



Division of Counselling Psychology

October 2020

Members' Message

Dear members,

Following the 2020 AGM, we would like to take this opportunity to thank Professor Christina Richards for her excellent work representing the division and furthering the interests of counselling psychology during her tenure as Chair. Professor Richards takes up the position of Past Chair and takes on the role of Practice Lead within the Executive Committee.

What follows is a brief message from our new Chair, Dr Yetunde Ade-Serrano, whom we welcome and support wholeheartedly as she leads the division forward.

Hello all,

I am hoping this finds you all in good health.

Thank you to all those who attended the first ever online AGM in September, it was great to see familiar faces and new ones too.

Whilst the Chairship has moved on to me, our focus for the division and the profession is unchanged. We remain focused on increasing our wider reach within the community, visibility of CoP, raising the profile of our skill set and adapting to the implementation of these skills bearing in mind the current pandemic environment and the changing faces of how we can engage with it.

Thank you and best,

Dr Yetunde Ade-Serrano
Chair of the Division of Counselling Psychology



Division of Counselling Psychology Conference Team

Would you like to join the conference team?

After having to cancel the conference this year, we are now thinking ahead and planning for July 2021 - it is going to be quite a task given the Covid-19 situation.

We really need your help! We are looking for two new team members. These roles are open to qualified and trainee members of the division especially if you have some suitable experience and enthusiasm.

In particular we are seeking someone to assist me in my role as Lead for Conference - perhaps a co-lead. We also need help in other areas, such as marketing which might be something you know how to do or maybe your strength lies in technology which we may well need next year. We are very keen to develop the conference - maybe in a completely new direction and we would like you to help us with that.

We are looking for people who:

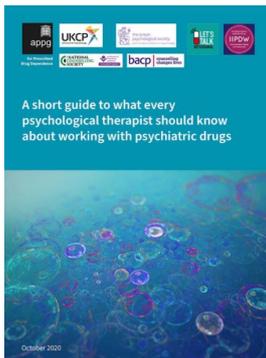
- are enthusiastic about the conference and its role in the Division
- perhaps have prior event management experience but not essential
- are good team players with leadership qualities
- would be able to respond quickly and reliably at busy times
- are good communicators
- have good organizational and planning skills
- are able to commit to following through in a timely manner
- may be creative thinkers for marketing conference material
- are confident
- can be innovative, interested in flexibly finding new ways of doing things

The rewards are great! You get to work with an exciting, enthusiastic, fun and dynamic team, all expenses are paid including conference registration/accommodation, and the satisfaction that comes with a job well done when yet another successful conference is completed.

Workload - some weeks there will be very little email traffic so only ½ hour would be needed at most, but at others the workload can suddenly expand, and quick action is required taking 1-2 hours perhaps. Meetings are currently held on-line using Zoom or similar. We hope to have at least one face to face meeting before next July to be held at the conference venue if possible. Transport and any overnight costs will be paid for. If you have any questions about the role please [send me an email](#).

If you want to apply, [please go to the website](#) and complete the declaration of interest and other steps. Deadline is 9 November 2020.

We look forward to hearing from you -
Jill Mytton
Conference lead



A Short Guide to what Every Psychological Therapist Should Know About Working with Psychiatric Drugs

This recent publication aimed at psychological therapists [can be found online](#). There is also an exciting companion [online training event](#), on 21 November. This free half-day event (3 hours CPD) aims to give attendees the information needed to work confidently with clients and there will be an opportunity to get answers to questions about working with prescribed psychiatric drugs in therapy.

Internal Consultation: Code of Human Research Ethics

A new edition of the BPS Code of Human Research Ethics has been substantially revised and updated from the 2014 edition. Although the changes reflect developments in the field of research ethics, the basic principles remain unchanged.

This new version is intended, as were previous editions, to help psychology researchers to engage actively in identifying, analysing and addressing the range of ethics issues that are pertinent for their particular projects.

To facilitate cross-society collaboration and expert input, an internal consultation has been launched to encourage members of member networks to comment on/contribute to draft documentation prior to its publication.

For more information and to get involved [please visit the website](#). You can [email a response form to Carl Boulton](#). The deadline for responses is Friday 30 October 2020.

DCoP Practice and Wellbeing Sessions

Monday 23 November 2020, 19.30 - 20.30

DCoP is hosting an open forum for our counselling psychology in-training and qualified members in light of the Covid-19 pandemic. We welcome our affiliate members who are either in current applied psychology training or are practicing practitioner psychologists.

The aim of this forum is to share practice and wellbeing needs by looking at how the extraordinary circumstances have changed the way we work as practicing psychologists whether in organisations or independent practices.

This is not a therapy group. You're welcome to participate as much or as little as you want, however, to facilitate a safe space we request that our participants share at a minimum their name and place of work.

We are looking to run these meetings fortnightly and will be hosted by at least two members of the Executive Committee. There are also specific sessions for in-training counselling psychology members.

You are also welcome to [submit topics by email](#) in advance to discuss. We have limited the number of attendees to 20 people per session to facilitate a productive and smooth discussion.

Facilitators:

Hosted by:

Dr Yetunde Ade-Serrano (chair) and Dr Masrita Ishaq (policy lead)

Other facilitators:

Ben Amponsah (trainee rep)

Professor Jill Wilkinson (committee member)

Dr Jill Aebi-Mytton (conference lead)

Dr Neha Cattrra (communications lead)

[Find the event details on online.](#)



Online Support Sessions for Trainees

Independent (QCoP) Trainee Support Zoom Session

19 November 2020

18.30 - 19.30

This is a space for trainees on the Independent Route (Qualification for Counselling Psychology-QCoP) to engage and interact plus air any concerns or thoughts on their programmes.

Members will be able to share a space for networking and sharing of ideas, thoughts etc. Areas for discussion will include: being on QCoP, placements, assignments, Covid-19 impact. The target audience will be QCoP Trainees only.

This event will be hosted by Ben Amponsah and Jill Mytton. [You can Join the session online.](#)

Trainee Support Zoom Session

3 December 2020

18.30 - 19.30

This is a space for trainees to engage and interact plus air any concerns or thoughts on their programmes. Members will be able to share a space for networking and sharing of ideas, thoughts etc. Areas for discussion will include: courses, placements, assignments, Covid impact. The target audience is all CoP Trainees.

The event is hosted by Ben Amponsah and Jill Mytton. [You can Join the session online.](#) If you would like more information [please send us an email.](#)

Call for participants

We need counselling psychologists who are willing to discuss what ‘resilience’ and ‘wellbeing’ means to them, particularly in relation to themselves, their clients and their workplace.

Hello, I'm Nicola Peek a counselling psychologist in training at the University of South Wales. I am undertaking research as part of this course and am interested in exploring the constructs of both “wellbeing” and “resilience”, and, their meaning to counselling psychologists, particularly in relation to themselves, their clients and their workplace.

While there is research available within the field of resilience and/or wellbeing, this often focuses on mental health professionals, with little completed solely with counselling psychologists and their lived experiences.

In light of recent difficult and distressing events and the ever increasing demands for psychological support within the public, private and third sectors, it is felt that being able to openly discuss ‘wellbeing’ and ‘resilience’ in a meaningful way with counselling psychologists would contribute valuable insight in this area.

I am looking for participants who meet the follow criteria:

- Qualified counselling psychologist (as outlined by HCPC’s protected job titles)
- To have been actively working, or have been in active work within the last twelve months, whether in public, private, third sector (e.g. charities) or self-employed.
- Available for interview for approximately one hour, with additional time (15 - 20 mins) given for non-interview tasks (e.g. setting up, additional questions/queries)
- Consent to interview being recorded, transcribed and anonymised for use within the study.
- Willing to provide written, signed consent confirming willingness to participate.

If you think you might be interested, or have any queries, [please feel free to email me](#) without any obligation to participate.

Thank you
Nicola Peek



British Red Cross needs counselling psychologists

The society is looking for trained counselling psychologists to [get involved in a partnership](#) with the British Red Cross, which will see psychosocial reserve volunteers trained to work as part of a team meeting the needs of crisis affected communities. [Find out more and apply online.](#)

Next Issue

Next E-Newsletter is due to be with you on the 20 November 2020
Please send all inclusions by 9 November 2020.



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