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# THERAPY TODAY

**40**  
years  
of  
changing  
lives

The voice of the counselling and psychotherapy profession

**Talking therapy has  
come a long, long  
way in four decades.  
It's a phenomenal  
success story.**

Dr Andrew Reeves, BACP Chair

As BACP celebrates its 40th anniversary, this issue tracks key moments in its history and just how much the counselling professions have achieved since 1977