

# FROM THE EDITOR

The *HEALTHCARE Counselling and Psychotherapy Journal* is the quarterly journal for counsellors and psychotherapists working in healthcare.

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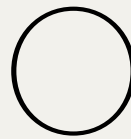
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One of the benefits of working in NHS-funded services is learning about the different modalities and ways of working of the colleagues we work alongside. The competitive tendering context in which we work, however, can also bring tensions and so lead to a focus on our differences, rather than similarities. In our lead feature this issue, Michael Owens tackles this subject by considering the common ground between CBT, the person-centred approach, psychodynamic counselling, and existential-phenomenological therapy. 'Each of the therapies has the same purpose,' writes Michael, 'to help clients tackle their problems effectively and improve their health, welfare and quality of life... it should not come as a surprise that there are many similarities.'

Continuing changes to the NHS landscape are not only bringing together therapists working in different modalities – GP commissioning is also opening the door to a range of providers. Increasingly, NHS Trusts are being joined by third sector organisations, private companies, and individual practitioners in winning NHS contracts to provide counselling and psychotherapy. For those of you in the third sector who would like to maximise the current opportunities, Louise Robinson's article weighs up the options for engagement. As Louise writes, 'Third sector organisations help represent individuals and groups that are not adequately represented. As such, [they] can influence local provision of a whole range of services, not just their own, by giving voice to the needs of a community.'

