

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

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FROM THE EDITOR

A main aim of the *HEALTHCARE Counselling and Psychotherapy Journal* is to offer a forum for therapists working in NHS-funded services to communicate with, and learn from, each other: in effect, a journal written by practitioners, for practitioners. The content in this new year's issue reflects that aim, with articles on both therapy matters and service provision.

In our lead article, Anne Crisp provides an update on her work focusing on 'unprepared clients' – 'those who come to counselling with no real understanding of therapy and tend to struggle with the very processes therapy depends on'. Anne details the interviews with therapists she conducted for her research master's degree, and goes on to outline her work since completing her research. 'If we are serious about making therapy meaningful and accessible for anyone who needs it', she writes, 'we must look more closely at what happens when people arrive in the therapy room unprepared for what greets them'.

Anne's main aim is to get therapists thinking and talking about the concept of the 'unprepared client', and with this in mind, we asked therapists from a variety of settings to respond to the idea, with interesting results. You can read their responses on page 14.

A study published last year which investigated burnout in staff working in IAPT services,¹ found that the most important predictors were service related. In an inspirational article in this issue, Jude Boyles and Rich Garland, managers of a human rights charity and an IAPT service respectively, relate their commitment to a democratic style of leadership which aims to afford the same dignity and respect to the staff team as they are expected to afford to their clients. Managing teams on this basis can be challenging, they write, but that challenge is rewarded by seeing high quality work with clients genuinely flourish.

JOURNAL EDITOR VACANCY

If you are interested in applying for the vacancy of *HEALTHCARE Counselling and Psychotherapy* journal editor, information on what the role involves and how to apply can be found within the vacancies section of the main BACP website, at www.bacp.co.uk/vacancies/contracts.php The closing date for applications is 12 February.

