

# UKCP Newsletter

The national newsletter of the United Kingdom Council for Psychotherapy

## And if not now, when?

### Andrew Samuels shares his thoughts on becoming chair of UKCP

The hardest thing has been to learn to say 'we', not 'I'.

To be a chair for everyone, it's ethically and politically important to ask some of the people on the other side during the election to stay and work with us for UKCP's benefit. This is not only a conscious act of reconciliation; it makes sense to try to build a ministry of all the talents. I would like to see Carmen Ablack as a general consultant to UKCP, Sally Forster continue to chair the Organisational Development Committee, Kathi Murphy continue to work with the HPC. All the members of the old executive are now on the Psychotherapy Council.

There will be continuity as well as the new political directions the election mandated. I would like to thank James Antrican and all of his administration, and the office staff for their efforts on behalf of us all.

#### Building community

Your new chair is an unusually broadly-based psychotherapist. I began in humanistic psychology, as a trainee encounter group leader, then trained as a Jungian analyst. Now I call myself a relational Jungian analyst. I have had personal psychotherapy in various traditions. I have really tried to eliminate what I call the 'internalised professional hierarchy' from my view of psychotherapy.

My hope is that we can build community, harness talent, bring in new voices and faces, say 'yes' rather than 'no'. We know that there is a paradox in our work: that we cannot do this alone, but need to link with others.

Above all, we could actually make a start on ending the various tribalisms

and claims to superiority that have held psychotherapy back from a full flowering of its potential to make a contribution to a suffering world. There is a direct link between the self congratulation and the condemnation of the other that characterise psychotherapy and our profession's difficulty in finding social acceptance in the world. I think this point is powerful and should be made.

I set out my thoughts on the external challenges at UKCP's Day of Celebration on 5 December. You will find details on page 3.

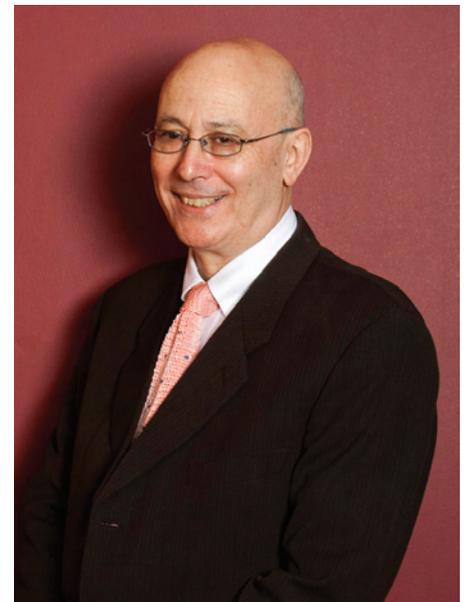
#### Social responsibility

In the election, I promised to add a 'social responsibility agenda' to the already existing 'diversity and equalities agenda'. What does this mean? If you think about the lack of members from ethnic minorities among the ranks of psychotherapists, then you are following the diversity agenda. But if you start to think about how this is related to social policy issues surrounding immigration, asylum, race and culture, you are entering the social responsibility agenda. No either or, these are linked agendas and I hope that this kind of thinking will lead to the enhancement of both of them. We are appointing a full-time, paid diversity and social responsibility officer in the New Year.

We need people to step forward to offer their services on the committee responsible for this area of work. It will be an exciting and worthwhile project. Please contact [david.pink@ukcp.org.uk](mailto:david.pink@ukcp.org.uk)

#### Wounded healers

Why are psychotherapists such difficult people? In my own tradition, that of Jungian analysis, we speak of the archetypal image of the wounded healer,



Andrew Samuels, UKCP chair

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**'My hope is that we can build community, harness talent, bring in new voices and faces, say "yes" rather than "no".'**

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Chiron, the centaur with an incurable wound. Psychotherapists know that you just don't take up this work unless there is something deeply 'wrong' with you. Maybe you are in the grip of a 'saviour complex'? Maybe you were a 'parental child', the one who fixed the issues of the family? Maybe, like Chiron, you were abandoned and rejected, either in an emotional sense or literally? And maybe it is that very 'wrongness' that makes you 'right' for this work, whether one sees it as art, craft or science. But it doesn't make for an easy-going, loving and tolerant house style, does it?!

I will end this brief message with something from my spiritual background, that of Judaism. The first century sage Hillel said: 'If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?'

With love and friendship

**Andrew**

# A day of celebration

Saturday 5 December was a day of celebration and presentations as UKCP's new constitution came into effect and its new Psychotherapy Council met for the first time

It was standing room only at a packed first meeting of the new Psychotherapy Council. UKCP members had come from far and wide for the occasion at the King's Fund in central London on the morning of Saturday 5 December.

It was appropriate that Sally Forster, who over the past few years has done so much to bring this new body into existence, opened the session. She described her pride at seeing the council finally coming to fruition and called upon the council to act as the heart of psychotherapy, unburdened by administration or organisation.

It was a stirring opening that was echoed over the rest of the two hour meeting, as each of the council members in attendance took it in turn to introduce themselves and reflect on their hopes for the future of the body.

## Hopes for the future

Beginning that discussion, outgoing UKCP chair, James Antrican, said that, in his view, the council should not be a counterpoint to the board, nor a voting chamber, but a place where those involved in the profession can come together and work together to nurture the spirit, soul and philosophy of psychotherapy.

As more council members spoke, it rapidly became apparent just how wide a range of interests, concerns, and passions are brought together on the council. Members raised issues including caring for elderly people; of creating a more emotionally-literate society for our children; of opening up the benefits of UKCP to those who work in the public sector; of how to reach out to students and other future members; of how properly to represent ordinary members on the council; of how to increase diversity not only on the council, but also in the profession; and finally of how we can bring the wisdom of the psychotherapy profession to a troubled world.



Former vice-chair (regulation), Adrian Rhodes, with Philippa Whittick, new vice-chair (education, training, practice and research)

## Moving forward

Having set out such a striking array of bold ambitions, the council then turned its thoughts to how best to organise itself. An immediate concern is how to transform a relatively large group – and one that under its present constitution can swell to 60 – into an action work group. While some wanted to move forward, to decide on a methodology of action right away, others stressed the need to first establish relationships and build a base of trust between members. There were encouraging signs that in just two hours this was already beginning to happen, with one council member declaring: 'I arrived full of anxiety, but I will leave filled with hope and enthusiasm.'

It was agreed that the next meeting of the council will be in March.

## Building alliances – the UKCP conference

'If you're going to make a difference you have to work with people,' said James Antrican, opening the second half of the Day of Celebration. It was a theme that speakers returned to time and again through a fascinating afternoon of discussion and debate.

The outgoing chair went on to praise the work of the organisation's chief executive, David Pink. He called on the organisation to give him all the support he needs. This is especially crucial,

James went on to explain, because the profession of psychotherapy is under great pressure from external forces. It can seem as if the Government feels threatened by psychotherapy, he said, and that we risk returning to a time when the only alternative to medical intervention is counselling provided by social workers.

To counter this, he argued we must invest in research which proves the effectiveness of our work, we must embrace lay representation on our board, and above all else we must learn to work with each other. In that spirit, he concluded by warmly welcoming the incoming chair, Andrew Samuels. He left the podium to a standing ovation from every one of the 80 or so members present.

## Welcoming an outsider

James was followed by addresses from UKCP chief executive David Pink and Paul Farmer, the chief executive of MIND. For many, it was a refreshing and exciting change to see people from outside UKCP at their conference. 'I'm from the outside world,' Paul began. 'I come in peace!'

Paul described how he has worked with David Pink in the past and so is very keen to develop a strong, productive partnership between UKCP and MIND. He reminded everyone that MIND has campaigned for decades on the over-medicalisation of mental health care. 'We are positive about therapy,' he said. 'Furthermore we believe the Government should fund it.'



Michael Pokorny, UKCP chair 1993, at the inaugural meeting of the Psychotherapy Council

## Learning to work together

'This is a moment in time for the world of mental health,' he concluded. 'We're reaching the end of the National Service Framework. We're moving into a world without targets, and let's face it, without money. I've just come from a climate change rally where a remarkable coalition of interests was represented. We too must learn to work together if we're going to make a difference in this new world.'

Incoming chair Andrew Samuels began with a continuation of this spirit of conciliation, explaining that there will be posts for members of the former administration, not simply because it will help to heal wounds that may have been caused by the election, but also because those people are the best for the jobs in question. To everyone present it was clear that Andrew intends to be an active and decisive chair. In a lengthy speech he boldly outlined his plans.

There was just enough time left for the vice-chairs to speak, Tom Warnecke highlighting the need for UKCP to explain to members what all these organisational changes mean for them,

and Philippa Whittick promising to do all she can to make UKCP training accessible to all, before James Antrican wrapped up the meeting saying what a huge honour it has been to have chaired UKCP for the past two years and ten months.

But he was allowed to leave that easily! The departing captain of the good ship UKCP was presented with a ship's wheel and a decanter inscribed with words of thanks from the executive, the board and all his friends at UKCP. Once again, delegates rose to their feet to offer a heartfelt standing ovation and to send James off with no doubt of how grateful the organisation is for the efforts he has given and the wisdom he has shown over the years at its helm.

## Honorary fellowship awards

The day concluded with presentations to UKCP's new honorary fellows. These awards are given to those who have made a distinguished contribution to the profession of psychotherapy. This year, the recipients are: James Antrican, Richard Cleminson, Laura Donington, Chris Evans, Jennie McNamara and Jocelyne Quennell.



James Antrican with Marjorie Wallace, chief executive of SANE and a UKCP board member

**'I wish to convey my good wishes to those who have been chosen to govern UKCP. The elections signal the start of building on the work we have been engaged in developing to make us a more open and responsive organisation.'**

*James Antrican, UKCP chair 2007-2009*

# The external challenges

## At UKCP's Day of Celebration Andrew Samuels set out his thoughts on the external challenges

UKCP is poised to engage with the problem of regulation in a new way, following the multi-track approach to HPC outlined in the election. The idea is to get a good result for the range of perspectives that exist.

For those who support HPC, we will negotiate on your behalf to improve that body and then help you with registration.

Those wanting another independent statutory regulator will find the call for the suspension of HPC and the establishment of a Convention on the Future of Psychotherapy and Counselling very much to your taste.

Those who want to enter into principled non-compliance will be facilitated in this wish and we will not give your names to HPC without express written permission.

We have opened regulation discussion topics on our website forum where members can discuss this important issue. For details on how to participate, see right.

I will be participating in a debate on HPC organised by Confer, together with speakers from BACP, BPC and HPC. Details may be found on the back page.

Many people feel that the NICE guidelines represent an even more serious challenge than HPC. So much of what is wrong with NICE and its obsession with randomised controlled trials is based on academic politics. We won't lose our integrity, but will target our research programme to create and utilise methodologies that validate and celebrate what we psychotherapists actually do.

The IAPT scheme is full of pitfalls. It sounds wonderful that there will be more psychological therapists – until you realise that there has been a commensurate reduction in the psychotherapists and counsellors already in post. It sounds wonderful that therapies other than CBT will be funded – until you realise that the NICE guidelines will still determine what is and is not funded.

## Discussion forum

**Join me in discussions about the HPC on the UKCP website discussion forum by visiting [www.psychotherapy.org.uk/discussion\\_forum.html](http://www.psychotherapy.org.uk/discussion_forum.html)**

**In order to view and use this forum, a person must be on the UKCP database. You will need to log in with your membership number (your UKCP registration number on your certificate) and password. If you do not know your password, send an email to [password@ukcp.org.uk](mailto:password@ukcp.org.uk)**

# An invitation to the UKCP education, training and practice conference

Nourishing psychotherapy – art, science and education  
19-21 March 2010, Cambridge

I am excited by the advent of the first UKCP conference about a topic at the very heart of the profession - the training and education of psychotherapists and psychotherapeutic counsellors.

It is vital that psychotherapy training is delivered at the highest standards to ensure a vibrant, forward-looking and thriving profession focusing on therapists and on the work they do. A varied and interesting mixture of speakers, panellists and workshop leaders will present perspectives from the range of UKCP modalities as well as reflecting on aspects of the diverse experiences of trainees and students.

The 21st century has brought new challenges for psychotherapy training organisations but also offers newly emerging opportunities for growth. How do we best meet the challenges of the evolving professional and regulatory landscape in modern society and take advantage of new opportunities to ensure continued viability and a healthy future?

The current under-representation of practitioners, students and trainees from minority communities poses another challenge. The untapped potential of minority students and trainees offers real

opportunities for new growth if we can make our training courses more inclusive and accessible by finding better ways to support these students and trainees.

Other speakers will explore some of the inherent tensions in the provision of psychotherapy education, research training provision issues, and the impact of students' psychological and emotional processes on training organisation management.

This conference provides a rare opportunity to develop our awareness and knowledge of improving the quality of training courses and CPD provision through dialogue and shared learning. I warmly invite you to join us in Cambridge and contribute to an exceptionally valuable and interesting conference.

The pre and post conference programme will be free of charge and provide opportunities to meet UKCP officers for presentations and discussion about UKCP's work and current professional affairs.

With warm regards

**Tom Warnecke**  
Vice chair information and member services

## Have you completed our diversity and equality monitoring form?

UKCP is committed to promoting equal opportunities, valuing diversity, and to processes and procedures that are fair, objective, transparent and free from discrimination.

As part of our ongoing commitment, we are asking all UKCP registrants to fill in a monitoring form. This information is collected anonymously and will be kept confidential.

You can complete this form online at [www.psychotherapy.org.uk/equal\\_opportunities\\_monitoring.html](http://www.psychotherapy.org.uk/equal_opportunities_monitoring.html)

Thank you

## Events

### UKCP events

#### Belfast regional day

13 February 2010  
Belfast Waterfront

An opportunity for local practitioners to meet some of the UKCP officers, to share experiences of practising in the area, and to contribute to developing UKCP as a professional membership organisation.

#### Nourishing psychotherapy – art, science and education

3-5 September 2010  
York University

A three-day annual professional UKCP conference focusing on clinical challenges of the 21st century.

#### Supervision conference

5 June 2010

#### Research conference

10 July 2010

#### Self, other and society

3-5 September 2010  
York University

A three-day annual professional UKCP conference focusing on clinical challenges of the 21st century.

### Confer event

#### State regulation – the issues

23 January 2010

A day to explore the impact of the proposed HPC regulation of psychotherapy and counselling. Speakers include Andrew Samuels; Marc Seale, chief executive and registrar, HPC; and Diana Waller, chair, Counsellors and Psychotherapists Professional Liaison Group of the HPC. Cost £50. For more information and to book visit [www.confer.uk.com/regulation.html](http://www.confer.uk.com/regulation.html).

For more details about UKCP events visit [www.ukcp.org.uk](http://www.ukcp.org.uk) or contact Anita Saunders on [anita.saunders@ukcp.org.uk](mailto:anita.saunders@ukcp.org.uk) or 020 7014 9966.