

What Is the United Kingdom Council for Psychotherapy (UKCP)?

David Jones

This article is Part III of an overview of the five organisations with an interest in developing psychotherapy as a profession in Britain. Part I, on the British Association for Counselling (BAC), appeared in November 1996 and Part II, on the British Psychological Society (BPS), in September 1997. Articles on the BCP ('The Analysts') and the RCP ('The Psychiatrists') will appear in future issues.

The UKCP developed from public concern about the 'new therapies' which began to come into Britain from the USA at the end of the 1960s. These were often associated with the human potential movement, the encounter movement or with the humanistic (or third force) psychology of Maslow, May, Moreno and Rogers. Features which caused public concern were: emphasis on catharsis at the expense of thought, contempt for qualifications, intolerance of appropriate boundaries, and an ideology of personal responsibility which had no place for a duty of care and respect for other people. Perhaps the greatest public concern was over cult-like organisations (especially the Scientologists) which used the new therapies, exploited their members financially and cut them off from their families. The government set up the Foster enquiry.

The Foster report, *Enquiry into the Practice and Effects of Scientology*, was published by HMSO in 1971 and recom-

mended that the government set up a system of registration for psychotherapists. The recommendation was not acted on, but in 1975 some thirty therapists from a variety of approaches met under the chairmanship of Paul Siegart to form the Professions' Joint Working Party on Statutory Registration of Psychotherapists. The therapies now grouped as Humanistic and Integrative were well represented. So were Freudian psychoanalysis and Jungian analytical psychology. The Siegart Report was published in 1978 and recommended that a Psychotherapy Council should be set up and a system of registration developed.

Graham Bright MP was concerned about the activities of the 'human potential' or 'encounter group' movement and its links with religious cults, especially the Scientologists, the Unification Church, known as the Moonies, and the Orange People, followers of Bhagwan Shri Rajneesh. (The Scientologists are authori-

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tarian, but use the same model of personal growth and change as the egalitarian self-help system of co-counselling, which is a part of the humanistic movement. The Orange People, whose organisation dwindled rapidly in 1984 after some of their leaders were found guilty of serious criminal offences in Oregon USA, ran a wide range of experiential groups including encounter, bodywork, primals and rebirthing. Paul Lowe took charge of this programme based on his experience in California at the Esalen Institute, which was where Fritz Perls worked. In Britain groups were often led by people who had been involved in Quaesitor and other humanistic growth centres in London during the 1970s.)

In 1981 Bright introduced a Private Member's Bill in the House of Commons to regulate the practice and profession of psychotherapy in the UK. It fell at the second reading, as Private Members' Bills usually do, so it did not become law. In 1982 BAC (the British Association for Counselling, described in *Self & Society* in November 1996) organised a symposium at Rugby to discuss the issues raised by the Foster and Siegert reports. From then until 1989 the symposium met regularly and became known as the Rugby Conference. Most organisations with an interest in training psychotherapists took part in its meetings. In 1989 the Rugby Conference became the United Kingdom Standing Conference for Psychotherapy (UKSCOP) made up of delegates from 66 organisations with an interest in training and accrediting psychotherapists. In 1992 this became the United Kingdom Council for Psychotherapy (UKCP). UKCP policy is to develop psychotherapy as a postgraduate profes-

sion, and in 1993 it published the first National Register of Psychotherapists, the fourth edition being published by Routledge in 1995.

The UKCP can be seen as trying to distil the good and useful from the therapies associated with the human potential movement, third force and humanistic psychology which gave rise to concern when they emerged in the 1960s and 1970s. It is not the only organisation to have done this. The Royal College of Nursing made it a requirement that nurses specialising in psychiatric work should do experiential work as part of their training in order to look at their own attitudes, feelings and behaviour in relation to their work. Humanistic methods provide the base for that experiential work.

The UKCP is currently working with the Department of Employment's Lead Body for Advice, Guidance, Counselling and Psychotherapy on plans for a National Vocational Qualification in psychotherapy. It is also active in forming links with other psychotherapists in the European Union and would like to see the European Psychotherapy Association developed into a powerful professional body. There is some interest in this idea in the EU, where Dutch and Austrian psychotherapists have responded actively to the proposal.

The UKCP's governing body, and its forerunners, encouraged the view that the signing of the Maastricht Treaty in 1992 would lead to the regulation of psychotherapy by national governments as a result of directives from the EU Commissioners in Brussels. This has not happened. Nor did it ever seem likely to happen, as *Self & Society* pointed out at the time. One thing did change, however: citizens of any

EC country may practise as psychotherapists in any other EC country so long as they meet the legal requirements of that country. Except for child psychotherapists the only legal requirements in the UK at the moment are based on common and civil law and only demand that practitioners make no false claims about their qualifications or the effectiveness of their methods. In theory anyone can call themselves a psychotherapist. Getting a job as a psychotherapist or building up a private practice is, however, becoming more difficult for those who are not on one of the registers, as the public is becoming more aware of the emergence of a psychotherapy profession. The only people who may legally call themselves 'child psychotherapists' are those accredited by the Association of Child Psychotherapists (ACP).

The UKCP now has on its register about 3,000 psychotherapists from about 80 member organisations. These numbers dropped a bit when the British Confederation of Psychotherapists (BCP) was formed as a separate organisation, aimed at preserving the position of analysis as the predominant psychotherapy, but numbers are rising again as more psychotherapists graduate from the training institutes. The UKCP includes BAC as a Friend, the BPS and the Royal College of Psychiatrists as Special Members and the Association of University Teachers of Psychiatry, the Tavistock Clinic and the Universities Psychotherapy Association as Institutional Members. The inclusion of these bodies gives UKCP its credibility with government departments. About 70 member organisations offer training in psychotherapy and are grouped into eight

sections. The governing body has overall responsibility. Each section agrees its member organisations' schemes for monitoring the training, accreditation and ethical practice of its psychotherapists.

The largest section

The UKCP section with the largest number of member organisations is the Psychoanalytic and Psychodynamic Psychotherapy section. The 1996 UKCP register lists 1,337 psychotherapists in this section, or 39% of all UKCP psychotherapists. It had until recently 31 member organisations. These include some large and well-established organisations such as AGIP, SAP and BAP and the well-known Westminster Pastoral Foundation. There are also some smaller more specialised organisations, some of which will interest readers of *Self & Society*. These include:

- NAFSIYAT, which trains psychotherapists from ethnic minorities, especially people of colour, so that clients seeking help from someone of the same or similar background may find it
- the Philadelphia Association, which was founded in the 1960s to provide a supportive residential environment for people in crisis, especially psychotic crisis, modelled on earlier 'existential' work pioneered by R.D. Laing at Kingsley Hall, but which is now run on more orthodox psychoanalytic and psychiatric lines
- the Institute of Group Analysis, which was founded 50 years ago to provide group work and training based on the psychoanalytical approach of Foulkes, recognising the potency of the social environment in addition to the psychodynamics of the individual

- the Institute of Psychotherapy and Social Studies, which used to combine a psychoanalytic approach with group work derived from the encounter and human potential movement, before moving away from the latter

The next largest

The second largest section of UKCP is the Humanistic and Integrative Psychotherapy section, known as HIPS. This has 24 member organisations involved in training psychotherapists, including the AHPP which is an accrediting body. Gestalt, bodywork, psychodrama, TA and primal trainings are all represented. Psycho-spiritual and transpersonal approaches are represented by three psychosynthesis centres and the Karuna Institute, the only training based on the Buddhist model of the mind. The register lists 765 psychotherapists in this section, 22% of the total.

Other sections

The Family, Couples, Sexual and Systemic Therapy and the Hypnotherapy sections each have five member organisations. The former has 448 (13%) psychotherapists on the register, the latter 133 (3.5%). The Analytical Psychology section has three member organisations, all of them Jungian. (A fourth is in the Psychoanalytic and Psychodynamic section.) There are 186

(5.5%) psychotherapists listed in the register from this section. The Psychoanalytically-based Therapy with Children section has two member organisations (ACP is one of them) with 272 (8%) psychotherapists on the register. The Experiential Constructivist Therapies section also has two member organisations with 97 (3%) psychotherapists on the register. The Behavioural and Cognitive Psychotherapy section has one member organisation with 208 (6%) psychotherapists on the register.

The AHPP 1997 Newsletter stated the following: 'To become members of UKCP, organisations have to meet certain criteria relating to length of training, membership procedures, ethical codes and complaints procedures . . . Organisational membership is reviewed every 5 years, under what is known as the "sunset clause". Review of AHPP's membership of UKCP is due in 1998. The UKCP devolves accreditation of individuals to its member organisations.'

The UKCP declares that it exists 'to promote . . . the profession of psychotherapy and high standards . . . for the benefit of the public.' Its system of registration is of course voluntary, but it believes that statutory registration of the title 'psychotherapist' is desirable and possible, a view shared by only some of *Self & Society's* readers.

The UKCP may be contacted at 167-169 Great Portland Street, London WIN 5FB, telephone 0171 436 3013. They may also be contacted by fax or e-mail. Their National Register of Psychotherapists is published by Routledge, and may be obtained in many public libraries, or bought for about £20.