



Division of Counselling Psychology

August 2020

Members Message

Dear members,

Hello and welcome to the August edition of the DCoP E-Newsletter!

This month I am excited to announce the winners of the DCoP annual trainee prize. Thank you to all those who entered. We received many entries and there was a great diversity of topics, types of submissions, and high standard of work. We also have details of the next South West Network meeting, and details of a panel event for trainees.

As ever, we welcome newsletter submissions from our members, whether you are training or are a qualified psychologist, we want to hear from you.

So if you would like to submit a piece for inclusion in the next E-Newsletter please do [get in touch with me](#).

Charlotte Haylock, DCoP E-Newsletter Editor

DCoP Annual Trainee Prize 2020 - winners!

It gives us great pleasure to announce the BPS DCoP Trainee Prize 2020 winner is Keri Delpert, Regents University London, with a literature review submission entitled Listening without words: Exploring how sensory, communication and relational experiences of non-verbal autistic adults can guide psychotherapeutic practice.

The two runners-up are Rachel Jones, University of Manchester, with an essay entitled Fat is a political issue: Counselling Psychology's role in changing the dominant discourse of obesity, and Lydia Baxter from the London Metropolitan University, with an essay entitled Working integratively and non-diagnostically in a protocol-driven service: Complexity in IAPT services.

Each will receive a one-day registration at the DCoP 2021 Annual Conference where they

will participate in a prize-giving ceremony and be awarded a certificate and a voucher (£100 voucher for the winner and a £50 voucher for each of two runners-up).



Trainee Question Time

We are holding a panel event using the format of BBC Question Time for current and upcoming trainees on Monday 28 September 2020, from 6.30pm - 8.00pm.

This will be a chance for trainees to quiz the panel on a range of training related topics. We will aim to cover the impact that Covid-19 has had on courses for trainees, assignment support from teaching staff and tutors, progression from the first year to viva, research, and attitudes to the division.

We have an interesting and lively panel for DCoP's Question Time event.

- Dr Joanna Omylinska-Thurston (Ex Tutor at Uni of Manchester D.Psych Course and Founder of DCoP NW)
- Dr Peter Martin (Ex Chair of DCoP)
- Dr Zoe Thomas (Programme Manager, Uni of the West of England D.Psych Course)
- Dr Aylish O'Driscoll (Deputy Director of D.Psych Course at City University, London)
- Dr Mark Donati (Head of Doctoral Training Psych D, Uni of Roehampton)

Please submit your questions to [Ben Amponsah](#) (Trainee rep).

From the questions received, a selection will be given to the panel to answer.

[Join the event](#)

We hope to see you there!

Online support sessions for trainees

The Division's Executive Committee has set up a series of trainee membership Zoom meetings in an effort to connect with the trainees during these challenging times. The third of these was held on Thursday 6 August and was hosted by DCoP Executive Committee's conference lead, Jill Mytton and the Trainee Representative, Ben Amponsah. The meeting was attended by 16 trainees of which three were about to commence their courses and one was from QCoP.

The meeting opened with check-ins and introductions from Jill 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. It was stressed that this was not a therapy session and attendees were asked to say who they were and which establishment they were training at.

Trainees talked about being about to graduate and what that might mean regarding adopting a portfolio professional perspective and looking at independent practice as well as how some of the soon-to-be trainees felt about their imminent start in the Covid-19 world.

Some of the main takeaway points were:

1. Some felt there had been a push from HCPC/BPS to downplay independent practice.
2. Trainees felt that course directors should be pushing these trainee sessions.
3. All trainees really appreciated the space and the ability to link in.
4. Ben outlined the Question Time online event upcoming in September.

The trainees would love the space to continue so Ben is likely to schedule the next one of these sessions for early September.

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

Jill Mytton (Conference Lead) and Ben Amponsah (Trainee Representative)



Prospective trainee Zoom events

Dates in 2020

Friday 4 September 18.30 - 19.30
Thursday 10 September 18.30 - 19.30

We are running two support events for trainee counselling psychologists about to start their courses in 2020. This will be an opportunity for them to ask questions of executive committee members who are respectively on the D.Psych course themselves, have experience of QCoP and running trainee programmes. It will be a chance to provide a space for reflections and Q&A in relation to starting training during the Coronavirus pandemic. There will be a focus on being a trainee during the Coronavirus pandemic and the implications of remote teaching and placements, as well as discussions about starting training more generally.

The aim of the event is that trainees will feel more informed about some of the real-time impacts around training during the pandemic, as well as have questions answered on being a trainee generally.

These events are aimed at prospective trainees on the doctorate in Counselling Psychology and will be hosted by Ben Amponsah and Jill Aebi-Mytton.

[Join the events](#)

South West Network meeting

The next meeting of the South West network is planned for Thursday 24 September,

from 10 - 11.30 am. All divisional members are welcome. Please email the chair [Christine Ramsey-Wade](#) for more details.

BPS Guidance

Meeting the psychological needs of children in shielding families

[Access guidance](#) which considers the psychological needs of children who have been shielding themselves, or who are in families where someone else has been shielding.

Calling for participants

Training and organisational factors in Black, gay intersectionality

My name is Ben, a qualified therapist, studying my D.Psych in counselling psychology at Glasgow Caledonian University. I am conducting a piece of research looking at how 'Black' (men of colour) UK qualified therapists who are gay, bisexual or men who have sex with other men (GBMSM) have experienced these twin intersectional identities within vocational and organisational settings in their life as part of my doctoral thesis.

As a Black gay-identified man who has worked as a therapist for 17 years and experienced these issues first-hand, I'm really keen to learn about other men's experiences through this research project, which aims to assist anti-discriminatory practice.

The study is aimed towards counsellors who identify as being either Black British, Black Caribbean, Black African or Black other, who have completed counselling training to at least diploma (level 4) level. You would be currently working in an organisation with other counselling psychologists/therapists or have done so in the past.

I'd like to conduct a one-to-one interview with you at a time and location convenient to you using Zoom, Skype, telephone or internet video calling (e.g. WhatsApp)

The interviews will be about 60 minutes. Interviews will be recorded, transcribed by me, and anonymised with the recordings destroyed once the transcriptions are checked. Only myself and my two supervisors will see the transcripts, so the whole process is confidential.

The study has been approved by the Research Ethics Review Panel at Glasgow Caledonian University and will be conducted in accordance with the ethical guidelines provided by the British Psychological Society.

I look forward to hearing from you. If you would like further information or to get involved, [please email me](#). Or you can call or text me on 07956 564205.

Remote therapy during Covid-19 restrictions

Have you been providing psychological therapy remotely during the Covid-19 outbreak? If so, you may be eligible to participate in a study looking into psychological therapist's experiences of working remotely.

To participate you:

- Must be either qualified or training in a professional therapy role (e.g. psychotherapists, counsellors, psychologists, CBT therapist, specified 'other').
- Must identify as having predominantly provided psychological therapy in a face-to-face setting prior to the Covid-19 restrictions (i.e. more than 50% of their caseload).
- Must have changed from face-to-face psychological therapy to actively providing therapy via telephone or videoconferencing software during the Covid-19 restrictions.
- Providing psychological therapy forms a large part (i.e. at least 50%) of your job role.
- Must be providing the remote psychological therapy to individual clients, not couples or groups.
- Must be able to read and understand the English language, although can be practicing remote therapy in any country.
- Can be of any gender, age, and working from any theoretical orientation.

It would involve:

- Completing an online survey, taking approximately 20 minutes.
- Being invited to participate in a further part of the study, choosing to either provide a written account or participating in an interview.

[Investigate further if you meet the criteria and want to participate.](#)

Please share this post with people or groups who might also be interested!

Georgina James, Trainee Clinical Psychologist at the University of Nottingham (UoN)



The British Red Cross

The BPS is looking for trained counselling psychologists to [get involved in a new partnership](#) with the British Red Cross, which will see Psychosocial Reserve Volunteers trained to work as part of a team meeting the needs of crisis-affected communities.

AGM notification issues

If you have had any issues with the links on your recent DCoP AGM notification please contact communications@bps.org.uk at your earliest convenience.

Next Issue

The next E-Newsletter is due to be with you on 25 September 2020.
[Please send all inclusions by 14 September 2020](#)



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