

Neville Tomlinson's focus is on counsellors and psychotherapists. From a starting point of what drew him to study for a master's degree in psychological trauma, Neville considers the research available about what draws us to the field of therapy. Is there a connection between becoming a therapist and our childhood experiences? And what characteristics is a therapist likely to have? Neville goes on to explore whether personal experience informed the development of different approaches to therapy: did Albert Ellis' social anxiety lay the foundations for rational emotive behavioural therapy (REBT)? And did Carl Rogers' childhood experience of a critical mother lead to the core of his therapy being about non-judgmental listening and acceptance?

As ever, we welcome your feedback on any of the articles in this issue. We also welcome ideas for articles relating to counselling and psychotherapy which are of interest to practitioners working in the healthcare sector. For information on how to submit an idea, please contact me at the email address below. I look forward to hearing from you.



**Sarah Hovington**, Editor  
hcpj.editorial@bacp.co.uk

# CONTENTS

## FEATURES

<b>RELATIONSHIPS IN THE MELTING POT</b>	<b>08</b>
<i>Tina Livingstone</i> offers 15 years' experience of counselling non-trans partners of trans-identified and trans-historied people	
<b>HOW DID I GET HERE?</b>	<b>16</b>
<i>Neville Tomlinson</i> considers what draws us to the world of counselling and psychotherapy	
<b>BREAKING THE CYCLE OF ABUSE</b>	<b>20</b>
<i>Dippica Mistry</i> and <i>Michael Lilley</i> describe an early intervention initiative that tackles the issues of domestic abuse and parental mental health – to the benefit of children	
<b>THE POLITICS OF RESEARCH INTO CHILD SEXUAL EXPLOITATION</b>	<b>22</b>
<i>Peter Jenkins</i> considers the conflicts between different approaches with regard to this challenging and important area	
<b>BACP PRACTITIONERS' CONFERENCE</b>	<b>26</b>
<i>Neville Tomlinson</i> reviews the conference, which was co-hosted by the division in April	

## REGULARS

FROM THE EDITOR	02
NEWS AND RESEARCH	04
CHAIR'S REPORT - BACP HEALTHCARE: <i>Zubeida Ali/Rachel Johnston</i>	06
HEALTHCARE UPDATE: <i>Judy Stafford</i>	07
COUNSELLING IN PRIMARY CARE: <i>Richard Mason</i>	27
THIRD SECTOR PERSPECTIVE: <i>Michael Lilley</i>	28
REVIEWS	29
BACP HEALTHCARE ROUND-UP	31

