

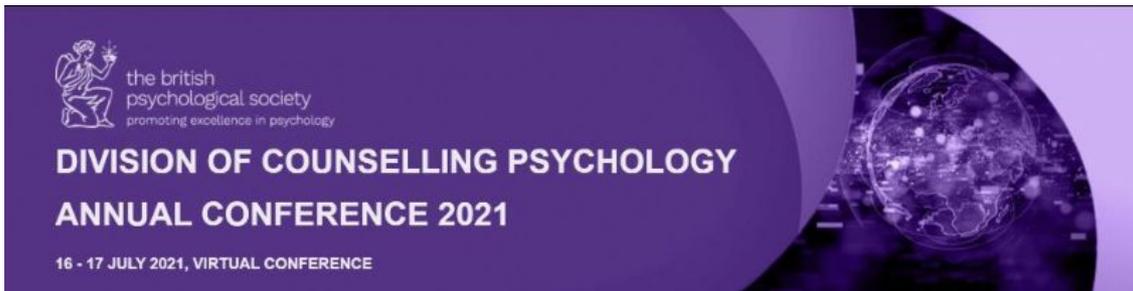


Division of Counselling Psychology

Newsletter – May 2021

Dear members,

This edition you will find further details on the exciting news that you can register for free to attend the DCoP annual virtual conference! Also, don't forget to follow the DCoP [Twitter](#) account for the latest updates, and opportunities to get involved in conversations regarding various mental health issues.



Free registration! DCoP Annual virtual conference 2021 16 - 17 July

The last year has brought us many new challenges and highlighted some existing ones. Now more than ever, the psychological professions are being called upon to share their knowledge and expertise to support the mental health fall out of a global pandemic that has left our communities with deep scars. One of those challenges has been professional and quite possibly financial.

With this in mind, we have made the landmark decision to open up the DCoP conference by offering free registration* to the whole event!

We want to open up our psychological knowledge, bring the CoP community back together after this difficult year, and get back on track with the great work that we are all doing. In this age of uncertainty, we've come together decisively as an executive committee to respond dynamically to the specific challenges and opportunities of this last year.

We hope that you'll join us! Find out more here: [Link](#)

You can find all the details regarding free registration to [DCoP conference](#) on the website.

***Places are free for:**

1. All members of the Division of Counselling Psychology including all categories of DCoP membership. Places will initially be capped so are offered on a first come first serve basis.
2. Undergraduate and postgraduate members of the BPS. Places are currently capped at 100 and are offered on a first come first serve basis.

Book your free place now!



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. If you meet the person specification outlined below we would like to hear from you.

Purpose

The main aims of this workstream are as follows. To provide a forum for members

working within the field of DVA through which they can exchange ideas and share knowledge.

- To help members further their professional and scientific interests within the area of DVA.
- To support the specialised scientific interests of members working within the area of DVA.
- To promote both practice-based research and research-based practice within the area of DVA including the intersections between gender, sexual violence, intimate partner abuse, ethnic identity, parenting, trauma, mental health and DVA.

Person Specification

Counselling psychologists who have a special interest in DVA, and are currently working within this area (a minimum of 2 years).

Please submit your [statement of interest online](#) before 5pm on 10 June 2021



Under the Spotlight: DCoP Chair Dr Yetunde Ade-Serrano

In the coming months we will be putting various DCoP committee members under the spotlight with a Q&A, starting with our chair! Dr Yetunde Ade-Serrano is the current Chair of the Division of Counselling Psychology. She is a Registered EuroPsy Psychologist and the founder of the Black and Asian Counselling Psychologist group within the division.

What attracted you to counselling psychology?

I became aware of counselling psychology after attending an open day for a clinical psychology programme. At the same time, I spoke to a friend who was on the CoP

programme. My friend's reflection prompted further reading on the history of CoP. I was attracted to the humanity in its philosophy as well as the transferable skills of the profession.

How would you describe your theoretical approach?

I work from a person-centred perspective which is heavily influenced by a psychodynamic approach. Whilst this is my frame, my client work is very much client centred rather than modality centred.

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

I am interested in race, culture and difference, its impact on individuals and groups, I am also interested in women's identity particularly in black women's identity. I have an interest in African psychology and in spirituality. There is a growing interest in the area of autism.

What advice would you give to other Counselling Psychologists, at any stage of their career?

Enjoy your discipline and profession. Feed your soul so that you can be attentive to the work you do. If you are not enjoying it and/or it is becoming mundane, it is ok to take time out if you have the resources to do so.

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

I am currently in the privileged position as chair of the division. I get involved with a number of meetings internal to the British Psychological Society - whether liaising with other disciplines, collaborating on a project, responding to a consultation etc. In addition, there are external involvement with other organisations in raising the visibility of CoP. As chair, I am in conversation with EC colleagues and other members of the division on various issues facing the psychology profession as well as the discipline. One other aspect is international engagement with other CoP colleagues.

See [Dr Ade-Serrano's](#) piece about being the chair and volunteering from a previous issue on the website.



FREE event: Is counselling psychology for me?

8 June 2021, 6pm - 8pm

Do you know any final year psychology students or recent graduates who might be interested in considering a career in counselling psychology? Please point them towards this free event which has been set up to inform and encourage aspiring counselling psychology applicants who identify as belonging to an underrepresented group who are interested in a career in counselling psychology.

Learning outcomes:

- What is counselling psychology?
- Working as a counselling psychologist
- Reflections on the application and interview process

Find out more about [the event](#), [the speakers](#), and [how to join](#) the session on the website.



Vacancy: E-Newsletter editor

Deadline: 5pm, 10 June 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 online](#).

If you have any questions about the role, don't hesitate to email communications lead, [Dr Neha Cattr](#).

Online Trainee Support Sessions

Thursday 22 July 2021 - 6:30pm to 7:30pm

Following the successful sessions in 2020, this is a space for trainees around the country to get together, network, share ideas and their experiences of their training journey thus far.

The sessions are aimed at all counselling psychology trainees. These events will be hosted by Ben Amponsah.

Find out [how to join the event](#) on the website.

Call for participants

1. Would you like to take part in research exploring the experiences of counselling psychologists' working with client diagnosed borderline personality disorder (BPD)?

This research study aims give voice to counselling psychologists in order to better understand their experience of working with this population, so they can be better supported, and areas of development can be identified.

I am a postgraduate student from Glasgow Caledonian University where I am in the final stage of my counselling psychology training. I am looking for participants who have graduated from a doctoral level counselling psychology course. I would like to invite you to participate in a 45-60-minute interview to discuss your experience. To be included in the research you must be an adult (18 yrs and above), have minimum one-year post-graduating experience and worked with at least one client who has a diagnosis of BPD in the last six months.

If you are interested, please email me at: Skirla200@caledonian.ac.uk

I look forward to hearing from you.

Seval Kirlangic

Trainee counselling psychologist

2. Are you a clinical or counselling psychologist conducting psychological interventions with adolescents reporting historical traumatic experiences?

We would like to explore your experiences of delivering the resilience-based psychological intervention to adolescents with adverse childhood experiences.

About the researcher

My name is Ilkim Ezgi Murdoch, and I am currently a trainee counselling psychologist at the Glasgow Caledonian University. Findings from this research

project will assess my research skills during my first year of doctoral training to qualify as a practitioner counselling psychologist accredited by the British Psychological Society and Health Care Professions Council. My research will be supervised by Dr Jan Smith at Glasgow Caledonian University.

Project

As a counselling psychologist in training, I'm conducting a research project exploring practitioner psychologist's experiences of delivering psychological interventions to foster resilience among adolescents with historical trauma. I'm specifically interested in learning more about clinical or counselling psychologist's experiences when delivering psychological interventions to adolescents with past traumatic experiences. You will have the opportunity to discuss your experiences and contribute to an under-researched topic. Your views may be used to enhance knowledge, understand the barriers when delivering psychological interventions to the specified population and improve the effectiveness of interventions.

Eligibility

Clinical or counselling psychologists who are working in health care settings. Clinical or counselling psychologists delivering psychology interventions to support adolescents who were exposed to traumatic experiences (e.g., emotional abuse, verbal abuse, neglect, physical abuse, sexual abuse, domestic violence).

If you wish to take part in this research, I would like to hear from you. Please [send me an email](#).

Are you opted into online voting?

It's important that as many BPS members as possible vote in our elections and the easiest way to take part is by voting online. You can opt in to online voting in four simple steps:

1. Visit the [log in page](#) of the BPS website and enter your membership details
2. Select 'Preferences' from the tiles displayed
3. Select the 'Yes' option in the online voting preferences section
4. After a few seconds, a message will display saying your online voting preferences have been saved successfully.

If you want to opt in to vote online in the [election for 2021/22 President](#), please make sure you update your details by **Thursday 27 May**. Members not opted in to online voting will receive a paper ballot form.

BPS Conference 2021: Positive Adaptations: Psychological Strengths 1 & 2 July, virtual

Book your place and be part of our exciting two-day



event focusing on the positivity, strengths, wellbeing and difference that psychology makes in the face of adversity.

Our theme Positive Adaptations: Psychological Strengths acknowledges the complex and wide ranging challenges that we have all faced because of the global pandemic, and through natural disasters, climate change and political conflict.

We will also consider how psychology is leading in embedding equality, diversity and inclusion in society.

As well as how to help people understand, and act, to positively change the barriers faced by many in the UK. Only by working together to build proactive responses to discrimination and oppression can we help every person reach their full potential.

Book now and join us in celebrating the contribution and achievements of psychological science now and in the future.

Book now

Next Issue

Next E-Newsletter is due to be with you on the 18 June 2021

Please send all inclusions to the editor by 7 June 2021.



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