

# FROM THE EDITOR

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

It is published by the British Association for Counselling and Psychotherapy (BACP): BACP House, 15 St John's Business Park, Lutterworth LE17 4HB  
T 01455 883300  
F 01455 550243

The journal is sent free to members of BACP Healthcare in January, April, July and October. Membership of BACP Healthcare costs £30 a year for individuals and £50 a year for organisations. For membership enquiries, please email [healthcare@bacp.co.uk](mailto:healthcare@bacp.co.uk)

#### Editor

Joanna Benfield  
[hcpj.editorial@bacp.co.uk](mailto:hcpj.editorial@bacp.co.uk)

#### Associate editors

Peter Jenkins  
Ewan Davidson

#### BACP Healthcare team

*Executive Committee members*  
Chair: Satinder Panesar  
Deputy Chair: Rachel Johnston  
Zubeida Ali  
Toby Sweet  
Kerry Nair  
Vicky Palmer

#### BACP staff

*Healthcare administrator*  
Judy Stafford

We welcome your queries and information on healthcare counselling and psychotherapy-related issues. To get in touch, please email us at [healthcare@bacp.co.uk](mailto:healthcare@bacp.co.uk) or telephone 01455 883300 and ask for the healthcare team. Please remember to quote your BACP membership number.

Visit the BACP Healthcare website at [www.bacphealthcare.org.uk](http://www.bacphealthcare.org.uk)



#### Contributions

We welcome contributions. Please contact the editor.

For authors' guidelines, see [www.bacphealthcare.org.uk](http://www.bacphealthcare.org.uk)

#### Advertising

For rates, contact Adam Lloyds  
T 020 3771 7203  
[adam@thinkpublishing.co.uk](mailto:adam@thinkpublishing.co.uk)

Publications of advertisements and/or inclusion of advertising materials in the *HEALTHCARE Counselling and Psychotherapy Journal* does not constitute endorsement by BACP Healthcare or BACP.

#### Design

Steers McGillan Eves  
T 01225 465546

#### Print

Newnorth Print Ltd

#### Disclaimer

Views expressed in the *HEALTHCARE Counselling and Psychotherapy Journal* are the views of the writer and not necessarily the views of BACP Healthcare, or BACP. Publication in this journal does not imply endorsement of the writer's view. Reasonable care has been taken to avoid error in the publication but no liability will be accepted for any errors that may occur.

#### Case studies

All case studies in this journal, whether noted individually or not, are permitted, disguised, adapted or composites, with all names and identifying features changed in order to ensure confidentiality.

#### Copyright

Apart from fair dealings for the purposes of research or private study, or criticism or review, as permitted under the UK Copyright, Designs and Patents Act 1998, no part of this publication may be reproduced, stored or transmitted in any form by any means without the prior permission in writing of the publisher, or in accordance with the terms of licences issued by the Copyright Clearance Centre (CCC), the Copyright Licensing Agency (CLA) and other organisations authorised by the publisher to administer reprographic reproduction rights. Individual and organisational members of BACP only may make photocopies for teaching purposes, free of charge, provided such copies are not resold.

© British Association for Counselling and Psychotherapy 2017

ISSN (print) 1475-0724

ISSN (online) 2397-866X

We find ourselves in challenging times. Politically, socially and culturally we are still learning how to adapt to the changing world in which we live. For many people this can be a frightening and difficult experience, and NHS mental health services must respond by helping them to deal with the emotional and psychological challenges. Different people will require different approaches to this. As part of our series on the range of therapies offered within IAPT services, the lead article in this issue looks at dynamic interpersonal therapy (DIT), exploring the contribution of short-term psychodynamic work to NHS mental health services. We saw in the last issue that the take-up of non-CBT therapies within IAPT is very low indeed. Deborah Abrahams highlights that DIT represents less than one per cent of the overall number of referrals seen for treatment within IAPT services. It seems to me that we are missing out on the potential contribution that DIT and the other non-CBT offerings can make, alongside cognitive behavioural therapy itself.

DIT formulates depression as a threat to the patient's attachment system. Attachment is also the theme of Graham Music's article, which explores why NHS mental health staff and patients need more compassionate, emotionally secure settings. Graham draws parallels between the attachment experiences of early childhood and the way in which our working environment influences our ability to provide care and support to our clients. He questions whether the fast-paced, pressurised environment that characterises many IAPT services can really be conducive to our ability to provide a secure base for those who so desperately need it. The article challenges all of us to consider how we can contribute to the development of organisations that provide a secure base for staff and clients alike.

One of the biggest challenges facing NHS services today is an ageing society and the impact that this has on the provision of both physical and mental health services. According to Kelly Birtwell and Linda Dubrow-Marshall, more than 850,000 people in the UK are currently living with dementia, a number which is expected to double in the next 30 years. Kelly and Linda report on a BACP-funded study into the insights of people with mild dementia and their experiences of psychological support, skilfully highlighting their experience of loss, both of memory and of the ability to do the things that they used to do. Also emphasised is a changing sense of self, both in terms of how dementia sufferers experience themselves and how others experience them.

