

Newsletter

July 2020 Issue 9



Counsellors
Together UK

The UK's largest counsellors' campaign group

This Month

Letter from the Editor

Featured Issue

SCoPEd

CTUK News

Scrap scoped & mandatory counsellors in UK schools: petition updates

Resuming the video tour

Launching the Therapists Planner

More from CTUK

National Counsellors Day 2021

Win with CTUK



Find us here

On our website: ukcounsellors.co.uk



Page: facebook.com/ukcounsellors

Private Group: facebook.com/groups/234004167107915



@uk_counsellors



@counsellors_together_uk

Letter from the Editor

Dear members,

It has been a hectic month for us at Counsellors Together UK, although the content of the newsletter may not reflect how hard we have been working behind the scenes.

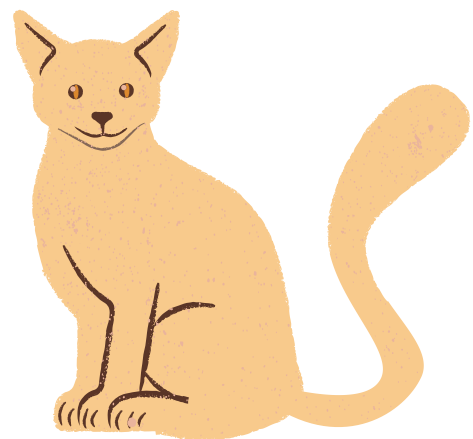
SCoPEd was the big event for the month so there is some focus on that here but nothing too heavy. If you feel able, I would recommend checking out the links shared within this newsletter so you can build upon your knowledge of the proposed framework.

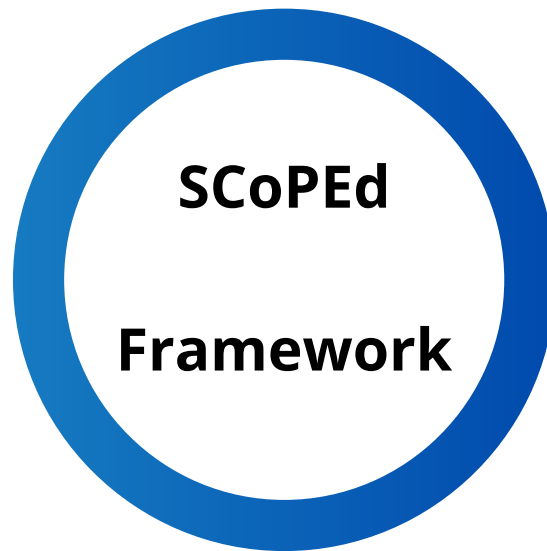
Everything still feels very uncertain in the world and our profession. There are no clear cut rules for what we should be doing nor how we should be doing it. Sometimes, this ambiguity can allow for freedom of expression and other times, like now for so many of us, it just feeds the anxiety and confusion about what is best to do.

With more areas undergoing localised lockdowns, we can only keep our fingers crossed for a minimally disruptive month ahead.

Warmest Wishes,

Tara Shennan





If you've been following our website, our Facebook group and/or our social media you will have seen that the BACP, UKCP and the BPC have released the next version of their draft framework.

You can find a copy of that here:

<https://www.bacp.co.uk/about-us/advancing-the-profession/scoped/scoped-framework/>

The project claims to aim for transparency using an 'evidence-based' framework. It aims to also "inform the training requirements, competences and practice standards for counsellors and psychotherapists who are working with adults."

There is an ongoing consultation survey that has been sent to members' emails. Remember to check your junk mail as well as your inbox.

Before you respond to it, make sure to read some of the critiques that have been written since its release and outlined here over the next few pages.



The PCP released a statement on the 20th July 2020. Here is a short summary of that statement:

Our partnership remains in agreement that the SCoPEd project remains an elitist, politically motivated misrepresentation of our profession. Our concerns focus on a number of areas:

- Lack of a proper consultation process
- Unsuitable methodology
- Use of language to mislead
- Negative impact on equality and diversity
- Poor representation of non-psychodynamic modalities
- Moving towards regulation without whole sector collaboration or consultation.

You can read the full statement here:

<https://www.partnersforcounsellingandpsychotherapy.co.uk/pcp-scoped-update-july-2020/>

Partners for Counselling and Psychotherapy are a partnership of 15 organisations, with a combined membership of approximately 20,000 therapists, standing together to support the diverse range of good practice in the field. We are:

Psychotherapy and Counselling Union (PCU)

Psychotherapists and Counsellors for Social Responsibility (PCSR)

Counsellors Together UK

The Alliance for Counselling and Psychotherapy

The Person Centred Association

The College of Psychoanalysts

UK Person Centred Experiential

The National Counselling Society (NCS)

A Disorder for Everyone

Free Psychotherapy Network (FPN)

Surviving Work

Black, African and Asian Therapy Network (BAATN)

Pink Therapy

Aashna

Independent Practitioners' Network (IPN)



Therapists Connect

#SCoPEdDebate



On the 27th July 2020, Therapists Connect hosted a panel discussion on the topic of SCoPEd.

So far it has been watched over 3000 times. Here are some comments from those who have watched it:

"As a client thank you for this discussion. SCoPEd is divisive, hierarchical and does not promote diversity. That will have repercussions on everyone. Clients included."

"What also occurs to me, as practitioner in organisations, is that sometimes counselling and psychotherapy is not understood, confused with other roles, seen as peripheral, as 'luxury' or somehow esoteric. This may be an area in which SCoPEd is beneficial? A thought..."

"Really good points raised. Equality, individual lifelong learning journey, experience beyond training, the heart of therapy missed, titles are important, confusing and potentially damaging for clients, marginalisation tool for employers. Lots of gaps and more questions raised."

You can watch the debate here: <https://youtu.be/4wWXASFJGZI>

COUNSELLORS TOGETHER^{UK}

A critical evaluation of the revised SCoPEd Framework (July 2020)

By Albertsen, M. and Shennan, T.



Counsellors Together UK
www.ukcounsellors.co.uk

On the 23rd July 2020, CTUK released our critical evaluation of the SCoPEd framework. You can read the summative statement on the next page

You can read the full document here:

<https://ukcounsellors.co.uk/a-critical-evaluation-of-the-revised-scoped-framework-july-2020/>

Why write a critical evaluation of the SCoPEd framework?

Much of the writing around SCoPEd was written in 2019. Although still relevant as much about the framework has not changed, it was felt that an extensive document to outline the issues held within the framework was necessary. There are many benefits to having one key document to challenge the framework, first and foremost in making it easier for counsellors to find the information they need to make their own assessment for the framework.

With that in mind, we have also created a section on our website which has links for the earlier critiques. We will also be adding to this list as more people share their thoughts on SCoPEd; whether those support the framework or not.

You can find that here: <https://ukcounsellors.co.uk/scoped-framework/>

If you would like to add your thoughts to the debate, we are accepting articles for our blog. Send an email to tara@ukcounsellors.co.uk with title 'scoped blog'.

Summative Statement

This document aims to provide a comprehensive review of the current iteration of the SCoPEd framework. The key issues remain the same as they were with its previous counterpart and those are as follows: The subscription to the medical model of distress. The elevation of psychotherapists at the expense of registered counsellors who are severely deskilled in key areas of their practice. Deskilled to such an extent it is difficult to argue they would be safe to practice at all. The inherent bias of the teams working on this framework and the widely challenged methodological flaws.

This newer iteration, which we meticulously evaluate, goes further in the restrictive nature of some key criteria. For example, the description of competencies being such that any work Accredited counsellors may currently get within the NHS would become untenable. It would be deemed unsafe. The NHS already explicitly states that unaccredited counsellors are unsafe to do one-to-one work with patients. An amendment to be inclusive of accredited counsellors in that would not be too far of a leap to make. This framework is resolute in its painting of a qualified counsellor being a static entity with no capacity to think for oneself across the spectrum of core competencies; including analysis and reflection of self, the client and the therapeutic relationship.

The accompanying methodological paper lacked a great deal of transparency and leaves as many questions unanswered as it answers. We discuss these areas and explore what changes could have improved the methodology and research up to this point.

This document then critically assesses whether the BACP, BPC and UKCP have met the aims they set out to achieve. The answer is it does not and where the framework may get close to meeting an aim, it falls short in profound ways. We then close with some recommendations for moving forward which include making adjustments for theoretical parity and truly consulting with members to discover what they want from this framework; if they want it.



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) and a second iteration of the framework which doubles down on its hierarchial nature favouring psychodynamic theory above all else, 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 over 4300 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-askingbacp-to-scrap-the-scoped-project>

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

Whilst you're here, our petition to employ qualified counsellors and place them in every school is still open.

It now has over 20,000 signatures but we still need your help. Please share to your social media accounts and if you haven't signed yet you can also sign here:

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



Counsellors Together UK is going back on tour

****Bristol, Cornwall, Birmingham and Leeds****

17th-23rd August 2020

You may remember that we started our video tour at the beginning of the year but this had to stop due to Covid-19. We are really excited to restart this project and hear from more of our lovely members.

One of our aims at CTUK is to raise the profile of counsellors and counselling. We have developed multiple avenues and the video tour is one of them. Maria started the tour after realising that the lack of understanding about what counselling is (still), is a big barrier to our work. The idea is to create a huge library of videos that we can share across our social media streams to begin to reduce the confusion and mystique that surrounds counselling. It is, after all, one of the rationale being cited for the SCoPEd framework.

Want to get involved?

There is a loose 'script' to each video. Beginning with an introduction (Hi my name is ... and I am (title/organisation). Then, 'To me, counselling is...' Ending with, 'The one thing I'd like people/the public to know about Counsellors/counselling is...'

Each video will be around 2-3 mins (max) to provide a concise view but we want to see your personalities too!

You can see examples on our website here: <https://ukcounsellors.co.uk/meet-our-members-ctuk-video-tour/>

When?

- Tuesday 18th August - Bristol
- Wednesday 19th and Thursday 20th August - Cornwall
- Saturday the 22nd August - Birmingham
- Sunday 23rd August - Leeds.

.We have filming slots at 11am, 11.30am, 12pm and 12.30pm on each of the days available. Contact Maria to check availability: info@ukcounsellors.co.uk

We'll be following strict social distancing rules and will wear face masks if you want us to.

New product

Launching the monthly Therapists Planner

The Therapist's Planner brings all your organisational needs into one handy place.

Included each month are:

- Weekly Personal diary pages
- Weekly time-sheet to log client sessions
- Weekly social media planner
- To do Lists
- and more...

You can get your copy, for free, if you are a member of the CTUK membership club.

to find out more about our membership club and how to join, turn to page 14.



National Counsellors' Day Conference

Video of 2020 event

Missed this year's event? Grab your copy of the 2020 National Counsellors' Day Conference from the 10th August 2020.

Copies are priced at £10 each and will be available to buy via www.nationalcounsellorsday.co.uk

Next year's event

Tickets are available on a donations basis, from as little as £1. Buy your ticket now: <https://www.eventbrite.co.uk/e/national-counsellors-day-conference-2021-tickets-110239328800>

National Counsellors' Day 2021
Online Conference

Theme - 'Diversity and Inclusion in Counselling and Psychotherapy'



Saturday 19th June 2021
9.30am - 5.00pm

Find out more and support us here:
www.nationalcounsellorsday.co.uk

Hosted by

onlinevents

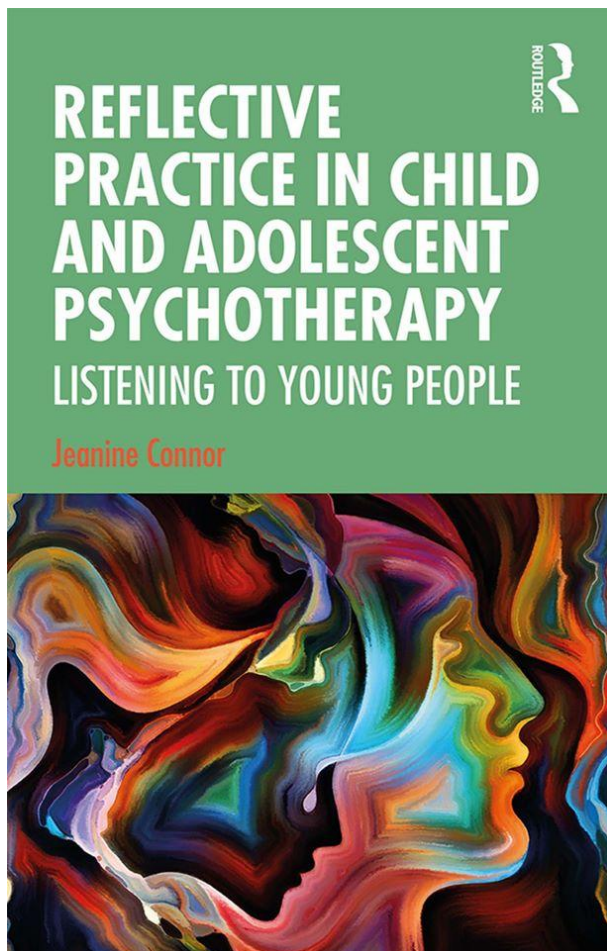


Monthly Prize Draw



Each month on our public Facebook page we hold a prize draw where you could win a book or book voucher just by commenting on our post.

This Month's book:



BOOK OVERVIEW

Therapy referrals for a child or young person can be motivated for a number of reasons. The parents, carers or professionals responsible for their wellbeing might describe a sudden change in presentation, risk taking behaviour, such as self-harm or experimentation with drugs, alcohol or sex, or they might label the young person as overreacting, under reacting or attention seeking. Such behaviour prompts concern for their safety and confusion about why the child or young person is presenting the way they are.

This book offers a thoughtful approach to making sense of such behaviour and encourages adults to 'reflect on' rather than 'react to' young peoples' outward presentations. Based on the author's work with children, young people and families over two decades, this book shares reflections from the therapy room and illustrates how the therapist can try to make sense of mood, behaviour and presentations that previously made no sense. The content relies heavily on clinical experience as well as drawing on classical and contemporary psychotherapeutic literature.

Counsellors Together UK

Members Club

**For counsellors,
psychotherapists
and coaches.**

**CPD ~ Training ~ Networking ~ Business Development ~ Employment
Opportunities ~ Personal Development ~ Support**

Come and join over 200 others in our CTUK Members Club

Member benefits include...



onlineevents

**Access to the Onlineevents
CPD Library with over 800
hours of CPD.**

**JHD
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Counselling - Training - CPD

**High-quality face to face training in
your local area for only £20-40 per
day, delivered by JHD Counselling
Services.**



CTUK Online CPD Hub.



**A listing on our counselling
directly on our main website
(www.ukcounsellors.co.uk).**



7 Day Blog Challenge Course



**A monthly Therapists
Diary to download and
keep you on track.**

Plus all of this...

Websites for Therapists. (Discount - 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!


Access to our private supportive Facebook group.

And more coming soon!

Sign-up here →

www.members-ukcounsellors.co.uk

**Join us for
ONLY
£6 per
month**

The text is centered and surrounded by several thick, hand-drawn style blue brush strokes of varying lengths and orientations, creating a dynamic, artistic frame.

Thank you
for
Reading!

Issue 10 comes out on the 1st September 2020

If you have any comments or suggestions for our newsletter please contact the editor at tara@ukcounsellors.co.uk. If you would like to write an article, a book review or write about your research in our newsletter, please also contact Tara.