



Division of Counselling Psychology

Newsletter – August 2021

Dear members,

Welcome the August edition of the DCoP e-newsletter. We are all having a much needed break over the summer, and we hope you are too! Don't forget that other than our main conference, we have events throughout the year to enjoy – and if you have a particular interest in a topic, there may well be a special interest group for you! Check them out on the [DCoP website](#).

Don't forget we have lots of projects, workstreams or events that need your help to get going!

Do express your interest by emailing MemberNetworkServices@bps.org.uk and letting them know you want to be put in touch with DCoP for opportunities to get involved, or [submit a statement of interest](#) on the BPS website.

Dr Neha Cattral - Communications lead

DCoP annual conference recordings available now

To follow on from the last edition of the newsletter, we have now uploaded the videos of the keynotes to [DCoP's YouTube channel](#).

The YouTube videos available are recordings of the three keynotes.

[Professor Simon du Plock's keynote: Rediscovering wonderment in the age of anxiety](#)

[Professor David Uzzell: The climate emergency and counselling psychology: Is it only about adaptation now?](#)

[Christine Parrott: The digital world: How to navigate the great unknown](#)

Statements of interest invited for vice-chair

The division is looking for a vice-chair to help in a supporting role to the chair. You will share in the planning for executive meetings, decision-making and workload with the chair, according to areas of interests, knowledge and relevant experience. There is no expectation that the vice-chair will take on the role of chair and the tenure will be from now to the 2022 AGM.

If this is of interest and you would like to have an informal chat with the chair, please email DCoPChair@bps.org.uk.

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

Counselling Psychology Review

Associate editor vacancy



The Counselling Psychology Review is seeking two new associate editors, one with a focus on the administration of the peer review process, and the other with a focus on book reviews. In addition, the roles involve supporting the editor with the overall running of the publication.

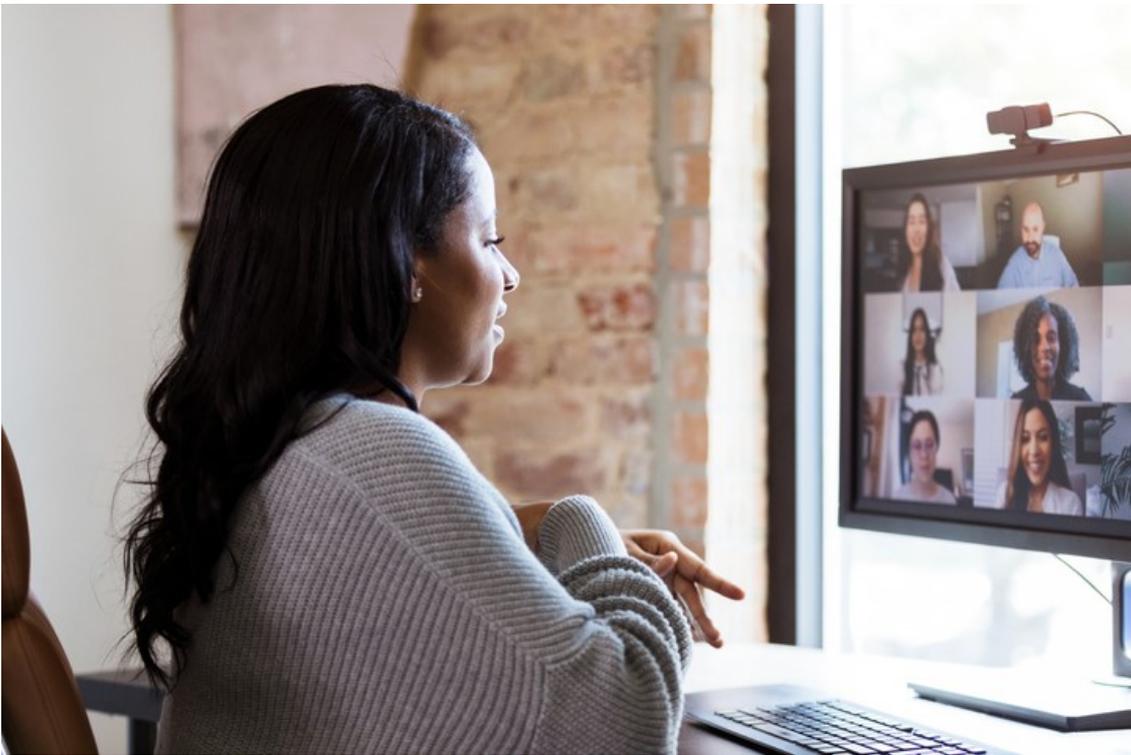
The role of associate editor involves maintaining excellent relationships with authors and reviewers and working with the CPR editor and the other associate editor in order to maintain the high quality of the publication.

To apply for the role of associate editor, you must be a counselling psychologist, you should be familiar with both quantitative and qualitative methods (although not necessarily expert in all of them) and must have excellent organisation and communication skills.

If you are interested in the role and would like to discuss the role informally, [please email](#) the outgoing editor Professor Christina Richards.

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

Communications Team opportunities



Are you passionate about getting the message out there? Then there's a role for you in the Communications Team!

The team is led by me, Dr Neha Cattra, communications lead. I am looking for enthusiastic and engaged members, wherever they are in their training or qualified journey, to get involved in specific roles or to rotate and experience a range of tasks within the team.

The roles that I am looking for assistance in are:

- **Twitter content writer** - Ongoing commitment: 2/3 planned content, 1/3 spontaneous content, up to 1hr per week.
- **E-Newsletter editor** - Monthly commitment: 1hr to collate content, with some additional emails to chase/check content, and to liaise with the BPS.
- **Facebook updating** - Ad hoc: Posting updates and info to Facebook, as well as triaging queries for a qualified member to respond to.

Additional specific projects being undertaken are:

- **New YouTube content** - Assist in the updating of some existing or former content, co-develop some pre-planned slide presentations with narration.
- **Website audit** (for new layout and content) - Assist communications lead in overhauling the website to make it more user-friendly and have content at the tips of fingers.

I would be happy to talk to anyone about what is available and what is needed, as well as think about getting some varied experience within the communications team.

Please contact me directly: dcopcomms@bps.org.uk

You can submit a [statement of interest](#) for these roles on the BPS website.

Dr Neha Cattr

Conference Team opportunities

The team who organized the online conference this year is urgently looking for new members. We hope you enjoyed the conference so much that you now really want to join us! As you may know, the conference in July 2022 is going to be in London (Covid permitting!). Would you like to join the Conference Team?

We need your help! We are looking for three new team members. These roles are open to both qualified and trainee members of the division, especially if you have some suitable experience and enthusiasm.

We are looking for people to fulfil one or more of these roles on the team:

- **Deputy lead** - This person will shadow the conference lead over the next 12 months and then take over after the conference in July 2022.
- **Social media** - Someone who can create tweets through the year, create posts in the division's Facebook group and on Instagram pages, etc.
- **The e-newsletter** - This person is responsible for creating content for the division's monthly e-newsletter.
- **Marketing lead** - This person would lead and help with the social media and e-newsletter people to create content and develop other ideas on how to market the conference successfully.

All team members are expected to join in with the lively discussions about considering themes, keynotes, the format of the conference, etc. and help review the submissions.

We want people who:

- are enthusiastic
- have event management experience (not essential)
- are team players with leadership qualities
- are good communicators, who can respond quickly
- have good organisational and planning skills
- can deliver on time
- are creative thinkers
- are confident to voice their opinions
- can be innovative, interested in finding new ways of doing things
- have fresh ideas for our annual conference

The rewards are great! You get to work with an exciting, enthusiastic, fun and dynamic team and all expenses are paid including all conference costs - registration/accommodation/travel. You will also have the opportunity to develop a more in-depth understanding about how the division works, including the Executive Committee.

Workload - Some weeks there will be very little email traffic so only ½ hour would be needed at most, but at other times the workload can suddenly expand, and quick action is required taking 1-2 hours perhaps, but this workload is diluted with more members of staff (one reason for this call for submissions from interested people).

Meetings - Currently held online using Zoom or similar. We hope to have at least one face-to-face meeting before next July to be held at the conference venue if possible. Transport and any overnight costs will be paid for.

If you have any questions about the role [please email Jill](#).

If you want to apply, please fill in the [statement of interest](#) online and follow the subsequent steps.

Deadline is 11 October 2021.

DCoP Wales 'In conversations with...' series

Monday 20 September 2021, 4-5pm



DCoP Wales announces their 'Conversations with...' series, where we hear from counselling psychologists who will share a window into their professional world, to celebrate the diverse settings we all find ourselves working in.

This event is for DCoP Wales Branch members and **free to attend**.

For more information [please sign in](#) on the BPS website.

DCoP CPD regarding prescribed drugs

15 October 2021, 2:00pm - 4:30pm

This new event is **free to BPS members** and in conjunction with the All Party Parliamentary Group (APPG) for Prescribed Drug Dependence titled: "What psychological therapists should know about prescribed psychiatric drugs."

The event will particularly focus on antidepressants and implications for therapeutic practice and is based on the [online guidance](#).

[Find out more and register](#) on the BPS website.

Trainee events

Webinar: Working with Complex Trauma and Personality Disorder Presentations

Thursday 2 September, 6.30pm - 8.00pm

This webinar, specifically provided for counselling psychologists in training, will explore the role of trauma in the development of personality difficulties, specifically focusing on emotionally unstable/borderline personality disorder.

Speaker: Dr Harriet Challone

[Find out more and register](#)

The next Trainee Support session

Thursday 23 September 2021, 6.30pm - 7.30pm

You can find the [meeting details on the DCoP website](#) (you will need to sign in).

Trainee Research Recruitment

Grounded Theory: How counselling psychologists address sexuality in therapy



My name is Monica Videira and I am a trainee counselling psychologist at London Metropolitan University and am currently carrying out research on how counselling psychologists address sexuality in therapy.

This research is supervised by Dr Catherine Athanasiadou-Lewis. Sexuality has been historically considered as an integral part of the human experience; however, literature suggests that it might be a neglected or avoided topic in therapy.

Counselling psychology has largely contributed to the body of research on sexuality, but most studies focus specifically on gender and sexual orientation, providing only a partial understanding of what might be the practice. By constructing a grounded theory of how counselling psychologists address sexuality in therapy, I hope to contribute towards the body of knowledge and improvement of therapists and clients experience of therapy when addressing sexuality.

Recruitment criteria:

- Must be a counselling psychologist, HCPC registered and/or BPS chartered.
- Actively working in a clinical role (must not be retired, only offering supervision or in managerial positions with no client contact).
- Work in the London metropolitan area.
- Preferably not work in a sexual health, gender/sexual orientation specialist service.

If you are interested in taking part in this study, please contact me either via phone: 07857 7707 879 or [email Monica Videira](mailto:monica.videira@ecampus.ut.ac.uk).

The subjective experience of mindfulness based stress reduction courses



My name is Agata Tarnawska, and I am a third-year counselling psychology doctorate student at the University of East London. My doctoral research aims to explore the subjective experiences of individuals who completed the MBSR course, particularly how they understand and make sense of deeply distressing experiences following the MBSR course.

This research is being supervised by Dr Jeeda AlHakim.

The significantly growing research on mindfulness has demonstrated that mindfulness-based interventions, particularly the MBSR intervention, were effective in improving symptoms of anxiety, depression among many others. However, there has been little focus on lived experiences of individuals who completed these interventions.

Recruitment criteria:

- Individuals over the age of 18 who speak fluent English and are based in the United Kingdom.
- Individuals who have completed the mindfulness-based stress reduction (MBSR) course within the last three years.

If you are interested in taking part in this study, or have any questions, [please feel free to email me](#) without any obligation to participate.

Agata Tarnawska



How to get your research advertised

If you would like us to help with recruitment or dissemination of your doctoral research, please email dcoplettereditor@bps.org.uk with some wording for a short advert to be included in the e-newsletter. Please copy in your supervisor and attach a copy of your ethical approval. The typical process for agreeing to advertise does require your supervisor to confirm their knowledge of the request and that ethical approval has been granted. This process is the same for everyone to ensure fairness.

As we move forward, we would like to build a list of current research for the purpose of indicating to prospective trainees and external parties the type of research activity within counselling psychology.

New best-practice guidelines for working with autistic people

published

The BPS has published a new set of best-practice guidelines for practitioner psychologists who work with autistic people and their families and carers. The guidelines are based on the current NICE guidance and other published guidelines for autism and, due to the wide diversity in the autistic population - both how autism presents and the level of individual needs - they aim to be as broad as possible.

The guidance covers a range of key areas, including talking about autism, assessment, diagnosis and formulation, autism in children and younger people, autism in adults, employment, and autism and the criminal justice system.

You can [find the guidelines](#) on the BPS website or watch a video with Professor Tommy MacKay, part of the task & finish group behind the guidance, on the [BPS Twitter page](#).

Voting for the 2022 Senate policy campaign has now opened

Member networks have submitted a range of policy areas for members to vote on. Issues including social mobility, Covid-19 and climate change are among the 11 proposals we have received.

You can read the submissions and watch short videos from some of the participating networks highlighting key elements of their campaign proposal on the [Mi-Voice voting platform](#). You can then select your top three proposals in order of preference.

We are using an open voting process. This means you can vote just by using your membership number.

The proposals receiving the most votes will then be shortlisted and presented, debated and voted on at the Senate meeting in November.

This is your opportunity to help us choose the 2022 key policy issue for BPS. Voting closes at 5pm on **Friday 17 September 2021**.

Next issue

Next e-newsletter is due to be with you around the 20 September 2021.

Please send all inclusions to the editor by 10 September 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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