

HCPJ is the quarterly professional journal for counsellors and psychotherapists in health care

Publisher

BACP, BACP House, 15 St John's Business Park, Lutterworth LE17 4HB Tel 01455 883300 Fax 01455 550243 email hcpj.editorial@bacp.co.uk

Disclaimer

The views expressed in *HCPJ* are not necessarily those of BACP Healthcare or its members, or of BACP.

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.

HCPJ is published in January, April, July and October.

Subscriptions

The journal is sent free to BACP Healthcare members. For subscription queries, telephone 01455 883300 or email membership@bacp.co.uk

Editor

Sarah Hovington hcpj.editorial@bacp.co.uk

Associate Editors

Rachel Freeth, psychiatrist and counsellor
Peter Jenkins, Senior Lecturer in Counselling Studies, Salford University
Ewan Davidson, primary care counsellor and healthcare counselling tutor

Design and production *Fran Shall*

Printer *Page Bros*

Cover image *Digital Vision/Photodisc/Thinkstock*

Advertising

For rates contact *Jinny Hughes*
tel 01455 883314 jinny.hughes@bacp.co.uk

Copyright

Apart from fair dealing for the purposes of research or private study, or criticism or review, as permitted under the UK Copyright, Designs and Patents Act 1988, no part of this publication may be reproduced, stored or transmitted in any form or 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

ISSN 1475-0724

Contents

1 Editorial

2 News

4 BACP Healthcare seminar 2011

Healthcare in transition: strengthening our professional identity

4 Ignore, append or integrate: how do you use yours?

Nic Streatfield considers differing therapist attitudes to outcome measures, and argues that their active use can greatly benefit clients

9 The testing DIET

Tina Thomas shares her knowledge of best practice and guidance in testing procedures

13 Recognising depression and distress

How well can clinicians diagnose depression using their day-to-day clinical skills? Research by Alex Mitchell and colleagues examines diagnostic capabilities without the use of screening tools

17 Electronic patient records: the impact on the therapeutic relationship

Brian Rock and Helen Brindley look at confidentiality issues arising from the use of electronic records, adding a consideration of the subject from a psychoanalytic perspective

23 Celebrating 25 years of transforming lives in Southwark

The continuing success of the Southwark Primary Care Counselling and Psychotherapy Service is due to the counsellors themselves, and the ability to demonstrate their worth to commissioners and GPs, says Peter Thomas

28 Understanding Asperger syndrome

Maxine Aston guides readers through the ability to recognise and work with this form of autism

32 Journeys in primary care

Ewan Davidson walks through the same landscapes as his clients...

33 GP viewpoint

What's not to like about outcome measures? asks John Hague

34 A brief guide to...

...outcome measures

35 Employment matters

Pat Seber, consultant to BACP on workforce issues and service development, updates us on her work, and answers work-related queries

38 On the receiving end

Maureen Downton's quest to find a cure for the physical effects of stress on her body led her on a journey through many types of therapy

39 Just qualified ...

The journey towards a paid counselling job is a long road, but Karen Barker isn't giving up

40 Reviews

41 Web resources: Asperger syndrome

Key websites for further information

42 BACP Healthcare update

Chair Tina Campbell and BACP healthcare development manager, Louise Robinson, write about the latest initiatives

43 Reader response

We invite your comments, views and opinions

45 Forthcoming events