

CTUK Newsletter

Issue 7, May 2020



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Written by Tara Shennan, CTUK Admin. May 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,

As I write this letter to you, our nation has just been informed that some of the restrictions will be changing yet again. I would like to reassure you that our website and Facebook group will post updates as deemed necessary to keep you informed over the next few weeks. It is this reason that our featured issue for May is a compilation of the government advice and the advice being put out by some of the membership bodies and insurers at this time.

We have a couple of repeating features. Our National Counsellors' Day event is now less than a month away and we would love to see you there, so please check out exactly how you can join us online on the 20th June 2020. We are still receiving nominations for the accompanying awards. Please consider nominating yourself or someone else for an award. We can all do with hearing some good news and it will be great to celebrate and share some wonderful words about the great work you guys are doing.

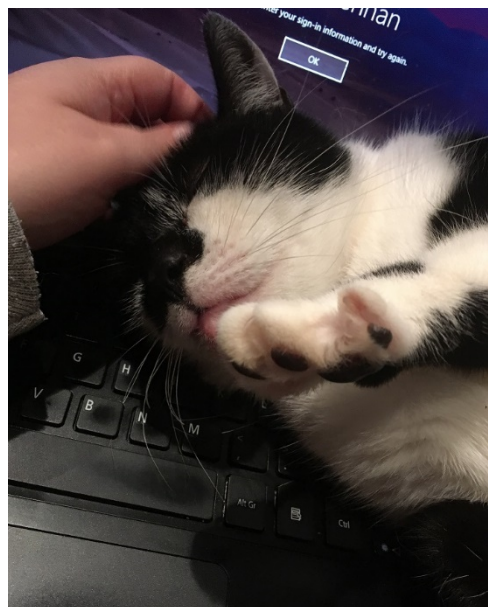
This issue also launches a new feature: member articles. Last month I sent a request for contributions with a theme reflecting on our experiences moving to online work. This issue showcases two of our fellow counsellors and their thoughts. Nicholas shares a [vulnerable] reflection on how he has been impacted by this situation. Tracy shares more from the perspective of how this change has impacted her client work.

May has been a busy month behind the scenes at CTUK not least because our founder, Maria, and her family came down with suspected covid-19! Thankfully, she is well on the way to recovering as you may have seen from our Facebook group check-ins.

I hope this month has been kind to you and the next one remains so even as the nation shifts into a new phase.

Warm regards,

Tara Shennan



This newsletter was also brought to you with the "assistance" of a cat called Felix

Latest updates for Covid-19

Government advice

In essence, whilst some social lockdown restrictions have been lifted, the government advice on working has **not** changed. If you can work from home, then you should continue to do so. This means that if you have been able to continue your work via online or teletherapy methods, you should **continue to do so**.

Taken from the government website:

Objective: That everyone should work from home, unless they cannot work from home.

You can look at the latest government advice here:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>



BACP state:

Our advice, which takes account of general advice to the public across all the nations, is that you should continue working remotely with clients wherever possible. The virus is still just as contagious and potentially fatal while there is no vaccine.

You will also need to check that your insurance covers you for face-to-face work. Not all insurers have adopted the same position on this issue.

If for any reason you cannot work remotely with clients, we recommend that you consider the factors below:

- the client's need and safety
- your needs and safety
- the context of the service
- whether other options are possible and the ethical and practical risks of any decision

- the known risk factors of age and any pre-existing health conditions for both yourself and your client
- advice on social distancing
- clients with particular needs who may not be able to engage using online platforms
- if your clients could be putting themselves at risk during the journey to and from your premises

We'd encourage you to work through the ethical decision-making process with your supervisor to make a personal decision that takes these factors into account. See more here:
<https://www.bacp.co.uk/news/news-from-bacp/coronavirus/faqs-about-coronavirus>



NCS' statement also echoes this:

Members may make individual decisions to work face to face if they consider that it is not possible to work remotely with a client. Decisions should take into account:

- the health risk factors for yourself and your client, especially those connected with age, pre-existing health conditions, and so on.
- your ability to create and maintain an appropriately socially distanced and hygienic space for face to face client work.
- the risks to yourself and your client in travelling to and from your clinic space.
- your ability to understand whether you and your client should instead self-isolate, for example, if either of you or anyone living with you has developed potential symptoms of COVID-19.
- That you continue to be aware of Government guidelines and are up to date with them.
- that alternative ways of conducting your client sessions, or postponing their sessions, are not possible or detrimental to your client's wellbeing and welfare.

Taking into account the above, it is your responsibility to make an informed decision regarding face to face practice at this time. The Society recommends raising concerns with your supervisor as well as engaging with your clients as much as possible regarding this issue. See more here:
<https://www.nationalcounsellingsociety.org/help/covid-19-hub/coronavirus-covid-19-advice-for-members>

What about the insurance companies?

So far, only Holistic insurance have stated that they won't be providing cover for practitioners who return to face-to-face work. As the next few weeks unfold, it would be wise to keep any eye on any policy changes if you do return to face-to-face work. If the risk is deemed too high for the insurance company, they may revoke cover.

Chancellor extends Self-Employment Support Scheme and confirms furlough next steps

On Friday 29th May 2020 the Chancellor announced that the government's Self-Employment Income Support Scheme will be extended as well as detailing plans for those on a furlough scheme; outlining a tapering system as people return to work. It is to be known as 'flexible furloughing'. Both this and the furlough scheme are UK wide.

The Self-Employment Income Support Scheme will be extended - with those eligible able to claim a second and final grant capped at £6,570. The final date for that grant is in August. The Treasury have released a factsheet on the above which you can access here:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/888764/Factsheet_for_SEISS_and_CJRS_schemes.pdf

Professional body messages prompted crisis of confidence

In our profession when something comes into the spotlight and gets a lot of attention, in this case moving counselling and psychotherapy online, it is really familiar for me to experience terrible feelings of stress and fear. Back in March, when the lockdown restrictions were first introduced, and the BACP, UKCP and my colleagues started to talk about moving practice online my thoughts were "Have I been doing this right? Should I have a qualification in this? What have I missed? Have I ever done this wrong? What harm might I have done? Did I ever talk about working online in supervision? Was my supervisor an online supervisor? and so on"

It was odd, I thought, given that I had been seeing people who have moved away online for years. Looking back at this point I guess I had a choice; do I check on what people are saying or do I just get on with what I was already doing with my online work? But it didn't feel like a choice I felt impelled to check. This is familiar to me. I remember an interview for a sexual abuse charity where they asked me about safeguarding and then asked me about when I had last had safeguarding training. I came away anxious that I hadn't had recent safeguarding training. I felt judged and vulnerable and, again, deskilled. After taking the time to reflect on my experience with my supervisor I came to the conclusion that I did not want to work in an organisation where my interactions with them could lead me to feel inadequate and so I phoned them and withdrew my application. A short time later I attended a safeguarding training only to find that I did feel I was adequately skilled and knowledgeable. Whilst reassured by that, I thought I had now spent time unnecessarily. But coming back to the situation around working online, again I gave into my fears.

I started looking for information on the BACP and UKCP websites. I saw a fifteen-minute webcast on the BACP about working online¹ which led to me looking at the Information Commissioner's Office website², checking with my insurance company, and looking for online trainings³. I went down a rabbit hole and wasted hours looking at various websites. I read as much information as I could but noticed an escalation of anxiety. The more I read the more deskilled I felt. There were so many points of view, so many things to think about and check up on. I certainly did not feel reassured or supported.

Alongside all of this was my practice and what a relief and a privilege to be doing something rather than thinking about doing it! Technology meant I could continue to do what I love, to know how people were doing, to feel helpful, engaged, excited, challenged and contrary to my relationship with the "profession" also appreciated.

With clients who I had only ever met face to face, I was suddenly seeing into their homes and lives in a new way. The newness brought all sorts of different experiences into those relationships. For example, a shared smile or jolt of surprise when suddenly children ran past, pets playing, or them needing to move around houses and gardens when internet

connections failed. The novel nature of seeing them eat, drink and smoke; even wearing pyjamas etc. But throughout the whole time there is a sense of togetherness for a shared endeavour to make, keep and protect our connection and to continue doing therapy.

Meanwhile with the people I had already been seeing online, I felt a new sense of energy in those relationships. I guess there was a sense of marvel and fortune to already have our online relationships in place. We were straight into conversations about fear, anxiety, love, loss, and mortality. These were such powerful, moving and humbling conversations. They were exactly the ones I have always envisaged as being the most valuable to people at times of uncertainty and crisis. Instead of feeling alone and fearful a completely different experience is possible; one of connection and a sense of shared humanity.

I am writing this article in May, now I am feeling on firm ground again in my practice and am really enjoying seeing my clients online. In my reflections on my experience I have realised that no matter how confident or competent I feel about something I am doing when I come into contact with an organisation or someone who I assume is an expert I get anxious. When I reflect more on this, I realise that what is actually occurring is that I become infected with their anxiety. The word boundaries come to mind and is a word that has somehow been around for me for some considerable time.

And then from all of this I decided to do something about those terrible feelings of stress and fear. So, I've gone back into therapy and it has been wonderful. I've found myself able to speak freely and easily online and it is already bringing positive results for me - I've even been able to write and share this.

In drawing my article to a close, and as I now reflect on what I've written, words like energy, mobilisation, anxiety, change, drive, resist, and connection come to mind - but then I think I am writing this during a worldwide pandemic. I did have pneumonia in February and March and I was very scared for a bit. My internet connection has felt like a lifeline at times and I imagine this is exactly how it feels to some clients too.

Keep safe and well everyone!

References:

1. <https://www.bacp.co.uk/cpd/cpd-hub/private-practice/working-online/>
2. <https://ico.org.uk>
3. <https://www.onlinetherapyinstitute.com>



Nicholas Rose is a psychotherapist at Nicholas Rose & Associates in London. It offers services to individuals, couples, families and businesses.

<https://www.nicholas-rose.co.uk/>

A reflection on accommodating additional needs in online therapy

Here is my experience of working online as a person-centred counsellor. I will try and cover some of the pros and cons that I have encountered. My private practice is based in Glasgow. I have working online on for the past 12 months now and, as such, I now have clients south of the border as well as overseas. I use different platforms when offering online counselling, depending on the clients and my own technical abilities and availability.

I know that most of the counselling work we are offering has now had to move onto online. This may have been something you would not have considered before the pandemic. Yes, there issues, like I said at the beginning; pros and cons. Most common difficulties have been time lagging, poor internet connection, and frozen screens; even a dog barking in the background! You get the idea or may have already encountered some of these when you have been working online. These challenges can be distracting. However, I've found that in a face to face environment there are also different challenges and distractions that we normalise and compensate for such as; workmen outside or colleagues talking outside the door. So, soon these online distractions and interruptions will become normalised and compensated for too.

The majority of my client work is working clients with Autistic and Asperger's Spectrum Disorder (ASD). Not all of my clients are formally diagnosed with Autism or ASD and some are the partners or parents of individuals with Autism or ASD.

Due to this client group, I have found working online actually blends well to meet the client's needs. Being able to work online with a client with ASD can actually empower them more than what face to face sessions would be able to offer. I believe they do this by reducing sensory overload. Being able to meet the clients' needs is something "we" as counsellors try to offer on the first session. When a client joins us, they are confronted with the smells, temperature, texture of the surfaces, lighting being used, and the colours within the room. It's this information that can be overwhelming and might have a negative impact on this client group. Although it may be an unseen impact to the individual, it does affect the counselling session at the time. When working online the client is in their own environment that is customized to their needs and, as such, this removes that barrier right from the first moment.

I contract with clients with ASD that if after a few moments they want to switch off their camera, they can. The reason being for this is that the camera's focus on the face can be a challenge for someone who finds holding eye contact difficult. Again, for me, it is all about ensuring that the client feels comfortable with our work. I have also noticed that some clients do not have their hands visible. This may be because they feel the need to stim to self-regulate and manage their anxiety.

Key Term

Stimming is a repetitive behaviour that people engage in to self-soothe. For example: Rocking back and forth, hand flapping. Everyone does this to some extent but in autism this behaviour can become disruptive and/or destructive. *Also, to note:* these behaviours can be seen in other clients experiencing distress who self-soothe or compensate through compulsive actions.

When possible, stimming is usually done in private. If this is not possible, then the behaviour is hidden or downplayed. In face to face with a counsellor, clients with ASD may feel that this behaviour is not allowed, appropriate or even something they can do openly. So, the online format allows for these clients to have the privacy they need to feel safer with the counsellor; until they feel comfortable to stim in front of them.

Sometimes, if a counsellor has not seen this stimming being done face to face before, they may find it peculiar or even bizarre to witness and as such may not know how best to react or acknowledge. This may shut the client's therapeutic process down. Being able to sit with a client and not react openly if witnessing stimming for the first time demonstrates acceptance of stimming. This will help relax the client and build trust. Something you could try in-session is mirroring the client. An example would be to use a fidget spinner alongside the client.

In conclusion for my counselling practice and myself, online is a very versatile helpful counselling tool. I can work, support and counsel Autistic and ASD individuals who are unsure about counselling or might be unable to manage physical face to face. Online therapy can offer the clients the same service, no matter their location.



Tracy A Clark (PgDip) is a person-centred counsellor based in Glasgow. She is a mum of 4 and her youngest child has a diagnosis of Asperger's Syndrome. This has inspired her passion for working with this client group across all age groups. She also is experienced in the use of play techniques in therapy.

<https://tracyaclark.wixsite.com/counselling>



Update: BACP members employment survey request – open letter to BACP Chair

In last month's issue (6; April 2020), we shared the open letter we sent to Natalie Bailey (BACP Chair) to request that they produce a follow-up employment survey to the one they produced in 2014. We requested this to help us map any changes to the sector over the last 6 years and to get a clearer picture of the success of any initiatives been taken to improve employability.

You can see the full letter on our website, here: <https://ukcounsellors.co.uk/bacp-members-employment-survey-request-open-letter-to-bacp-chair/>

Here is BACP's response to our open letter:

Thank you so much for your open letter. We are committed to doing all we can to support our members and are listening carefully to them about their situations.

We've recently been working with members to understand how this time of unprecedented challenge has affected them. We will continue to do this in our current membership survey, which is providing us evidence about the impact of Covid-19 on them.

As you're aware we've also been working proactively to provide them with the resources they need, including help to transfer to online working. We will continue to listen to our members and respond appropriately as we face this challenge together.

We agree that the findings of an employment survey, like the one we did in 2014, would be interesting. The issue of paid employment for members is a key priority for us, as you may have seen in our recent campaign - where we are lobbying Government to ensure there is a paid workforce of therapists available to support the nation through and beyond this time of unprecedented challenge.

We've actually been looking at a similar survey although as I'm sure our members will understand, as will you, the current situation with Covid-19 has added complexity to this. We would want to ensure the timing was right in order to get an accurate reflection from the research.

We're really interested to listen to the detail behind your ideas. We're passionate about our profession and working collaboratively for its benefit.

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

In last month's issue, we also shared the open letter we sent to Natalie Bailey (BACP Chair) to request that they re-evaluate their stance on membership fees and that they investigate the processes they have in place for low income members that "hold counsellors in a cycle of poverty yet also beholden to the BACP to remain available for counselling work."

You can see the full letter on our website, here: <https://ukcounsellors.co.uk/open-letter-to-bacp-chair-to-reconsider-positions-on-low-income-membership-fees-and-policies/>

We are still awaiting a clear response to this request.

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!

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 June 2020; issue 8:

May's Mental Health Awareness Week theme was kindness. This is an open call for article ideas and they can be a reflective experience, based on research around kindness and/or the limitations of kindness. Articles should still be weighted towards counselling (theory and/or practice) and counsellors.

A reminder that articles are not accepted based on academic writing skills. This is a platform for our members to share their voice and be published. If this sounds like the topic for you, please send your article or idea 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 June 2020.

The Book – Final Call for contributors

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 required. Readers would like to hear **you**.

Send your ideas and proposals to tara@ukcounsellors.co.uk. There is a provisional date for first drafts being 30th June 2020.

AllSpeak

PUBLICATIONS

EST. 2020

Maria and Tara would like to take this opportunity to announce the launch of AllSpeak Publications. This is an organisation that will operate independently of CTUK in order for CTUK to maintain its primary focus and aims. We are launching it with the CTUK members compilation book and we will then be opening up the opportunity for members to submit book proposals in the future.

We will still be using this platform to promote CTUK and therefore by extension counsellors. We are really excited to launch and look forward to growing the platform for you to get your voices heard in the future.



National Counsellors Day 2020

Since we opened booking, we have had over 300 tickets sales for our online conference. You can still join us on Saturday 20th June 2020 by booking here: <https://www.nationalcounsellorsday.co.uk/>

The event is being hosted by Onlineevents and don't forget that we are accepting donation-based bookings from as little as £1; RRP £67. We will be using any money donated to pay the speakers and the event hosts. Any additional profits get put back into our work and future events.

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 Onlineevents.

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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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.

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Win a signed book!

All attendees will be entered into a prize draw to win a signed copy of one of Irvin Yalom's books.

Counselling Awards

Nominate yourself, your business or someone you know for a counselling award and celebrate good practice with us. We also have categories for your favourite book, counselling tool or maybe even a person you follow on social media.

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/>

National Counsellors' Day 2020 Awards

Introducing the first UK Awards dedicated to the counselling profession

Categories

- Private Practice. This includes best established practice, best start up and most innovative business.
- Employment. This includes employee of the year, employer of the year and best charity employer.
- Volunteers. This includes most inspirational volunteer counsellor and most inspirational volunteer organisation.
- Training. This includes student of the year, mostly inspirational tutor/lecturer, best training institute and best CPD training.
- Supervision. This includes supervisor of the year and runner up and best supervision training course.
- Promotion of Counsellors/counselling. This includes most inspirational campaigner/activist, best public figure promoting mental health and researcher of the year.
- Products and resources. This includes product of the year, recommended read 2020, book of the year (professional read), students choice book 2020.
- Outstanding contribution to counselling. This includes counsellor of the year and runner up and lifetime achievement award.
- Counsellors Together UK member of the year 2020.

Important Dates

The awards process will open on Monday 4th May 2020. All entries MUST be received by noon on Monday 8th June 2020. Finalists will be announced on Monday 15th June 2020 and the winners will be announced online via our social media and website on Monday 22nd June – National Counsellors' Day.

Find out more and make your nomination here:
www.nationalcounsellorsday.co.uk *Good luck!*

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**COUNSELLORS
TOGETHER** UK

What else is happening in Counselling and Psychotherapy?



The third national Psychological Professions Into Action online workshop is now live – it will stay open until **12th June**. This conversation seeks your feedback about five pillars for our future direction, the support psychological professionals need to fulfil their potential, and the commitments that we've co-created based on the ideas and insights shared in the first two online workshops.

The driving principles of #PPsIntoAction are clear – they want to establish a more inclusive way of working together, where everyone's voice matters in shaping policy and directing action. The best ideas are developed through the collective wisdom of psychological professionals, related health and care workers, service users, carers and families – everyone is welcome to join the conversation.

The previous two conversations demonstrated an incredible wealth of knowledge, expertise and insight – your ideas captivated us! Every single idea and insight has been read, analysed and used to draft what we're now sharing in our 3rd conversation. We're inviting you to review what we've drafted and tell us what's strong, wrong or missing. This will help us to refine our co-created assets to ensure they are truly co-created.

Please, join our online conversation and share your thoughts!

To join the national online workshop please:

- Follow this link: PPsIntoAction.org

Anyone with an interest in NHS commissioned psychological healthcare can join this online workshop. You don't need to have participated in the previous ones. Anyone who hasn't already registered can do so by following the link above.

Open research



Dr Elizabeth Cotton, *Surviving Work*, is currently 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 to cover the impact on your finances, the impact on your mental health and looking more deeply in to EAPs. You can find the links to these surveys on our blog: <https://ukcounsellors.co.uk/dr-elizabeth-cottons-research-into-covid-19-responses/>



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



Last 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.

Scoped non-update

BACP, UKCP and BPC are still consulting with private groups for a second iteration of their framework. So, at the moment, nothing has changed. The framework that is still on the BACP website (and still causing unnecessary confusion) is neither in place nor an up to date version of what they are planning. We look forward to the eventual release of this updated document.

This month we asked CTUK members how they would like us to proceed in challenging this and 64% of members who responded would like us to consider an alternative framework. There will be further opportunities to have your voice heard on this matter as we move forward, so keep an eye out in our Facebook group.

More from CTUK

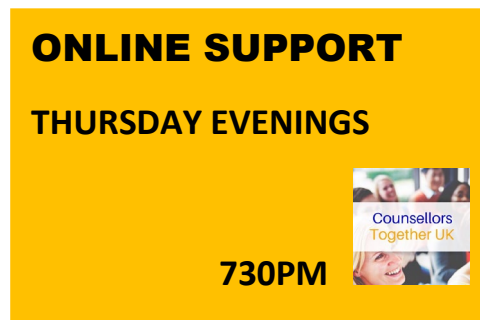
Win with CTUK



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.

Online Support Group



Following the ongoing success of our emotional support sessions, we are now offering this as a weekly event every Thursday. We introduced these sessions back in March as the lockdown commenced and had always planned to reduce once that lockdown was lifted, as it has been this week. We plan to keep running these sessions for as long as people find they to be useful. Thank you for your willingness to be open, honest and vulnerable with us. Also please keep sharing our nature/pet pictures; we love them!

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 8 will be published on our website on the 1st July 2020. If you have any comments or suggestions for our newsletter please contact the editor at tara@ukcounsellors.co.uk