. Glenna has been supporting family members with covid-related deaths. She also has an elderly mum who lives alone and collapsed last week. All of this alongside trying to support existing clients and take on new enquiries. Maria is a single parent with a young family of 3 alongside maintaining her full-time role at CTUK as well as bearing the brunt of the abuse that is aimed at our organisation and the admin team. Tara has been navigating the health anxiety of being a person in the vulnerable person's group alongside having a mental health condition treated within community mental health services. Although things have been ticking over with respect to talking therapy, it is a disruptive change nonetheless.

Between the 3 of us we have a good overview of some of the broad issues facing our profession and the impact on our clients. This is why we are so passionate about supporting a range of research and initiatives that happened or are happening this month and onwards.

I hope you enjoy this issue and that you continue to be safe. It may not feel like it sometimes but this is a temporary state. One that our group and many others are working hard to make sure remains temporary post-lockdown.

Warm regards,

Tara Shennan

Open research



If you have yet to see our blog on the research coming from Dr Elizabeth Cotton, *Surviving Work*, then you can find that here: <https://ukcounsellors.co.uk/dr-elizabeth-cottons-research-into-covid-19-responses/>

In summary, Dr Cotton is exploring 3 facets of the impact the profession faces as a result of the pandemic and the response to it. She has developed 3 surveys you can easily complete. They are anonymous and results will be published in an open access manner. When this happens, CTUK will be sharing the link across all of our platforms and the relevant newsletter.

Survey 1 is on your finances and the impact you have felt.

https://www.surveymonkey.co.uk/r/R85Y3JJ?fbclid=IwAR0SG5YbpEZfmUYBhvG5wnu3lqNDa36qNAjdjoGwwH5fLEno-8a_LJA7dXs

Survey 2 is exploring EAPs.

<https://www.surveymonkey.co.uk/r/2DZ9QLX?fbclid=IwAR1TPt0Lq5WBIQw3qH9MtuD-T5vkUlf4qgsQYx-faVMT06wkmcspTEdFshk>

Survey 3 is on the impact on your mental health.

<https://www.surveymonkey.co.uk/r/CRXG66Y?fbclid=IwAR2Ph1OwhOtKWX1o-ZtxSwxL3vMrBw5Qqw1wjBtzZsJatkjFbsGseGUgnpk>



This month the UK Council for Psychotherapy launched their own investigation into the delivery of therapy during Covid-19. You can respond to this survey here:

https://www.surveymonkey.co.uk/r/5W5GWNW?fbclid=IwAR3D_F28cXx6JceLvQIFkUsuRnbDwgSpUoOF64X5v7Gvds86DlzPTYiy0S0



This month the BACP launched their own in-house survey for members to complete about the impact of covid and member responses to it. As this is a members-only survey there is no public link currently available.

Please check your emails (inbox and junk mail) for a link to the survey. If you have any issues accessing it, you can contact the BACP through their usual channels. Their twitter account is also relatively responsive right now.

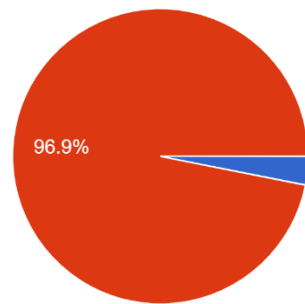
Completed research



Therapy Meets Numbers ran a survey which looked at the impact of Covid-19 on private practice. So far, this survey appears to be pretty unique in that it also explored attitudes towards providing distance therapy both before C-19 and now, after the mass move into distance therapies. You can find all of those responses on their blog, 'How is COVID-19 changing private practice?' (McInnes, 2020).

Since the arrival of COVID-19, which best describes the current status of your practice?

32 responses

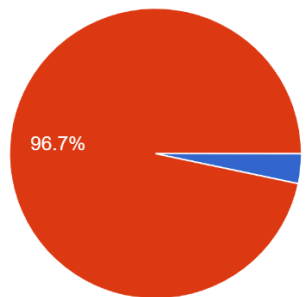


- I've stopped seeing clients for the duration
- I have migrated some or all of my clients to phone or online

Most damming of all the responses have been those that have explored workloads.

Private client referrals have:

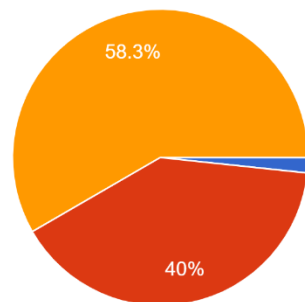
60 responses



- Increased
- Decreased

EAP referrals have:

60 responses



- Increased
- Decreased
- Not applicable

It will take the collation of ALL current research to truly understand the sector-wide impacts but these tentative and preliminary insights, coupled with what CTUK members are telling us, provide a source for concern. As ever, we will keep you updated as the situation unfolds and the evidence starts being presented.

Reference: McInnes, B. (2020) *How is COVID-19 changing private practice?* Therapy Meets Numbers. <http://therapymeetsnumbers.com/category/covid-19/> (images sourced from same reference)



Open letter to BACP to reconsider positions on low income membership fees

Dear Natalie Bailey (BACP Chair),

I am writing to you today, on behalf of Counsellors Together UK, to bring to your attention some pressing matters in regards to your financial policies both pre-pandemic and since lockdown. In this letter I propose 2 key amendments that can ease the financial strains facing counsellors, especially at this time.

As the weeks in lock-down roll on, it has become increasingly obvious that paying counsellors for their experience and expertise is a much lower priority than ever before. Although there are some positive actions being taken in the sector to try and reduce exploitation, these are being dwarfed by the pop-up volunteer schemes which even threaten the EAP work attached to the NHS and other

organisations. This means that any moves by us or the BACP to keep paid work in EAPs fair, have limited impact if that work then dries up. We know that government provisions to help support self-employed people are woefully inadequate for the counselling profession.

When challenged on the continuation of fees, you said there would be no changes to this financial year but members would be spared the hardship of a fee increase for the new tax year. This was then amended to offer a 50% reduction on the main membership fees. This 50% fee reduction is available to ALL members experiencing financial hardship or low income of up to £16,000. It is not something you have implemented because of the pandemic.

In neither instance does this apply to the total membership fee, only the primary membership. If members choose to be divisional members to support their practice specialisms, these fees remain unchanged. This despite your video announcing free online access to the journals; a major component of the content available to those paying members now due to social distancing restrictions.

It has also been at this time that we, Counsellors' Together UK, have become aware of an existing policy which has a detrimental financial impact on members. It is a policy which does not allow members to adjust for financial hardship during their membership year.

This is a policy that will hit especially hard in the current climate. If the majority of members hit are nowhere near the threshold for no longer being able to receive financial support in the first place, then what they have available now is a threat to survival (many have zero income). This will disproportionately impact your most vulnerable members whom were already using foodbanks prior to the pandemic. Having to maintain the fee they cannot afford because BACP, you, have chosen not to apply a discount immediately is simply unacceptable at any time but particularly right now when the ability to pick up paid work in ANY industry is more difficult than ever.

What are we asking the BACP (you) to do?

1. Reconsider their position to deny members a fee break in a time of severe hardship
2. To reassess their discriminatory policies that hold counsellors in a cycle of poverty yet also beholden to the BACP to remain available for counselling work.

Why are we asking BACP to reconsider their position on stopping membership fees during lock-down?

First and foremost because they are financially able to do so. They have over £3,000,000 in free reserves; which amounts to more than the cost of giving a membership fee break.

Second, because whilst the majority of their members struggle to attain an income over £10,000 (bacp survey, 2014), the BACP have just secured a contract with EAP, Health Assured, to provide telephone support using accredited BACP members. The Chartered Institute of Public Relations announced this on 1st April 2020. Good for the 20% of BACP members who are actually accredited, but opportunities remain limited for the rest of the membership.

Third, how do the BACP expect members to even afford the reduced fee option of 50% reduction if they have zero income? Not all members are eligible for Universal Credit and the BACP need to acknowledge this. How are the BACP going to support these members?

Last month, Maria Albertsen launched a petition on behalf of Counsellors' Together UK to temporarily suspend fees and we will be continuing to push this across all of our platforms. The petition can be found here: <https://www.change.org/p/british-association-of-counselling-and-psychotherapy-bacp-to-temporarily-suspend-membership-fees-in-response-to-covid-19>

What would the policy change look like?

This policy change would allow members to have a discount applied at any point in their membership year. As is standard across the debt management industry, these memberships could be adjusted to be reassessed more frequently; commonly this would be every 3 months and this would mean that BACP could raise fees as soon as the member no longer qualifies for that rate of reduction.

We look forward to hearing your thoughts on these proposals.

Regards,

Tara Shennan

Project Manager, Counsellors' Together UK

You can share a copy of this letter via our website, here: <https://ukcounsellors.co.uk/open-letter-to-bacp-chair-to-reconsider-positions-on-low-income-membership-fees-and-policies/>

BACP members employment survey request – open letter to BACP Chair

Dear Natalie Bailey (Chair) / BACP

I write this open letter to you today on behalf of Counsellors Together UK to ask if you would be willing to repeat your 2014 members employment research survey, please?

We are particularly interested in the following. In 2014 your members survey showed us that;

- The typical counsellor works 12–13 hours a week.
- The typical counsellor earns less than £10,000 a year.
- The average annual income of members was £11,700.

- Just nine per cent of BACP members earn more than £30,000 a year.
- 52% said counselling was their main source of work.
- 41% currently work in another occupation (29% full-time and 71% part-time).
- 25% of practicing BACP members were unpaid for their main role.
- 72% of BACP members said it was difficult to find employment in the current market.
- Only 37% of counsellors who were working unpaid said they were satisfied with their professional life, compared with 75% of those earning more than £30,000 a year.
- Fifty-three per cent said they were likely to look for other employment in the future, and 58% said there were 'no opportunities' open to them for paid employment in counselling.

Reference – <https://www.bacp.co.uk/bacp-journals/therapy-today/2017/march-2017/is-counselling-womens-work/>

Of course we understand that many therapists have recently lost or had their income reduced due to Covid-19, so we would ask that you ask your members to complete this survey based on their situation pre Covid-19.

We believe that it would be good for your members and the profession as a whole to be able to see if these statistics have changed, for better or worse, or have indeed stayed the same. It will also offer a basis from where we can move forward and further tackle these issues, hopefully, together.

We would be willing to support you with the survey. For example, we have over 5,900 members in our Facebook group and over 91% of those are active members. We could encourage members to take part in the survey, and also share across our other social media.

We would be very grateful if you could let us know your intentions regarding this request.

We look forward to hearing from you soon.

Kind regards

Maria Albertsen

If you would like to share this letter to help us reach the attention of the BACP, you can find this letter on our website, here: <https://ukcounsellors.co.uk/bacp-members-employment-survey-request-open-letter-to-bacp-chair/>

Campaign Strategy 2020-2021

This month we updated our campaigning strategy to cover 4 key areas:

April 2020 - March 2021

Campaign for equal access to counselling and paid opportunities for counsellors

- 1. Work with the PSA to promote all counsellors on all accredited registers.**
- 2. (A) Develop a membership body comparison and review site (B) Develop a review site for organisations and other services.**
- 3. Challenge evidence based counselling.**
- 4. Promote and collaborate with relevant organisations.**

These 4 areas are those that our members have been letting us know that they would most like to tackle and we are excited to be focussing on them over the coming 12 months.

National Counsellors Day 2020

As we made you aware in our last issue, National Counsellors' Day was no longer going to be held at Amnesty International this year. However, we are extremely delighted to announce that our event is going to be hosted online via the team at Onlinevents.

The event will still take place on Saturday 20th June 2020.

National Counsellors' Day 2020 Online Conference

****Important announcement**** Due to Covid-19 our annual conference will now take place online on Saturday 20th June 2020. Tickets are available by making a donation from as little as £1 - you pay what you can. The conference is being hosted by Onlinevents.

Theme: 'Social and Political Issues in Counselling and Psychotherapy'

Meet your presenters



Presenter: Pretish Raja-Helm - Aashna

Title: Let's Get Uncomfortable - What would a more inclusive training genuinely look like?



Presenter: Jo Watson - A Disorder 4 Everyone

Title: Dropping The Disorder! - Challenging the medicalisation of emotional distress in counselling and psychotherapy.



Presenter: Madison-Amy Webb - Transitions Training and Consultancy

Title: Debunking gender identity - a reflective guide to gender identity counselling.



Presenter: Dr Elizabeth Cotton - Surviving Work

Title: IAPT and the 'uberisation' of mental health services.



Presenter: Dr Philip Cox

Title: Extinction Rebellion: The potential impact of civil disobedience upon Professional conduct hearings.



Compere - Caz Binstead

Caz is a registered therapist and supervisor. She runs a busy private practice in London, and in her career, has enjoyed writing, teaching and supervising for the profession.

www.counsellingclaphamsw4.co.uk

Tickets from just £1! Book yours here: www.nationalcounsellorsday.co.uk

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**COUNSELLORS
TOGETHER** UK

National Counsellors' Day Online Conference - 20th June 2020

Schedule

9.30 - 10.00am - Opening - Counsellors Together UK and the Psychotherapy and Counselling Union (PCU).

10.00 - 11.00am - Dr Elizabeth Cotton - IAPT and the 'Uberisation' of mental health services.

11.00 - 11.15am - BREAK

11.15 - 12.15pm - Dr Phil Cox - Extinction Rebellion: The potential impact of civil disobedience upon professional conduct hearings.

12.15 - 12.45pm - LUNCH BREAK

12.45 - 1.15pm - Sponsors - The National Counselling Society and JHD Counselling.

1.15 - 2.00pm - Mason Webb - Debunking gender identity: A reflective guide to gender identity counselling.

2.00 - 3.00pm - Jo Watson - Dropping the Disorder! Challenging the medicalisation of emotional distress in counselling and psychotherapy.

3.00 - 3.15pm - BREAK

3.15 - 4.15pm - Aashna / Pretish Raja-Helm - Let's Get Uncomfortable. What would a more inclusive training genuinely look like?

4.15 - 5.00pm - CLOSING - debrief session.

Hosted by



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Tickets are available by making a donation from as little as £1 – you pay what you can.

Ticket sales open on 4th May 2020.

You can buy them here: <https://www.nationalcounsellorsday.co.uk/>

NCD Awards nominations process will open 4th May 2020 and run until the 8th June 2020. See here for details: <https://www.nationalcounsellorsday.co.uk/awards-categories/>.

Petitions

We are asking BACP to scrap the SCoPEd project

Back in September 2019 Maria and Tara launched a petition to get the SCoPEd framework scrapped. Following the failure of the BACP resolution to scrap this project (Proposed by Erin Stevens and independently seconded by Tara Shennan), it is now more important than ever that we raise the profile of this petition and keep the pressure on the BACP to address the concerns that a large portion of their membership share.

There have been incredible amounts going on in the world and our professions since the resolutions process but we have still managed to collect 3972 signatures.

If you haven't signed yet or would like to share the petition with your counselling colleagues, you can find it here:

<https://www.change.org/p/british-association-for-counselling-and-psychotherapy-we-are-asking-bacp-to-scrap-the-scoped-project>

Make it mandatory for every UK school to provide counselling for children and young people

In September 2018 Maria and Tara petitioned the government to provide qualified and paid counsellors in every UK school. The petition is still ongoing and we have reached over 20,000 signatures.

This petition can be signed by anyone interested in the mental health provisions available to children and young people. You can support us to achieve this goal by signing and sharing across all your available platforms.

<https://www.change.org/p/uk-parliament-make-it-mandatory-for-every-uk-school-to-provide-counselling-for-children-and-young-people>



Author Contributions

We need you!

From next month, we will be showcasing the work of members in our group. We are offering members an opportunity to be published in our newsletter. Each month, a topic will be presented for people write about.

The topic for May 2020; issue 7:

A reflective piece on the sudden move to working online or conducting teletherapy during a worldwide pandemic.

There continues to be a growing amount of practical information around moving your practice to distance counselling mediums. We would like to put a spotlight on the voice of counsellors and hear what this change has been like for them.

If this sounds like the topic for you, please send your article to tara@ukcounsellors.co.uk

Submissions should be no more than 2000 words and an original piece of work that you hold the copyright permissions for. Please send in a professional, readable font with a text size no less than 12.

The deadline for submissions is 20th May 2020.

The Book

We have now confirmed 10 contributing chapter authors for our first ever book publication but there is still room for some more contributions.

If you have anything you might like to say in the following topics (in particular), please send an email to tara@ukcounsellors.co.uk and she can walk you through the submission process.

- Impact of the training on relationships
- Impact of age or class on your experience of training/practice
- Challenging disempowerment in training or the workplace

- Experiential experiences on training: learning to be a counsellor, supervision, moving from roleplays to real clients, first experience of safeguarding issue.

The topics we have covered:

- Learning beyond academia
- Lived Experience of health and mental health difficulties
- Flexibility post-qualification; perseverance in private practice
- Compulsive caregiving
- Narrative influences and self-belief
- Disillusionment in sector: expectations vs reality
- Abusive therapy
- Managing Dual identities in practice
- Politics and counselling.

The format of the book is to pass down knowledge and experience but through our own shared experiences of some kind of adversity. The book is like a letter to the ones that come after us and to our colleagues who may just want to know that how they are feeling is normal and that they are not the only one.

Academic writing skills are not only not required, it's preferable if you don't use them even if you do have them!

Send your ideas and proposals to tara@ukcounsellors by **14th May 2020** with a provisional date for first drafts being 30th June 2020.



Update on BACP's professional standards authority renewal

In December 2019 Tara responded to the PSA's call for a review of BACP in preparation for BACP's annual review. She wrote a comprehensive review matching her assessment to the PSA's standards framework for all accredited registers. This what she wrote:

Standard 7: Member input – voting procedures. In 2017, a member resolution was successful which asked bacp to change their advertising practises in their member magazine. This was successful and

then implemented. In response, in 2018, bacp changed the minimum number of votes to pass a resolution through to a second round of voting from 25 votes to 5% of the total membership (increasing the total by roughly 100x). This decision was made without consultation with the membership and made despite a 5% engagement having never been achieved in any year. Another member resolution was put forward which achieved a very high number of votes, and although this did not pass through to the second stage of voting, this was clearly felt to be a close call by the bacp board. So, in 2019, again without consultation, they further amended the rules for resolution submissions by members. Now, and without the ability to co-ordinate across a 50000 strong membership, duplicated resolutions can be deleted (without clarification of whether both will be).

They have also now added that the board can recommend how members vote. What they don't say is that this will be on the ballot page. Surely this is an unfair and undemocratic process. Most recently, the placement of this "recommendation" led to many members turning to social media to find out how to use the ballot form; "do I tick the box or not?" The decisions being made by the board are increasingly oppressive and designed to stop anyone having an opinion which might be seen as in opposition to the bacp. Even when members point out practices within this organisation which have the potential to harm members of the public.

Standard 9: BACP are currently in the process dismantling public and organisational confidence in education levels. They have been lobbying their own voluntary membership level of "accredited" and this now negatively impacts the job prospects of its own majority membership. This practice is forcing members to either leave the profession or be stuck in voluntary roles for years after qualification. The wider impact of this is a reduction in the diversity of its membership. Those with a low income or little support simply unable to join or remain in a profession that does not provide a wage.

Added to this, has been an ongoing confusion between what an accredited course is and what individual membership is. Students have been sharing how they opted for an accredited course believing it would provide them with the accredited title, and therefore make the higher study cost worth it, only to discover towards the end of their qualification that individual accreditation is a separate process. This ambiguity/confusion reduces choice and could prevent those from minority backgrounds from accessing the training. The long term impact is that members of the public will have less and less access to counsellors from the same backgrounds as them; less BAME, working class, single parent (etc) counsellors.

The SCOPED project which is currently being consulted on creates an unnecessary hierarchy of the profession and, in turn, deskills the majority of members on the register. If it comes into effect, it will now say that majority are unable to fulfil the basic requirement of assessing when a referral to another healthcare professional is necessary. But BACP would still be happy for these counsellors to practice with the general public in unpaid roles. Not only is it hugely contradictory, it also then fails to meet the requirement of your own body (Standard 9b).

Standard 10: Bacp promote their own, paid for, register above the register of all members. This is the one that is most easily discoverable by members of the public. When challenged on this they simply said this was how they ensured quality for the public – it is an unfair and disingenuous practice which excludes the majority of their members AND potentially prevents the public from accessing members who may offer services at a cheaper rate due to lower membership levels.

Standard 11: The response to complaints in relation to online activities of members has been inconsistent. Some member have been told that the organisation does not deal with complaints relating to any issues between members. Only complaints where a client or a non-member is

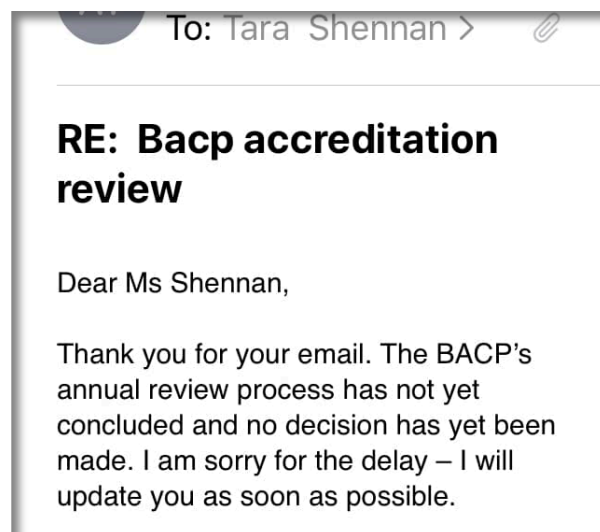
involved. Yet others have received correspondence asking them to change or delete comments made online; especially when those comments may have a negative opinion of BACP.

So in essence, members are being told that bacp will not respond to complaints of online bullying (which may impact the reputation of the person being bullied and the reputation of bacp) but any dissent to bacp's organisational issues and emails are sent to those members – with no clear link to any complaint procedure they are following.

Additionally, bacp are working up a social media policy which will restrict members ability to express dissent against any unfair or discriminatory procedures. Essentially telling their staff and members they cannot whistleblow.

Furthermore, staff at BACP have engaged in very public bullying of members who dissent to bacp's policies or proposed policies. This is behaviour that does not befit a member of the PSA. How can the PSA itself promote confidence from the general public, if it allows organisations which bully, mock and belittle their own members who raise valid concerns through proper channels of communication?

Last year, the BACP's renewal was finalised in March but this has yet to happen this year. So this month Tara got in contact with the PSA to follow up and try to find out if any decisions had been made. This is the response she received:



As we head into May, we hope there will be some enlightenment as to what the PSA intends to do; for all the involved stakeholders.



The UK Voice of Employee Assistance

When a counsellor shared with CTUK's Twitter account how they were being told to finish working with clients, even those it would be unethical to end early with, due to a change in policy at AXA PPP, little did they know the chain of events that would set off!

Glenna directly questioned AXA PPP about their policy change, informing them that there's no requirement for counsellors to be accredited in the UK. This should mean that there should be some flexibility to allow for safe endings with the clients the counsellor was concerned about. A reminder was sent to contact the Professional Standards Authority if they wished to clarify any confusion.

AXA PPP replied on the 24th April 2020 to say they had passed on this information to their Provider Complaints Team. This team should be contacting Glenna shortly.

Also on the 24th April 2020, the BACP responded to the concerned counsellor to issue a statement of reassurance. They said, "...We've contacted AXA about these changes and asked them to review the decision. All our members are *highly skilled and qualified* [emphasis added] and should be able to work for EAPs." We welcome this clear stance being shared by the team at BACP.

Still confusion around accreditation

Further discussions on these developments revealed that people are still confused about how to achieve different forms of accreditation.

To be on the PSA's voluntary accredited register you need to have 2 things:

1. be a qualified counsellor or psychotherapist
2. be a member of a membership body that the PSA accredits. You can find those here:
<https://www.professionalstandards.org.uk/check-practitioners/practitioner/counselor>
BACP, UKCP and NCS are all on here

To gain individual accreditation:

This process varies slightly for each membership body and they will be able to tell you how to gain equivalent accreditation status to the BACP. In any case, the BACP accreditation process is something you can apply for after meeting a minimum of 450 client hours within the boundaries of their time constraints. You pay to apply & you pay a higher membership fee. This is not the same across the membership bodies, so it is worth researching if you are due a renewal.

Course accreditation:

A course being accredited by any membership body does NOT give you the status of an accredited counsellor. Course accreditation is a process that reviews courses for their ability to meet a required set of standards stipulated by the membership body.

If you're a trainee looking for a course to qualify, you should look for courses that are Ofqual accredited – this means the courses are regulated. They may or may not be also accredited by a

membership body but if they meet entry requirements to the membership body, this does not matter.

Looking towards the Employee Assistance Professionals Association.

Whilst Glenna worked on AXA, Tara moved her focus to the Employee Assistance Professionals Association (EAPA).

She contacted the Employee Assistance Professionals Association (EAPA) about their UK branch [EAPA is a US-based non-profit with multiple branches around the world]. She will be continuing to chase this over the coming weeks, starting with an email to the Directors next week.

Thank you to those who continue to engage with us on all social media. You guys make it possible for us to know where to spend our energies to help make a difference to you.

Although we will continue to address this with individual orgs (including care first and BUPA), we hope to also build a top-down approach. This will reduce the reliance on whistleblowing - we know that members take risks to share with us.



Coronavirus Mental Health Response Fund

Grants are now available to voluntary and community sector (VCS) organisations of £20,000 or £50,000

The government recently announced that it has released £5 million in funding for the VCS organisations that provide mental health services. Applications to the Coronavirus Mental Health Response Fund (CMHRF) are now open.

Mind is administering the fund in partnership with the Mental Health Consortia (MHC). To apply or to find out more see here: <https://www.mind.org.uk/news-campaigns/campaigns/coronavirus-mental-health-response-fund/#>



The Open University partnered up with the BACP to produce the FREE online course:

'How to do counselling online: a coronavirus primer'

Participants who complete the course are awarded a free statement of participation.

If you're interested in learning more about this course you can find it here:

<https://www.open.edu/openlearncreate/course/view.php?id=5039>

More from CTUK



Win a £20 Amazon voucher
From
Counsellors Together UK

Keep watching our Facebook page for a chance to win an Amazon gift voucher every month.

Covid-19

Online support here
every Monday and
Thursday at 7.30pm



Our Facebook group support threads continue to be a success and we love getting to know you all a little better. These sessions will continue for as long as is necessary.

Save the date!

HAPPY BIRTHDAY CTUK

Party time!

On Monday 6th July 2020
CTUK will be 3 years old,
and you are invited to our
online birthday party.

7.30PM

Your living room

Games and prizes

Bring your own drink :-)



EST. 06/07/2017

CTUK Members Club

Check out the amazing benefits we can offer in our membership club for only £6 pcm and join over 140 members who help support our work in campaigning for counsellors and the counselling profession.



Member benefits include...

- * Access to the Onlinevents CPD Library with over 800 hours of CPD.
- * High-quality face to face training in your local area for only £20-40 per day. All training is delivered by JHD Counselling Services, and as they expand they will recruit members of CTUK.
- * CTUK Online CPD Hub.
- * A listing on our counselling directly on our main website (www.ukcounsellors.co.uk)
- * An internal referral and network forum.
- * Websites for Therapists. If you'd like a WordPress website building then you'll receive one year free hosting - instead of the usually price of £85 it will be just £49 for the build and one years hosting.
- * 10% off National Counsellors' Day Conference tickets.
- * Reduced cost Diploma in Working with Children and Young People - age 11- 18 years by Sue Pattison.
- * Entry to our monthly prize draw to win a £15 Amazon Voucher!

JOIN US HERE
WWW.MEMBERS-UKCOUNSELLORS.CO.UK

We look forward to working with you!

Thank you so much for taking the time to read this issue of our Newsletter! Issue 7 will be published on our website on the 1st June 2020. If you have any comments or suggestions for our newsletter please contact the editor at tara@ukcounsellors.co.uk