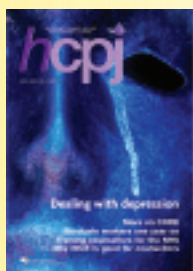


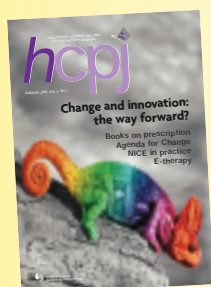
Editorial

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Write to us!

We would love to have your feedback on HCPJ April 2006. What do you think about CBT and the articles featured in this issue? Anything else you'd like to tell us? Please send your emails, views and opinions to the Managing Editor c/o hcpj.editorial@bacp.co.uk

Healthcare surgeries with John Eatock

BACP's Lead Advisor for Healthcare, John Eatock, will now be available to advise FHCP members on an ad hoc basis from his Lancashire office. This arrangement will replace the monthly 'Healthcare surgeries' that John used to run from BACP's offices in Rugby. If you would like to talk with John about healthcare counselling or a related issue, please email healthcare@bacp.co.uk or telephone Sam Hinds on 0870 443 5252 Ext. 381 to make an appointment, and quote your BACP membership number.



There are occasions when it is good to set the record straight and create an opportunity to clear up misunderstandings. It might be said that this edition of HCPJ provides just such an opportunity.

Mention CBT in the hearing of some counsellors and the atmosphere is tangibly defensive. Here is a chance to read accounts from some notable CBT practitioners – the personal view of Gladeana McMahon, a plea

from Frank Wills for CBT practitioners who can listen, and the experience of Vee Howard-Jones as a trainer who incorporates CBT into counsellor training. All of them are keen for CBT to be understood for what it is. But in order to understand, we need to open our minds to what they have to tell us. It is good to hear what Tony Roth has to say about evidence-based practice in the context of Lord Layard's proposal for 10,000 more therapists for those on disability benefits. Chris Williams adds another dimension with a Scottish perspective on computerised CBT, John Hague another strand with his view that Layard provides an opportunity that NHS counsellors must now embrace. Whether you are minded to change or not, these articles will certainly challenge you to the possibility of such development.

Speaking of development, whatever your stance as a counsellor it is more than likely that if you work in the NHS, in the next few months you will have to grapple with the Agenda for Change Knowledge and Skills Framework. If you are still approaching this task then you will certainly find it useful to look at the articles by Lynne Thompson and Pat Seber.

Whatever you may be thinking after you have read these papers, please set yourself one other task: to make yourself aware of the new White Paper, 'Our health, our care, our say'¹, which has recently been published by the Department of Health. If you are still curious then you will be interested to read the Sainsbury Centre for Mental Health paper, 'The future of mental health: a vision for 2015'². There is an uncanny resemblance between these two documents, both of which seek to marry the provision of health and social care. This is obviously the type of initiative that was emerging in the seminal thought of Lord Layard in his connecting of the health service with the Department of Work and Pensions, and such developments are likely to affect our work.

One interesting follow-up from the January 2006 issue of HCPJ is the Reflections article from Penny Henderson on driving in the right direction as far as counselling supervision is concerned. We also include those Agenda for Change Band 8 Profiles which seem to have taken so long to emerge!

One of the most exasperating and frustrating things I experienced as I listened to Lord Layard's lecture was not his approval of CBT, but his lack of understanding that counselling includes this modality, and that many counsellors already utilise this theory in their practice. I will be sending this issue of our journal to his Lordship as it truly does 'set the record straight'! Hoping to see you at the FHCP conference on 15 May.

References

1 Department of Health. Our health, our care, our say: a new direction for community services. London: Department of Health; 2006.

2 The Sainsbury Centre for Mental Health. The future of mental health: a vision for 2015. London: Sainsbury Centre for Mental Health; 2006.

John Eatock

BACP Lead Advisor for Healthcare Counselling and Psychotherapy