

of fragmentation, very much in tune with the post-modern ideas which at the moment are only popular in the universities. In this more post-modern atmosphere, humanistic and transpersonal approaches

would fit very well. In fact, these approaches, with their full appreciation of the multiplicity of things, might be more at home in such a world than most others.

An Interview with Emmy

Emmy van Deurzen Smith and David Jones

David: What difference has the UKCP made to psychotherapy?

Emmy: It has put it on the map. Whereas previously psychotherapy was out of the public eye it is now very much a public phenomenon. This means it can be scrutinised like any other profession. Clients can ask if a therapist is registered and therapists are obliged to work to specific and agreed standards. This also means they run the risk of being struck off the register if they fail to maintain these standards. None of this was possible before the UKCP was created.

David: What problems does the UKCP face in trying to achieve its aims?

Emmy: There are problems arising from the need for all of those with an interest in psychotherapy to broker relationships involving power. Political and economic factors inevitably play an important part here. There is competition and overlap between psychotherapy and counselling,

counselling psychology, psychiatry and psychoanalysis all of which have separate professional bodies. There is a real need for more co-operation between them. Inevitably there has been a tendency for a hierarchy to form. Fortunately the UKCP has always enjoyed a good relationship with the Royal College of Psychiatrists, the British Psychological Society and the British Association for Counselling. The relationship with psychoanalysts and the British Confederation of Psychotherapists is a little more complex.

David: If the Institute of Psychoanalysis applied to be a member again would they be accepted?

Emmy: I hope they do rejoin, though their absence is not crucial and they might have to rethink some of their standards of training and practice if they wanted to come back to UKCP. It is much more likely that BCP and UKCP will work out some mutual agreement on regulation.

Emmy van Deurzen Smith is Professor of Psychotherapy and Counselling at Regent's College. She has just completed a very successful term of office as Chair of the United Kingdom Council for Psychotherapy (UKCP). S&S Commissioning Editor David Jones interviewed her about recent developments.

David: Are the clientele better off now?

Emmy: There is much more choice for the public when seeking a psychotherapist. Routledge are publishing the register, so it will be available in public libraries, social work departments, GP practices and so on. This will improve accessibility enormously. With the increasing emphasis on improving training and ethical practice the clientele will be better served. There are issues to be resolved about paying for these developments, because funding is not always easy.

David: How well does UKCP handle its critics?

Emmy: There is a lot to be done in this respect. A lot of energy is still going into internal criticism, tensions between various interested parties, the powerbroking that I referred to earlier. And there is a job still to be done to convince our critics, our external critics that is, who are still saying that psychotherapy does not 'work'. Part of this involves painstaking research and the publication of findings.

David: In *Self & Society*?

Emmy: Of course! And in the academic journals and the national press.

David: What lies ahead in the next five years?

Emmy: Further consolidation. This means building good links with counsellors through the BAC and through bodies such as the Scottish Confederation of

Counsellors, Relate and the Westminster Pastoral Foundation, who together are launching a UK Register of Counsellors. There is a whole range of policy issues to be discussed with mental health professionals. And of course we want to be active on the lead body for Advice, Guidance, Counselling and Psychotherapy with the Department of Employment, which has now begun to map the field of psychotherapy, in order to define the various competencies.

David: Isn't this likely to dull the creative edge of the new approaches developed over the last few decades by humanistic and client-centred therapists and replace it with a stifling bureaucracy?

Emmy: I don't think so. A responsible public service requires organisation and that is what we are providing at the moment. That should not take anything away from the practice of psychotherapy. There is a lot of very creative work going on in the training and practice of psychotherapy, especially in integrating different approaches around specific client issues. And this does not exclude the work of therapists who remain independent of the main stream, who will always continue to be creative no matter what regulations are put into place.

David: Such as the Independent Therapists' Network?

Emmy: Yes, them and many others.