

HCPJ is the quarterly professional journal for counsellors and psychotherapists in health care

Publisher

BACP, BACP House, 15 St John's Business Park, Lutterworth LE17 4HB Tel 01455 883300 Fax 01455 550243 email hcpj.editorial@bacp.co.uk

Disclaimer

The views expressed in *HCPJ* are not necessarily those of BACP Healthcare or its members, or of BACP.

All case studies in this journal, whether noted individually or not, are permitted, disguised, adapted or composites, with all names and identifying features changed, in order to ensure confidentiality.

HCPJ is published in January, April, July and October.

Subscriptions

The journal is sent free to BACP Healthcare members. For subscription queries, telephone 01455 883300 or email membership@bacp.co.uk

Editor

Sarah Hovington hcpj.editorial@bacp.co.uk

Associate Editors

Peter Jenkins, Senior Lecturer in Counselling, University of Manchester
Ewan Davidson, primary care counsellor

Design and production *Fran Shall*
designandedit@macace.net

Printer Page Bros

Cover image *Roz Woodward/Thinkstock*

Advertising

For rates contact *Jinny Hughes*
tel 01455 883314 jinny.hughes@bacp.co.uk

Copyright

Apart from fair dealing for the purposes of research or private study, or criticism or review, as permitted under the UK Copyright, Designs and Patents Act 1988, no part of this publication may be reproduced, stored or transmitted in any form or by any means without the prior permission in writing of the publisher, or in accordance with the terms of licences issued by the Copyright Clearance Centre (CCC), the Copyright Licensing Agency (CLA), and other organisations authorised by the publisher to administer reprographic reproduction rights. Individual and organisational members of BACP only may make photocopies for teaching purposes free of charge provided such copies are not resold.

© British Association for Counselling and Psychotherapy

ISSN 1475-0724

Contents

1 Editorial

2 News

4 Healthcare professionals: commission your own self-care quality!

Linda Dubrow-Marshall outlines some of the issues for healthcare practitioners, and offers some recommendations on developing a 'toolbox' for self-care

12 Self-care for Black and Minority Ethnic practitioners

Susan Cousins explores issues around self-care for BME practitioners

16 The journey of growth towards authenticity

For *Gareth Jones*, research which involved rediscovering the past has led to 'personal treasure' and greatly benefited self-care and his therapeutic relationships

22 Maintaining integrity in chronically challenged therapeutic relationships

Anthony Hickey discusses issues around self-care highlighted through his research into how therapists respond to dissociative clients

27 Counselling with a vision

Diana Savage charts the growth of an inspirational service in Milton Keynes where team spirit is a significant feature

31 Ageing, growth, time and change: working with older LGBT people

David Richards describes some of the themes central to working with this client group

36 Thoughts on supervision: necessary support or monthly chore?

John McCourt offers suggestions for including self-care as part of supervision

38 GP viewpoint

John Hague shares his experience of clinically-led commissioning – and what it might mean for mental health services

39 The BACP Annual Research Conference: submitting a paper

John McLeod describes the review process and how decisions are made about which papers are accepted for inclusion in the conference programme

41 Electronic patient records and client confidentiality

Peter Jenkins, associate editor of *HCPJ*, responds to some of the key issues raised in the recent article by *Brian Rock* and *Helen Brindley* on EPRs and their impact on the therapeutic relationship

44 A guide to...

Working with dissociative identity disorder, by *Carolyn Spring*

47 On the receiving end

Behaviour therapy put *Steve Gee* more in control of his obsessive-compulsive disorder

48 Reviews

50 Web resources: older LGBT clients

Key websites for further information

51 BACP Healthcare update

Chair *Tina Campbell* and BACP healthcare development manager *Louise Robinson* on the latest initiatives from the healthcare division

52 Reader response

We invite your comments, views and opinions

53 Forthcoming events