



Division of Counselling Psychology

Newsletter – May 2020

Dear all,

We hope this letter finds you safe and well.

The times are still difficult and challenging for some, others are managing to find positive outcomes through the fog of Covid-19. As a committee, we are continuing to work on your behalf and for the profession. We are pleased to say that this edition contains information for trainees and qualified psychologists alike

Practice and wellbeing seminars

The division's executive committee is setting up a series of membership Zoom meetings in an effort to connect with members during these challenging times. The first of these was on Monday 11 May. We had three members of the executive team together with a total of 13 chartered and trainee members.

The meeting opened with introductions and a brief overview of the division's involvement on the BPS-led response to Covid-19 workstreams. Some of the workstreams include working with health staff, meeting the psychological needs of people recovering from severe corona virus, the effects of confinement and social distancing and working differently. [Find out more about these workstreams.](#)

We discussed some of the different ways in which we are currently working and the associated concerns. Some issues were raised around training and placements. It felt like a supportive space with members sharing various ideas.

Some of the takeaway points were:

1. Potential trauma focused CPD
2. Guidelines for working with interpreters over the telephone or online

3. Potential supervision for members working with Covid-19 related concerns (more information below)
4. Sharing of potential placement opportunities (more information below).

It is important to bear in mind that all course institutions will have their own guidelines around placement opportunities. If you are a trainee, please continue to seek the guidance of your course provider.

Further meetings will take place on 18 May, 1 June, 15 June – everyone is welcome to attend. There is a limit of 20 to 25 people per session to encourage meaningful discussions. Registration is [required](#). You will need to register for each separate date. In addition, we are holding specific trainee meetings which will take place on the 27 May at 6.30pm. Attendance is also by registration which can be done on the BPS events page.

Thank you for taking the time to join us. As always, we are available to hear your concerns and are happy to feedback, and collaborate with you.

Kindest regards

Dr Yetunde Ade-Serrano (Chair Elect) and **Dr Masrita Ishaq** (Communications Lead)

Calling for RAPPS (Register of Applied Psychology Practice Supervisors) Registered Clinical Supervisors

Get in touch if you are able to offer some time supervising psychologists who are working with Covid-19 related concerns in a voluntary capacity. You will have to be registered with RAPPS. The DCoP have agreed to share the information, but any further

arrangements should be conducted between the individual psychologists and yourself.

Email us at dcopcomms@bps.org.uk with your name, contact details and areas of specialism.

Potential remote placement for trainees – placement organisers

We heard from our trainees that some placements are on hold due to changes in services. In response, we are compiling a list of potential placements that are perhaps experiencing a higher level of demand in the remote delivery of therapy.

Please be aware that we recognise all training institutions have their own placement criteria, process of setting up and registering. DCoP do not have access

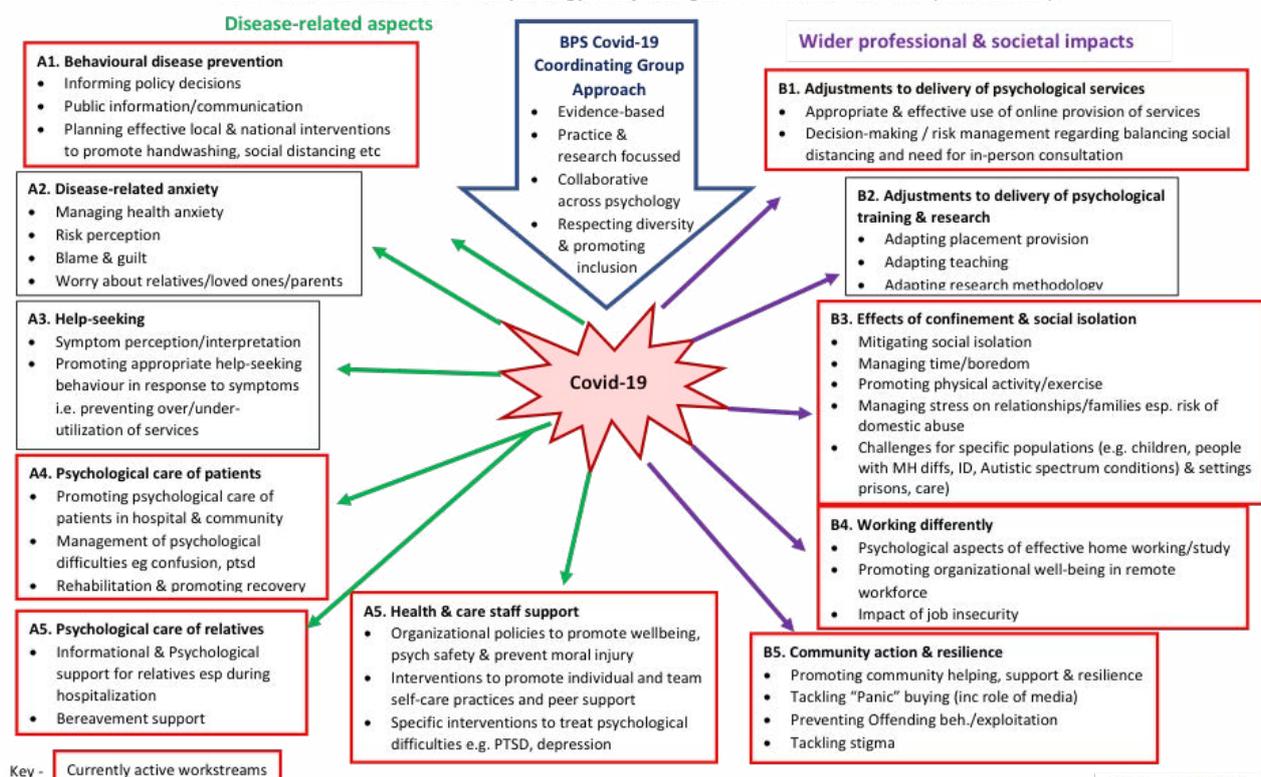
to any of this information. Although we are putting this up as an option for trainees, DCoP aren't monitoring or doing any checks. This list is for information sharing only and any arrangements are the responsibility of individual trainees and their institutions.

Get in touch at dcopcomms@bps.org.uk with a contact name, email, name of organisation, link to service/website, region and any other relevant details.

BPS Covid-19 Response Workstreams

Some members may not have seen this before, we are contributing to some of the workstreams below.

Framework for contribution of Psychology & Psychologists to Covid-19 Pandemic (Version v1.3)



DCoP Network and Interest Groups: News from South West Network

Date: Monday 29 June

Time: 10:00am–11.30am

Location: Zoom

Anyone who wants to come is welcome to contact Dr Christine Ramsey-Wade, Chair of South West Network.

Christine.Ramsey-Wade@uwe.ac.uk

Minutes of the last meeting on Monday 27 April are available upon request. Some of the discussions were about supporting clients through Covid-19 isolation and adapting to provide online/telephone and professional/clinical wills.

Calling for participants

1. Children on the coronavirus

Children's lives have been turned upside down by the Covid-19 pandemic, but their voices rarely reach mainstream media or feature in political debates. Listening to their views is important at this time, at both individual and social levels. We have created a survey with this aim in mind.

Can you help us to gather children's views by participating in the survey with your own children and distributing it to others? In addition to gathering views from around the world, the survey is also a great tool for parents to connect with their children's thoughts, feelings, opinions and questions about Covid-19. We've had great feedback from parents to this effect.

The survey is an initiative by two counselling psychologists: Dr. Gail Sinitsky and Dr. May Lene Karlsen. It's translated into three languages in collaboration with UNICEF Norway and Iceland. Visit the survey and find out more information on our [website](#) or Facebook.

Get in touch if you have questions, tips or would like to join forces in some way.

2. Multicultural Counselling Competencies

My name is Dela Mawutor. I am a final year trainee Counselling Psychologist, completing a Doctorate in Counselling Psychology at Glasgow Caledonian University. I am looking to recruit trainee counselling psychologists (at any stage of training) to complete an online questionnaire.

Research looking at experiences of trainee therapists in the UK, although very limited, highlights that trainees

often feel they may be under-trained in multicultural counselling competencies (MCC) and, may have low confidence in working with culturally diverse clients. In order to gain insight into whether this is true of trainee counselling psychologists in the UK, I am inviting participants to complete an online questionnaire in relation to their training, their perceptions of their multicultural counselling competencies, and their confidence in working with culturally diverse clients. I will not be asking for any identifiable information, all participation is completely confidential.

Should you wish to take part, please click on the link below and you will be taken to further information regarding the study, as well as the [questionnaire](#).

This research project is supervised by Dr Kareena McAloney-Kocaman, who can be contacted at Kareena.mcaloney@gcu.ac.uk. The Psychology Ethics Committee of Glasgow Caledonian University has approved the use of this email to recruit participants for this study.

Thank you for your attention.

Dela Mawutor

AMAWUT200@caledonian.ac.uk

3. Training and organisational factors in black, gay intersectionality

My name is Ben, a qualified therapist, studying my D.Psych in counselling psychology at Glasgow Caledonian University. As part of my doctoral thesis, I am conducting a piece of research looking at how 'Black' (men of colour) UK qualified therapists who are gay, bisexual or men who have sex with other men (GBMSM) have experienced these twin intersectional

identities within vocational and organisational settings in their life. As a Black gay-identified man who has worked as a therapist for 17 years and experienced these issues first-hand am really keen to learn about other men's experiences through this research project, which aims to assist anti-discriminatory practice.

The study is aimed towards counsellors who identify as being either Black British, Black Caribbean, Black African or Black other, who have completed counselling training to at least diploma (level 4) level. You would be currently working in an organisation with other counselling psychologists/therapists or have done so in the past.

I'd like to conduct a one-to-one interview with you at a time and location convenient to you using Zoom, Skype, telephone or internet video calling (e.g. WhatsApp)

The interviews will be about 60 minutes. Interviews will be recorded, transcribed by me and anonymised with the recordings destroyed once the transcriptions are checked. Only me and my two supervisors will see the transcripts, so the whole process is confidential.

The study has been approved by the Research Ethics Review Panel at Glasgow Caledonian University and will be conducted in accordance with the ethical guidelines provided by the British Psychological Society.

I look forward to hearing from you. If you would like further information or to get involved, please [email me](#) or you can call or text me on 07956 564205.

4. Call for participants: Counselling psychologists' experiences and perceptions of working with client spiritual material

I am a master of research student at Newman University, Birmingham. I am looking for trainee and practising counselling psychologists currently working therapeutically with clients who are willing to complete an online qualitative survey on client's spiritual and religious material.

Although research suggests that religious and spiritual

beliefs may have a positive effect on psychological wellbeing, there is little research on counselling psychologists understanding of problematic spiritual material. As part of my Master's, I am examining how counselling psychologists understand and work with spiritual and religious material that may be problematic for the client.

If you decide to participate, you will be asked to complete an online survey through eSurveyCreator. Following completion of the [survey](#), you will also be asked to consider participating in a semi-structured interview.

The study has gained ethical approval from the Newman University Ethics Committee and is supervised by Dr Kevin Hogan.

Thanks in advance for your valuable help!

Rebekah Woodhouse, Newman University
WOOD417@newman.ac.uk

5. Counselling psychologists' experience of working with religious clients

Linda Tayler, a DCPsych student at New School of Psychotherapy and Counselling who has ethics approval from their ethics board, is looking for participants for a doctoral research project:

The research seeks to find out about counselling psychologists' experience of working with religious clients, what has helped and/or hindered their work and what might benefit it. My research should be practically useful to organisations providing initial training and Continuing Professional Development.

Potential participants would have to be: Qualified counselling psychologists who have worked with religious clients Interviews will take place on Skype Contact details for more information:

07786 574831

lmtayler49@gmail.com (Tayler spelled with an 'e')

Deadline for inclusion: 14 June 2020

Date of next edition: 26 June 2020