



there needs to be a place for focusing on and building upon the client's innate resources. Jolanta helps us to understand some of the tools available for this, such as counting blessings, acts of kindness and savouring. These are probably just as relevant to us as counsellors and psychotherapists, as they are to our clients. As Jolanta aptly points out, increasing therapists' wellbeing may well be an important factor in increasing clients' wellbeing.

While we were sorry to say goodbye to Michael Lilley as a regular contributor to this journal in the last issue, we are pleased that he has joined forces with his former colleague, Tanya Samuels, to write an article on the role of the third sector in mental health crisis care. This is the final article in a series of three that looks at how the voluntary sector is able to provide viable alternatives to beds in traditional psychiatric wards. As the cost of psychiatric beds has increased, data are beginning to show that community-based alternatives are providing solid outcomes. Michael and Tanya report on an evidence-based study of seven crisis houses, and show how these houses have successfully supported clients in need of mental health crisis care.

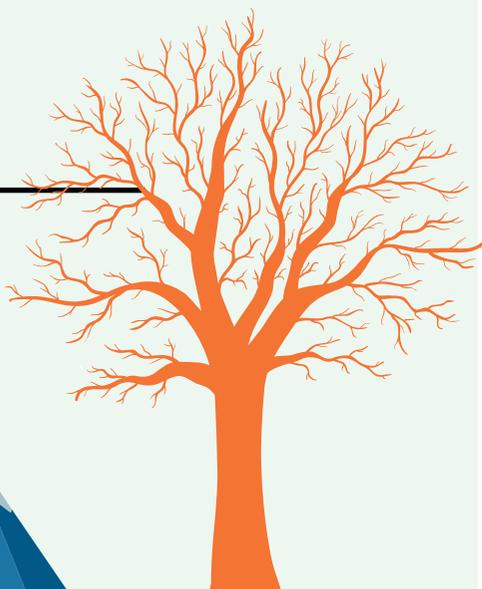
We are still looking for someone to take over the third sector column from Michael, so if you work for a third sector organisation and would like to become a regular contributor to this journal, then please do get in touch.

#### REFERENCE

<sup>1</sup> National Institute for Health and Care Excellence. Depression in adults: recognition and management. [Online.] NICE; 2017. <https://www.nice.org.uk/guidance/indevelopment/gid-cgwave0725> (accessed 17 August 2017).



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# CONTENTS

## FEATURES

COUNSELLING FOR DEPRESSION: EFFICIENT, EFFECTIVE AND EVIDENCE BASED	08
---	----

*Rinda Haake reports on the use of counselling for depression in the NHS*

THE CLINICAL PRACTICE OF WELLBEING	14
---------------------------------------	----

*Jolanta Burke considers the role of positive psychology in the therapy room*

ART THERAPY IN MENTAL HEALTHCARE: WHAT MAKES A DIFFERENCE?	18
--	----

*Dominik Havsteen-Franklin explores the contribution of art therapy to mental healthcare*

FROM ALTERNATIVE TO MAINSTREAM: VOLUNTARY SECTOR-LED SOLUTIONS TO MENTAL HEALTH CRISIS CARE	24
---	----

*Michael Lilley and Tanya Samuels report on the provision of community solutions to mental health crisis care*

## REGULARS

FROM THE EDITOR	02
NEWS AND RESEARCH	04
CHAIR'S REPORT - BACP HEALTHCARE: <i>Satinder Panesar</i>	06
HEALTHCARE UPDATE: <i>Judy Stafford</i>	07
COUNSELLING IN PRIMARY CARE: <i>Elaine Davies</i>	28
REVIEWS	30
BACP HEALTHCARE ROUND-UP	31