



Division of Counselling Psychology

Newsletter – September 2021

Dear members,

Welcome to the September edition of the DCoP e-newsletter. As we ramp up for another academic year, and start hunkering down for the colder months, don't forget we have lots of events that aim to update you, teach you something new and indeed inspire you!

The Executive Committee had a very successful two-day strategy meeting at the beginning of September, and we'll be updating our members soon! We talked about all the projects we are involved in and ones we want to prioritise, which makes this a great point to plug all the amazing opportunities to get involved with the division, so do check them out below.

Dr Neha Cattral - Communications lead

DCoP contributes to BPS response to Health Education England (HEE) funding statement

On 1 September HEE announced some major changes to the funding available for psychological professions. Counselling psychology (CoP) was incorrectly included in the list of 'funded' professions effected, with a further suggestion that CoP is a stepping-stone role to a different career.

DCoP collaborated with the [BPS to formulate a response](#) which is on the BPS website.

In the UK it is widely accepted that the severity, duration and number of people experiencing withdrawal effects from prescribed drugs and needing support has been underestimated.

<https://prescribeddrug.info>

#prescribeddruginfo



DCoP CPD regarding prescribed drugs

15 October 2021, 2:00pm - 4:30pm

This new event is **free to BPS members** and in conjunction with the All Party Parliamentary Group (APPG) for Prescribed Drug Dependence titled: "What psychological therapists should know about prescribed psychiatric drugs."

The event will particularly focus on antidepressants and implications for therapeutic practice and is based on the [online guidance](#).

[Find out more and register](#) on the BPS website.

Save the date: DCoP-Scotland annual Inspiring Careers event

Wednesday 1 December 2021, free virtual event

The aim of the Inspiring Careers event has been to offer a way for trainees and those interested in the profession of counselling psychology to access information on the practicalities of getting on the career ladder and obtaining employment from more experienced counselling psychologists. More details and link soon to follow!

Community Trauma Conference UK: 'Racial Trauma: 'The Path to Healing'

Saturday 30 October 2020, online

DCoP are proud to co-sponsor this launch event with our partners [Community Trauma Conference UK](#), a not-for-profit organisation focusing specifically on trauma and healing

within Black, Asian and Minoritised Communities.

EXCLUSIVE: Trainees can get a 15 per cent discount using this code: DCOP15, for both the early bird and full ticket price.

Launch Event
Community
TRAUMA CONFERENCE UK

Racial Trauma: The Path to Healing
Saturday 30th October | Online

SPEAKERS

<p>David Weaver <small>(Keynote Speaker)</small> President of the British Association for Counselling and Psychotherapy (BACP), <i>'A New Terrain'</i></p>	<p>Rima Sidhpara <i>'Our Stories Matter: Healing Racial Trauma through Sharing our Untold Stories'</i></p>
<p>Eugene Ellis <i>'Being vs Doing: Becoming Race Construct Aware'</i></p>	<p>Sade King <i>'Navigating Racial Trauma as New Territory in the NHS: A Qualitative Study'</i></p>
<p>Dr Isha McKenzie-Mavinga <i>'Internalised Racism on Ongoing Trauma. In Conversation with Dr Isha McKenzie-Mavinga'</i></p>	<p>Claire Beerjerez <i>'Community Healing from Racial Trauma: What the Research Says'</i></p>

Early Bird / Students: £85.00* (until 30th September 2021) **Full Price: £120.00*** *plus booking fee

This event is open to ALL counsellors, psychotherapists, psychologists, psychiatrists and mental health practitioners, including researchers, students/trainees and other professionals with an interest in racial trauma.

For more details of the conference and to book your place visit: www.communitytraumacnf.com

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the British psychological society
Division of Community Psychology

Book now

DCoP South West Branch

13 December, 10am to 11:30am

Members of the South West Branch are invited to a general meeting via Zoom.

The Zoom details are:

Meeting ID: 948 5198 8514

Password: 625750

More information will be available on the DCoP website [next week](#).

Join Zoom meeting

Communications Team opportunities



Are you passionate about getting the message out there? Then there's a role for you in the Communications Team!

The team is led by me, Dr Neha Cattra, communications lead. I am looking for enthusiastic and engaged members, wherever they are in their training or qualified journey, to get involved in specific roles or to rotate and experience a range of tasks within the team.

The roles that I am looking for assistance in are:

- **Twitter content writer** - Ongoing commitment: 2/3 planned content, 1/3 spontaneous content, up to 1hr per week.
- **E-Newsletter editor** - Monthly commitment: 1hr to collate content, with some additional emails to chase/check content, and to liaise with the BPS.
- **Facebook updating** - Ad hoc: Posting updates and info to Facebook, as well as triaging queries for a qualified member to respond to.

Additional specific projects being undertaken are:

- **New YouTube content** - Assist in the updating of some existing or former content, co-develop some pre-planned slide presentations with narration.
- **Website audit** (for new layout and content) - Assist communications lead in overhauling the website to make it more user-friendly and have content at the tips of fingers.

I would be happy to talk to anyone about what is available and what is needed, as well as think about getting some varied experience within the communications team.

Please contact me directly: dcopcomms@bps.org.uk

You can submit a [statement of interest](#) for these roles on the BPS website.

Dr Neha Cattra

Conference Team opportunities

The team who organized the online conference this year is urgently looking for new members. We hope you enjoyed the conference so much that you now really want to join us! As you may know, the conference in July 2022 is going to be in London (Covid permitting!). Would you like to join the Conference Team?

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

We are looking for people to fulfil one or more of these roles on the team:

- **Deputy lead** - This person will shadow the conference lead over the next 12 months and then take over after the conference in July 2022.
- **Social media** - Someone who can create tweets through the year, create posts in the division's Facebook group and on Instagram pages, etc.
- **The e-newsletter** - This person is responsible for creating content for the division's monthly e-newsletter.
- **Marketing lead** - This person would lead and help with the social media and e-newsletter people to create content and develop other ideas on how to market the conference successfully.

All team members are expected to join in with the lively discussions about considering themes, keynotes, the format of the conference, etc. and help review the submissions.

We want people who:

- are enthusiastic
- have event management experience (not essential)
- are team players with leadership qualities
- are good communicators, who can respond quickly
- have good organisational and planning skills
- can deliver on time
- are creative thinkers
- are confident to voice their opinions
- can be innovative, interested in finding new ways of doing things
- have fresh ideas for our annual conference

The rewards are great! You get to work with an exciting, enthusiastic, fun and dynamic team and all expenses are paid including all conference costs - registration/accommodation/travel. You will also have the opportunity to develop a more in-depth understanding about how the division works, including the Executive Committee.

Workload - Some weeks there will be very little email traffic so only ½ hour would be needed at most, but at other times the workload can suddenly expand, and quick action is required taking 1-2 hours perhaps, but this workload is diluted with more members of staff (one reason for this call for submissions from interested people).

Meetings - Currently held online 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 email Jill](#).

If you want to apply, please fill in the [statement of interest](#) online and follow the subsequent steps.

Deadline is 11 October 2021.

Trainee events

The next Trainee Support session

Thursday 18 November 2021 - 18.30 - 19.30

Please [sign in](#) on the BPS website.

Trainee Research Recruitment

Males' reflections on being raised by parents with psychotic illnesses and protective factors that can lead to the development of resilience.



My name is Jordan Behnam and I am a trainee counselling psychologist at City University and I am currently carrying out research with men aged 25 and over who were raised by a parent with a psychotic illness to understand the impact that being raised by such a parent had on them.

This research is supervised by Dr Catherine Athanasiadou-Lewis. Sexuality has been historically considered as an integral part of the human experience; however, literature suggests that it might be a neglected or avoided topic in therapy.

Little previous research has been conducted in this area and NHS services currently offer little or no resources to the children of service users. The aim of this study is to create a theory, grounded in the data provided by participants, to develop an understanding of how men experienced their childhoods growing up with a parent with a psychotic disorder.

It is hoped that this research will offer service providers a clearer picture of the types of environments that sons of service users experience and what resources can be helpful. Interviews will take 45-60 minutes and will consist of questions relating to your childhood experiences, how this impacted you and any factors that helped you navigate this environment.

Recruitment criteria:

- Male
- Aged 25 and over
- Raised by one or more parents with a diagnosed psychotic illness (e.g. Schizophrenia or Bipolar Disorder) for a total of at least 10 years (between the ages of 0-18)

If you are interested in taking part in this study, please contact me on jordan.behnam@city.ac.uk

Jordan Behnam

Don't forget to vote for the 2022 BPS Senate policy campaign

Member networks have submitted a range of policy areas for members to vote on. Issues including social mobility, Covid-19 and climate change are among the 10 proposals we have received.

You can read the submissions and watch short videos from the participating networks highlighting key elements of their campaign proposal on the [Mi-Voice](#)

[voting platform](#). You can then select your top three proposals in order of preference.

We are using an open voting process. This means you can vote just by using your membership number.

The proposals receiving the most votes will then be shortlisted and presented, debated and voted on at the Senate meeting in November.

This is your opportunity to help us choose the 2022 key policy issue for BPS. Voting closes at 5pm on **Thursday 30 September 2021**.

European Congress of Psychology

Brighton Centre, 3 to 6 July 2023

The society is looking for a group of practitioners and researchers united by their energy and passion for psychology to join the scientific committee for the European Congress of Psychology 2023 event in Brighton.

They are looking for people from across all domains of psychology to come together in ensuring a dynamic, innovative and far-reaching scientific programme that reflects a blend of knowledge and experience representing the best of psychology.

The theme of uniting communities requires psychology to build strong collaborations across borders between academics and practitioners alike. [Find out more](#).

Next issue

Next e-newsletter is due to be with you around the 20 October 2021.

Please send all inclusions to the editor by 10 October 2021 by emailing: dcoplettereditor@bps.org.uk

Don't forget to keep up with all the latest DCoP news on our channels listed below.



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St Andrews House, 48 Princess Road East, Leicester, LE1 7DR

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