



Division of Counselling Psychology

Newsletter – April 2020

Hello and welcome to the April edition of the Division of Counselling Psychology newsletter.

Message to our Members

We hope you are keeping safe and well during our new way of being. Our hope is you are also managing both personal and professional lives. We appreciate some of the difficulties you will be facing individually and collectively. We want to give you some assurance that the executive committee continues in our commitment to represent you and our profession on different platforms.

We continue to be involved with Unite. If you are a member, there is a lot of information available to read/download on the Unite website which you may find useful in your work. There are interesting and helpful articles on working safely online and working within the NHS. Unite discusses issues around re-deployment whilst utilising current skill sets. If you are a member and not aware of who your Unite Rep is, this may be a good time to investigate. <https://unitetheunion.org/health>

We recently held a meeting for the Training Committee in Counselling Psychology. A number of universities are adapting to the current situation. Course directors are doing all that they can to reassure trainees and already have in place strategies to deal with client hours. If you are unsure as a trainee, contact your course provider who will do the best they can to answer your queries.

Thank you to all NHS staff and those who are helping to support them. If there is anything we can do to support you, please do not hesitate to contact us. One thing we would say is please remember to look after yourself and try to be safe. During this time, we may carry a lot of anxiety for ourselves, clients and patients, perhaps a sense of guilt around not doing enough

or doing more, we are all trying to make the best decisions in the moment.

BPS – the Society is very busy dealing with altered workstreams and new work as a result of Covid-19. There are updates on the webpage (<https://www.bps.org.uk/news-and-blogs>). Please take a look if you can for some information which may be helpful to you. There is information on working, working safely online and supporting a variety of people e.g. older adults and children.

The BPS Covid-19 committee on which DCoP has representations are thinking about the various adaptations that we have had to make to our professional lives. There is guidance provided jointly by leading psychology, counselling and psychotherapy organisations in the UK for psychological professionals.

In other news, DCoP Annual Conference scheduled for 10–11 July has been cancelled for the foreseeable future and we will inform you as soon as new dates becomes available.

Under these extraordinary circumstances, we hope that you are taking time to look after yourselves and your family. Stay safe.

Dr Yetunde Ade-Serrano (Vice Chair)

Dr Masrita Ishaq (Communications Lead)



DCoP Annual Conference cancelled

As some of you are aware, the DCoP Annual Conference has been postponed for the foreseeable future. Those who have registered will be contacted directly to offer a full refund.

Submissions are closed for now and we'd like to thank

everyone who was planning to submit work for their time and energy.

Submissions will be considered when we have new dates for the conference. We will let members know as soon as we are able to.

BPS Member Connect

Counselling psychologists – have you joined BPS Member Connect?

To help us stay in touch with our fellow members, the BPS has launched a new online community – **Member Connect** – open to all BPS members.

As well as helping us all to connect on any topic, it's also an opportunity to get involved in some major

transformation projects that will help to build a better BPS that works for everyone.

If you have any questions about the new online community or need some help getting signed up, please contact the **community manager**.

Research vacancies

10 research vacancies available – 'Intersex: New Interdisciplinary Approaches project'

Dear Colleagues,

INIA is an international research programme, funded by the European Commission, which supports the wellbeing and rights of intersex people.

10 research vacancies (pre-doctoral) are now open and we invite **applications**.

The European Commission is showing support and flexibility about the delivery of this programme, due to the Covid-19 crisis.

All interviews for the positions will take place via Skype or Zoom.

Please circulate this information to your final year undergraduate students and elsewhere.

Thank you very much for your support.

Surya Monro

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DCoP Annual Trainee Prize

Are you a counselling psychology student currently in training?

Would you like to represent excellence, win a prize and be celebrated at the annual conference? Your work will also be published in the *Counselling Psychology Review*.

As a DCoP Trainee Prize winner, everyone will receive a one-day registration at the DCoP Annual Conference in London where you will participate in a prize-giving

ceremony, and be awarded a certificate and voucher (£100 voucher for the winner and a £50 voucher for each of two runners up).

Closing date: **5pm Friday 24 April 2020** (attempts submitted after this date cannot be accepted).

For submission details, please go to our **website**

Looking for QCoP Supervisor

Cressida is looking for a QCoP supervisor based in London or Oxford for 3 year full time course starting in October 2020. Her email is cressidarosepr@gmail.com

Train to be a Co-ordinating Supervisor for the Qualification in Counselling Psychology

Would you like to share your knowledge and expertise with trainees, and support them in their training? If the answer to that is yes, why not train to become a Co-ordinating Supervisor?

This is a demanding yet rewarding role which provides a valuable means of contributing to the development of the profession.

You will need to already be chartered and a full member of the Division and an HCPC Registered Counselling Psychologist. You will need to have two years' experience since qualification. Training involves completion of some distance learning components and attendance at a workshop.

If you have some previous teaching or supervision experience this will be an advantage. Further details of the qualification are available **online**.

Interested? Contact the **Qualifications Team** for further details.

Pam James

Chair of the Board for Counselling Psychology

Climate change resources – Reference library

We're pleased to share our resource portal for climate change. This includes:

- Reports about climate change
- Systematic reviews
- Climate change and mental health
- Climate change and young people
- Climate change mitigation and adaptation
- Climate change and pro-environmental behaviour

- Climate change perception
- Popular books
- Websites
- Podcasts

Thanks to **Maya Gimalova** for compiling this reference library.

DCoP Climate Change Working Group

To further the important work in this area the DCoP is in the process of forming a climate change working party to feed into the Executive Committee of the Division, headed by Professor Martin Milton.

There will be a stream on the climate emergency at the 2020 Division of Counselling Psychology Annual Conference.

Further **information** is available.

Get in Touch

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