


Prifysgol Cymru
 Y Drindod Dewi Sant
University of Wales
 Trinity Saint David

Contemporary Context of Counselling Skills M4X00954



Module leader: Andrea Williams

Module Leader:
Andrea Williams

Contact details:
Psychology and Counselling Centre
Room: TAG 07
email:
andrea.williams@uwtsd.ac.uk
Tel: 01792 482057

Contemporary Context of Counselling Skills Module Learning Outcomes:

Module Learning Outcomes:

- Evaluate a range of theories of causality relating to emotional distress and its impact on wellbeing
- Recognise links between individual experience of health and health issues and the wider structural elements relevant to health and wellbeing

Lesson Aims:

- Explore Counselling and Psychotherapy within Private Practice

How might Private practice differ from working within the NHS or Third Sector?

Working In Private Practice

- A therapist working in private practice is generally assumed to be self employed and working professionally in the context of a therapeutic relationship (Porter, 2010)
- Clients may pay directly for a service, or fees can be paid by employers (EAPs) Insurance companies, Private medical schemes; Injury compensation schemes etc



Working in Private Practice

Most commonly cited positives:

- Autonomy
- Flexibility
- Lack of organisational issues, i.e. Bureaucracy politics and hierarchy

Most commonly cited negatives:

- Isolation and loneliness
- Insecurity and unpredictability of work.
- Do not get paid for holidays, sickness and maternity leave, training courses etc



Definition of Counselling (BACP, 2016)

'Counselling occurs when a counsellor sees a client in a private and confidential setting to explore a difficulty the client is having, distress they may be experiencing or perhaps their dissatisfaction with life or loss of a sense of direction and purpose. It is always at the request of the client and no one can properly be 'sent' for counselling' (BACP, 2008)

Counselling and Psychotherapy

- ❖ The BACP has long held that it is not possible to make a generally accepted distinction between Counselling and Psychotherapy.
- ❖ The historical origins of psychotherapy are related to 'curing' mental illness (McLeod, 2008)



British Psychological Society (BPS)

'Counselling Psychologists deal with a wide range of mental health problems concerning life issues including bereavement, domestic violence, sexual abuse, traumas and relationship issues. They understand diagnosis and the medical context to mental health problems and work with the individual's unique subjective psychological experience to empower their recovery and alleviate distress.

Counselling Psychologists are a relatively new breed of professional applied psychologists concerned with the integration of psychological theory and research with therapeutic practice. The practice of counselling psychology requires a high level of self-awareness and competence in relating the skills and knowledge of personal and interpersonal dynamics to the therapeutic context' (BPS Division of Counselling Psychology)





Ethical Practice

- ❖ BACP Ethical Framework www.bacp.co.uk
- ❖ BPS Code of Ethics and Practice www.bps.org.uk
- ❖ Boundary Issues
- ❖ Professional Indemnity Insurance
- ❖ Client assessment (ie CORE)
- ❖ Complaints and reporting procedures. Information Commissioner's Office <http://ico.org.uk/>
- ❖ Safeguarding and Health and Safety.
- ❖ Important to keep abreast of changes i.e. HMRC; BACP; BPS; Health Professions Council

Confidentiality

- ❖ Clear Contract and informed consent at start of therapy, it is important to explain when confidentiality may be breached.
- ❖ Legal obligation for practitioners to disclose information concerning terrorism; child abuse; drug trafficking.
- ❖ Record Keeping and client notes (Comply with Data Protection legislation)
- ❖ 'Duty of care' practitioners need to be aware of relevant policies and legal requirements.

Supervision and Self Care

- ❖ Essential to have regular supervision on all aspects of client work (1.5 hours per month min)
- ❖ Personal therapy
- ❖ CPD and training
- ❖ Peer support

BACP – Private Practice Division

- ❖ Starr, F., Ciclitira, K., Setting up in Private Practice. Therapy Today April 2014, Vol 25, Issue 3.
- ❖ Claim levels of satisfaction and feeling valued higher in independent sector compared to public sector.

Regulation of Counselling in UK

Professional Counselling in the UK will increasingly become limited to counsellors who are registered in either of the two schemes of professional regulation.

❖ **Counselling Psychologist and Practitioner**

Psychologists are registered and regulated by Health and Care Professions Council (HCPC) in 2009, it became illegal for anyone to use this title unless registered.

❖ **Counsellors** who are eligible practitioners can register on an accredited Voluntary Register overseen by the Professional Standards Authority (PSA, 2013)

Professional Standards Authority for Health and Social Care (PSA)

❖ The Professional Standards Authority (PSA) replaced the Council for Healthcare Regulatory Excellence (CHRE) in 2012.

❖ PSA oversees statutory bodies that regulate health professionals in the UK.

❖ Assesses the performance of each regulator, conducts audits to ensure they reach certain standards and share good practice; accredit complaint procedures and report to parliament

Health and Care Professions Council (HCPC)

❖ The Health and Care Professions Council (HCPC) are a UK-wide health regulator, responsible for the statutory regulation of 16 different professions. Within those regulated professions, the HCPC are in control of setting standards in professional training, performance and conduct, as well as ensuring that protected titles are only used by those who are entitled to use them.

❖ It is a criminal offence for anyone to claim to be registered with the HCPC if they are not, or to use a title protected by law if they are not permitted to.

❖ The HCPC keeps an up to date register of health professionals who have met their standards, and they will take action if any of the registrants fall below the required standard.

❖ Registration with the HCPC means that a health professional has met national standards for their professional training, performance and conduct.

❖ <http://www.hcpc-uk.org/publications/standards/index.asp?id=38>

What is a Professional Body?

- ❖ All professional bodies differ in their requirements for membership; some require very strict standards for all their members and others provide different categories for their members (e.g. Student Member, Associate Member, Member, Accredited Member).
- ❖ Counsellors and Psychotherapists who are a member of a professional body will make this clear on their profile.
- ❖ Being registered/accredited with a professional body means an individual must have achieved a substantial level of training and experience approved by their member organisation

Registers of Professional Organisations

- **BACP** – British Association for Counselling and Psychotherapy
- **BPS**- British Psychological Society
- **UKCP**- United Kingdom Council for Psychotherapy
- **BABCP** – British Association for Behavioural and Cognitive Psychotherapies

Our Vision:

'To safeguard the value of human relationships through our Mission of: 'being the leading body and voice for talking therapies'

- ❖ BACP is one of the UK's largest professional bodies for counselling and psychotherapy. The Association is made up of a number of different membership categories, e.g. Associate Member, Member (MBACP), Accredited Member (MBACP Accred), with the different categories standing for different levels of training and experience. Accredited Members have achieved a substantial level of training and experience approved by the Association.

In 2013 the BACP Register was the first register to achieve Accredited Voluntary Register status with the Professional Standards Authority (PSA)

- ❖ All members are bound by a Code of Ethics & Practice and a Complaints Procedure.



Tim Bond 2015

- ❖ Standards define essential safeguards and required level of expertise to provide a safe and effective service to clients
- ❖ When services fail to meet the minimum or fundamental standards it can lead to unnecessary suffering and even death (The Francis Report, 2013)

❖ Should Counselling and Psychotherapy be regulated in alignment with other health professions?

Resources

- ❖ <http://www.hpcp-uk.org.uk/aboutregistration/aspirantgroups/psychotherapistscounsellors/>
 - ❖ <http://www.counselling-directory.org.uk/stats.html>
 - ❖ <http://www.hpcp-uk.org.uk/aboutus/>
 - ❖ <http://wales.gov.uk/docs/dhss/publications/121031imbfinalen.pdf>
 - ❖ <http://www.bacp.co.uk/>
 - ❖ <http://www.bps.org.uk/>
- Essential Reading:
- Thrive: the power of evidence-based psychological therapies
- ❖ <http://www.youtube.com/watch?v=a9eHyZmclCk&feature=youtu.be>

Resources

- Bee R., Stokes, A. (2011) *Setting up in independent practice: a handbook for counsellors, therapists and psychologists*. Basingstoke: Palgrave
- British Psychological Society (2008) *Code of Ethics and conduct*. Leicester: British Psychological Society.
- British Association for Counselling and Psychotherapy. (2013) *Ethical Framework for Good Practice in Counselling and Psychotherapy*.
www.bacp.co.uk
- Independent private practice as a psychologist: Guidance. Professional Practice Board of British Psychological Society.
- www.bps.org.uk/ppb
- Field, R. and Hemmings, A. (2007) *Counselling and Psychotherapy in Contemporary Private Practice*. Hove: Routledge.
- Portier, J. (2010) Working in Private Practice. In: Wootfe, R., Strawbridge, S., Douglas, B., Dryden, W., 2010. *Handbook of counselling psychology*. 3rd ed. London: Sage. Chapter 22, 434-453
- Practitioners discussion forum psychiatrists.org.uk
- Sturt, F., Cickitta, K. (2014) Setting up in Private Practice. *Therapy Today* April 2014, 25, 3
- Weiss, L. (2004) *The Therapist Guide to Self-Care*. Hove: Taylor and Francis.
- Wootfe, P. (2008) *Setting up and maintaining effective private practice: A practical workbook for mental health practitioners*. London: Karmac.

Reading

- ◆ Bond, T. 2015. Standards and Ethics for Counselling in Action. 4th ed. London: Sage Chapter 4
- ◆ Claringbull N., 2010. 'What is Counselling and Psychotherapy?' *Further Learning Matters*.
- ◆ Fotherham, C. and Horton, L, eds. 2012. *The Sage Handbook of Counselling and Psychotherapy*. 3rd ed. London: Sage.
- ◆ Glasby, J., 2012. *Understanding Health and Social Care*. 2nd ed. Bristol: Policy Press.
- ◆ McLeod, J. 2013. *An Introduction to Counselling and Psychotherapy*. 3rd ed. Buckingham: Open University Press.
- ◆ McLeod, J. and McLeod, J., 2011. *Counselling Skills a Practical Guide for Counsellors and Helping Professionals*. Maidenhead: McGraw Hill/Open University Press.
- ◆ Wootfe, R., Strawbridge, S., Douglas, B. and Dryden, W., 2010. *Handbook of Counselling Psychology* 3rd ed. London: Sage p63, 172
- ◆ You will need to register online events:
<http://www.onlineevents.co.uk/wp-login.php>