

What is SCoPED?

Your information & Involvement

Making Connections: Edinburgh
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Objectives of this session: Informing & Involving

We will spend 25 minutes together & this session has two aspects:

Part One: Information sharing

This presentation will:

- Introduce you to the SCoPEd project: describing the aims, the work so far, and timescales
- Help you to understand how you can continue to be involved

Part Two: Encouraging your involvement

- You will have an opportunity for informal discussion to ask questions today: 'connecting together' 14:15-15:00
- Your involvement in the future as SCoPEd progresses with engagement and consultation processes
- SCoPEd email address

You may have already heard a little about SCoPEd.....?

- Website article: April 2018
- Chair's Column - Therapy Today, May 2018
- Letters in Therapy Today

- So, we feel a little more positioning is helpful

So, What is SCoPEd?

- SCoPEd = Scope of Practice and Education (for the counselling & psychotherapy professions)
- Specific project which has arisen from the Collaboration of the Counselling and Psychotherapy Professions (CCPP) looking at core practitioner training
- The CCPP - Collaboration of the Counselling & Psychotherapy Professions: Includes British Psychoanalytic Council (BPC), the United Kingdom Council for Psychotherapy (UKCP) & BACP
- Therefore, BACP is working in an unprecedented collaboration with BPC & UKCP.
- The collaboration is aiming to systematically map the existing competences, standards, training and practice requirements within counselling and psychotherapy, with a view to producing a shared competence framework

What is SCoPEd aiming to achieve?

- SCoPEd is a genuine collaboration between BACP, BPC & UKCP held within a vision that a clearer, evidence-based map of shared generic competences will offer information to clients and commissioners, and increase opportunities for our members
- This will provide clearer pathways for trainees entering the professions
- The competences will be broad & generic, recognising different entry routes into the professions, allowing different groups to interpret them within their own theoretical approach, philosophy and training traditions

Why is SCoPEd happening now?

- *There is complete agreement between BACP, BPC and UKCP that a proactive, collaborative leadership role is needed in the development of generic standards for the counselling and psychotherapy professions*
- Collaboration and unity may help if statutory regulation of the healthcare professions becomes mandatory
- There are increasing opportunities to lobby for and promote the skills of counsellors and psychotherapists

Healthier Scotland

“we must prevent and treat mental health problems with the same commitment, passion and drive as we do with physical health problems”

Maureen Watt, MSP,
(former) Minister for Mental Health, Scotland

<https://www.gov.scot/Resource/0051/00516047.pdf>

Opportunities to promote the skills of counsellors & psychotherapists

MH Ten Year Strategy for Scotland (2017-2027)

Includes a clear action to grow the Mental Health workforce:

“To increase the workforce to give access to dedicated mental health professionals to all A&Es, all GP practices, every police station custody suite, and to our prisons. Over the next five years increasing additional investment to £35 million for 800 additional mental health workers in those key settings”.

<https://www.gov.scot/Resource/0051/00516047.pdf>

Why is SCoPEd necessary now: A cautionary tale....

- Show of hands
- UK Parliament – Question: Lord Macpherson of Earl’s Court GCB (Crossbench) 22/6/18

“What plans are there to protect people experiencing mental health problems from accessing treatment from unqualified counsellors and psychotherapists, including by requiring statutory registration?”

What is a ‘Scope of Practice’?

- The counselling professions contain several disciplines, including but not limited to: counselling, psychotherapy, coaching and counselling skills. There has often been debate about the similarity and difference between counselling and psychotherapy and BACP has previously taken a position based on similarity
- Within the context of SCoPEd ‘scope of practice’ means mapping and defining the similarities and differences between counselling and psychotherapy based on existing evidence-based competences & research literature, to arrive at a shared competence framework
- However, for BACP, ‘Scope of Practice’ also refers to defining specialist or discrete areas of practice, based on competences e.g. supervision, coaching and counselling skills

What will the proposed SCoPEd framework mean?

- The philosophy of the framework is not about creating new standards, rather mapping existing competences, and reviewing latest literature to produce a competence framework that is shared across the three bodies. The framework is intended to be indicative, and informative, rather than imposing
- The proposed competence framework is NOT a shared curriculum. Training providers can develop their own curricular, based upon their own theoretical position, provided they demonstrate that they are meeting the competences within the framework. The core competences are not modality specific
- Will apply to future training entry to the professions for those wanting to register with the three bodies
- WILL be available for other bodies to adopt should they choose to

An insight into the current landscape

- Currently, counselling and psychotherapy are largely ‘self-regulated’ by the professional bodies, who in turn are regulated by the Professional Standards Authority (PSA) accredited registers scheme
- The PSA sets minimum standards via their accredited registers programme, with the focus being on public protection
- However, the PSA-accredited registers in counselling and psychotherapy have their own distinct standards of training practice, and there *are no agreed common* entry or *training* requirements to enter the field
- This can cause confusion for the public, clients/patients, and employers and commissioners in terms of knowing what to expect when employing a counsellor or psychotherapist

How might members benefit from SCoPEd

- The vision is that a shared, evidence-based framework of competences will demonstrate transparency across the counselling/psychotherapy professions, enabling commissioners (individual clients, organisations, etc) to be better informed about what they can expect from a counsellor or psychotherapist
- This may enhance employment opportunities
- Collaborating upon this framework may help us to respond to the potential challenge of statutory regulation

Who is part of SCoPEd?

Project Group (BACP, UKCP, BPC)

1. Steering Group (CEOs of all three organisations + Technical Group members)
2. Technical Group - (nominated representatives of all 3 organisations).
3. Expert Reference Group (ERG) -invited representatives from all 3 organisations & selected against explicit criteria.

ERG is chaired by an independent Chair (Professor Lemma from UCL) and supported by an independent Information Analyst

What has SCoPEd achieved so far?

1. Clear evidence based process identified and agreed for carrying out this project, based upon Roth & Pilling methodology for producing the UCL Competences.
2. Technical group has completed mapping of existing competences/standards/practice/training to produce 1st draft of competences for counselling & psychotherapy
3. The Expert Reference Group (ERG) has been meeting for six months to scrutinise the remit and workplan
4. ERG has commissioned a literature review with particular emphasis on 'gaps' and differentiation - addressing questions raised by the mapping. This work is being conducted by an Information Analyst

What are the next steps for SCoPEd?

1. The ERG will produce the 2nd draft framework of competences focussing on gaps and differentiation, around October 2018.
2. There will be a joint targeted stakeholder consultation & member engagement process commencing approximately November 2018.
3. Based upon the findings of the consultation, the re-convened ERG will produce 3rd (and hopefully final?) framework for sign off by respective bodies

Project completion expected Spring/Summer 2019

How might SCoPEd impact existing members?

- The shared competence framework will be finalised circa Spring/Summer 2019
- At this point, BACP will start to look at how to embed the framework into existing policies and procedures
- The vision is that the shared framework will apply to all those entering training routes into the professions & seeking registration with any of the three bodies
- However, in time, existing members may benchmark themselves against the framework as part of ongoing registration requirements
- BACP values all existing members and is committed to supporting members through any transition processes

Not immediate! We are looking at a long term implementation plan



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SCoPEd: Your Involvement

- There will be a Consultation & Engagement process commencing approximately November 2018
- Organisational Consultation: looking at the impact on the future of the professions
- Individual Engagement: inviting your views on the impact upon current members & the future landscape
- SCoPEd Inbox: We respond to any individual queries:
SCoPEd@bacp.co.uk
- Today: 'Connecting Together' Tables: 14:15-15:00. Hosted by Nicola Forshaw and Debbie Delves. Please feel free to ask any questions and if we can't answer them, we will share them with the SCoPEd team for future communications

The future



QUESTIONS?

Thank You

Thank you for your participation today. If you have any feedback, queries or concerns, please contact:

SCoPEd@bacp.co.uk