

Resources for HNs in Counselling and Applied Psychology

Professional bodies, policies and guidance

Resource	Categories
British Association for Counselling and Psychotherapy https://www.bacp.co.uk/ BACP is the professional body for counsellors and psychotherapists practising in the United Kingdom. The organisation provides information, registration, education and training for counsellors and psychotherapists, and seeks to inform and educate the public about the contribution that counselling professions can make to society.	Professional, statutory and regulatory bodies Policies and guidance
The Association for Counselling and Therapy Online https://www.acto.org.uk/ ACTO is an organisation who promote online counselling and psychotherapy as a recognised method of therapeutic delivery. They provide resources and a registration directory for those delivering therapy online as well as advice and guidance to the public around the value and methods of online therapy.	Professional, statutory and regulatory bodies Policies and guidance
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<p>The UK Council for Psychotherapy https://www.psychotherapy.org.uk/ The UKCP is an organisation who seek to provide information and resources to its members and the public with the aim of creating the environment for high-quality psychotherapy and psychotherapeutic counselling which is available to all.</p>	Professional, statutory and regulatory bodies Policies and guidance
<p>British Psychological Society Division of Counselling Psychology https://www.bps.org.uk/member-microsites/division-counselling-psychology The division of Counselling Psychology supports its members by providing training, advice, events and news designed to keep them informed and involved.</p>	Professional, statutory and regulatory bodies Policies and guidance
<p>Health and Care Professions Council https://www.hcpc-uk.org/ The HCPC are the regulating body for professional titles. Of relevance is the use of the title of counselling psychologist.</p>	Professional, statutory and regulatory bodies Policies and guidance

Videos

<p>How to make stress your friend Kelly McGonigal https://www.youtube.com/watch?v=RcGyVTAoXEU&ab_channel=TED Health psychologist Kelly McGonigal urges the reappraisal of stress as a positive force in our lives. McGonigal introduces us to an unsung mechanism for stress reduction: reaching out to others.</p>	Videos Topical wellbeing and mental health Clinical specialisms
<p>Break the Silence for Suicide Attempt Survivor JD Schramm https://www.ted.com/talks/jd_schramm_break_the_silence_for_suicide_attempt_survivors?language=en JD Schramm challenges us to work towards breaking the silence surrounding suicide and suicide attempts, and to create much-needed resources to help people who reclaim their life after escaping death.</p>	Videos Topical wellbeing and mental health Clinical specialisms
<p>Why domestic violence victims don't leave Leslie Morgan https://www.ted.com/talks/leslie_morgan_steiner_why_domestic_violence_victims_don_t_leave?language=en Leslie Morgan's talk attempts to correcting the misconceptions we hold about victims of domestic violence and explaining how we can all help break the silence.</p>	Videos Research, theories and therapy modalities Clinical specialisms

<p>The world needs all kinds of minds Temple Grandin https://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds?language=en Temple Grandin challenges our thinking around how our minds work. Grandin was diagnosed with autism as a child and her ability to think in pictures helps her solve problems that our “normal” brains often miss. Her story and experiences remind us that the world needs all kinds of thinkers.</p>	<p>Videos Research, theories and therapy modalities Clinical specialisms</p>
<p>The Therapy Show The use of the self and self-disclosure in the therapeutic relationship https://www.youtube.com/watch?v=mt2TD7R01HE&ab_channel=BobCooke Bob talks with Jacci about the importance of the use of the Self, i.e. the therapist within the therapeutic process in the service of the client's cure.</p>	<p>Videos Research, theories and therapy modalities</p>

Podcasts and audio

<p>The Therapy Show https://www.therapyshow.com/ A podcast will be of interest to those interested in understanding what it takes to be a good counsellor or psychotherapist. The podcast explores issues of how therapy works, and how therapy helps you towards a healthier sense of self, both mentally and spiritually. Subscribe with the podcast player of your choice.</p>	<p>Podcasts and audio Research, theories and therapy modalities</p>
<p>Claudia Hammond, “All in the mind” and related podcasts https://www.bbc.co.uk/programmes/b006qxx9 https://claudiahammond.com/radio-podcasts/ Claudia covers psychology, mental health and neuroscience and explores how we can all put the latest evidence into practice in our own lives.</p>	<p>Podcasts and audio Research, theories and therapy modalities</p>
<p>UKCP Podcasts https://www.psychotherapy.org.uk/podcasts?SortBy=Newest%20first A series of regular podcasts addressing the issues that clients may bring to therapy including working with young people, sleep, emotions, drug dependence, leadership and management, and careers</p>	<p>Podcasts and audio Careers and learning Topical wellbeing and mental health Clinical specialisms</p>

<p>The Health Foundation Podcast (Search by mental health) https://www.health.org.uk/news-and-comment/podcast A podcast series examining the issues impacting the future of health and care for people in the UK. Dr Jennifer Dixon interviews the leading minds in health and health care examining their views on the most topical issues and their implications for our health.</p>	Podcasts and audio Topical wellbeing and mental health
<p>Radio Anxious Minds https://radio.anxiousminds.co.uk/ This radio station is dedicated in raising awareness of mental health, to help educate and provide self-help tools to the people we serve, stemming from the CEO's personal experiences with PTSD, anxiety and depression this gives us both a detailed understanding of the reality of mental health and a passionate desire to improve the situation.</p>	Podcasts and audio Topical wellbeing and mental health Clinical specialisms
<p>You, Me & The Counselling World Becky Whittaker https://youmeandthecounsellingworld.buzzsprout.com/ A podcast dedicated to helping student and trainee counsellors on the road to becoming qualified and beyond, by experienced Counsellor and Supervisor Becky Whittaker.</p>	Podcasts and audio Careers and learning
<p>The King's fund podcast https://www.kingsfund.org.uk/audio-video/podcast A podcast about big ideas in health and care interviewing experts in social care, and all things health policy and leadership.</p>	Podcasts and audio Policies and guidance
<p>Mental Health UK https://mentalhealth-uk.org/podcast/?gclid=CjwKCAjwwo-WBhAMEiwAV4dybeFguAZd1e4_9YPyz8k3Q8zzDZ18qmgsW0ydTSF5lqeHgZOh7pH_xoCHZQQAvD_BwE&gclidsrc=aw.ds Podcasts connecting people with the tools they need to manage their mental health.</p>	Podcasts and audio Topical wellbeing and mental health
<p>Psychiatry & Psychotherapy Podcast: David Puder, M.D. https://www.psychiatrypodcast.com/psychiatry-psychotherapy-podcast David Puder covers different topics on psychiatry and psychotherapy. He draws from the wisdom of his mentors, research, in-session therapy and psychiatry experience, and his own journey through mental health to discuss topics that affect mental health professionals and poppsychology enthusiasts alike. Through interviews, David will dialogue with both medical students, residents and expert psychiatrists and psychotherapists, and even with people who have been through their own mental health journey. This podcast was created to help others in their journey to becoming wise, empathic, genuine, and connected in their personal and professional lives.</p>	Podcasts and audio Research, theories and therapy modalities Topical wellbeing and mental health Clinical specialisms

Research

<p>Video counselling and psychotherapy: A critical commentary on the evidence base https://onlinelibrary.wiley.com/doi/full/10.1002/capr.12436 Pre-pandemic research has suggested that video counselling is as effective as face-to-face practice. However, the mass migration of therapy to the online video domain as a result of the COVID-19 pandemic makes it essential to interrogate the evidence base. This paper provides a critical commentary on how video therapy is defined/labelled, the current evidence about whether video therapy is effective, and whether the working alliance and therapeutic relationship functions differently in video counselling. The paper concludes that while the evidence to date is promising, it is limited in quantity and applicability and hence generalisability. Lack of evidence is not evidence that video therapy is ineffective, but the large gaps in understanding highlight the importance, both ethically and empirically, of further research in this area.</p>	Research, theories and therapy modalities
<p>The National Elf Service https://www.nationalelfservice.net/mental-health/ Keeps you up to date with the latest research in your area of interest, creates networks between practitioners with similar interests, and track your learning and professional development.</p>	Research, theories and therapy modalities Clinical specialisms

Case studies

<p>My Mental Health Diary https://podcasts.apple.com/gb/podcast/my-mental-health-diary/id1450122491 Cherelle H discusses her mental health and other topics to help others dealing with mental illness/mental health.</p>	Case studies Topical wellbeing and mental health
<p>Recovery Diaries https://oc87recoverydiaries.org/ Stories of mental health, empowerment, and change,</p>	Case studies Clinical specialisms

Websites

<p>MIND https://www.mind.org.uk/ Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.</p>	<p>Information and support Careers and learning</p>
<p>Young Minds UK charity working for children and young people's mental health. Mission is to "see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what". https://www.youngminds.org.uk</p>	<p>Information and support Topical wellbeing and mental health</p>
<p>Mental Health UK https://mentalhealth-uk.org/ An organisation providing resources and information to improve the mental health of young people.</p>	<p>Information and support Topical wellbeing and mental health</p>
<p>The King's fund, measuring quality in the therapeutic relationship https://www.kingsfund.org.uk/projects/gp-inquiry/therapeutic-relationship A discussion paper on the importance of the therapeutic relationship to the overall quality of general practice care.</p>	<p>Research, theories and therapy modalities Policies and guidance</p>