



The following is a report on UPCA activities over the last year:

Dr Val Todd It is with great sadness I have to report the death of Dr Val Todd, who for so many years worked unstintingly and so reliably for all of us, as both Honorary Secretary and Treasurer. She is missed so much by all those who were fortunate enough to work with her. We very much acknowledge UPCA's debt to her.

November 2014 Conference: Psychotherapy and Counselling: From cottage industry to factory production - can we survive, do we want to? On 22nd November we are holding our annual conference, again at Whitelands College, University of Roehampton. We are keeping our successful research conference format with both plenary speakers and parallel sessions. It is expected that once again, several of the papers will be published in the European Journal of Psychotherapy and Counselling (Routledge).

UPCA Register and UKCP Directory of Supervisors: This is a reminder that UPCA is putting members on its register of supervisors. Successful applicants will be eligible to appear on both the UKCP/UPCA lists of supervisors and as part of this process a route whereby current supervisors can be grandparented on to the register is now in operation. This grandparenting route will remain open for a period of three years from 2012 and will enable individuals, who do not hold an approved qualification but were practising before the Register opened, to apply for registration. The procedure for applying, and the application forms for doing so, can be found on the UPCA website at www.upca.org.uk/about/members-information

Policies and Procedures As reported by Dr Julia Cayne, our Vice Chair, the following has been carried out during the year:

- Review, development and implementation of the membership policy
- Development and implementation of the supervision policy
- UPCA application to become an accrediting body

Additionally, all the documentation has been completed for our quinquennial review (which UPCA have postponed to the coming year) together with:

- The SETs for psychotherapy and counselling
- Procedures for affiliation and accreditation of new institutions/programmes

Membership Categories, Designations and Titles: I would like to take this opportunity to remind you of the different grades of membership and where designations can be used are as follows:

Clinical Accredited Member (MUPCA Accred) – for members who have completed their training and have met the requirements for registration

Clinical Member (MUPCA) – for members who have successfully graduated from a training programme

Research Member –open to non-clinical staff of university-linked courses

Associate Member –open to any member of a university with an interest in psychotherapy or counselling, or to any psychotherapist or counsellor with a commitment to the academic development of the subject.

Student Member – open to current students of a UPCA accredited university-linked psychotherapy or counselling course.

We are currently approving the MUPCA (Accred) and MUPCA designations for individual members. If you have not already applied and wish to do so you can find further information and application forms at www.upca.org.uk/about/membership/

Universities Training College (UTC): With the restructuring of UKCP, UPCA continues to be part of the Universities Training College (UTC), where UPCA is the only organisational member and where there are also Direct Members whose CPD and quinquennial review are carried out by UPCA on behalf of UTC (DMs have to pay for this service as well as the separate fee to UKCP).

Income and Expenditure: UPCA continues to return to a positive cash flow: Whilst there has been a reduction in student members, our cash flow has improved largely thanks to 'sterling' work from our administrator, Gillian Brooks, in ensuring that there is a clear system implemented for members paying their annual subscription. You will see from our treasurer's report a surplus for the year of £12,466. As a result, once again, we are able to not increase either the cost of membership or of attendance at our annual conference.

Research and Publications: Last year's very successful conference 'Critical Psychotherapy - if not now, when?' has been published as a special issue of the European Journal of Psychotherapy and Counselling (Routledge), for which reduced rate membership is available to all UPCA members. This discounted rate can be accessed at <http://www.tandfonline.com/action/journalInformation?show=societyInformation&journalCode=rejp20>

Additionally, the book, Loewenthal, D. (Ed.) 'Critical Psychotherapy, Psychoanalysis and Counselling' is in press with Palgrave Macmillan.

During the year, the Practitioner Research Forum, facilitated by Dr Dennis Greenwood has met face to face and continues to meet online.

New Institutional Members : During the year, successful affiliation visits have been carried out both at the University of Salford and the University of Essex. Requests for application procedures have also been received from Newman College and the Southern Association for Psychotherapy and Counselling (SAFPAC). (See the report from Dr Gary Winship, our Chair of Training Standards.)

Future Activities: We have now implemented many of the activities that we had been considering. We will now be able to carry out or conduct feasibility studies of the following:

- 1) Developing regional centred based around universities
- 2) Overseas universities who wish to join UPCA
- 3) Facilitating a UPCA practitioner network whereby local groups, either within or between modalities, can provide mutual support and supervision
- 4) Continuing to review the labels that UPCA programmes are now able to use through UKCP's Universities Training College, for example, Psychotherapist/Psychotherapeutic Counsellor, or (Modality) Psychotherapist/Psychotherapeutic Counsellor.
- 5) Completing the SETs for child psychotherapist and child psychotherapeutic counsellor so this can be offered by our institutional members.
- 6) Developing supervision training
- 7) Continuing to make contingency plans regarding the reducing numbers of new students from one or more of our existing programmes.
- 8) Reviewing our charges for validating and annually registering university programmes so that they are in line with other professional bodies.

In conclusion, I would like to thank all members of council for their help in bringing about the above. Whilst once again it is difficult to single out members I would nevertheless like to particularly thank Dr Julia Cayne for again helping so ably draft so much that is vital to the future of UPCA. Thanks again to Gillian Brooks for helping to not only improve our balance sheets but providing a personal contact with our members. To Dr Stephen Buller for his help, not only with ethics as in his attached report, but in so many areas of UPCA work. To Liz Nicholl, who is now the administrator of UTC, for her cooperation with UPCA. To Dr Gary Winship, whose Training Standards report follows and who has more than survived our throwing him in at the deep end! I am also very pleased to announce the following members of Council who have been co-opted: Dr Fran Renwick, who is advising us on child psychotherapy and child psychotherapeutic counselling; Dr Erik Abrams, our new treasurer; and Gauri Chauhan, our new student rep.

I am pleased therefore to say that whilst there are uncertain times, we now have robust policies and procedures, a healthy balance sheet and a strong team to meet the challenges ahead.

Prof Del Loewenthal
UPCA Chair