
United Kingdom Council for Psychotherapy (UKCP)

Strategy 2024–27: psychotherapy in a changing world

summary



This strategy offers a clear framework and direction for UKCP over the next three years, centred around four key pillars.

This document summarises the main activities that will be implemented as part of the strategy.

Our mission

UKCP is the leading UK membership organisation for psychotherapists and psychotherapeutic counsellors and has been for over 30 years.

We validate organisations which educate, train and accredit people to become psychotherapists and psychotherapeutic counsellors, and we ensure they have the highest and most exacting standards in the UK.

We support, promote and regulate psychotherapists and psychotherapeutic counsellors who provide therapeutic support to infants, children, young people, adults and families in communities throughout the UK.

We see first-hand the power of psychotherapy to improve lives, so we speak up for the importance of psychotherapy in national and local policymaking and represent the social value of psychotherapy in the UK today.

Our vision

Our vision is of a society that understands the value and impact of high-quality psychotherapy, the importance of making psychotherapeutic services available to those in need and the relevance of psychotherapy for improving lives.

Our values*

We work with integrity. We are innovative. We ensure our policies are informed by data and evidence. We recognise the pluralism of the modality traditions. We aspire to be courageous and inquisitive. We seek to be inclusive. We aim to work collaboratively and are reflective and seek to learn when things do not go as expected.

* this is a summary of our values from [our strategy](#)

Pillar 1

Quality

Ensure those accessing services from our members receive high quality, impactful psychotherapy and psychotherapeutic counselling, underpinned by appropriate regulation.

Operational priorities

Reviewing all regulatory processes

Developing a suite of ethical guidance and other resources

Taking EDI-BIIDE* into consideration in all aspects of our work

Addressing any identified disparities in trainings

Developing our approaches to complaints

Addressing system-wide gaps

Developing special interest groups/partnerships which support UKCP as a learning organisation

Facilitating a comprehensive programme of research activity

*Equity, diversity and inclusion (EDI) and belonging, intersectionality, inclusivity, diversity and equity (BIIDE)

Pillar 2

Membership

Retain and grow our membership and provide services that support them at the different stages of their professional journey, whatever their modality of practice or wherever they are in the UK.

Operational priorities

- Developing a programme of events and CPD
- Reviewing membership categories and services
- Supporting the members forum
- Reviewing services and products used to ensure they still have a purpose
- Building a representative membership of the UK population and promoting an inclusive environment where diverse voices are heard
- Communicating and engaging more effectively with our members
- Building strategic alliances that promote growth
- Exploring chartered status for UKCP members

Pillar 3

Voice

Be a trusted body that develops and amplifies an organisational voice for psychotherapy, while also creating spaces and platforms for members to share their knowledge and experience.

Operational priorities

Providing the media and public with information on what UKCP members have to say about psychological wellbeing

Ensuring we are the go-to organisation for comment on psychotherapy today

Building the UKCP brand to be recognised and trusted

Representing the diversity of UKCP members in our external environment

Promoting and supporting work done by UKCP's organisational members (OMs) and colleges

Holding an annual general meeting (AGM)

Establishing an all-party parliamentary group (APPG) on talking therapies at Westminster and cross-party groups in the devolved administrations

Advocating across the political spectrum for policy and investment in psychological wellbeing

Seeking to influence local and national priorities, policy and practice

Collaborating with strategic partners

Pillar 4

Organisation

Be an agile and focused organisation using technology to promote more efficient working practices, ensuring a strong and inclusive culture that enables our people to thrive.

*Equity, diversity and inclusion (EDI) and belonging, intersectionality, inclusivity, diversity and equity (BIIDE)

Operational priorities

Approving new governance structures and documentation

Approving information governance arrangements

Developing new sources of income

Making sure we give and obtain value for money and remain alert to financial viability

Investing in technologies where these support our charitable objects, our mission and vision

Advancing technological capabilities to improve working practices and communications

Reviewing UKCP's organisational structure

Supporting and equipping people to do their job, ensuring they have opportunities to develop and that they know they belong

Refining and embedding our EDI-BIIDE* action plan

Continuing our efforts to build a more diverse organisation, to foster a more inclusive culture and continue to support the wellbeing of our people

Driving towards sustainability in our office and management as part of our commitment to environment



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