

# National Register of Hypnotherapists & Psychotherapists

## News & Views Summer 2014

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*The views communicated in articles published in this Newsletter are those of the individual authors and are not necessarily the views of the NRHP. The NRHP accepts no responsibility for any goods or services advertised by individuals or other organisations in this Newsletter.*

**From the Office****Thank yous**

Many thanks to all those who have contributed to this issue - Leo Barnard, Barbara Butcher, Eileen Edwards, Robin Thorburn, Sue Washington and Ian Wharmby.

**Autumn issue of News & Views**

Please send in any items you think your colleagues might find interesting, e.g., book reviews, reports on any CPD you have undertaken, letters to the editor on subjects you feel need an airing! The last date for submission is 26th September 2014.

**Ensuring a healthy future for NRHP**

We are also asking for your reactions to the suggestions made at the NRHP AGM in April (please see pages 4-5). Please send your views and contribute your own ideas to the office: e-mail: [admin@nrhp.co.uk](mailto:admin@nrhp.co.uk).

**Changes to the five-yearly re-accreditation**

The UKCP's College of Hypno-Psychotherapists (CHP) has made changes to the requirements for UKCP members regarding their five-yearly re-accreditation. The re-accreditation statement appears on pages 9-10 describing the CHP minimum requirements for supervision, clinical records, CPD, insurance and practice development.

**NRHP's UKCP Quinquennial Review (QR)**

We recently received the good news that the NRHP has passed its recent UKCP QR. Please see pages 11-13 for details.

**Susan Dixon & Julie Young**

### **NRHP Membership - Ideas from AGM**

At the NRHP's AGM in April, the majority of the meeting was taken up with a lengthy discussion on the recurring subject of increasing and retaining membership of the NRHP.

Those present came up with the following suggestions:

Accepting therapists from other than UKCP accredited Training Organisations. It was suggested that such training should not be lower than Masters level. It was felt important that academic standards should not be compromised. A system would need to be set up to check on training, however, more people would be needed on the Board or working for the Board to facilitate this.

Contacting universities who have such hypnotherapy/psychotherapy training with a view to offering NRHP membership.

Adding different categories of membership, e.g., psychotherapists as well as hypno-psychotherapists.

Offering CPD training, using the skills and experience of current members. Perhaps offering refresher training.

Improving communications with members - facebook, twitter, message board.

Promote selling points - e.g., testimonials allowed (with proviso that they can be backed up), complaints procedure, clinical camaraderie, feeling like you belong, integrity, vocational not commercial.

It was agreed that NRHP shouldn't change its ethos as it already offers many therapists what they require. However, if the NRHP wishes to continue into the future, it will need to augment and improve its services and perhaps open up to more potential members.

It was proposed that an excerpt from Sue Washington's article about UKCP and its Complaints Procedure should be rerun, along with an article suggested by Ian Wharmby - to point out to members who are also UKCP registered, the potential problems should they have a complaint against them. **Please see pages 6 to 8 for these articles.**

It was hoped that members could be asked to give their views on these suggestions and contribute their own. As some of these ideas would necessitate changes to the constitution of the NRHP, it was proposed that a Steering Committee be set up to look into all suggestions.

It was decided that it would be useful to co-opt some directors onto the Board to help with the Steering Committee and the potential changes - Jean Chesworth, Stuart Hannis and Irene Loudon.

So, if you have any suggestions or opinions on those already made, please put them in writing and e-mail or post into the office. We look forward to hearing from you!

**Excerpt from Sue Washington's article: Membership of NRHP from NRHP's Newsletter Winter 2010**

The rerunning of this excerpt was suggested by Ian Wharmby at the NRHP's AGM to illustrate the desirability of remaining with NRHP.

"As the years roll on it is becoming ever clearer to me that: HYPNOPSYCHOTHERAPISTS NEED TO BELONG TO NRHP.

...Individuals can now be members of UKCP without belonging to NRHP, or any other 'Organisational Member' (OM, used to be MO), of UKCP. HOWEVER, there are very good reasons for keeping your membership of NRHP, whether or not you are UKCP-registered. UKCP are currently discussing how those who do not belong to an OM are going to be supported, in the case of complaints and for re-accreditation purposes; how much this support is likely to cost, who will supply it, and where the money is going to come from. Anyone who has been unfortunate enough to have a complaint, or other difficult situation, to deal with will appreciate how time-consuming and soul-destroying these events can be (and how long they can drag on) and will know how invaluable the support of the office and officers of NRHP is when problems arise. I quote from Peter Merriott's summary in this newsletter:

*Registrants who do not belong to OMs may have additional costs to pay in addition to their existing UKCP membership fee. Such additional costs are likely to include fees towards the UKCP Central Complaints Procedure; the audit and monitoring by Colleges of their annual CPD; their five yearly re-accreditation process.*

*Against this backdrop, I respectfully suggest that you STAY WITH NRHP!*

*Sue Washington*  
NRHP Winter Newsletter 2010

The new (as from 2014) requirements for UKCP members' five yearly re-accreditations appear on pages 9 -10.

**NRHP**

The recent AGM on 26th April was, unfortunately, only attended by a handful of members.

I recall that the NHPC AGM meetings from when I was on the council and before we joined with NRHP as being very well attended indeed. I wonder why this has changed?

Of course, we can't all attend every time there's a meeting, but support of the member organisation is vital if it is to remain in place and be there for our benefit.

We were told that according to the NRHP accountants, unless the situation changes then it's likely that the NRHP will probably cease to exist in 5 or so years time. This is due to current members leaving for a variety of reasons, such as retirement/sabbaticals, etc., and a lack of new members joining.

Another important reason that some members have considered leaving the NRHP is now the availability of the direct route of individual membership of UKCP. Of course, why would anyone pay two membership fees for seemingly the same thing if they wish to be UKCP registered.

So, if you are in this situation, then please consider the following - UKCP is interested in protection of the public. Not you as a practitioner.

If you, as a therapist, have a complaint raised against you and your practice, you will need a significant level of ongoing support. Your professional indemnity insurance will pay legal fees but will not support you against a claim, nor will UKCP protect you or offer you the level of support that you are possibly going to need. NRHP will, however, do this and will fight your corner for you, offering you support from likeminded professionals.

Trust me, if you ever find yourself in this situation you will be glad of a professional membership that does this for you.

I have experience of complaint management against medical professionals and I am now involved in medico-legal work and undertake work as an expert medical witness and regularly meet with lawyers and barristers, in capacity of both claimant and defendant and believe me you would not want to be in this situation on your own when faced with allegations against you.

So protect yourself, and your NRHP will be there should you ever need it. Can you put a price on such peace of mind?

I can, and it's only currently the equivalent of £11 over ten months.

And for the record, I have kept my NRHP membership going but decided to not re-join UKCP several years ago, for all the right reasons!

Thankfully, I have not had a formal complaint raised against me, but who knows in our ever increasingly litigious society it could happen to anyone.

**Ian Wharmby RGN PG Dip Psych**  
**Occupational Health & Occupational Rehabilitation Advisor**  
**Registered Psychotherapist**  
**Clinical Lead Joints & Points Occupational Health**

## **IMPORTANT CHANGES FOR UKCP REGISTRANTS**

### **Five-yearly Re-accreditation for UKCP registrants**

As from 2014, UKCP members will have to adhere to the UKCP's College of Hypno-Psychotherapists (CHP)\* minimum requirements for their five-yearly re-accreditation, as set out below.

If you are also NRHP registered, the NRHP will, as usual, administer your re-accreditation but will also incorporate the amended requirements. Therefore, in 2015, we will be contacting those NRHP/UKCP members who joined NRHP in 1985, 1990, 1995, 2000, 2005, 2010 asking for their records according to the requirements listed below.

**Direct Members of UKCP will have to arrange their re-accreditation through the CHP and will have to pay a fee (yet to be determined).**

### **CHP MINIMUM REQUIREMENTS ARE:**

**Supervision Record:** members must provide documentation to verify their supervision provision over the previous 5 years. This should also include a statement from their current supervisor verifying the amount of contracted supervision.

2. **Clinical Record:** members must provide an overview of their clinical hours over the last 5 years. This needn't be overly prescriptive, but it normally would show an amount of clinical hours worked and a breakdown of the hours (i.e., assessments, short-term work, etc).

3. **CPD:** members must provide details of their CPD over the previous 5 years in keeping with UKCP's and the College's CPD requirements. The minimum of 20 hours in any one year. Along with details of all CPD undertaken within the preceding 5 years, members normally need to provide documentary evidence of at least 50 hours, e.g., CPD certificates of attendance.

4. **Professional Indemnity Insurance:** members must provide evidence of current and adequate indemnity insurance.

5. **Practice Development:** members must:

Attend a specific supervision session with their usual supervisor or a senior member of a peer support group to discuss their development

Write a statement to demonstrate how their practice has developed over the previous 5 years based on this supervision session

Provide a written statement from the supervisor following this session commenting on their development

Both of the above must address:

- i) The registrant's personal development needs and interests
- ii) how their practice and development reflects the Diversity and Equality Policy of UKCP
- iii) understanding from at least one other psychotherapeutic modality

Each OM is responsible for the re-accreditation of its members who are also UKCP registered. The NRHP does not charge its members for this service.

Direct Members re-accreditation will be processed through the College Assessment Committee of the CHP. The cost of which has yet to be determined.

*\*The CHP, formerly the UKCP's Hypnotherapy Section, is made up of the NRHP, Awaken, Beeleaf and the NCHP.*

## UKCP's Quinquennial Review of NRHP

I am very pleased to report that the NRHP has passed its recent UKCP Quinquennial Review (QR).

The visit to the Nelson office took place on Saturday, 29th March 2014. This visit was an opportunity for the Assessors to see the physical space and administration of the organisation, and to meet the Board, members of the NRHP and the staff.

The Assessors Team consisted of:

Alan McConnon - Quality Assurance and Regulation Manager at UKCP;  
Paul Atkinson, a Direct Member of the Council for Psychoanalysis and Jungian Analysis;  
Mike Shallcross from the College of Hypno-Psychotherapists.

Also present were:

John Hoyle-Wood, John Pilling and Jane Watson - NRHP Board;  
Peter Adamson, Paul Monaghan, Sue Washington, Leslie Williams - NRHP members;  
Susan Dixon, Julie Young - NRHP staff.

In January, the Assessors were each supplied with a completed questionnaire and appendices covering all aspects of the NRHP administration. At the visit, the Assessors spoke to the Board about the management and governance of the NRHP, including the Complaints Procedure. The organisational culture of NRHP was also discussed. The Assessors then saw the NRHP members and asked for their thoughts on the NRHP. They also discussed the administration of the NRHP with the staff, especially NRHP's re-accreditation procedures. The visit concluded with a further session with the Board.

In their subsequent report of the visit, the Assessors' conclusions were framed in terms of:

**Requirements:** *actions that the organisation must take or issues that must be addressed...Effectively implementing actions to address requirements identified at QR is mandatory for UKCP membership to be maintained.*

**Recommendations:** *recommendations will either be 'strong recommendations' or 'recommendations'. 'Strong Recommendations' relate to areas of current development within UKCP/the UKCP Section that are likely to create a future requirement or are directly concerned with current thinking on best practice on important aspects of trainings. 'Recommendations' will normally relate to UKCP's understanding of best practice across organisations within the regulatory sector. Indications of time limits may be given, where relevant.*

**Advice and Guidance:** *is offered as feedback by assessors with the aim of supporting organisations to develop.*

The only requirement stipulated in the Assessors' report was that the NRHP's Complaints Procedure and the Code of Ethics should be adjusted to make clear that

NRHP members who are also UKCP registered are covered by the UKCP's Central Complaints Procedure, not the NRHP's.

It was recommended that NRHP give consideration to appointing an External Moderator to provide advice, guidance and support to the organisation and thus its members on the development and growth of the organisation. Also that NRHP consider either appointing an appropriate individual (such as an External Moderator) as a full member of the Ethics Committee, or amending the terms of reference of the Committee to require involvement of a suitable lay person in all cases.

Under 'Advice and Guidance' there were the following items:

It is suggested that it would be helpful for NRHP members to have available a simple and clear guide to the process of re-accreditation, setting out the various requirements and the steps in the process.

- 2) It is suggested that a procedure be set up so that all informal complaints are recorded in such a way that consideration can be given to appropriate action, even if the individual complaints are not progressed any further.

Their overall conclusions are that the NRHP is generally well run and meets the requirements of both UKCP and its members.

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### **Advertising**

I started advertising with Yell.com again after several years' absence towards the end of last year. They totally messed up my advertising by giving the impression that my practice was in Hampshire not Surrey. Additionally they changed the agreed start date for my advertising at least three times. Eventually, after discussing my dissatisfaction with them, I received a small refund. I have, to date, received two enquiries from my listing neither of which I considered to be serious enquiries. I also have a five-star review on my listing which they suggested might help matters - it hasn't.

It occurs to me that it would be useful to know if other members' experience of Yell.com is similar to mine. This would be useful information for those thinking of purchasing a Yell.com listing. I may, of course, have simply been unlucky in my unsatisfactory experience with Yell.com advertising.

It would also be useful to know about any effective source of national or local advertising discovered by other members?

**Eileen Edwards**

**[www.eileenedwardsehc.co.uk](http://www.eileenedwardsehc.co.uk)**

BSc(Hons)Psych, ADHP, MNRHP

### **Down memory lane - a flying adventure**

I found Anne Shearer's article about breathing in last summer's News & Views very interesting, as was her description of her early training days at the Blythe College over 30 years ago. It triggered many memories of my training at SHAP, also 30 years ago. We used to meet at weekends at The Loft in the East West Centre near Old Street, London. I think it was on the 7th floor and there was no lift. When we had got our breath back we settled down to learn how to be hypnotherapists and then I spent the long journey home on three trains avidly reading my Hartland.

One Sunday afternoon, we were split into triads and took turns to work on each other for phobias, either real or imagined. My two colleagues immediately realised that my phobia was indeed real as I suddenly went very white and shaky at the mere mention of flying. I remember being disappointed because it felt like nothing had happened in the session. It certainly was not like the stage hypnotism we saw on TV and although we had been told it was nothing like that, I had still expected to feel something!

Soon after that session we broke up for the summer recess and one afternoon, when I was painting my daughter's bedroom, I suddenly decided to go up to a local airfield to look at the planes. Things were so different in those far off days! I went up to the ticket office and explained that I was afraid of flying and wondered if I could get close to the planes as they took off to see how I felt. "Yes", the woman behind the desk said, "walk over to the bus that is stationary in that field. You will find the crew having their break. Get on the bus and tell them what you told me." So, red high heels sinking into the mud, I tottered across and climbed on the bus.

The crew were very nice and sympathetic. "Go back to the ticket office and buy yourself a gliding lesson. You don't need to use it today if you don't want to." So I tottered back across the mud and bought myself a ticket. When I got back to the bus, one of the pilots was outside, wearing a helmet. He handed me mine and saying "Follow me", led me to the glider. I got in the front and he got in behind. The tug plane pulled us across the field and then we were airborne. After we had climbed fairly high there was a loud noise as the chain from the tug plane was unhooked and there we were, silently gliding over Buckinghamshire, over the villages and the silver snake of the Thames and it was wonderful. Eventually my pilot told me what to do to bring her down (a joint effort I am sure) and life was never the same again.

Over dinner that night I said to my family "Guess what I did today." When I told them they said "Yeah, yeah. Pass the sauce." It wasn't until I showed them my ticket that they finally believed me. That summer we flew to Greece, just the first of so many wonderful holidays.

I have lost count of the number of clients I have helped to fly (passengers of course!) and some have kindly posted me letters and cards from Canada or Australia to tell me they enjoyed the flight and arrived safely!

I am still in touch with three of my colleagues from those far off days. Happy memories.

**Barbara Butcher**

**[www.barbarabutcher.co.uk](http://www.barbarabutcher.co.uk)**

## **BLOG**

On the last day in the last session of CTIS courses, course members gave each other feedback on:-

1. What they appreciated about each other, and
2. What they would like to support the other to do differently!

Under the second heading, Sue Washington was told time and again to reach a wider audience. As we get more and more linked with the World Wide Web, this is more and more of a possibility and the world can, literally, be our oyster. Sue Washington is still trying to change the world and has started a blog at [www.peaceofmindwithsue.com](http://www.peaceofmindwithsue.com). She would like to stay in touch this way with previous trainees and NRHP members and asks you to sign up (free of course) to her blog. That would be really appreciated. There is also the chance to download chapter 1 of 'Peace of Mind - Pathways to Successful Living', again, free of charge.

Many people use this as a text book and recommend it on. For those of you of a more entrepreneurial inclination, at the bottom of the page is an 'AFFILIATE' link next to the 'CONTACT' button. By extolling the virtues of the book to your pals and/or mailing list you can make half of the purchase price. If you click the affiliate link you are sent through to 'Clickbank' where Sue pays for an account. This is free for you. Fill in your details, add your prefix to the recommends you send out and 'Clickbank' will send you monthly cheques for any of the 50% due to you, £12.50.

As we get older, we are looking for income streams; perhaps here, for you is the way of making one as well as making the world into a better place.

Her twitter account is [@suewashington1](https://twitter.com/suewashington1) and she would love to have you follow also! Call her if you wish to talk about this...

**[www.suewashington.com](http://www.suewashington.com)**

**Blog: [www.peaceofmindwithsue.com](http://www.peaceofmindwithsue.com)**

### **Pitfalls of One Size Fits All**

For a number of years, I have been aware of “hypnotherapists” not trained by NCHP treating all smoking clients as habit smokers.

I've encountered such clients in my practice usually because they have smoked again after stopping briefly. In a few instances, the client has acquired other nervous symptoms during their brief period of not smoking. One lady in particular developed a restaurant phobia which fortunately I was able to help her with.

I try to educate the public on this topic through discussion, my publicity materials and the odd article.

I would be interested to know what experiences my NRHP colleagues have had regarding this issue. It occurs to me that we might, as a professional association, be able to formulate a plan for explaining the pitfalls of “one size fits all smokers’ treatment” to the general public.

**Eileen Edwards**

**[www.eileenedwardsehc.co.uk](http://www.eileenedwardsehc.co.uk)**

**BSc(Hons)Psych, ADHP, MNRHP**

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**bacp**

British Association for  
**Counselling & Psychotherapy**

We have received an e-mail from BACP offering continued professional development (CPD) workshops to therapists in NRHP. The NRHP is an Organisational Member of BACP. BACP run a programme called ‘Professional Development Days’, which are one day workshops with a focus on providing specific knowledge and tools for therapists to take away and apply to their daily practice. Please visit their website: [www.bacp.co.uk/events/](http://www.bacp.co.uk/events/) for full details.

**Robin Thorburn has sent this message from Dr Debbie Joffe Ellis, the widow of Albert Ellis.**

**Dr Joffe Ellis presents REBT to the Australian Parliament Building on 7th  
May 2014**

To let you know that the address at Parliament House this evening went very well.

Attendance was good, in this beautiful historic venue.

Member of Parliament, Michael Sidoti gave a warm welcome, as did the Honourable Jai Rowell, Member of Parliament for Mental Health and Assistant Minister for Health who also gave a very fine address.

He acknowledged the great contribution of Al, in addition to saying kind words about me and the work I do carrying Al's legacy forward.

I then spoke about REBT, and gave a demonstration with a volunteer who said it had beneficial impact as did many of the attendees who spoke with me afterwards.

The demo was followed by a short video showing Al's work in his later years.

On Friday morning I will address the Australian Psychological Society - NSW Branch, and give a workshop on REBT following that.

So there's the latest.

**Dr Debbie Joffe Ellis  
Via Robin Thorburn**

**[www.ellisrebt.com](http://www.ellisrebt.com)**



**Supervision in South-West London**

Peer supervision group  
monthly meetings in Twickenham

We welcome new members

For further information, please contact

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**07944 183828**

**e-mail: [leobarnardtherapy@gmail.com](mailto:leobarnardtherapy@gmail.com)**

