

Written questions

1. Should the government introduce statutory regulation, to what extent do you think that it will a) protect the public; b) boost the perception of psychotherapy as a robust discipline; c) lead to more opportunities for psychotherapeutic professionals?

Yes It won't be perfect but it will help ensure a level of quality. It troubles me that people with little or no training can call themselves therapists when I trained for 5 years and continue to do CPD and everything else we all do.

I think it will protect us as a profession and the public. It also means that people who are taken off the list for misdemeanours can no longer practice as was highlighted by the recent series of articles in the Guardian.

Some years ago I sat on a complaint and it was clear that the person involved had no intention of completing the sanctions we imposed and it was perfectly possible that they simply carried on practising with no accreditation.

It may be a bureaucratic hurdle, but we already do 5 year accreditation and it shouldn't need to be more than that. The experience of this will inform the process, so it doesn't have to be clumsy or unhelpful. I don't think this will reduce standards and quality. It should make it easier for the NHS and other bodies to employ psychotherapists.

I believe that it is important that UKCP develops a clear response to this now and doesn't wait for it to happen and have to respond to others.

2. How will candidates ensure UKCP has the diversity necessary for good therapy to exist?

There is little UKCP can do directly if I am right in assuming this is about the diversity of the profession. We can look for funds for bursaries and promote the training and the profession more widely to those who are currently under represented. I would like to see UKCP board members and staff visiting colleges and meeting students/trainees to promote the profession and the role of UKCP. I had begun to get this off the ground while I was a Trustee previously, with support from some training organisations, and I don't think anyone followed it up when I left. Some training organisations, OMs, like Metanoia are actively trying to recruit more widely. The training standards and organisational reviews could maybe do more to ensure this is happening widely.

But while it is not a recognised profession there will be little incentive for other forms of funding for training.

The wider publicity about the profession is a bigger issue- being clear about how therapy differs from psychiatry and psychology is an important starting place. Being more proactive in press and publicity.

3. The board presented the UKCP three-year strategy to members at the end of last year. How do you propose to support the organisation to deliver on that strategy?

To work with the CEO to ensure that the work plans are focussed on the strategy and the milestones are reported on to the Board regularly.

To review the goals and milestones regularly to ensure they are still relevant and meaningful.

To support the staff to stay focussed and act on what has been decided.

I am also interested in the governance of UKCP and recognise that the constitution was drafted for a very different organisation in a very different time. It needs to be updated so it reflects the current reality, honouring the role of colleges, and of both training organisations and individual members.

The role of individual members and how they are communicated with needs to be clarified as going through the colleges and training organisations doesn't work for everyone.

4. What would be your strategy for raising the profile of UKCP?

I would support the activities described in the new strategy under the section on Voice and ensure that members are actively involved in all those activities.

It is not just a staff role but also one for therapists to contribute to creating that voice.

5. What is your view of SCoPEd and its impact on the psychotherapy profession?

I hope it will help to clarify the distinctions between counselling and therapy and therapeutic counselling.

It will give interested lay people a guide for taking decisions about who they might want to approach

It recognises the significantly additional training that the title psychotherapy requires.

It will also help to ensure that those with little or no training are not recognised.

6. How would you ensure the safety, wellbeing and rights of trans and other gender non-conforming UKCP members and members of the public?

UKCP has a limited role in this but we must support people from diverse groups in all the relevant roles within and around the organisation.

This could be by actively supporting and acting on the values and ethics established which are about respecting and valuing difference.

By making it clear that it is included in the training standards and that reviews include it.

By responding to complaints against therapists who do not work within these boundaries.

7. How can training environments (teaching and placement settings) in psychotherapy foster a multi-partisan approach that encourages diverse perspectives, critical thinking, and open exploration without fear of judgement or exclusion while balancing the need for psychological safety and mutual respect?

UKCP's role here is in setting training standards, and regularly reviewing the organisational members.

The staff of all those establishments must be enabled and supported to create safe spaces and call out bullying and abuse and lack of respect.

8. How would the candidates balance their own views on social and other issues with the pluralistic stance of UKCP?

I am not sure I need to balance them as I hold integrative, pluralistic views myself. .It is clear that as Board members we have a responsibility to promote the views of the organisation and agreed with the membership not our own personal views when we are in role as a Trustee..

9. What's your strategy for growing the membership and income for UKCP?

I would support the activities outlined in the new strategy.

I think there should be more focus on members representing the profession to the public, to policy bodies, to the press. This might encourage more people to get involved or to join.

10. Strategy Pillar 1: 'addressing any identified disparities for those who are being trained, those who complete training and those who access training'. The major disparity lies in the massive personal cost of training, which excludes a lot of people.

What kind of action do you envisage to address this disparity?

Identifying what the actual disparities are and how they have been created.

But in response to the obvious one noted-

- Supporting the training organisations to foster this approach
- Looking for more funds for bursaries.
- Actively reaching out to under represented communities
- Including this in organisational reviews -how are they funding training and what costs can be covered by other activities?

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