
FROM THE EDITOR

Talking therapies could play a key role as society moves away from an economic model towards social, emotional, and psychological wellbeing. This greater interest in ‘why things are the way they are’ could lead the way for a greater role for psychosocial approaches which put social relationships at the centre of improving public health – and counsellors and psychotherapists should be making their contributions felt. This was one of the key themes at BACP Healthcare’s spring conference, *Healthcare in transition*, which took place in York and welcomed over 90 delegates.

In this issue of the journal, Pamela Griffiths applies this transformation to depression in people with a chronic physical health problem. Concerns regarding the use of diagnosis categories have, says Pamela, meant that the social context of people’s experience is too often ignored. She advocates that the interpersonal attending of an integrated counselling or psychotherapy approach in this client group will allow the context and meaning of a person’s depressive experience to be addressed, and for treatment to be tailored to each person with respect to their circumstances.

Meeting the needs of the changing population was another theme of the conference: how can counsellors and psychotherapists contribute? One of John Hague’s first acts as a GP commissioner, as he outlines in his column, this issue, has been to commission new dementia services in his area. Counselling and psychotherapy will surely be part of this growing endeavour to improve care for older people. In his excellent article in this issue, Mike Fox not only reminds us of the existence of counselling for people with dementia, but also suggests ways to improve the therapy experience for people with dementia.

I have really enjoyed coming into greater contact with other counsellors and psychotherapist members over the past few months, both through your feedback about the redesign of the journal and your contributions to its pages, and through attending the conference. As ever, I would love to hear from you about anything mentioned here or elsewhere in this journal. The *HEALTHCARE Counselling and Psychotherapy Journal* very much welcomes suggestions for articles from practitioners: if you have an area of specialism you would like to write about, or an opinion you’d like to share via an article, please get in touch.



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