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The British Psychological Society was founded in 1901, and incorporated by Royal Charter in 1965. Its object is 'to promote the advancement and diffusion of a knowledge of psychology pure and applied and especially to promote the efficiency and usefulness of Members of the Society by setting up a high standard of professional education and knowledge'.

Extract from The Charter

SOCIETY

News about Society matters and brief items for News of members are welcome. Please send to *The Psychologist* at the Society's office, or to psychologist@bps.org.uk. Subsystem notices: notices received from elected officers of subsystems of official meetings, events, conferences of Divisions, Sections, Branches and Special Groups of the Society are inserted free of charge. Items should be sent to susepp@bps.org.uk.

40,000 and counting

FEBRUARY saw the Society elect its 40,000th member. Charlie Heriot Maitland, a recent graduate from University College London, will receive a year's free membership and will attend the Annual Conference in April as a guest of the Society.

Charlie is currently looking for work in clinical psychology, preferably as an assistant psychologist. 'As soon as I became confident about pursuing a career in clinical psychology, I was encouraged to join the BPS,' Charlie said. 'My membership will greatly assist in the search for work experience to get me through the bottleneck in the profession. Being informed that I was the 40,000th member certainly lightened up what would otherwise have been another dreary day in the job-seeking world. I feel my luck is changing!'

The Society has certainly changed beyond recognition

since its inception. In 1901 the 'founding fathers' of the Society compiled a list of potential members from the 'great and good' in psychology. But the exclusive membership rules made it very difficult for others to join, and by 1918 there were only 98 members, mostly high-profile academics. Even this early in the Society's history, the apparently opposing desires to open up membership while upholding strict rules for those joining were provoking challenging debates, but membership grew quickly to around 700 after changes to the rules in 1920.

It wasn't until 1934 that the Society took on the mantle of a professional body and set up a register. Applicants were then charged a fee of one guinea for entry on to the register, with the Society undertaking to ensure protection of the public by maintaining standards. At this time only a handful of universities had established undergraduate courses in psychology, providing a small pool of candidates for membership. There were 811 Society members by 1941 and just 2655 by 1960.

Because of the increasing popularity of psychology, annual membership figures then began to rise steadily, and are currently

increasing at a rate of roughly 10 per cent a year. There are now 105 universities and colleges offering undergraduate psychology courses, for which there were over 77,000 applicants in 2003. Psychology is now the most popular science subject for undergraduate study and is one of the top 10 most popular courses at AS- and A-level, though it is still not a core curriculum subject.

Along with the increasing numbers of potential members come increasing demands on Society committees, boards and administration to develop attractive and effective services. Records show that the Society had a full-time Secretary only in 1933 (with a princely salary of £250 a year). The Society now has 117 members of staff based in Leicester, London, Glasgow, Cardiff and Belfast. There are now over 200 boards and committees governing the activities of the Society, involving 1800 members giving their time voluntarily.

□ *For more on the history of the Society see Sandy Lovie's article in Psychology in Britain – Historical Essays and Personal Reflections, edited by G. Bunn et al. (BPS Books and the Science Museum, 2001), from which much of the information in this article was taken.*

MEMBERSHIP SURVEY

Your membership survey should be landing in your in-tray soon, if it hasn't already. This is your chance to have your say about the Society, its services and benefits of membership. The online version can be found from the link at www.bps.org.uk. The success of this project is dependent on your contributions, so please respond. If you have any queries, contact Lisa Morrison Coulthard (tel: 0116 2529510, e-mail: lismor@bps.org.uk).

E-NEWSLETTER FOR ACADEMICS

The Society has launched another free e-mail service, adding to the new Research Digest (see p.221). The new e-newsletter is available to all and carries information about events, awards and policy developments of specific interest to academic psychologists. The newsletter will contain links and contact details to enable subscribers to find out more. It will be issued every two months and subscribers are welcome to submit notices for possible inclusion.

To subscribe visit tinyurl.com/23yxm or send an e-mail to subscribe-academic-news@lists.bps.org.uk.

Fellowship citation

Dr Dominic Lam

DOMINIC Lam is Reader in the Psychological Aspects of Affective Disorders at the Institute of Psychiatry. He is also the Senior Academic Tutor to the Doctoral Degree Course at the Institute of Psychiatry. He has published widely on mood disorders and schizophrenia and has made an outstanding contribution to theory and practice in the field of cognitive therapy. Through his clinical work, and through training programmes, he has established evidence-based practice for psychotherapy in the NHS. He also disseminates his work widely through publications and international conference presentations.

Dr Lam's best-known work, on a pioneering therapy for bipolar disorder, was recognised in 2002 by the ALETEIA International School of Cognitive Therapy award for the best contribution in developing cognitive therapy. He has co-authored two books on this subject, as well another on family work for schizophrenia (now in its second edition). He is a founding Fellow of the



International Association for Cognitive Therapy and is currently an associate editor of the *British Journal of Clinical Psychology*.

Dominic Lam's work has also had an important influence on professionals outside psychology, particularly through his activities in training. He is a regular supervisor of psychiatrists, social workers, general practitioners and senior nurses. The award of a Fellowship of the Society recognises Dr Lam's outstanding theoretical and practical contribution in the field of clinical psychology and the considerable influence of his work on professional practice in related fields.

PROPOSED FORMATION OF A LONDON AND SOUTH EAST BRANCH

A meeting will be held during the Society's Annual Conference at Imperial College, London on Thursday 15 April 2004 at 12.20pm to discuss the feasibility of establishing a London and South East Branch. The aim is to set up a local network of Society members, expanding and developing the existing network of Branches. This would support members by offering a variety of services including local scientific meetings and public events, networking opportunities, CPD support, and discussion forums. We need the support of 20 Fellows, Associate Fellows or Chartered Psychologists and, subsequently, of at least 10 per cent of the future Branch membership to enable it to proceed. Please support this proposal by coming to the meeting.

REPORT FROM FEBRUARY COUNCIL

Sadly, Bruce Napier had to stand down as Chair of the Representative Council because of ill health. The Council was unanimous in wishing Bruce a speedy recovery. There was no competition for a successor and I took on the responsibility at a time of great instability in the Society. The President Elect had resigned from the Board of Trustees, and this issue was a major point of discussion. This led to the appointment of a Council working group to investigate the circumstances of this resignation and any implications that might follow for the relationship of the Council to the Board of Trustees.

There was extended discussion about the minutes from Trustee meetings and their availability to the Representative Council. As Bruce Napier was ill, the Honorary General Secretary provided notes. Members were generally in favour of seeing the minutes, minus sensitive information. The Trustees had agreed at their February meeting that such minutes would be available to the Representative Council at their May meeting.

There was approval for the Sport and Exercise Section to go forward to ask BPS members for support to become a Division. This is very timely as the Health Professions Council (HPC) is close to settling on the protected titles for applied psychologists. Geoff Lindsay (Chair of the Working Party on Statutory Regulation) explained that all eligible people will be registered as applied psychologists with the adjectival titles relevant to our qualifications.

The Council heard a presentation on the formation of a Section for Qualitative Methods in Psychology. This was warmly received, with lively discussion, and the proposal will go to the next stage. Reports were received from all the board chairs. It was evident that lots of work is going on in the boards, ensuring that the Society continues to fulfil its Charter responsibilities.

The Society continues to be in a healthy financial condition with good reserves. In 2003 there was only a small surplus and 2004 is predicted just to break even. The Trustees have approved maintaining the subscription fee, which has been at the same level for seven years. Buildings now form a substantial part of our assets, and the London office will be retained for now. This means that any meeting including members who need disability access will need to book another room, at the Society's expense, for their meetings. The Standing Committee for the Promotion of Equal Opportunities has secured information about religious and other festivals for the office, which will allow meeting dates to be arranged to avoid discriminating against members.

After a eulogy was presented, Louis Kramer was duly commended for election to Honorary Life Membership at the AGM. Louis has chaired the Professional Conduct Board for several years and has performed a valuable service to the Society. He also provided his expertise from the regulation of his own profession (dentistry) when we carried out the last review on the conduct regulations. A well-earned honour.

The current venue for Representative Council meetings at the British Academy is difficult for effective communication. We hope this will eventually be addressed; the Council has yet to find a clear role in the Society's structure of governance and the inability to use the London office is creating a strain.

Pat Frankish, Chair of the Representative Council

FUNDING OPPORTUNITIES

A searchable database containing full details of the various national and international funding opportunities for psychologists can be found on the Society's website at www.bps.org.uk/careers/funding.cfm

SUBSYSTEM NOTICES

DIVISION OF HEALTH PSYCHOLOGY

Annual Conference

8–10 September 2004; Queen Margaret's University College, Edinburgh

Full details in March 2004.

Board of Examiners in Health Psychology – Call for Stage 2 Supervisors

The Board of Examiners in Health Psychology and the Chief Supervisor would like to hear from

interested parties who are Chartered Health Psychologists with experience of research supervision at postgraduate level.

Full details in February 2004.

Informal enquires can be made to Tony Towell (020 7911 5000 ext 2173, towella@wmin.ac.uk).

DHP E-mail List

The Board of Examiners and the DHP committee would like to maintain a complete database of members' e-mail addresses to improve our communication with members. To add yours to the database please send an e-mail to denkee@bps.org.uk with 'DHP E-mail List' in the subject line.

DCP FACULTY OF EATING DISORDERS

Conference and AGM

Tuesday 11 May 2004, 10am to 4pm, Guideposts Teaching Nursing Home, Roosevelt Drive, Headington, Oxford

Speakers: Myra Cooper: 'Eating disorder research and treatment: New developments'; Zafra Cooper: 'Transdiagnostic approach to eating disorders'; Lucy Serpell: 'Motivation in anorexia nervosa'.

The conference is free for FED members and psychology trainees.

The fee for non-members is £20.

Lunch will not be provided but could be purchased from the canteen at Warneford Hospital.

For bookings, please contact Zach de Beer (Faculty Secretary): Zacharias.deBeer@nemhpt.nhs.uk or send cheques (payable to 'Faculty for Eating Disorders' and details to: Z.C. de Beer; Herrick House, East Stockwell Street, Colchester CO1 1ST. Closing date: 3 May 2004.

SCOTTISH BRANCH

One-day seminar 'Ethical Issues in Practice and Research in Psychology'

Friday 14 May 2004 at the Lister Postgraduate Institute, 11 Hill Square, Edinburgh

Full details in January 2004.

Contact: Liz Baikie, Royal Victoria Hospital, Edinburgh (0131 537 5096; Elizabeth.Baikie@luht.scot.nhs.uk).

NORTHERN IRELAND BRANCH

2004 NIBPS Annual Conference

23–25 April 2004, Comfort Hotel, Portrush, Co Antrim

Further details from Anne Kerr (tel: 028 9027 4129) or e-mail n.ireland@bps.org.uk to register.

DEVELOPMENTAL PSYCHOLOGY SECTION

Annual Conference 2004

2–5 September 2004, Leeds Metropolitan University, Beckett Park, Headingley, Leeds

Full details in February 2004.

Call for abstracts

Abstracts for paper and poster presentations, symposia and workshops on all aspects of developmental psychology are invited. Details and forms for submitting abstracts are on the conference website. Completed submission forms should be sent as e-mail attachments to Margaret Hardman devcon@leedsmet.ac.uk). Deadline for submission of all abstracts: **Friday 30 April 2004.**

Conference registration forms are available on the conference website (tinyurl.com/36d4m), and the provisional programme will be posted there in July 2004.

Further information from Dr Margaret Hardman through the conference e-mail address at devcon@leedsmet.ac.uk or at the School of Health & Human Sciences, Faculty of Health & Environment, Leeds Metropolitan University, City Campus, Leeds LS1 3HE. Tel: 0113 283 5928.

NEWS OF MEMBERS

Peter Forster has moved from the Fiji campus of the University of the South Pacific to the Emalus campus in Port Vila, Vanuatu. E-mail address is now forster_p@vanuatu.usp.ac.fj.

Janet Grant, Professor of Education in Medicine at the Open University, has been appointed a lay member of the 25-strong Postgraduate Medical Education and Training Board, which from October 2005 will have responsibility for standard setting, quality assurance and certification for all aspects of the post-registration training of doctors in the UK.

Dr Colin Newman has been 'coping' since retirement four years ago as BPS Executive Secretary, racing his high-performance sailing dinghies and getting heavily involved in the administration of his sport. Recent highpoints include finishing fourth in the 2003 International Moth UK National Championships, when he also won the Masters title as the best of nine over-35-year-olds. Now in his sixties he finished 20th out of 45 competitors from eight nations in the 2003 International Moth World Championships in France and was the only British team member to win a prize, as Masters World Champion.

Bob Patton, formerly of the Department of Psychological Medicine, Imperial College, London, has been appointed as Health Service Research Coordinator at the National Addiction Centre, Institute of Psychiatry.

Dr Ian Rivers has been appointed to a personal chair in applied psychology at York St John College.

MEETING DATES

ANNUAL GENERAL MEETING

Friday 16 April 2004

BOARD OF TRUSTEES

Friday 7 May 2004 (pre-Council)

Friday 11 June 2004

Friday 3 September 2004

Friday 15 October 2004 (pre-Council)

REPRESENTATIVE COUNCIL

Saturday 8 May 2004

Saturday 16 October 2004

PROFESSIONAL PRACTICE BOARD

Friday 2 April 2004

Friday 4 June 2004

Friday 10 September 2004

RESEARCH BOARD

Wednesday 14 April 2004 (followed by Spearman Medal Committee)

Friday 25 June 2004 (followed by Presidents' Award Committee)

Friday 29 October 2004 (followed by Visiting Psychologists Committee)

PSYCHOLOGY EDUCATION BOARD

Thursday 27 May 2004

Thursday 7 October 2004

MEMBERSHIP AND PROFESSIONAL TRAINING BOARD

Friday 18 June 2004

Friday 17 September 2004

PUBLICATIONS AND COMMUNICATIONS BOARD

Friday 16 April 2004

Thursday 10 June 2004

Thursday 9 September 2004

FELLOWSHIPS COMMITTEE

Thursday 20 May 2004

Friday 1 October 2004

PROFESSIONAL CONDUCT BOARD

Saturday 13 March 2004 (OGM)

Friday 22 October 2004 (AGM)

GRADUATE QUALIFICATIONS ACCREDITATION COMMITTEE

Thursday 29 April 2004

Thursday 24 June 2004

Thursday 9 September 2004

ADMISSIONS COMMITTEE

Thursday 29 April 2004

Thursday 10 June 2004

Thursday 2 September 2004

STANDING COMMITTEE FOR THE PROMOTION OF EQUAL OPPORTUNITIES

Wednesday 14 April 2004

Monday 7 June 2004

Thursday 23 September 2004

THE PSYCHOLOGIST POLICY COMMITTEE

Friday 14 May 2004

Friday 22 October 2004

ETHICS COMMITTEE

Friday 21 May 2004

Thursday 15 July 2004

Thursday 30 September 2004

INTERNATIONAL COMMITTEE

Monday 21 June 2004

Thursday 16 September 2004

FUTURE SOCIETY CONFERENCES, ETC.

Annual Conference – 15–17 April 2004

London Lectures – Wednesday 1 December 2004

Equality, access and monitoring

HOW does the Society work? Are we representative of society as a whole? Are different groups active and involved in all parts of the Society? Knowing the diverse make-up of your membership and staff is essential information for most public and private sector bodies. Equality legislation is developing apace at European and UK level, extending the rights of a range of groups including disabled people, older people, and people from black and minority ethnic communities. Services must be accessible, public bodies have a duty to promote race equality and organisations have to be increasingly open and transparent about how they go about their business.

In March last year the BPS relaunched its equality monitoring form. All current and new members have been sent a new monitoring form, based on the new legislative framework for equalities and using categories similar to those used in the UK census forms. The Society's

Standing Committee for the Promotion of Equal Opportunities (SCPEO) also benefited from invaluable advice from the Commission for Racial Equality, the Disability Rights Commission, the Equal Opportunities Commission and the Equality Network (which deals with sexual orientation). For the first time, we included questions about religion and sexual orientation.

After the first round of forms, we have had a 40 per cent response rate. We also got some very helpful comments from you about how the exercise is working and what issues we need to address. This included looking at how accessible some courses were and looking at career patterns and age discrimination. We are due to issue a reminder very soon and would ask that you do send a form if you have not already. Where possible, we will not send reminders when you have already replied. We would like to invite retired members in particular to respond.

A number of you said you hadn't replied because you thought the exercise did not apply to you, but all Society members count.

We do not have enough data yet to make categorical statements about how representative the Society is of the communities we serve. We do know from general membership records (which cover the whole of the Society) that 73 per cent of our members are female and that 40 per cent are aged under 34.

We are particularly pleased at the excellent response from most of the Society's committees and boards. The next report on monitoring will look at the make up of the boards and committees.

SCPEO and the Board of Trustees want to thank everyone who has replied so far. We'd also like to say a big thank you to staff at the Society's Leicester office for their assistance with this project.

Pat Frankish, Chair, Standing Committee for the Promotion of Equal Opportunities

DIVISION OF OCCUPATIONAL PSYCHOLOGY

Workshops and masterclasses

The following workshop will be held at the BPS London office in John Street. Workshops run from 9.30am until 4.30pm with registration from 9.15am.

5 May 2004

How to assess and develop emotional intelligence. Facilitators: Margaret Chapman and Mark Slaski
April workshops are listed in the March issue.

The following masterclasses will be held at the Royal Society in London and will run from 11am until 4.30pm. Registration from 10.30am.

25 May 2004

High performance and psychologically rewarding workplaces. Facilitator: Ivan Robertson

13 July 2004

The assessment and development of leadership. Facilitator: Beverley Alimo-Metcalfe

Further details of these are available from Helen Diggle, DOP Masterclass and Workshop Administrator at the BPS Leicester office. Tel: 0116 252 9933; e-mail:

dopworkshops@bps.org.uk. Full details and booking facilities for all masterclasses and workshops are also available on the BPS website.

SPORT & EXERCISE SECTION

We are currently trying to produce an e-mail distribution list that includes all members of the Section to facilitate communication within the Section. If you are willing to be included on this list please e-mail Jo Thatcher on jet@aber.ac.uk. Please ensure that your e-mail includes your full name so that you can be correctly registered.

CONSCIOUSNESS & EXPERIENTIAL PSYCHOLOGY SECTION

8th Annual Conference

'Science, Self and Meaning: The Challenge of Science to Traditional Understanding of Self and Meaning in Human Life', 17-19 September, St Anne's College, Oxford

Invited speakers include Ciaran Benson (University College, Dublin), Jaak Panksepp (Bowling Green State), and Galen Strawson (Oxford).

Call for papers

Abstract submissions (max. 150 words) on conference themes or areas related to CEP section by

3 May 2004 to Richard Stevens, Department of Psychology, Open University, Walton Hall, Milton Keynes MK7 6AA. E-mail: r.j.stevens@open.ac.uk.

Registration enquiries:

Guy.Saunders@uwe.ac.uk. Full details on the CEP website (www.warwick.ac.uk/cep/).

DIVISION OF NEUROPSYCHOLOGY

Post-qualification training days 2004

Venue: London Voluntary Resource Centre, 356 Holloway Road, London, unless otherwise stated.

Social Cognition – 30 April.

Convenor: Dr Shelley Channon

Neuropsychology and Driving – 18 June. Convenor: Dr Stuart Anderson.

Capacity and Consent – 17 September.

Convenor: Dr Camilla Herbert

Paediatric Neuropsychology – Date to be advised, at Guy's and St Thomas' Hospital, St Thomas Street, London.

Convenor: Dr Jonathan Reed

Cognitive Effects of Psycho-active drugs – 19 November. Convenor:

Dr Jane Powell

For further information contact:

Professor Michael Oddy, Brain Injury

Rehabilitation Trust, 32 Market Place, Burgess Hill RH15 9NP. Tel: 01444 237287; fax: 01444 244978; e-mail: birt@disabilities-trust.org.uk.

Child Clinical

Neuropsychology Course

Part 1: 11-15 October 2004

Part 2: 14-18 March 2005

Venue: Charney Manor, Charney Bassett, Oxfordshire

Residential or day attendance.

Open to all child clinical psychologists and educational psychologists working in this area.

For application form or enquiries please contact Rita Mechen, Administrator for the Child Clinical Neuropsychology Course. Tel: 01869 600691; e-mail: rtmchn@ntlworld.com.

COGNITIVE PSYCHOLOGY SECTION

Annual Conference

6-8 September 2004, School of Psychology, University of Leeds.

Further details will be available on the Cognitive Section website in forthcoming weeks (www.its.leeds.ac.uk/bps/).

Call for abstracts

Abstracts for paper and poster presentations and symposia on all

aspects of cognitive psychology are invited. Symposia already organised for the conference include: feelings of remembering; language; music and imaging; eyewitness identification; thinking and reasoning. Invited speakers include John Wann (University of Reading), Asher Koriat (Haifa University) and the winner of the Cognitive Section Prize. The submission deadline for all formats is **28 May 2004**. Submission via the conference website is preferred, but postal submissions can also be sent to Dr Chris Moulin, School of Psychology, University of Leeds, Leeds LS2 9JT.

Further information is available from the conference organisers, Dr Chris Moulin (C.J.A.Moulin@leeds.ac.uk) or Dr Natasha Merat (nmerat@its.leeds.ac.uk). A competition for postgraduate bursaries to attend the conference will also be held – for further information see the Cognitive Section website.

SELECTED NEWS FROM THE BOARDS

Research Board (30 January 2004)

- *Science Council*. The board reiterated its support for the proposal that the Society become a member organisation of the Science Council. Following agreement at the last Board of Trustees meeting, the Science Council has now been advised of the Society's intention to join.
- *Teaching funding*. The HEFCE has confirmed its intention to fund psychology solely at price group (Band) C. The board discussed, at length, the impact of the revised funding.
- *Research funding*. The revised funding method for research and the potential mechanisms for the next Research Assessment Exercise were also discussed. The next round of consultations on the number of panels and panel membership was expected in March 2004.
- *Liaison meetings*. The board received and discussed notes of the joint liaison meetings of the BPS, the Experimental Psychology Society and the Association of Heads of Psychology Departments with the Wellcome Trust and the Economic & Social, Engineering & Physical Sciences, and Medical Research Councils. It was agreed that similar systems of liaison will be arranged with the Arts and Humanities Research Council.
- *Standing Conference Committee*. Professor Angela Clow was appointed as the new Chair of the SCC with immediate effect.
- *Ethics*. The board considered and commented on the draft guidelines on minimum standard of ethical approval in psychological research. Further consultation is to be held with the Ethics Committee and then with departments of psychology. These guidelines are aimed at encouraging consistent procedures for ethical approval across all departments of psychology.
- *Consultation*. The board has made the following submissions: to the Joint Funding Council consultation on the future of research assessment; to the OST consultations on reforming parts of the dual support system, and on a proposed academic fellowships scheme; to the BBSRC consultation on its postgraduate training and research career development strategy; and to the ESRC consultation on research methods.

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COUNSELLING PSYCHOLOGIST

DATES & VENUES

- IT19 Harrogate**
Thurs 6th May 2004
- IT20 Birmingham**
Tues 11th May 2004
- IT21 Edinburgh**
Tues 18th May 2004
- IT22 Manchester**
Tues 25th May 2004
- IT23 Nottingham**
Wed 26th May 2004
- IT24 London**
Wed 2nd June 2004
- IT25 Dublin***
Wed 16th June 2004
- IT26 Bristol**
Wed 23rd June 2004
- IT27 London**
Tues 6th July 2004

ONLY £69 + VAT
per delegate¹

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from stress and depression to psychosis

New insights from brain science – without jargon – that will immediately increase the effectiveness of your work

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- Gain a greater understanding of the treatment possibilities that science is opening up for clinical psychology, counselling and psychotherapy
- Explore a remarkable new observation, (demonstrated on video), about the connection between stress, depression and psychosis
- Ideas to improve the effectiveness of your work with depressed people
- A moving insight into Asperger's syndrome
- Discover the extent of why following medical models that excessively rely on drug treatments does not serve patients very well

For further details and a free prospectus contact us quoting PY17 at:

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Tel: 01323 811440 Fax: 01323 811486 Email: info@mindfields.org.uk

Book online at: www.mindfields.org.uk

**IRISH EVENTS SUBJECT TO SUPPLEMENT



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COUNSELLOR

DATES & VENUES

- EC42 Harrogate**
Tues 18th May 2004
- EC43 Manchester**
Thurs 20th May 2004
- EC44 Bristol**
Wed 26th May 2004
- EC45 Portsmouth**
Wed 2nd June 2004
- EC46 London**
Thurs 3rd June 2004
- EC47 Dublin***
Tues 15th June 2004
- EC48 Birmingham**
Wed 23rd June 2004
- EC49 Cambridge**
Tues 6th July 2004
- EC50 London**
Wed 7th July 2004

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Effective counselling is not just listening. If you advise, help or counsel distressed people, this seminar could be the most important you ever attend.

Why this seminar is important:

There has never been a greater need for effective counselling and psychotherapy (up to 20% of the population are said to be emotionally disturbed¹). But many practitioners are not as effective as they could be because of the limited models they were trained in.

This seminar presents new insights from skills-based research and brain science that can help you reverse this situation and make your work both more satisfying and useful. It offers a cost-effective way to treat many forms of distress, including: anxiety, panic attacks, depression, PTSD, anger, addictions, eating disorders, OCD and relationship problems.

The speaker, Joe Griffin, has many years clinical experience and is a respected author and scientist distinguished by his fundamental contribution to effective counselling psychology.

What you will gain from the day:

- A greater understanding of the new field of human givens therapy and why it's making counselling easier and less stressful to do (no more burnout!)
- A new knowledge of the core counselling skills of brief therapy that really make a difference – even with 'stuck' clients
- Knowledge of why certain forms of counselling sometimes make some clients and patients worse
- Increased self-confidence with a deeper knowledge of the seven core skills of effective counselling.

¹SOURCE: MIND – NATIONAL ASSOCIATION FOR MENTAL HEALTH

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