



Division of Counselling Psychology

Newsletter – April 2021

Dear members,

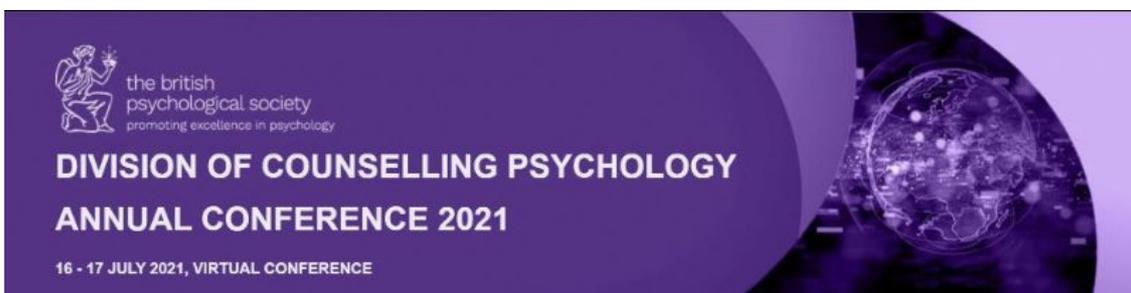
Welcome to your April edition of the DCoP E-Newsletter. We hope this finds you well as we all adjust to the easing of lockdown restrictions. In this edition I am pleased to welcome Naomi Dowse as our new content writer for social media. Furthermore, if you are interested in joining the comms team as E-Newsletter editor please find details below. We would love to hear from you!

We also have an exciting opportunity to join the Environmental and Climate Crisis workstream. There's more about this and how to submit a statement of interest in this newsletter. There are also opportunities to join the DCoP Committee in various roles and get involved with our exciting projects.

Best wishes,

Charlotte Haylock

DCoP E-Newsletter editor



DCoP annual virtual conference: Age of Anxiety

16 - 17 July 2021

Preparations are well underway to make this year's virtual conference a huge success and the conference team is busy putting together the event programme. As well as our three keynote speakers there will be a range of exciting oral and poster presentations, workshops and a symposium.

The climate change strand will be opened with a keynote speech from **Professor David Uzzell** where he will be discussing his paper entitled '*The Climate Emergency and Counselling Psychology: Is It Only About Adaptation Now?*'

David Uzzell, PhD is Professor Emeritus of Environmental Psychology in the School of Psychology, University of Surrey, and Visiting Professor in the People-Environment Research Group, Departamento de Psicología, Universidade da Coruña, Spain.



His principal research interests focus on critical psychological approaches to changing consumption and production practices in the context of climate change; the design and evaluation of space and place in the city; and cultural heritage and place identity. Find out more about David on the [conference website](#).

Expert panel discussion

The climate strand will also include a panel discussion with three expert panelists: **Dr Patrick Kennedy-Williams, Maya Gimalova and Dr Alison Greenwood**.



The panel will follow a 'Question Time' format, after which you will be able to raise questions to the panel. The panel will be convened by Professor Martin Milton.

Martin Milton is Professor of Counselling Psychology, Regents University London. He is a chartered psychologist, Fellow of the BPS and was one of the recipients of the 2012 British Psychological Society Award for the Promoting of Equality of Opportunity. Martin has long been interested in the relationship between people, the natural world and psychological practices that consider this.

In addition, Martin is author of 'Psychological practice in a time of environmental crisis' in the 4th edition of the Handbook of Counselling Psychology, 'Coming home to roost' in Therapy and Beyond and The personal is political. He previously served on the editorial Board of the journal Ecopsychology and the European Journal of Ecopsychology.

Keynote presentations will also be delivered by **Professor Simon du Plock and Christine Parrott**. Watch this space for information about our keynote speakers and details about the event programme.

Registration for the conference is now open so head over to the website to [book your place](#). Join us in making this exciting enterprise a success.

Book now



Vacancy: E-Newsletter Editor

Deadline: 5pm, 17 May 2021

If you are interested in promoting the values of counselling psychology then this might be for you! The communications team is looking for someone to help produce the monthly e-newsletter. The role helps to ensure that the lines of communication between the division and its members are open. This is a well-supported and rewarding role, which would require a few hours a week of your time. You will be compiling relevant and interesting information, news and events in counselling psychology to distribute to all divisional members, on a voluntary basis.

Essential attributes:

- Enthusiastic about promoting counselling psychology
- Good communication skills
- Responding in a timely manner at busy times
- Keeping well organised and excellent planning skills
- Committed to producing the e-newsletter on a regular basis

There is also scope for bringing your own ideas and creativity to develop the E-Newsletter. Additionally, you'll also be producing a quarterly report to update the Executive Committee.

If you're interested, please fill in a [statement of interest](#). If you have any questions about the role, don't hesitate to email communications lead, [Dr Neha Cattr](#).

Call for committee positions

The Annual General Meeting of the Division of Counselling Psychology will be held on **Friday 16 July 2021 via Zoom at 5pm.**

Online forms are invited for:

Role	Tenure
Chair Elect**	4 years*
Committee Member - Training Lead**	3 years
Committee Member - Research Lead**	3 years
Committee Member - CPD Lead**	3 years
Committee Member - Practice Lead**	3 years

* 1 year Chair Elect, 2 years Chair, 1 year Past Chair

** *Full member of the Division of Counselling Psychology with voting rights*

We encourage interest to get involved with the committee from all levels and experience of the membership. If you're interested in becoming involved, please contact MemberNetworkServices@bps.org.uk for more information

Deadline: Nominations must be received no later than **12 noon** on Thursday 3 June 2021.

All nominees must be full members of the Division of Counselling Psychology with voting rights unless otherwise specified.

You must be signed-in to access the following material

- [Access the Notice for details of the positions calling for nominations \(member only\)](#)
- [Download further information on roles](#)
- [Apply for a committee position](#)
- [Submit a resolution item](#)

If you have any queries regarding the AGM, nominations or resolutions please email [Member Network Services](mailto:MemberNetworkServices@bps.org.uk)

Call for Statements of Interest

In addition to the call for elected posts, there are a number of spaces on the committee, which would be co-opted onto the committee for a period of 1 year and would like to invite members to apply to be a co-opted into the roles at the AGM on the **Friday 16 July 2021.**

The roles that we would like to invite interest for are as follows:

- Appointed Committee Member - Network and Interest Groups Lead

- Appointed Committee Member - Policy and Ethics Lead**
- Appointed Committee Member - Neuropsychology Lead
- Appointed Committee Member x2

** must be a full member of the Division of Counselling Psychology with voting rights

Deadline for statements of interest: must be received no later than **12 noon on Thursday 3 June 2021.**

- [Submit a statements of interest form](#)

The Statements of Interest will be considered at a committee meeting prior to the 16 July 2021. Without both the elected and co-opted roles taken up by member volunteers on the committee we cannot undertake the activities that the membership want us to do.

What does being a committee member offer?

- Previous committee members have described the role as the best CPD available. This is a chance to broaden your horizons and develop your career.
- You will gain invaluable professional knowledge and experience.
- You will support the professional development of your colleagues and help represent the profession at a national level.
- You will be supported by a very friendly and helpful committee.
- You will have free attendance at the DCoP annual conference.
- Travelling expenses, etc. are paid.

What does being a committee member require from you?

- Four face to face meetings a year that are currently held online or in London.
- A two-day strategy meeting in September.
- An AGM as part of our annual conference.
- There are some tasks which need to be undertaken by committee members outside the meetings.

If you have any questions or require more details, then please email [Emma Smith](#).

Call for Statement of Interest

Division of Counselling Psychology Environmental and Climate Crisis (DCoP ECC) Workstream

The Division of Counselling Psychology is establishing a small working group to develop and support the development of DCoP members' personal, professional,

scientific and social justice interests in relation to counselling psychology and the environmental and climate crisis

The working group aims to facilitate the exchange of ideas, development and sharing of knowledge about the environmental and climate crisis within the division, when contributing to the BPS Steering Group and with other interested bodies. You can view the [Terms of Reference](#) online.

We are calling for statements of interest to be submitted from counselling psychologists with professional or research interests in the area (qualified and registered on accredited training routes in counselling psychology) who are able to offer both time, interest and expertise in the area. If you would like to contribute, please submit a [statement of interest](#) (SOI). Please do think about volunteering for this important work.

Prof. Martin Milton, DCoP ECC Workstream Lead

South West Network Meeting

Monday 7 June, 10 - 11:30am

The next meeting of the South West network will include a research presentation from a local trainee. All members of the division who live or work in South West England are welcome to attend; just email dcopswnetwork@bps.org.uk for details.

Online trainee support sessions

The division's Executive Committee has decided to continue a series of trainee membership Zoom meetings in an effort to connect with trainees during the year. The first of 2021 was held on Thursday 18 March and was hosted by DCoP EC's Trainee Rep, Ben Amponsah, Chair Dr Yetunde Ade-Sorrano and CPD Lead Dr Eva Karydi. The meeting was attended by 7 trainees, 5 from City University, 1 from University of East London and 1 from University of Manchester.

The meeting opened with check ins and introductions from Yetunde, Eva and Ben and a brief recap of what the meeting's general purpose was i.e., to provide support around wellbeing, practice and provide a vehicle to share experiences and reflections of the training journey thus far.

Topics talked about:

- Anxiety about returning to face to face work particularly as a number of the trainees had only experienced online working due to the lockdown.
- The differences between counselling and clinical psychologists.

There was an appreciation for the presence of Yetunde and Eva who provided some great insights from the perspectives of qualified psychologists.

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

Yetunde Ade-Sorrano (DCoP Chair), Eva Karydi (DCoP CPD Lead) and Ben Amponsah (Trainee Rep)

Online trainee support sessions: QCoP members

Our trainee representative Ben Amponsah is running another one of his brilliant zoom support sessions specifically for QCoP Members on 20 May 18:30-19:30. Access info can be found on the [BPS website](#).



And don't forget if you need any information regarding QCoP, including a handy FAQ and a handbook, you can find it all on the [dedicated website](#).



Introduction: New content writer for social media - Naomi Dowse

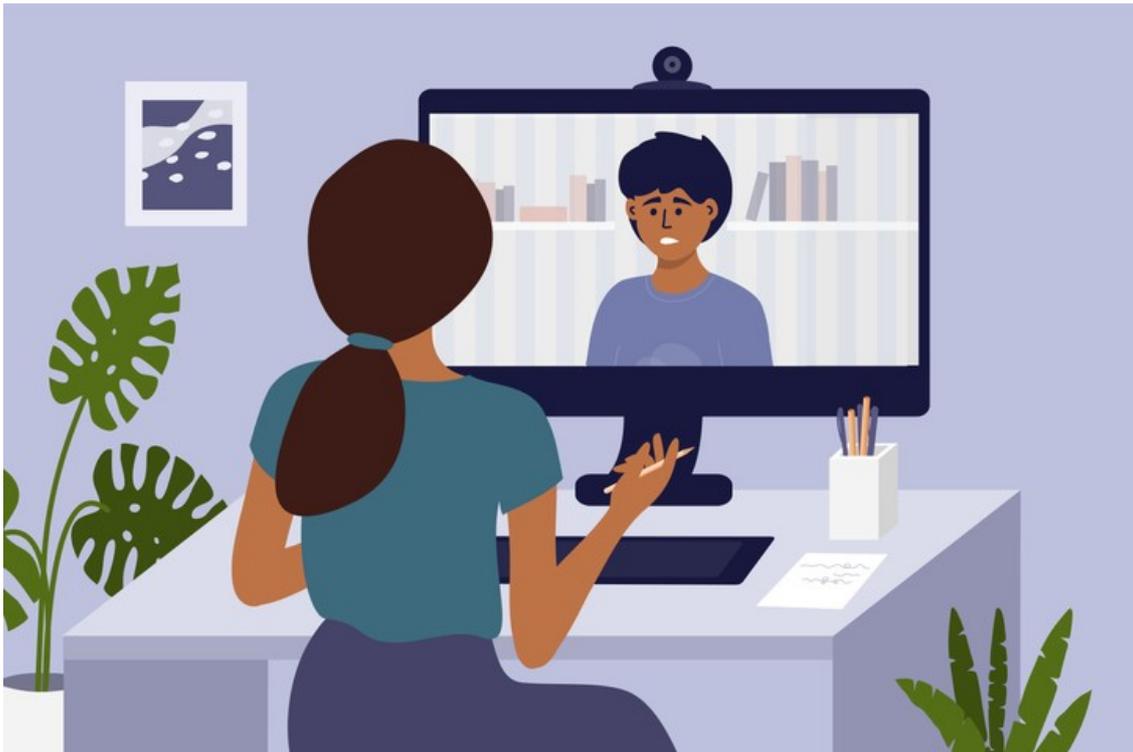
Hello! I'm thrilled to be joining the DCoP communications team as social media content writer. I am a first year trainee counselling psychologist at City, University of London.

Yes - I am one of the "brave" few to start my doctorate during a pandemic. I am

currently on placements with Headstrong Counselling and Place2be. My research topic is post-traumatic growth, which is often compared to the infamous Nietzsche quote: “That which does not kill us makes us stronger”.

My objective is to find new ways to promote the profession and to build a network for members online. Through the use of polls, quotes, statistics, and #hashtags, I hope to encourage conversations to connect you to each other and the wider community. Get involved on Twitter @dcopuk (excuse the plug).

If you have any ideas for me, I'd love to hear them: DCoPComms@bps.org.uk



Call for participants

**Are you a qualified practitioner psychologist, practising in the UK?
Have you provided therapy remotely to people who have or are experiencing intimate partner violence during the Covid-19 pandemic?**

My name is Erin Drummond and I'm a trainee counselling psychologist at Glasgow Caledonian University. I am recruiting therapeutic practitioners for a research study I am conducting in partial fulfilment of the D.Psych Counselling Psychology course.

The study relates to therapeutic practitioner's experiences of providing therapy remotely to people who have experienced or are experiencing intimate partner violence (IPV) during the Covid-19 pandemic. It aims to understand therapists' experiences adjusting to remote practice, their experience working remotely with people who have or are experiencing IPV during the pandemic, how they handled ethical issues, how they managed their own wellbeing during the pandemic and whether they had any recommendations for other practitioners. It involves a semi-structured interview discussing this topic, lasting between 40-60 minutes.

I am looking for qualified therapeutic practitioners, any gender, age and therapeutic orientations is acceptable, who have worked with people who have or are experiencing IPV during the pandemic for at least 6 sessions during the Covid-19 pandemic, who would be willing to take part in the study.

This study has been given ethical approval by The School of Health and Life Sciences Psychology Department and is being supervised by Tasim Martin.

If you would like to take part in this study, would like to know more or if you have any questions about this study, [please email me](#).

Thank you,
Erin Drummond

UK perceptions of counselling psychology & clinical psychology

The chair of the Australian Association of Counselling Psychologists would like to bring our attention to an international survey been undertaken by colleagues in Australia looking at the nuanced similarities and differences between counselling psychology and clinical psychology.



This research is interested in counselling psychologists' views about the similarities and differences between the two fields.

Have you completed postgraduate training in counselling psychology? If so, please consider completing the [online survey](#).

The research will benefit our understanding of the role of counselling psychologists internationally - and will hopefully support the profession.

Your vote is your voice

Voting is now open for our 2021-22 President-Elect - it's your chance to have your say on the society's next leading member representative.

Four candidates are seeking election:

- Professor Jamie Hacker Hughes
- Nicky Hayes
- Alan Kessedjian
- Peter Mitchell

You can read the four candidates' statements on the [BPS website](#). The winning candidate will become our President-Elect in 2021-22, President in 2022-23 and Vice-President in 2023-24.

Online voting is simple - just visit the [Mi Vote website](#) and enter the unique code recently sent to you via post. If you haven't received your code, please get in touch with the [Mi Voice support team](#). You can also vote using the ballot paper and pre-paid envelope recently sent out to members.

Voting closes at noon on **14 June 2021**. The winner will be announced at our AGM on 26 July 2021.

Next Issue

Next E-Newsletter is due to be with you on the 21 May 2021.

Please send all inclusions to the editor by 10 May 2021.



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