



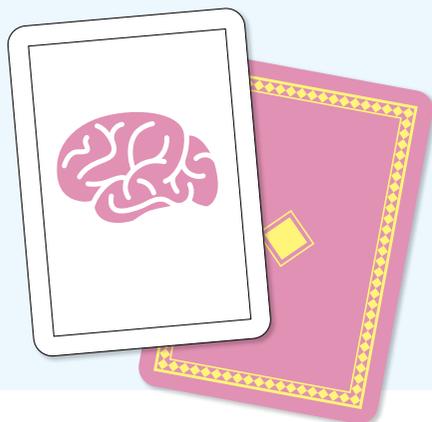
Another organisation which has grown exponentially through its work with the NHS is The Awareness Centre (TAC) in London. Karen Dempsey explains how TAC overcomes the challenges of working with more than 70 trainee therapists to deliver a successful counselling service which meets the needs of a multi-ethnic local community, providing counselling in 25 languages. The trainees provide NHS counselling in GPs' surgeries, as well as providing a low-cost counselling service at The Awareness Centre itself. The trainees come from a diverse range of backgrounds, reaching out to the multi-ethnic community that they serve. Karen writes about the challenges and opportunities of working with such a large group of trainee counsellors and psychotherapists.

In such uncertain times, it is important that we continue to support and inspire each other, sharing our successes and helping each other to address the inevitable challenges. My hope is that this journal can play a small role in creating a sense of community and connection among those of us working as counsellors and psychotherapists in and around the NHS.

Please do not hesitate to contact me if you would like to contribute an article to the journal or if you are interested in writing book reviews. Do also let me know if there are specific topics that you would like to see covered over the coming year. I look forward very much to hearing from you.



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