



Division of Counselling Psychology

Newsletter – June 2021

Dear members,

Welcome to the June edition of the DCoP E-Newsletter. With just weeks to go for the 2021 virtual conference we're excited to announce that there will be an additional stream for attendees interested in early career development as well as those delegates who are joining us who may be interested in becoming a counselling psychologist. This stream will also have a workshop regarding neuropsychology training and a workshop for the independent training route - QCoP.

See below for various opportunities to get involved in the division as well as seeing what we've been up to as a profession! There's some research to participate in and some events to highlight as well.

Dr Neha Cattrra - Communications Lead

DCoP Environmental and Climate Crisis contributions



As members of the division will have seen in the media recently, The Grantham Institute/Imperial College recently published an important document: *'The impact of climate change on mental health and emotional wellbeing: Current evidence and implications for policy and practice'*. (Grantham Institute, Briefing paper No 36).

This document helpfully collates insight into the clear and direct ways that climate change negatively affects mental health, both directly and indirectly, in the short, medium and longer term too. It helps us recognise that while this is the case for all of us, it is particularly a factor for marginalised and vulnerable groups in particular.

[Read more on the DCoP website.](#)



DCoP AGM and Reports 2021

The Annual General Meeting of the **Division of Counselling Psychology** will be held on **Friday 16 July 2021 at 5.00pm** via Zoom (details below).

Please note the AGM time

Meeting ID: 936 6660 2549

Password: 038586

[Join the AGM](#)

You must be signed-in to access the following material

- [Download the agenda and reports \(members only\)](#)

If you have any queries regarding the AGM, nominations or resolutions please email [Member Network Services](#)

Counselling Psychology Review Editor Vacancy

Voluntary opportunity:

Counselling Psychology Review Editor

The Counselling Psychology Review is seeking a new Editor to manage the overall running of the publication, in concert with the reviews Editor Dr Jess Gran.



The role involves seeking papers, arranging special editions, assisting student prize winners, as well as taking responsibility for deciding upon which papers are published, and so maintaining the high quality of the publication.

The Counselling Psychology Review is an academic journal that is registered with EBSCO and is shortly to have an impact factor via SCOPUS. It is not a newsletter. This is the division's newsletter. The CPR publishes empirical research and reviews rather than letters or opinion pieces. This research and review must be of interest to counselling psychologists, but does not have to be about counselling psychology, or indeed by counselling psychologists. Consequently, the Editor must be a senior, well-published, academic who is familiar with both quantitative and qualitative methods, as well as being a counselling psychologist.

If you are interested in the role and would like to discuss the role informally please

email the current Editor [Professor Christina Richards](#).

You can submit a [statement of interest](#) for the role online.

Get your latest issue of [Counselling Psychology Review](#)

Special Edition: Narratives of the healer's journey

Miltos Hadjiosif & May Lene Karlsen



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Special Edition:
Narratives of the healer's journey

Guest Editors:
Miltos Hadjiosif & May Lene Karlsen

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This issue is an anthology containing seven stories. Not all stories are told with words. Our story begins at the University of Surrey's doctorate training. We don't recall the first time we met but we remember the beginning of our bond; a connection that seemed unlikely from an outsider's perspective. May, in her final year of training, a 'model trainee' full of enthusiasm and passion for counselling psychology and the world.

Read more of Milton Hadjiosif and May Lene Karlsen's introduction and all the other articles in your latest issue of [Counselling Psychology Review](#).

An update from DCoP Wales



Schwmae/Hello all,

DCoP Wales held its AGM followed by a network event on Friday 4 June at 9:30am. It was however sadly missing many of our Welsh members.

We also held a 'meet the committee' event in April, which again was not attended by any members. We really are hoping to reach out and connect with our members across the whole of Wales, especially with the current use of technology making connecting so much easier. We hope that the lack of connection is perhaps due to the need of better advertising and that most of you are receiving the DCoP Wales Newsletters/emails, who have opted in, and if you aren't receiving them, maybe log into the BPS website and check your email preference settings.

The committee have arranged to hold a network event on the following dates and would love any of our welsh members to attend:

Monday 20 September 4-5pm
Monday 17 January 2022 4-5pm
Monday 25 April 2022 4-5pm
Monday 11 July AGM 3-5pm

The aim of these events are to:

- Hear what people do
- Opportunity to question and discuss topics
- Network with everyone, take time to get to know one another and build professional relationships

We will be hearing from a number of members talking about what they do in their role as counselling psychologist and showcase the diversity in which we work. Closer to the time, we will send out a newsletter with the working title.

Committee

We do also have some spaces to fill on the committee if anyone is interested. By all means do [email me](#) if you'd like to discuss what being on the committee would entail or just go ahead and submit a statement of interest form via this link: mor.bps.org.uk. The committee meetings will be held on the dates above between 3-4pm.

I really hope to see many more faces in September! Enjoy the DCoP Conference and have a good summer!

Jenny (Chair of DCoP Wales)

Under the spotlight: Ben Amponsah, Trainee Representative

What attracted you to counselling psychology?

I have always been attracted to psychology as a means of understanding what makes us tick from that perspective and that's why I chose to study it at university. I stumbled upon counselling psychology as a discipline in 2000, not that long after the formation of the division, whilst working at an Employee Assistance Programme and I have never looked back.



How would you describe your theoretical approach?

I am integrative with a bent towards the cognitive therapies (CBT being the main one) but I do like using person centred principles as the bedrock of my therapy. I am also EMDR qualified and absolutely love it!

Do you have any speciality interest areas? and what drew you to these?

Trauma/PTSD, LGBT+ and multicultural are my main specialities, the latter two through lived experience and the former after a nine-year stint as a psychological therapist at Freedom from Torture.

Are you currently conducting any research? if so what can you tell us about this?

Yes my doctoral 1st stage research is on the impact of intersectionality on Black, gay therapists.

What advice would you give to other counselling psychologists, at any stage of their career?

Stick with it through training-it can be really tough but your tutors will want you to succeed and use personal therapy as much as you can.

Can you tell our members a little about your responsibilities as an executive committee member?

I am the Trainee Rep so it's my job to assist the Training Lead and also provide the voice of the Trainee to the committee. At the moment I am working to provide support, communications and a better sense of community to the trainees whilst also providing them with some trainee events over the course of the year.

Trainee events

Next Trainee Support Session

Thursday 22 July 2021 - 18.30 - 19.30

Hosted by Ben Amponsah the trainee representative and Neha Cattr, the communications lead.

Read a [review of the latest sessions](#) by Ben Amponsah.

Book now (you will need to sign in)

Working with Complex Trauma and Personality Disorder presentations

Webinar, Thursday 2 September, 6.30pm - 8.00pm, speaker: Dr Harriet Challoner

Find out more and register

Social Justice and Public Policy Research

Are you interested in participating in a study focused on social justice and public policy efforts?

Bringing social justice principles into action is a goal for many fields. However, the specific ways in which social justice principles may be brought to bear in the fields of counselling and school psychology is understudied. Considering the scant research investigating ways in which school or counselling psychologists engage in public policy efforts in the US and the UK, we seek to hold 45-minute Zoom interviews with self-identified school and counselling psychologists who work with children, identify with a social justice orientation, and whose professional work involves engaging in public policy efforts.

The research is being conducted by a team including Dr Laura Winter from the University of Manchester and Dr Dave Shriberg, Maureen Wood, and Jazlyn Rowan from Indiana University.

Our ultimate goal of this study is to speak with expert school and counselling psychologists in order to share good practice and inform the developing field of policy engagement in social justice practice! If you are interested in participating in this study, please contact us at publicpolicysjstudy@gmail.com We will follow up with you regarding your participation and schedule a Zoom interview.



Call for Statement of Interest

Domestic Violence and Abuse (DVA) Workstream

We are currently in the process of establishing the DVA Workstream within the BPS Division of Counselling Psychology. You can find all the details online and we would love to hear from you.

Please submit your [statement of interest](#) before 5pm on 16 July 2021

Dr. Mou Sultana, DCoP DVA workstream Lead

Vote for your society President

The election for BPS President 2021-22 is now open, with voting closing at noon on Friday 23 July.

Three candidates are seeking election:

Peter Branney
Katherine Carpenter
Carl Harris

You can read their statements and watch their election message videos [on our website](#).

Voting is easy. If you're opted into online voting, [visit Mi Vote](#) and enter your unique voter code. You should have received this code via email on 7 June. Your voter code is unique to you, so please don't share it with anyone else.

If you haven't yet opted into online voting, you'll receive a voting pack through the post. This will have a unique voter code that you can use to [vote online via Mi](#)

[Vote](#), or you can return a physical ballot paper through the post.

Voting online is the easiest way to vote in our elections and more environmentally friendly. To make sure you're opted in to vote online in future BPS elections, [log in to your account](#), click on preferences and select 'yes' for the online voting option.

If you need any help using the voting site, please contact Mi-Voice, an independent organisation supporting us with this process. You can contact their support team on support@mi-voice.com or by calling +44 (0)23 8076 3987.



The BPS Conference 2021 - have you booked your place?

1 & 2 July, virtual

With only 2 weeks to go, why not register your place today! Our compere, award winning broadcaster Claudia Hammond, will take you on a journey focusing on the positivity, strengths, wellbeing and difference that psychology has made in the face of adversity.

As well as hearing from our keynote speakers in the main stream, there are three invited [symposium](#) discussing Political Psychology, Crisis, Disaster and Trauma, and Behavioural Science in Policy and in Practice: Advising government in the time of Covid-19.

On 1 July we'll be hosting *The Great Big Psychology Pub Quiz*. This is a great chance for you to network with your fellow psychologists and unwind after a day of discussions.

As a member you'll be getting the very best price; £60 for a day or £80 for both days. Attendees will also receive BPS Learn discount codes giving you £50 off Supervision Skills and £10 off Ethics in psychological practice e-learning.*

Can't make the event? No problem, the event will be recorded and available to watch until the end of July for those who register.

*Discount codes will be received one week after the conference and will be valid until 31 August.

[Book now](#)

National Assessors Scheme

Are you a senior and experienced psychologist?

The National Assessors Scheme is looking for enthusiastic senior and experienced colleagues who are interested in becoming National Assessors, to assist employers in ensuring the quality of appointments to Consultant (AfC Band 8c and above) level posts. We welcome and encourage applications from people of all backgrounds particularly applications from people with a disability, BAME and LGBT+ who are currently under-represented across the society.

[Find out more](#) on the society website.

Next E-Newsletter is due to be with you on the 20 July 2021

Please send all inclusions to the editor by 10 July 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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