



Division of Counselling Psychology

Newsletter March 2020

In today's bumper edition, we have a lot of news and exciting updates to bring to you. We are also continuing to improve the e-newsletter. Please drop us a quick message at dcopcomms@bps.org.uk to tell us how you've found recent editions. We welcome comments on the layout, content, frequency and anything else you think has been good or requires more work.

Highlights of this edition:

- DCoP Annual Conference- call for submissions and deadlines
- Hear from previous delegates about their experience of attending the conference
- Practice Prize Award
- Counselling psychology and climate emergency- your view required
- DCoP Scotland committee vacancies
- Apply for funding from DCoP for events or projects

Dr Masrita Ishaq, DCoP Communications Leads

DCoP Annual Conference 2020 Sustainability in an Age of Anxiety 10-11 July - Etc venues, County Hall. Westminster

Call for submissions

Submissions are still open for the DCoP Annual Conference in London. We encourage all of those interested in submitting to consider the conference title and theme, and to submit abstracts addressing this theme through research, professional practice, and theory and opinion papers. We also want to encourage you to submit any other work that you might not think is relevant to the theme but is also important.

Remember these key dates for submission deadlines:

Presentations, Workshops, Symposia & Discussion/
Panel sessions – 26 March 2020

Posters – 6 April 2020

For full submission guidelines and information on how to make a submission, please consult the website

Registration

Registration for the Annual Conference is now open. For further details [visit the DCoP website](#). Act early to secure an early bird discount! Discount expires Thursday 14 May 2020.

Conference dinner

The conference venue, London County Hall, sits on the south bank of the river Thames and the DCoP conference committee is excited to announce that this year's conference dinner will be making the most of this beautiful and iconic location. More details will be released later so watch this space.

Benefits of attending the Conference

Hear from previous year delegates about their experience of attending the DCoP annual conference

[Watch now](#)

Division of Counselling Psychology Conference Team

All year the conference team works hard to produce a conference worthy of your attention. At the moment our membership is effectively down to three people which is not enough. We therefore urgently need one or two new members to join the team this year. Can you help?

The posts, which are voluntary, are open to qualified members of the division or trainees with some experience. If you are a creative person who perhaps has prior experience in event management this might be the role for you.

Essential attributes:

- be enthusiastic about the conference and its role in the division
- be a good team player and have leadership qualities
- be able to respond quickly and reliably at busy times
- be a good communicator
- have good organisational and planning skills
- be able to commit to following through in a timely manner

Desirable attributes:

- has prior event management experience
- is a creative thinker for marketing conference material
- is confident with social media
- is innovative and interested in 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 all conference expenses not to mention the satisfaction that comes with a job well done when yet another successful conference is complete.

Workload - most weeks there will be very little email traffic so only ½ hour would be needed. Around the submission deadline we get busier and sometimes at other times the workload can suddenly expand and quick action is required. There are usually 2-3 face-to-face meetings each year, mostly held at Tabernacle House, London. We keep these short! One meeting is held at the conference venue in March/April for the programming of the conference – this is an all-day event.

Transport and overnight costs if needed are covered. At times there are also a few teleconferences as needed of around one-hour duration (no longer!) often at the weekend.

If you have any questions about the role or time needed, please email DCoPConferenceLead@bps.org.uk

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

The deadline for statements of interest is 23rd March.

Jill Mytton

Lead for Conference

Trainees: Would you like to attend this conference?

We require six stewards to assist the conference team from 10 to 11 July inclusive. Stewards help ensure the smooth running of the conference. We need individuals who are willing to look after session rooms and help direct delegates around the conference venue.

Further to this, you will be expected to help at the registration desk, and look after the speakers. It would be to your advantage if you have previous stewarding experience. It's a great opportunity for you to attend the conference and make your mark with your peers in the Division of Counselling Psychology (DCoP).

You must be a registered student member of DCoP.

Benefits of stewarding at the DCoP conference:

1. You will receive two complimentary conference days' attendance, including a place at the conference dinner and bed and breakfast for one night on 10 July 2020.
2. You will have the opportunity to steward a session of interest to you.
3. You will receive a certificate of attendance that can be included in your personal and professional development log book as CPD.
4. We will provide a one-off professional reference based on our experience of you as a steward at the

Division of Counselling Psychology

MARCH 2020

Stewards are required to attend an induction on Thursday 9 July 2020 at 5.30pm.

Find out more about stewarding opportunities.

The deadline for applications is the 20th of April 2020.

Apply to become a steward.

DCoP-Scotland committee seeking new members

The DCoP-Scotland committee warmly invites any counselling psychologists based in Scotland to consider getting involved in the committee. The committee organises a number of events in Scotland for trainee and qualified counselling psychologists, promotes counselling psychology training and careers, contributes a Scottish perspective to UK-wide processes and conversations, and is a point of contact and support for anyone in Scotland involved in or interested in counselling psychology.

The committee is holding its AGM on Monday 27 April and nominations close on 16 March. The committee is

keen for some new members, and this is an excellent opportunity to contribute to the ongoing development and vitality of the counselling psychology profession in Scotland. If you are interested, please feel free to contact the current DCoP-Scotland chair Dr Lewis Blair at dcopscotchair@bps.org.uk.

To apply for the committee complete and submit a Declaration of Interest form.

[Complete the Declaration of Interest here.](#)

The deadline for statements of interest is 23 March.

DCoP Practice Prize Award

Do you know or work with a Counselling Psychologist who deserves recognition?

If so, why not nominate them for an award?

Prize categories are:

1. Annual award for innovation - outstanding contribution to innovative practice or research, this could include the full range of practice from individual practice or one off projects to service development or theoretical model development.

2. Annual supervisor/mentor/trainer award -

outstanding contribution to supervision and development of others.

3. Annual award for diversity - shining examples of individuals who have been creative in recognising and valuing diversity which has benefited all.
4. Annual award for carer and service user involvement - recognises genuine commitment to putting the needs of the service user or carer at the heart of the work.

For more information on prizes, how to nominate, judging and awards [visit the DCoP website.](#)

Are you a Counselling Psychology student in training?

Would you like to represent excellence, win a prize and be celebrated at the annual conference, and have your work published in the Counselling Psychology Review?

A DCoP Trainee Prize winner will receive a one-day registration at the DCoP Annual Conference in London where you will participate in a prize giving ceremony. You will be awarded a certificate and voucher (£100

voucher for the winner and a £50 voucher for each of two runners up). The winner will usually have their entry published in a future edition of CPR.

Closing date: 5pm Friday 24 April 2020 (entries submitted after this date will not be accepted).

[For submission details visit the DCoP website.](#)

Division of Counselling Psychology

MARCH 2020

DCoP Funding Request

If you have a project or event that you would like to take forward and would like some financial support, DCoP might be able to support this. The form has all the information to guide you, such as establishing

the nature of activity or event you are planning, costing, and the subsequent internal procedures involved.

[Further information is available on the DCoP website.](#)

Psychological Professionals Wellbeing Symposium

Are you a in a position of leadership in your workplace? Date: 6 April 2020

The Leadership and Management Faculty invites you to share examples of good practice by submitting a poster for this symposium. This is a platform to link up interested people and work streams across the country to join forces and influence policy as well as maximise impact.

Time: 9.30am to 5.00pm

Location: Edinburgh

Cost: This event is open to BPS members and the general public.

The programme is available here

[Register your place at the symposium now.](#)

Call for participants

1. Counselling Psychologists in Dual Practice 2. Embodiment within therapeutic practice

My name is Natasha, I am a third year student undertaking a Doctorate in Counselling Psychology at the University of Roehampton. I am conducting a research project into the experiences of counselling psychologists working in dual practice. Dual practice is defined as holding two or more jobs across public (NHS/Charity organisations) and private sectors (private organisation/ private practice). I would like to invite practitioners who have worked in dual practice for 1 year or more for their participation to help gather information for my research project. If you agree to take part you will be invited to participate in an interview either face-face or via Skype, during which questions will be asked around your experiences of dual practice.

If you are interested in participating or have any questions contact anastasn@roehampton.ac.uk or call 07400359935

This study has obtained ethical approval from the University of Roehampton Ethics Committee and is supervised by Dr Janek Dubowski.

My name is Zenia Bond, I am a Doctorate in Counselling Psychology trainee at the University of the West of England (UWE) and am conducting research into how therapeutic practitioners perceive and relate to their own bodies, and their use of embodiment within therapy.

The project would involve attending a somatic body mapping session. Somatic body mapping involves drawing a life-size representation of your body onto paper and using images, symbols, materials and words to explore and visually communicate your bodily experience. How our bodies may influence our therapeutic practice will then be explored further in an interview.

I am looking to recruit a few more qualified counselling psychologists to take part and would be willing to come to you to conduct the session. If you would like to know more please contact Zenia2.Bond@live.uwe.ac.uk

This research is supervised by [Dr Nigel Williams](#) and has been approved by the UWE Faculty Research Ethics Committee (FREC).

3. CoPs working with men diagnosed with Borderline Personality Disorder (BPD)

Hello, my name is Steve, a Counselling Psychologist in Training at The University of Surrey. My doctoral research is on men diagnosed with Borderline Personality Disorder (BPD) who engage with psychological therapy. I'm looking for UK Counselling Psychologists with experience of working psychotherapeutically with this client group, to take part in one-to-one interviews (either Internet video call or face-to-face). I'm interested in what Counselling Psychologists make of BPD as a diagnosis, how it fits with their understandings of clients' difficulties and the nature of the therapeutic work carried out with this client group.

1. Participant criteria:
2. Chartered Counselling Psychologist with approximately 3 years post-qualification experience.

3. Experience working psychotherapeutically with male clients who have a diagnosis/presentation of BPD.
4. Sufficient relevant clinical experience to allow an in-depth discussion for 1-2 hours.
5. Available for interview for 1-2 hours without anticipating undue/excessive distress.
6. Consent to interview being audio/video recorded, transcribed, anonymised and used in the study.
7. Agree to provide written, signed consent and willingness to participate.

If you think you might be interested, or have any questions, please contact me, by email/mobile, without any obligation to participate. Many thanks!

Steve Young: Email: s.p.young@surrey.ac.uk
Phone/SMS/WhatsApp: 07733 227884

Please send all inclusions to dcopcomms@bps.org.uk by Monday April 6 2020.

Next e-newsletter will be with you in April 2020 Inclusion deadline Monday 6 April

Get in Touch

✉ @dcopuk

✉ DCoPComms@bps.org.uk

Edited by **Helen Cockle**
communications lead