

Division of Counselling Psychology

Newsletter – Jan 2020

Welcome

Welcome to 2020 and the first e-letter of the year! I hope you are all feeling well-rested and ready for new learning and challenges. We begin with an opportunity for you to submit your ideas for the Annual Conference. You will also find a summary of the executive strategy meeting, an important read to keep up to date with developments in your division.

There are some good professional development opportunities for you to consider, including a workshop on working with emotional systems to build emotional strength and capacity for both you and your clients, and a conference on effectively supporting veterans living with PTSD.

In our Members' Section, Loukas is conducting a study investigating the effects of attention training on concentration abilities - take part and have the chance to win a £50 Amazon voucher. A bonus free cuppa and chocolate also included!

Finally, we would really appreciate your time to take the BPS member journey questionnaire, which you can find at the bottom of the newsletter.

Do you have any events, achievements or other items for our next newsletter? Please get in touch with suggestions and enquiries to dcoplettereditor@bps.org.uk

Jenny Robertson, DCoP E-Letter Editor

Call for Submissions - DCoP Annual Conference 2020

10-11 July - County Hall, Lambeth, London

The Division of Counselling Psychology and the Conference Committee invite submissions for the 2020 DCoP Annual Conference to be held in London at County Hall in Westminster.

Our theme this year embraces the societal concerns around us. Sustainability is a word used to define the process of meeting the needs of the present, without compromising the ability of future generations to meet their own needs. Sustainability has become a buzz word in the corporate world, focusing on three main 'pillars': economic, environmental and social – or as Investopedia puts it: people, planet and profits.

Internationally, psychologists have begun to address this. In 2008 the American Psychological Society

set up a task force to explore the interface between psychology and global climate change. However, climate change is not our only concern. Other challenges facing us today, in no particular order, include: knife crime, terrorism, the aging population, social injustice, poverty, human trafficking and human slavery, neurodiversity, gender diversity, addiction to prescribed drugs, the NHS, Brexit, and even the future of our profession.

Submissions are open until Monday 2 March and we welcome ideas from all counselling psychologists. A comprehensive guide and further information about submitting is available on the [conference homepage](#).

To improve your chances of getting your submission accepted, please ensure you read the [submission guidelines](#) before submitting.

Practice Update & Your Division

Executive and Strategy Meeting Summary

The Executive Committee (EC) met for a two-day Strategy Meeting on the 1 and 2 of November 2019. Our discussions were informed by DCoP's Strategy Plan 2017 – 2020.

Change of Name for the Profession/Division

The issue of "Counselling" within the Division's name was raised at the AGM by members. The perception was that it does not have gravitas outside of the BPS. We discussed the national and international implications of a changed title. After weighing these up, it was decided unanimously that we will devote resources to understanding and changing the perception of the profession.

Training

There will be three free trainee events organised for the year, with the aim to enhance 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 were reconsidered. A research assistant will be recruited to analyse results of the survey and we have established an ongoing DCoP Working Group to update our supervision guidelines. A few members of the EC contributed to HCPC's consultation on Practitioner Psychologist Standards of Proficiency: this is something we will continue to review.

Research

The Research Lead has completed his quarterly visits to all DCoP subsidised research projects. With the exception of one project, all projects are currently underway. We will update members accordingly and these research projects will be published once completed.

Communications

Trainees and Qualified Counselling Psychologists are invited to apply to write content for DCoP social media.

Events

Workshop: Building Emotional Capacity in You & Your Clients

Location: Radisson Blu Hotel, Meridian Gate, Bute Terrace, Cardiff, CF10 2FL

Date: 24 January 2020

Time: 9:30 am - 4:00 pm

Cost: Free

There are 1000s of therapeutic models and psychological difficulties but they have a lot in common: emotions are at the heart in all cases. However, most healthcare professionals have not had training in the basic emotional systems driving human beings and all mammals. During this event, delegates will learn from the inside out, experiencing the systems gently as they are present and active in you.

The learning that stays with us is experienced by us, not told to us. In addition, there is no need for believing or trusting what you hear: when you experience it yourself, you begin building your own evidence base. Building your clients' emotional capacity and strengths is a vital part of all psychotherapeutic work and will compliment any model

you are already trained or skilled in using.

This event will be of interest to all healthcare professionals, especially those working psychotherapeutically.

For more information, please visit the [event website](#).

Conference: Sharing Best Practice for Working with Veterans with Complex PTSD

Location: The Great Hall, St Andrews Healthcare, Northampton, NN1 5DG

Date: 28 January 2020

Time: 8:30 am - 4:45 pm

Cost: Various, see link below

This conference explores the complex needs of veterans living with C-PTSD. During the day clinicians, support workers and the service users' experiences will inform further knowledge. This conference will be of interest to both service providers and individuals working in this area, to support veterans to enable healthier lives.

Please visit the [event website](#).

Member Research

Take part in a psychology study and enter the draw for two £50 Amazon vouchers.

Hello, my name is Loukas and I am conducting a study investigating the effects of attention training on concentration abilities. I am looking for adult participants over 18 years of age. The study will take place at Glasgow Caledonian University and will require approximately 80 minutes of your time. All you have to do is listen to a short, audio-guided exercise and complete three short tasks.

By taking part, you will have the opportunity to be part of an important area of research and see how a study is conducted. In addition, you will have the opportunity to win one of two £50 Amazon vouchers. There will

also be free coffee/tea and chocolate offered after your participation.

If you are interested, please contact me via email at lnikol200@caledonian.ac.uk. You will have the chance to find out more about the study before coming to any decision.

My study has been given ethical approval by the Psychology Ethics Subcommittee and is supervised by Dr Christopher Hand and Dr Richard Golsworthy: they can be contacted on christopher.hand@gcu.ac.uk and richard.golsworthy@gcu.ac.uk respectively.

Thank you,
Loukas Nikolao

Member Journey Questionnaire

Are you a current or retired BPS member? If you have a spare 10 minutes, please help us by filling out our member questionnaire telling us about your experience of the BPS. The survey is open until Tuesday 28th January.

We would love you to use this as an open opportunity to tell us what you think we do well, and what we don't do so well. We really value your opinion - so head to <https://lnkd.in/duSq53K> and tell us what you think.