

Statement in support of UKCP trustee nomination

Jo Lucas

I was a UKCP Trustee, Vice Chair and Acting chair from 2021. I resigned in 2023 for a number of reasons, mainly that I felt I simply could not offer any more. I am now interested and able to contribute to the organisation again.

I learnt a lot about how UKCP works and what at least some of the issues are in that time. There is an ongoing tension between being a charity, a regulator and a membership organisation which needs to be reviewed in the context of the new strategy. Also how the work of the organisation is informed by therapists and psychotherapeutic counsellors - the membership.

I have been a full time psychotherapist in private practice for 10 years and have worked in the mental health field for all my professional life - some 45 years now. I have extensive experience of sitting on Boards, of a community and mental health NHS Trust, of mental health charities and have been a director working to the board of a small mental health and development charity.

I would like to be part of a board steering UKCP into a better future, overseeing the implementation of the agreed strategy, with a clear role and good links to the membership.