

UKCP 2025 MEMBER SURVEY REPORT



OUR RESEARCH

The UK Council for Psychotherapy (UKCP) conducts an annual data collection of essential metrics from members. We track this information yearly to better understand what our membership looks like and how best to support them.

The following summary is divided into two sections. The first is a summary of demographic data collected from all member renewals in 2025, with 11,629 respondents. The second is a summary of an optional member survey collected at the same time, completed by 1,943 members. Not all respondents answered each demographic question, so the total number of responses may vary per question.

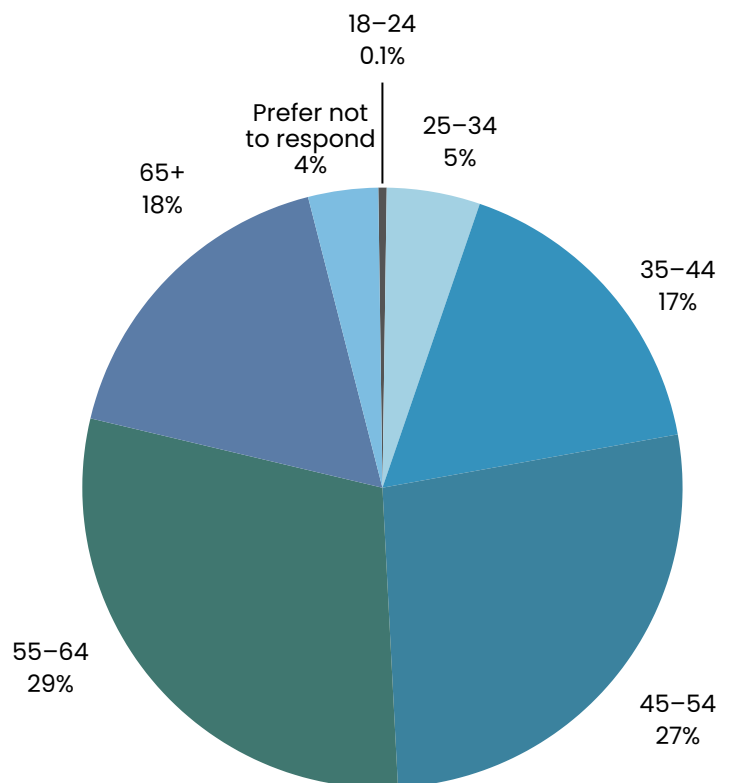
DEMOGRAPHICS

Please note that percentages have been rounded to whole numbers. Where values of less than 1% are reported, totals may exceed 100%.

Age

Similar to 2023 and 2024, the majority (74%) of members were aged 45 and older. Approximately 5% were aged 34 and younger.

There was no statistically significant difference between the age demographics of 2024 and 2023.





Region of residence

The majority of members reside in England (89%) and of those, most live in Greater London, followed by south east England and south west England.

2% of members live in Scotland, 2% in Wales and 1% in Northern Ireland. 3% live outside the UK.

Region of residence	Percentage
Greater London	32%
South-east	19%
South-west	11%
East	6%
East Midlands	5%
Yorkshire and Humber	5%
North-west	4%
West midlands	4%
North-east	3%
England	89%
Scotland	2%
Wales	2%
Northern Ireland	1%
Outside the UK	3%
Prefer not to respond	3%



Gender identity	Percentage
Woman	72%
Man	20%
Non-binary	1%
Genderqueer	0.4%
Gender fluid	0.3%
Another identity	0.1%
Agender	0.1%
Trans man	0.1%
Trans woman	0.01%
Question doesn't capture approach to gender	1%
Don't know	0.1%
Prefer not to respond	5%

Sexual orientation

The majority (71%) of members reported that they identify as straight or heterosexual. 6% identified as gay or lesbian, 4% as bisexual and 2% as queer.

There were no statistically significant differences between 2024 and 2025 regarding sexual orientation.

Sexual orientation	Percentage
Straight or heterosexual	71%
Gay or lesbian	6%
Bisexual	4%
Queer	2%
Pansexual	1%
Questioning or unsure	1%
Asexual	0.2%
Other sexual orientations	0.2%
Prefer not to say	14%

Gender identity

72% of members identified as women, 20% as men and 1% as non-binary. Less than 2% identified as genderqueer, gender fluid, agender, trans or another identity.

Given the changes in the survey wording between 2024 and 2025, it is difficult to directly compare the gender composition of the membership, however both years had the majority of members identifying as women (76% in 2024, 72% in 2025).

How does this compare?

In the 2024 NHS Psychological Professions Census, 81% of the psychological workforce were women.

Ethnicity

The majority of members identified as white (78%), with 5% identifying as Asian or Asian British, 4% multiple or mixed ethnic groups, 4% another ethnic group, and 3% Black, African, Caribbean or Black British.

Compared to 2024, the proportion of white members decreased by 2%, while multiple or mixed ethnic groups increased by 1%.

In the 2021 UK census, 82% of people identified as white, 9% as Asian, 4% as black, 3% as mixed or multiple ethnic groups, and 2% as other ethnic groups.

Ethnicity	Percentage
White	78%
English/Welsh/Scottish/Northern Irish	58%
Another white background	16%
Irish	4%
Roma or Irish Traveller	0.1%
Asian/Asian British	5%
Indian	2%
Another Asian background	1%
Chinese	1%
Pakistani	1%
Bangladeshi	0.3%
Multiple/mixed ethnic groups	4%
Another mixed ethnic background	2%
White and Asian	1%
White and Black Caribbean	0.5%
White and Black African	0.4%
Other ethnic group	4%
Jewish	3%
Another ethnic group	1%
Arab	0.3%
Black/African/Caribbean/Black British	3%
African	2%
Caribbean	0.5%
Another black/African background	0.3%
Prefer not to respond	6%



Disability

According to the 2021 census, 17.7% of people in England are disabled.

In 2024, 10% of NHS psychological professionals were disabled.

10% of members reported having a disability.

Statistically, more members reported a disability, possibly due to a change in the 2025 survey questions (5% in 2024, 10% in 2025).

Neurodivergent identity

The majority (67%) of members did not identify as neurodivergent.

Of those who did, 8% identified as dyslexic, 8% as ADHDer, 3% as autistic and 1% as dyscalculic. Less than 1% identified as dysgraphic, as having Tourette syndrome or as having another neurodivergent identity.

Please note that because members may select more than one neurodivergent identity, the percentages will exceed 100% when added together.

Neurodivergent identity	Percentage
None	67%
Dyslexic	8%
ADHDer	8%
Autistic	3%
Dyscalculic	1%
Dysgraphic	0.2%
Tourette syndrome	0.01%
Another identity	1%
Prefer not to respond	12%

Membership	Percentage
Full clinical	72%
Trainee	18%
Direct	6%
Student	3%
Non-clinical	1%
Retired	0.4%
Pre-retirement add-on	0.3%
Non-clinical affiliate	0.1%

Membership type

The majority (72%) of renewals were full clinical. Approximately 18% were trainees and students. Less than 1% were retirees.

There were fewer full clinical members, likely due to a change on this year's survey to allow for a respondent to select a direct membership category. There were similar percentages of trainees, students and retired members as 2024.

UKCP active membership

Almost all applications were for active membership (99%), with a small minority applying for a sabbatical.

In 2024, NHS psychological professions had a 15% turnover rate, 72% retention rate, and 7% vacancy rate.

SUMMARY

- The majority (74%) of members were aged 45 and older. Approximately 5% were aged 34 and younger.
- The majority (78%) of members were white, approximately 5% Asian/Asian British and 4% were from multiple or mixed ethnic groups. 4% were from another ethnic group and 3% were Black/African/Caribbean/ Black British.
- 72% of members identified as women, 20% as men, and 1% as non-binary.
- 71% of members reported that they identify as straight or heterosexual, 6% identified as gay or lesbian and 4% as bisexual.
- A combined total of 16% of members identified as LGBTQIA+.
- The majority of members (89%) resided in England. 2% lived in Scotland, 2% in Wales, and 1% in Northern Ireland.
- 10% of members reported that they have a disability.
- 8% of members identified as dyslexic, 8% ADHDer, 3% autistic, and 1% dyscalculic.
- The majority (72%) were full clinical members, with 21% trainees or students.

ADDITIONAL SURVEY

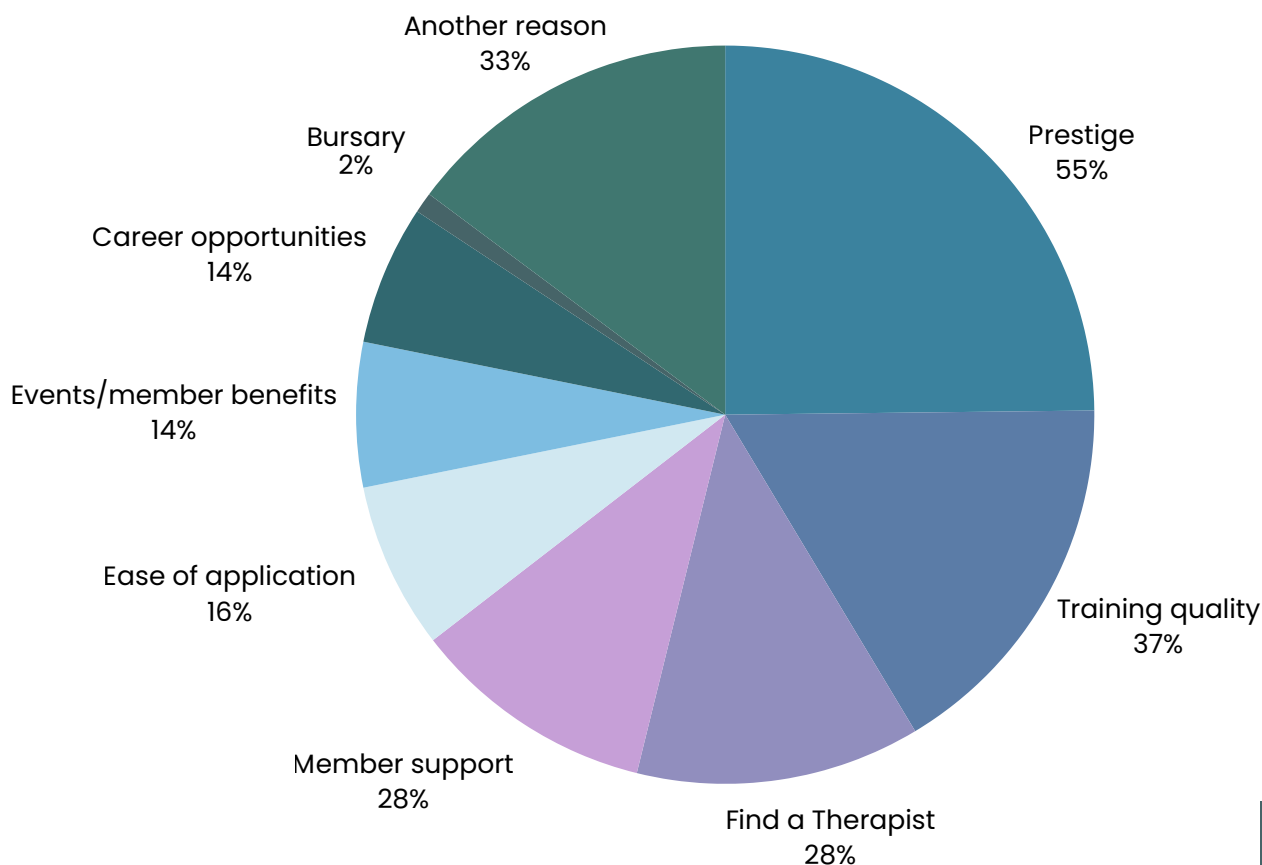
During the renewals application process, we also promoted an optional survey which was completed by 1,943 members (17% of the total membership).

Reasons for UKCP membership

Over half (55%) said that the prestige of the organisation was their top reason for applying for membership at UKCP. This was followed by the quality of training (37%), the Find a Therapist directory (28%), and advocacy and support for members (28%). 33% responded that they had another reason for membership not listed, most commonly that their training organisation was associated with UKCP or that it was an employer's requirement.

The least common factors that led to UKCP membership were the availability of bursaries and other financial support (2%), career opportunities for members (14%), events and other member benefits (14%), and the ease of applying and renewals (16%).

Please note that because members may select more than one reason for membership, the percentages will exceed 100% when added together.





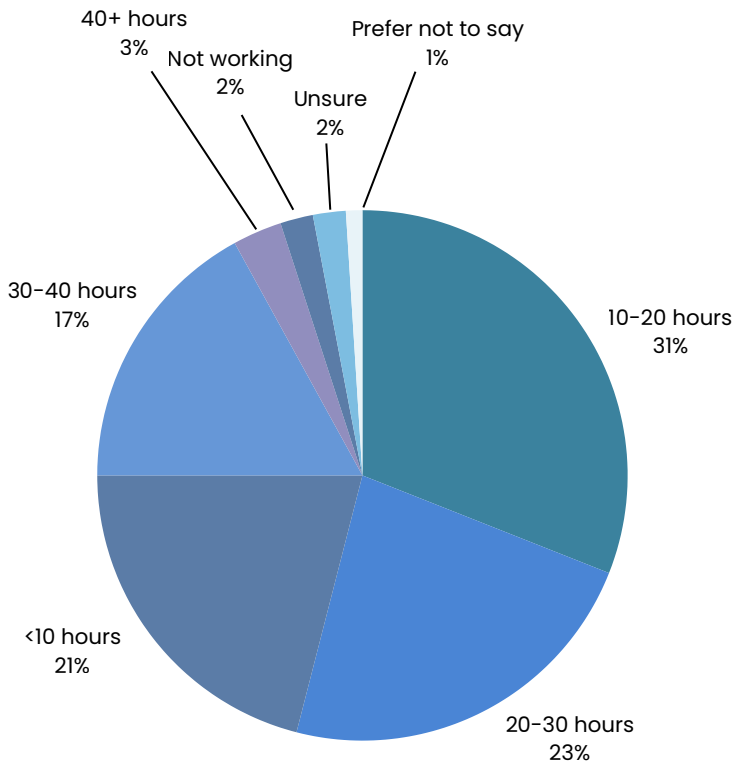
Client groups

The majority worked with adults individually (89%). 31% also worked with couples, 22% with adults in groups, 21% with children and young people aged 3–18 years, 20% with parents and carers (a 3% increase from 2024), and 18% with families.

Fewer respondents worked with parents and infants aged 0–2 years (3%).

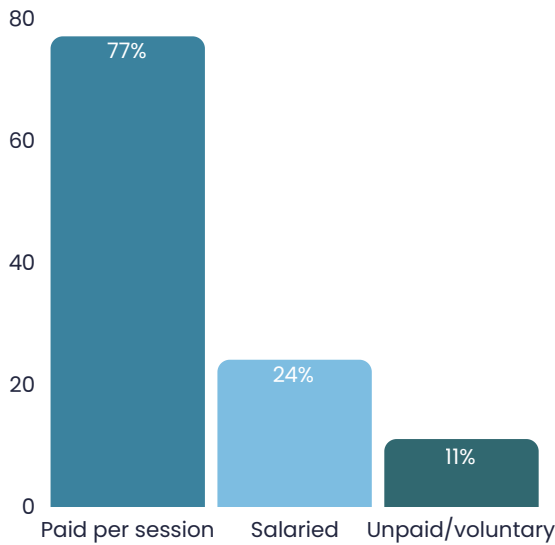
Please note that because members may select more than one setting, the percentages will exceed 100% when added together.

Client group	Percentage
Adults individually	89%
Couples	31%
Adults in groups	22%
Children and young people (3-18 years)	21%
Parents/carers	20%
Families	18%
Infant-parent (0-2 years)	3%
Not currently working	1%
Other/prefer not to say	4%



Hours working per week

Nearly a third (31%) worked between 10–20 hours per week, 23% worked between 20–30 hours per week, 21% worked less than 10 hours per week, and 17% worked more than 40 hours per week. Few respondents worked more than 40 hours per week (3%).

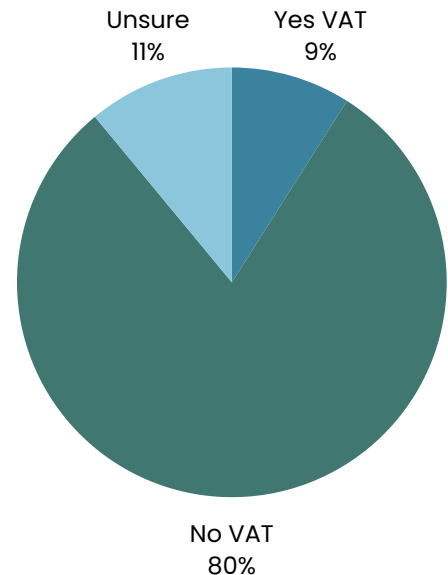


Salaried or per session pay

The majority of respondents (77%) reported they had been paid per session in the past year (increase of 3% from 2024). 24% had been paid a salary, and 11% reported they had done unpaid or voluntary work in the past year.

VAT on income

In the past year, 9% of respondents reported that they have been subject to Value Added Tax (VAT) on income from psychotherapy work. 80% said they did not pay VAT on income from psychotherapy work, and 11% were unsure whether they had.



Work setting	Percentage
Private/independent practice	79%
Charity/volunteer sector	25%
Universities or higher education	9%
NHS (other settings)	8%
NHS (CYPMHS, formerly CAHMS)	7%
Schools	6%
Employee assistance programme	5%
Other settings	4%
Non-NHS health service provider	4%
NHS tertiary care	3%
Social services	2%
NHS Talking Therapies (formerly IAPT)	2%
Criminal justice	1%
Not applicable	1%

Work settings

Respondents could select all the settings they currently worked in.

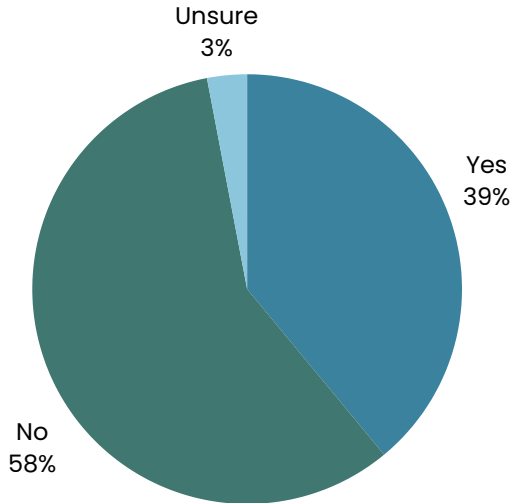
The majority of respondents worked in private or independent practice (79%). This was followed by the charity/volunteer sector (25%), universities or other higher education settings (9%), and other settings in the NHS that were not Talking Therapies/tertiary care or Children and Young People's Mental Health Services (CYPMHS), (8%).

The least common settings to work in were criminal justice (1%), NHS Talking Therapies (2%) and social services (2%).

Psychotherapy as a career

Most respondents (90%) had another career before working as a psychotherapist or psychotherapeutic counsellor.

The majority (74%) reported psychotherapy as their sole employment; 25% had other paid employment; 2% preferred not to say.



Ever worked in NHS

39% of respondents indicated they had worked in the NHS at some point in their psychotherapy career.

Pay band in NHS

Of those who had worked in the NHS or an NHS-funded post, the largest percentage of respondents indicated they were paid on Band 8a (22%) or Band 7 (20%). 37% were paid between Band 8a and higher.

9% worked in the NHS in an unpaid or voluntary role.

NHS pay band	Percentage
Unpaid/voluntary	9%
Band 1	0%
Band 2	0%
Band 3	0.3%
Band 4	0.6%
Band 5	2%
Band 6	7%
Band 7	20%
Band 8a	22%
Band 8b	11%
Band 8c	3%
Band 8d	1%
Band 9	0.3%
Unsure	11%
Prefer not to say	4%
Other	8%

How does it compare?

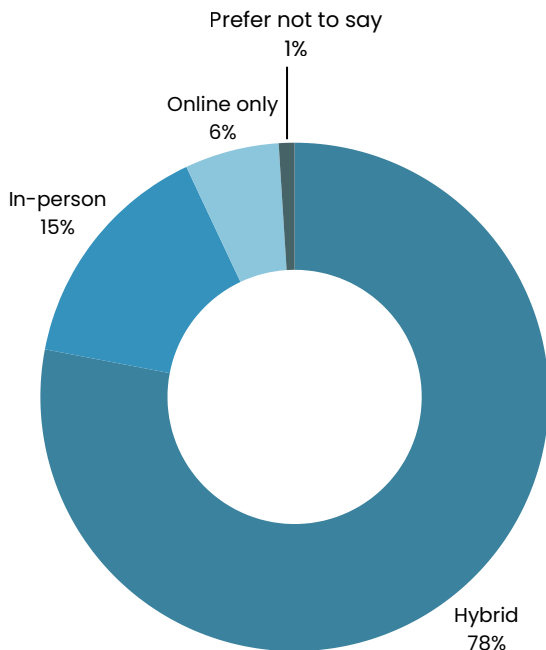
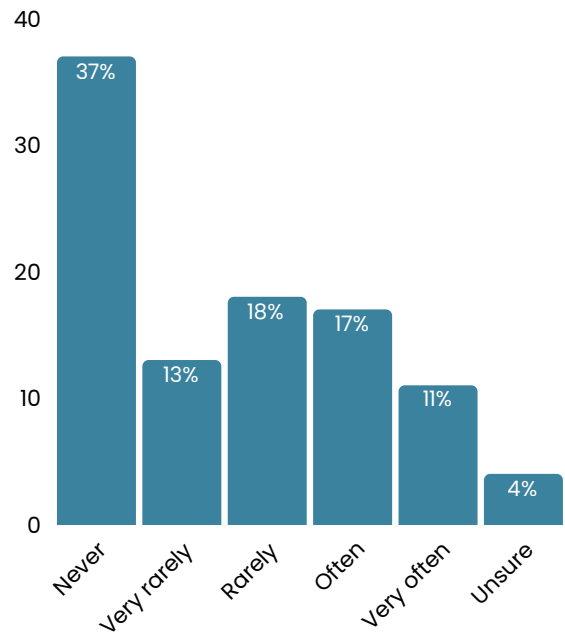
According to the 2024 NHS workforce census, most psychological therapists were paid between Bands 7 and 8.

Interest in future NHS work

Respondents who had never worked in the NHS were evenly split, with 32% not interested in ever working in the NHS and 31% interested in working in the NHS in the future. A large percentage were undecided, with 20% unsure if they would like to work in the NHS in the future or not. 11% were already working in an NHS-funded post and planned to stay, 3% were working for the NHS and planned to leave, and 2% preferred not to say.

Outcome measure usage

When reporting on outcome measure usage over the previous 12 months, more members responded that they never (37%) or very rarely/rarely (31%) used outcome measures. Fewer respondents often (17%) or very often (11%) used outcome measures.



Online or in-person work?

The majority worked both in-person and online (78%), similar to 2024. 15% worked in-person only, and 6% worked online only.



Engagement with new UKCP strategy 2024-27

39% of respondents read emails from UKCP about the new strategy but hadn't read the strategy document on the website. 27% weren't aware that UKCP had a new strategy, and 20% were generally aware that UKCP had a new strategy but hadn't engaged or read anything about it. 13% of respondents had read the strategy on the website, and 2% indicated that they engaged with the strategy in a different way, including through meetings, surveys and the conference.

Religion

Almost half of respondents indicated that they had no religion (48%), followed by Christian (24%), another religion not listed (8%), Buddhist (5%), Agnostic (5%), Jewish (3%), Muslim (1%), Hindu (1%), and Sikh (0.4%).

Other religions written by respondents included Spiritual, Humanist, Pagan, Quaker and Sufi.

Religion	Percentage
No religion	48%
Christian	24%
Any other religion	8%
Buddhist	5%
Agnostic	5%
Jewish	3%
Muslim	1%
Hindu	1%
Sikh	0.4%
Unsure	4%

SUMMARY

- Prestige of the organisation (55%) and quality of the training (37%) were rated the top reasons for membership at UKCP. Bursaries and financial support availability, and career opportunities were the least cited factors.
- The majority of respondents worked with adults individually (89%).
- 43% of respondents worked over 20 hours per week.
- The majority of respondents reported their pay was per session (77%).
- The majority of respondents worked in private or independent practice (79%). 25% worked in the charity/volunteer sector. Less than half (39%) have previously worked in an NHS-funded post. The majority (60%) of those who worked in the NHS were paid between Band 6 and Band 8b. Of those not currently working in the NHS, 31% indicated an interest in working in this setting.
- 90% of respondents had another career before working as a psychotherapist or psychotherapeutic counsellor. Most (74%) have psychotherapy as their sole current employment. 9% had paid VAT on their psychotherapy income in the past year.
- Less than a third used outcome measures somewhat or very often.
- 78% of respondents work both in-person and online.
- Over half (54%) engaged with the new UKCP strategy.
- Nearly half (48%) did not have a religion. The largest religious group was Christian (24%), followed by Buddhist (5%) and Agnostic (5%).

WHAT'S NEXT?

UKCP is using the information compiled in this report for strategic planning, policy and research development, member engagement, improving membership diversity and benchmarking and comparison.

We will be distributing this survey annually in order to track trends across the years. We are thankful to everyone who participated in these surveys for helping us collect this important information.