

Editorial

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The quarterly professional journal
for counsellors and psychotherapists
in healthcare settings

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Towards the beginning of the year, via *Talking Therapies: a four-year plan of action*¹, the Government announced £400 million to extend access to psychological therapies, making a choice available in NICE-approved therapies.

It seems a relief, after a period when some counsellors felt marginalised, and some lost their jobs, that counselling for depression (CfD) is included in the programme as a NICE-approved therapy, along with interpersonal psychotherapy (IPT), brief dynamic interpersonal therapy (DIT) and couple therapy for depression (CTD). Training, which includes a five-day taught programme and supervised clinical practice, is ongoing.

Following on from an introductory piece on the story so far for counselling in IAPT, Isabel Gibbard provides thought-provoking comment on the inclusion of CfD from her perspective as a person-centred practitioner. Also on the subject, counsellor Gillian Haines shares her experiences of training in IPT, David Hewison writes our guide to couple therapy for depression, and John Hague writes from a GP's perspective on what the introduction of the programme has meant to him and his patients.

In the next four years, to 2015, the nationwide roll-out of IAPT psychological therapy for adults will be completed and will include the initiation of a standalone programme for children and young people. Those looking to the future will be interested to read about the work of Pallavi Bala and colleagues, who, in our best practice feature, outline how IAPT services have been adapted for children and young people in Bury. Their article will give food for thought about how best to go about organising services to ensure the right skills, perhaps through working with third sector providers who have existing experience and staff in place; their feature is augmented by an informative article by Peter Jenkins, who touches on just one of the challenges when it comes to implementing services for young people – legal issues around rights to confidentiality and privacy.

I hope you find this issue enjoyable and interesting. As ever, I'd love to hear from anyone involved in healthcare counselling and psychotherapy about what all this means to you and to your work. In addition, feedback is welcome on anything that appears in the pages of *HCPJ*, and you'll find prompts at the end of each piece with contact details. Look forward to hearing from you.

Sarah Hovington

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Reference

1 Department of Health. *Talking therapies – a four year plan of action*. London: DH; 2011.

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