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Our lead feature this issue contributes further to this picture. In evaluating the effectiveness of counselling within Trafford Psychological Therapies, Sue Balmer, Dale Huey and Jean McLaren aimed to supplement NICE-recognised effectiveness research with more practice-based evidence of the demonstrable benefit of non-directive counselling. Using the same metrics as reported within the IAPT national database, they were able to document the performance of the counselling component of their service, and found outcomes were meaningfully above the national average.

Elsewhere in the issue, we feature the personal perspectives of two therapists who are living with and through illness. In her article, Cordelia Galgut writes about how living with the effects of breast cancer, and receiving therapy, led her to challenge her own preconceived ideas about the appropriate way to support clients. And in an update of an article she wrote for us last year², Elizabeth Baird considers issues of adjustment and acceptance when living with Multiple Sclerosis (MS).

As ever, thanks to all those who have written in this issue of the journal; please do get in touch at the email address below if you'd like to contribute to a future issue.

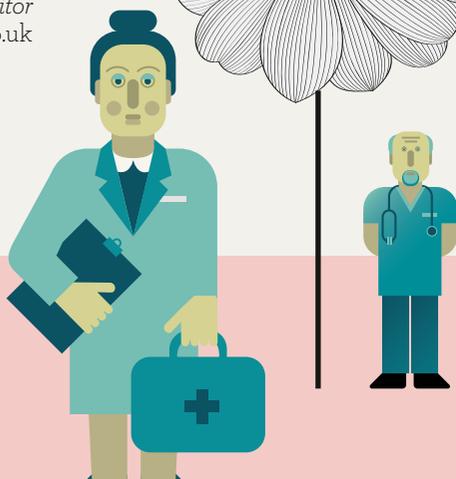
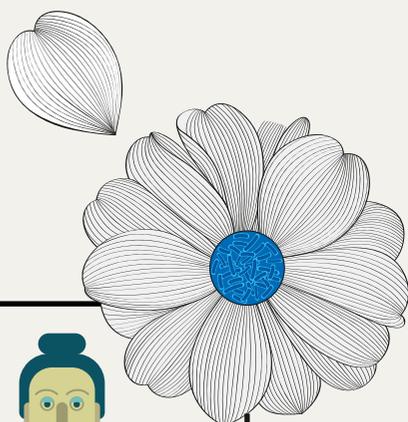
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¹ www.iapt.nhs.uk

² Baird E. Not giving up. *Healthcare Counselling and Psychotherapy Journal*. 2013; 13(4):20-21.



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