

# Division of Counselling Psychology

Newsletter – Feb 2020

## Welcome

We hope everyone managed to keep safe, dry and warm following Storm Ciara.

In this issue of the e-newsletter, we will be saying goodbye to Jennifer Robertson who has been bringing you updates since January 2019. We appreciate all of her hard work and dedication to the role. Anyone who is interested in taking up this position, please look for the advert in this email.

**Dr Masrita Ishaq, DCoP Communications Lead**

---

## Call for Submissions - DCoP Annual Conference 2020

**10 -11 July - Etc venues, County Hall. Westminster**

### **Sustainability in an Age of Anxiety**

There has been some confusion in the sending out of the Call for Submissions. Please note the submission deadlines below and consult the [conference website](#) for further information.

**Deadline for submissions:** Presentations, Workshops, Symposia & Discussion/Panel sessions: 26 March 2020. Posters: 6 April 2020

The Division of Counselling Psychology and the conference committee [invites submissions](#) for the 2020 DCoP Annual Conference, which will be held in London at County Hall in Westminster on the 10-11 July.

Our theme this year is 'Sustainability in an Age of Anxiety', which embraces the societal concerns around us.

We are now looking to explore how counselling psychologists can contribute to our clients' wellbeing in this age of uncertainty. We invite you to share your experiences and knowledge from all areas of applied psychology.

We welcome submissions from qualified and in-training counselling psychologists as well as professionals in other fields.

Guidelines and further information about submitting is available on the conference website.

If you are unsure if your material is suitable for submission we encourage you to direct enquiries to the DCoP conference lead, Jill Aebi-Mytton [DCoPConferenceLead@bps.org.uk](mailto:DCoPConferenceLead@bps.org.uk)

## Practice update & your division

### Executive and strategy meeting summary

The Executive Committee met for a two-day strategy meeting on 1 and 2 November 2019. Our discussions were informed by [DCoP's Strategy Plan 2017 – 2020](#).

### Change of name for the division/profession - Update

In the last e-newsletter, we wrote that we discussed the possibility of changing the profession's name. The discussion for this has now been re-opened.

We will let our members know in due course of any updates.

Dr Masrita Ishaq, Communications Lead on behalf of the Executive Committee

### Training

There will be three free trainee events organised for 2020, with the aim of enhancing trainees' learning and development.

### Practice

The DCoP Annual Survey 2019 had a low response rate, with only 94 responses out of 3,700 members.

The format and frequency have since been reconsidered. As a result a research assistant will be recruited to analyse results of the survey and an ongoing DCoP working group has been established to update our supervision guidelines.

A few members of the EC contributed to HCPC's consultation on Practitioner Psychologist Standards of Proficiency, which is something we will continue to review.

### Research

The research lead, Dr Ho Law has completed his quarterly visits to all DCoP subsidised research projects

We will update members accordingly and these research projects will be published once completed.

### Communications

Trainees and qualified counselling psychologists are encouraged to apply to produce content for DCoP social media platforms.

We have a library of videos available via DCoP's YouTube channel, all of which can be used to promote the profession as well as the division's work. For 2020, the Promoting Counselling Psychology's strategy will focus on UK undergraduate courses by introducing counselling psychology as a career pathway.

The communications survey carried out in 2019 revealed that our members are aware of and use the newsletter and Facebook group to keep themselves up to date with the division's news, while Twitter was the least popular platform. It was also agreed that the division will liaise with the BPS to publish content via their LinkedIn and Instagram accounts.

The successful person will be offered free attendance at DCoP Annual Conference 2020.

### Financial

Funding is available for NAIG events and collaboration with external organisations. There will now be an application process to fulfil various criteria, including demonstrating fulfilment of the division's strategic aims.

### Nations

DCoP Wales and Scotland were represented at the meeting by respective Nations Chairs. If you are a resident of the Nation and would be interested in getting involved with the division's work, please do get in touch.

### General

There is always scope for members to contribute to the work of EC and our profession. Do not hesitate to get in touch, the division is always happy to hear from members.

Email us at Masrita Ishaq, Communications Lead at [dcopcomms@bps.org.uk](mailto:dcopcomms@bps.org.uk) for more information

## Vacancy: E-Newsletter Editor

### Deadline 10 March 2020

The communications team is looking for someone to help produce the e-newsletter.

The role is essentially to promote the values of counselling psychology and keep lines of communication open between the division and its qualified and in-training members.

This is a well-supported and rewarding role, which would require a few hours a week of your time. You will be compiling relevant and interesting information, news and events in counselling psychology to distribute to all divisional members, on a voluntary basis.

Essential attributes:

- Good communication skills
- Responding in a timely manner at busy times
- Keeping well organised and excellent planning skills
- Committed to producing the e-newsletter on a regular basis

There is also scope for bringing your ideas to develop the E-Newsletter.

As part of the role, you'll also be producing a brief report quarterly to update the Executive Committee.

If you're interested, please fill in a [statement of interest](#)

If you have any questions about the role, don't hesitate to email communications lead, Masrita Ishaq [dcopcomms@bps.org.u](mailto:dcopcomms@bps.org.u)

## Division of Counselling Psychology Conference Committee

### Deadline: 26 February 2020

The Division of Counselling Psychology Conference Committee is looking for one or two new members to join the team this year. The voluntary posts are open to qualified members of the division or trainees with enough experience.

If you are a creative person who perhaps has prior experience in event management this might be the role for you.

Essential attributes are that the applicant should be:

- Enthusiastic about the conference and its role in the division
- A good team player and have leadership qualities

- Able to respond quickly and reliably at busy times
- A good communicator
- Well organised
- Able to commit to following through in a timely manner

Desirable attributes are that the applicant:

- Has prior event management experience
- Is a creative thinker for marketing conference material
- Is confident
- Is innovative, interested in flexibly finding new ways of doing things

# Division of Counselling Psychology

Newsletter – Feb 2020

Rewards include - working with an exciting, enthusiastic, fun and dynamic team, expenses are paid in full - including all conference expenses and the satisfaction that comes with the success of a well-organised conference.

Some weeks there will be very little email traffic, which would require only half an hour. However, at busy periods the workload can suddenly expand and quick action is required taking around one to two hours.

There are usually 2-3 face-to-face meetings throughout the year, ordinarily they are held at Tabernacle House, London between 11am and 3pm.

In March a programming meeting is held at the conference venue to prepare for the event. This usually lasts all day, however any transport and overnight costs will be covered.

At times you may also be required for teleconferences which typically last around one hour.

If you have any questions about the role please email [DCoPConferenceLead@bps.org.uk](mailto:DCoPConferenceLead@bps.org.uk)

If you want to apply, please fill in the [Declaration of Interest](#).

## Calling for Counselling Psychology expertise - New internal consultation: Understanding depression

### Overview

The aim of the publication is to communicate some key messages, based on published research and informed by people with experience of depression and by clinicians, and to stimulate debate. The potential audience for this report is anyone interested in depression.

This document that is being consulted on will be a “source” document from which a number of different resources will be developed for different audiences, including policy makers and service commissioners. The comments on this draft should be around the content of the source document and not on the style or whether the language is suitable for different audiences.

The publication will be developed and refined over time, with the benefit of comments and further contributions and links to new and updated resources.

### Process

The BPS publishes guidance, reports and position papers on areas of psychological education, research, professional practice and ethics. These documents are prepared on the basis of the expert contributions of our members. To facilitate cross-BPS 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. This is an informal arrangement to support Member Networks in consulting with other Member Networks.

### Lead Author

If you are interested in commenting on this, please send your comments to [Karen Goldsmith](#) who is collating comments for this document, by Tuesday 25 February.

More information can be found [here](#):

If you have any queries at all, please do not hesitate to get in touch.

# Division of Counselling Psychology

Newsletter – Feb 2020

## Next issue

Next E-Newsletter is due to be with you on the 27th February 2020

Please sent all inclusions by 21st February 2020.