



the british  
psychological society  
division of counselling psychology

# Belonging to DCoP



[www.bps.org.uk/dcop](http://www.bps.org.uk/dcop)

## Member Networks

The Society comprises a number of member networks which exist to help our members further their professional and scientific interests through exchange of information and ideas, research and practice.



**Welcome to your professional body. Let us introduce you to the many benefits of membership, whether you are a trainee, newly qualified or experienced counselling psychologist.**

**The British Psychological Society is the representative body for psychology and psychologists in the UK.**

**The Society promotes excellence and ethical practice in the science, education and practical applications of psychology.**

**The Division of Counselling Psychology (DCoP) is one of our biggest member networks with over 3700 members, representing a profession which is growing rapidly.**

## Our membership benefits at a glance

Membership of the Society is an important part of demonstrating a commitment to providing professional services. However, membership is about much more than the qualification, with access to many additional member benefits such as:

- A monthly issue of *The Psychologist*, keeping members up to date with developments in both science and practice.
- Networking opportunities through Member Networks and over 100 events each year including the annual conference.
- Substantial discounts on books, professional development and conferences.

- Access to international links with other psychological groups around the world
- Competitive rates for professional indemnity insurance.
- Access to exclusive membership pages online offering advice and guidance on practice and personal developments.

The Society works hard to develop psychology and support psychologists in their research and professional practice. The following pages detail just some of the services and products which are available to you as a member, so take a look and make the most of your membership.

# The Division of Counselling Psychology

The Division of Counselling Psychology (DCoP) promotes the interest of counselling psychologists across the UK. We support members by providing training and advice, by holding regular events and by keeping members up-to-date with the latest divisional and societal news.

The Division works closely with other practitioners, academic psychologists, parliamentary groups and organisations to disseminate knowledge and represent the interests of counselling psychology.

## **Our mission statement**

To advance the profession of counselling psychology in promoting the wellbeing of our diverse society.

## **Our values**

- Work ethically and effectively.
- Be reflective scientist practitioners.
- Work creatively, compassionately and collaboratively.

## **Our vision**

We the Division of Counselling Psychology will commit to:

- Meeting the psychological needs of people.
- Equality of access to resources, research, education and training.
- Fairness, equality and social justice.
- Leading and influencing the design and delivery of innovative policies and services.

The Division's strategy sits comfortably with the goal outlined by the British Psychological Society's strategic plan. DCoP's strategic plan is accessible via the Division's website.

# Why join?

Membership of DCoP identifies us within the field of applied psychology and represents our professional home.

You need support in the important, skilled and often taxing work that you do. Throughout your training and working life, as you develop your career, DCoP provides that support.

The benefits of belonging to DCoP are both tangible and intangible. The intangible benefits involve a sense of identity and community with colleagues who share

a commitment to counselling psychology. Members are part of a large but close-knit professional family recognised and respected throughout

And in case you didn't know, during training and for your first two post qualifying years, membership for DCoP are reduced.

To join DCoP or the Society visit [www.bps.org.uk/membership](http://www.bps.org.uk/membership) or call 0116 252 9911.

I was at a stage in my career that I was looking to develop my leadership skills and to be able understand more about and be more able to influence psychological issues in the UK. I applied for the Leadership Development Programme run by the DCoP and DOP, which developed my leadership skills and also helped my understand the workings of the BPS. The BPS is a society run by and for its membership. I have been able to learn from networking with other psychologists from all backgrounds and offer work on projects and consultations which feed in to national projects and politics. I would not have been able to do this without DCoP and it's CPD opportunities which have opened the door for my wider professional development.

**Philippa Capel, Chartered Counselling Psychologist**

# Making the most of your membership

When you become a member, you gain a professional voice and receive many essential benefits of belonging.

## Continuing professional development

CPD is a HCPC registration requirement. DCoP members can access journals (with free online access to EBSCO), conferences and events. Enjoy preferential rates for Professional Development Centre workshops, offering comprehensive CPD opportunities, designed annually to meet the training needs of our members.

## Division annual conference

Our annual conference receives excellent feedback from delegates. Great clinically relevant research presentations and workshops, an opportunity to meet colleagues, share experience and good practice. Exclusive low rates for members and concessions for trainees. Follow us on Twitter at #dcoconf for latest news.

## Research

Developing support for research activity is an ongoing focus, to complement our funding for member research. The Division recently allocated £50,000 for the Research Grants Scheme with an aim to advance knowledge in counselling psychology as a profession through research. Following a competitive process, five research projects were successful in their bid.

## Annual prizes

DCoP Practice Prizes were developed to acknowledge and celebrate the wealth

of work being conducted by counselling psychologists in all settings throughout Britain. The awards are aimed at all levels of experience and practice.

Categories of prizes includes:

- Award for innovation – Outstanding contribution to innovative practice or research.
- Supervisor/mentor award – Outstanding contribution to supervision and development of others.
- Diversity – individuals who have been creative in recognising and valuing diversity which has benefited all.
- Carer and service user involvement – Genuine commitment to putting needs of service user or carer at the heart of the work .

## Grants

The Division looks for innovative opportunities to support our members in their research and practice. We recently funded our members to present a symposium at the BPS annual conference.

## E-newsletter

The informative DCoP e-newsletter is circulated every fortnight with practice updates, reports from our network and interest groups, events and CPD. We keep you up-to-date with the work of the Executive Committee, invite your input on consultations and share information about members' research.

## Formal networking on professional areas

One of the most exciting opportunities for growth within the Division is the energy evidenced in the national branches and English regional branches and in the many networking groups. Through shared vision and collaborative endeavour for many of our professional and trainee members, Division membership comes alive. At present, the Division has three national branches (Scotland, Wales and Northern Ireland) and three regional branches (North West, South West and North East) Networks. It also has a diversity of networking and interest groups which focus on specific areas of practice and experience, including topics such as black and Asian psychologists, cancer and palliative care, intellectual disabilities, NHS and social justice. (See our 'Network and Interest Group' leaflet for more information.)

## Online resources

Information and guidelines relevant to practice can be found on the BPS website, and the DCoP website, produced by the Division for its members. These PDF files can be downloaded for free, and include for example:

- *Working Relationally with Trauma: A discussion*
- *Race, Culture and Diversity: A collection of articles 2017*
- *An Introduction to Bidding for Public Sector Contracts for Counselling Psychologists*

## Online networking

Informal networking opportunities on social media include a members only Facebook group for qualified and in training members. In addition, DCoP is on public facing social media platforms such as page Twitter, YouTube and Facebook.

The Division of Counselling Psychology provided the opportunity for members to apply for funding to cover attendance and expenses associated with the 2018 British Psychological Society Annual Conference held in Nottingham. The requirement was to deliver a symposium at the conference and so an occupational psychology colleague, Anna Lawrence (who I met on the DCoP/DoP Leadership Programme) and I worked together to develop an idea. We consulted with others who had experience in this area and developed a great team of counselling, occupational, clinical and academic psychologists. Our symposium was titled 'The impact of collaboration: When applied psychologists lead, work and influence change together'. One of our presenters was a trainee counselling psychologist who had never presented at a conference before and both the content and delivery of her presentation was very impressive. As members of the Division of Counselling Psychology, there are a great number of benefits. This opportunity provided us with the chance to work together, to present and to attend the conference.

**Dr Daisy Best, Counselling Psychologist and Principal Lecturer for the  
Doctorate in Counselling Psychology, Teesside University**

## Take part

Join the Division of Counselling Psychology Executive Committee (EC) and influence the profession's development by playing a part in strategic and policy decisions within and beyond the Society.

- Members of the EC sit on various groups such as the All-Party Parliamentary Group and Unite's Applied Psychologist Committee.
- We also support our members with employment discrimination giving guidance on the advertising of Applied Psychologist posts, signed by representatives from DCoP, DCP and Chair of the Occupation Advisory Committee of Unite. Various letters written and sent in support of DCoP members are available on the DCoP website. They include letters written to various NHS health boards requesting employment by competence, not adjectival title, and clarifying that applied psychologists can supervise across the domain of registration..
- Neuropsychology Lead role on the EC created to lobby for recognition and inclusion of our members on Neuropsychology training and accreditation programmes.
- Culture and Differences Within and Across Ethnic Minorities (CDEM) Lead highlights awareness of Race, Culture and Difference in everything we do, advocates and contributes to EC training and events with this focus.

Joining Executive Committee requires both commitment and passion for the profession. It has been a journey of discovery; I have learnt things that I may not have known as an ordinary member of both the Division and the Society. I don't always agree with my colleagues, but I am confident we are working towards the development of the profession we love. I appreciate the dedication of Executive Committee members and the advocacy on behalf of all counselling psychologists.

**Dr Yetunde Ade-Serrano, Vice Chair, Treasurer, CDEM Lead**

# Home of the Division

## The Society

To join DCoP, you must first be a member of the Society. Whether you are a trainee applying for graduate membership or a newly qualified counselling psychologist eligible for Chartered status, your membership gives you access to a wide range of important professional benefits.

### **BPS membership benefits at a glance**

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to you as a member, so take a look and make the most of your membership.

### **The Psychologist and Society e-newsletters**

Members receive the Society's topical monthly magazine, *The Psychologist*, providing a forum for discussion and debate, and the Society's e-Newsletters: the *Member Update*, *Events Update* and *Jobs Update*.

### **Research Digest**

The *Research Digest* delivers the latest psychological research through an award winning blog and RSS feed. It provides accurate reports on those studies that make an important contribution to psychology that are timely, novel, thought-provoking and relevant to real life.

Visit [www.researchdigest.co.uk](http://www.researchdigest.co.uk)

### **Journals**

We provide free online access to the full range of 11 Society journals and an extensive range of an additional 32 titles published by Wiley-Blackwell. As part of the Society's ongoing commitment to enhance the benefits of membership, an arrangement has also been set up with EBSCO giving all members free access to the Psychology & Behavioral Sciences Collection (PBSC) journals database.

Visit [www.bps.org.uk/ebSCO](http://www.bps.org.uk/ebSCO)

## Professional guidelines and ethical support

The Society publishes specific guidance documentation for psychologists to refer to. Our *Code of Ethics and Conduct* aims to provide a broad set of principles and parameters to help psychologists in their ethical decision making and conduct. Specific guidance documents have also been published, ranging from professional practice guidelines to guidelines for conducting research on the internet, working with animals, and most recently the *Code of Human Research Ethics*. If you are unable to obtain the guidance you require from the *Code of Ethics and Conduct* or any of the supplementary guidelines, as a member you can submit an enquiry.

Visit [www.bps.org.uk/policy-guidelines](http://www.bps.org.uk/policy-guidelines) or [www.bps.org.uk/ethics](http://www.bps.org.uk/ethics)

## Other publications

There are substantial discounts on other publications, including back issues of *The Psychologist* and publications and guidance produced by our Member Networks, available through the Society's online shop.

[www.bpsshop.org.uk](http://www.bpsshop.org.uk)

## Books

Graduate members receive 30% off books from BPS Blackwell and 20% off selected books from Oxford University Press.

## Library membership

Access to one of Europe's largest psychology libraries at Senate House in London.

## Online communities

A graduate online community will soon be available for Graduate members of the Society to interact with other graduates and to keep updated on issues important to you.

Visit [www.bps.org.uk/benefitsofbelonging](http://www.bps.org.uk/benefitsofbelonging)

Membership of the Society and CPsychol are strong indicators that a psychologist has the experience and knowledge to hold positions of responsibility in what is a very challenging field.

Professor Ray Bull, CPsychol HonFBPsS

# Making the most of your membership

## In-training member

### Free trainee events

Our In-Training members can benefit from free regular events targeted at trainees on topical subjects. These events are presented by experienced Counselling Psychologists specialising in the area.

### Bursaries

We are committed to supporting DCoP trainees and newly qualified members. Generous conference bursaries are available for those presenting at our Division annual conference.

### Annual Trainee Prize

We encourage excellence in training and one way we encourage Trainees to be ambitious in their academic work is to sponsor an annual Trainee Prize. Trainees

are invited to submit a piece of coursework which has been assessed as part of their training. Winners receive monetary vouchers, registration at the DCoP Annual Conference and participation in prize giving event. The winning entry is usually published in the Counselling Psychology Review, for which support can be given.

### Support from Training Lead

The Training Lead represents the needs and experiences of in-training members and UK training programmes on the EC. Support can be given for a range of training issues, including development opportunities and advocacy. Together with “Trainee Representative”, the Training Lead collaborates and organises events with Counselling Psychology Trainees in mind.

As a trainee counselling psychologist, many professional and training opportunities are closed off due to the monetary cost of attendance. The DCoP bursary opens the door for trainees such as myself to access one of the most exciting and relevant events in the DCoP calendar, affirming our position as peers alongside our other professional colleagues.

**Andrew Reid, Trainee Counselling Psychologist**

# Making the most of your membership

## Graduate Member

We encourage counselling psychology as a career of choice. Following attainment of MBPsS as a Graduate Member recognition of your professional status and academic achievement, there are two routes to qualifying as a counselling psychologist: a taught BPS accredited postgraduate doctoral degree, and a the independent route (Qualification in Counselling Psychology).

### Taught route

The Society accredits undergraduate, postgraduate and conversion psychology courses. Information on accredited courses can be found on the BPS website under 'Accreditation'. There are approximately fourteen universities across the UK offering part-time and full-time study on counselling psychology doctoral programmes.

Visit [www.bps.org.uk/chartered](http://www.bps.org.uk/chartered)

### Train independently-qualification in counselling psychology (QCoP)

Independent study is supervised by a co-ordinating supervisor. Appropriate prior qualifications will be taken into account and training is at the candidates' pace whilst in a work-related position. Payment can be spread over the time of study. Some candidates choose to form 'study buddies' with other candidates; this is self-organised. All details about the Qualification can be found on the QCoP webpage and enquiries directed to [counselling.qualification@bps.org.uk](mailto:counselling.qualification@bps.org.uk).

### Networking opportunities

Informal networking opportunities are available on social media to support your application. Look for our Facebook group under "Career in Counselling Psychology UK". Here you can seek advice from others who are also contemplating a Society accredited postgraduate Doctoral Degree in Counselling Psychology as well as experienced Counselling Psychologist on training course requirements and experience.

Training in Scotland can often mean that conferences and workshops take place too far away to make attending feasible because of added travel and accommodation expenses. I applied for a DCoP bursary and was absolutely delighted when it was successful, as it meant I was able to be more involved in the annual conference than I otherwise could be. Taking part was amazing in that I got to meet some of the counselling psychologists that have inspired my research and to meet trainees from different training programmes. Overall, it was a hugely positive experience.

**Flora, Trainee Counselling Psychologist**

# Making the most of your membership

## Newly qualified counselling psychologist

Chartered membership reflects the highest standard of psychological knowledge and expertise. It is our gold standard, demonstrating a commitment to professional development and high ethical standards of practice, teaching and research.

As a Chartered member you can:

- Use the title CPsychol. This is the benchmark of experience, competence and reputation for anyone looking to employ, consult or learn from a psychologist.
- Join the searchable list of Chartered members.

- Advertise your services in the *Directory of Chartered Psychologists*.
- Become a full member of one of our divisions and other professional groups.
- Have exclusive use of the Chartered Psychologist logo.
- and much more...

So, if your aim is to reach the top of the profession, and become a Chartered Psychologist, you are on the right track.

Visit **[www.bps.org.uk/chartered](http://www.bps.org.uk/chartered)**

Chartered status has also affected how I'm perceived and it has certainly helped my career development.

**Dr Helen Nicholas, Counselling Psychologist**

# Keeping in touch

Our membership has a powerful voice in raising the profile of psychology, developing standards and advancing the discipline. We champion the work of our members and the contribution psychology can make to society through lots of different channels.

Furthermore, on the website, you can create an account and personalise your recommended content by ticking your relevant interests. You can also opt in to be a part of the community directory, which is a great place to network with like-minded people and contact each other through the messaging system.



Visit our website  
[www.bps.org.uk/dcop](http://www.bps.org.uk/dcop)



Follow us on Twitter  
[@dcopuk](https://twitter.com/dcopuk)



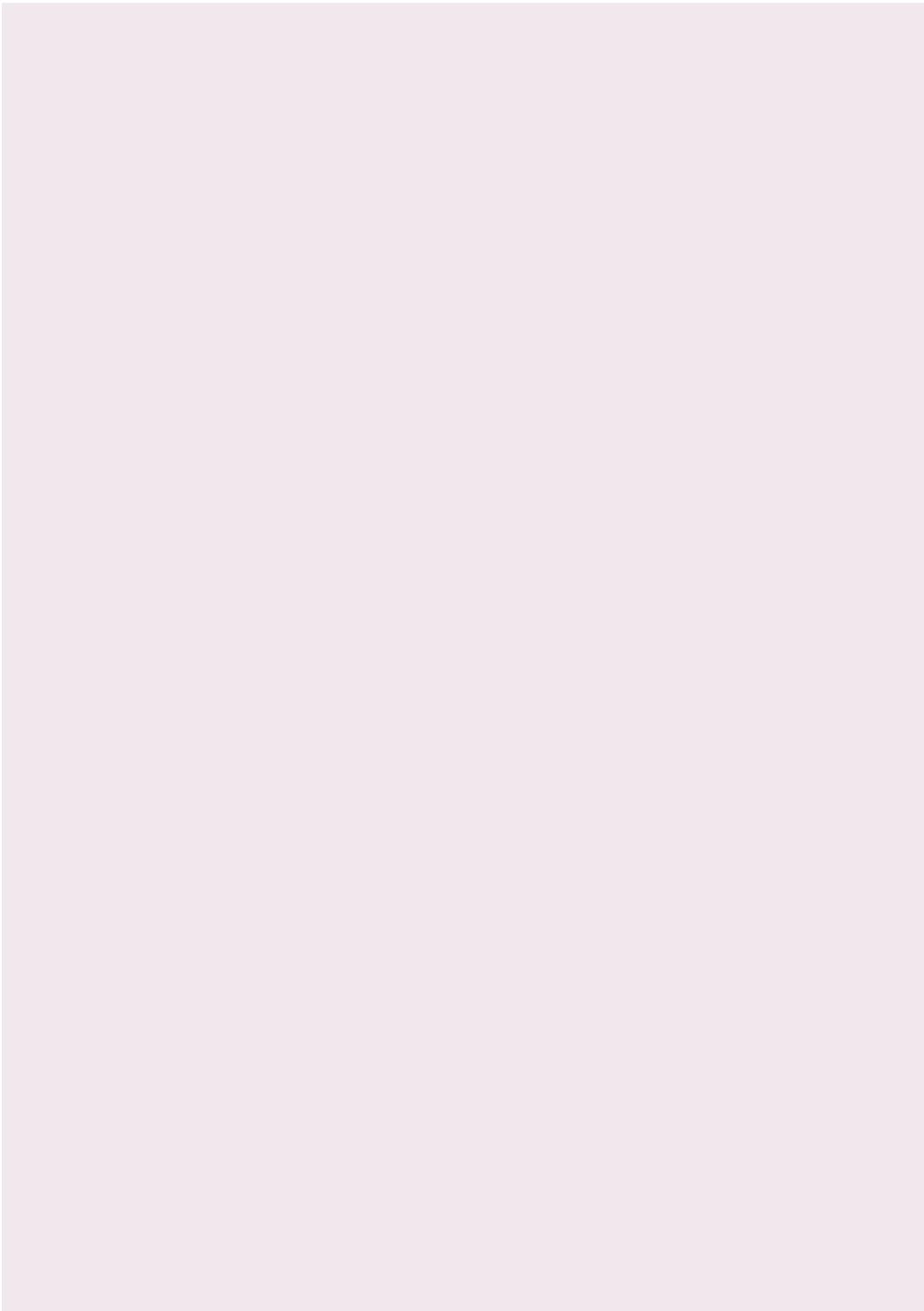
Find us on Facebook  
[www.facebook.com/divisionofcounsellingpsychology](https://www.facebook.com/divisionofcounsellingpsychology)



Watch our YouTube channel  
<https://t.co/d3BHoawwQ>

I have gained a lot from attending a recent DCoP conference. I've learnt about the latest research and developments in counselling psychology, whilst being surrounded by inspirational and approachable psychologists. I discussed what mattered to me, and received support and encouragement. And, I discovered that learning can be really fun!

**Zivile Jackunaite, Trainee Counselling Psychologist**



For further information on the work of the Society and to download a copy of our annual report, please visit our website or contact us at:

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