

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND
FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

COMPANY NO: 08238969

CHARITY NO: 1150806

BRITISH PSYCHOTHERAPY FOUNDATION
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

CONTENTS

Reference and Administrative Details	1 - 3
Trustees' Report	4 - 29
Independent Auditor's Report	30 - 32
Statement of Financial Activities	33
Statement of Financial Position	34
Statement of Cash Flows	35
Notes to the Financial Statements	36 - 43

BRITISH PSYCHOTHERAPY FOUNDATION

REFERENCE AND ADMINISTRATIVE INFORMATION

The Company was formed on 3 October 2012 and commenced operations on 1 April 2013, on which date the activities and assets of the British Association of Psychotherapists, the Lincoln Clinic and Centre for Psychotherapy and the London Centre for Psychotherapy were merged through transfer to this newly formed company

Directors

The board members who served as directors since 1 April 2021 were as follows:

David Vincent	Resigned December 2021
Mary Pat Campbell (Chair)	Appointed January 2021
Annie Peskin	Resigned December 2021
Joanna de Waal	Resigned February 2022
Ruth Calland	Resigned March 2022
Liza Catan	Appointed November 2020
Jean Knox	Appointed November 2020
Ferelyth Watt	Appointed May 2017
Eleanor Mongey	Appointed November 2019
Susannah Rose	Appointed November 2020
Sarah Spitzfaden	Appointed November 2020

Chief Executive Officer Jan Barlow - Resigned 8 June 2022
Dr Frances Gillies - Appointed 1 July 2022

Principal & Registered Office 37 Mapesbury Road
London
NW2 4HJ

Charity Registration No. 1150806 (England & Wales)

Company No. 08238969

BRITISH PSYCHOTHERAPY FOUNDATION

REFERENCE AND ADMINISTRATIVE INFORMATION (CONTINUED)

Bankers

The Co-operative Bank
P.O.Box 250
Skelmersdale
Lancs
WN8 6WT

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Investment Managers

Sarasin & Partners LLP
Juxon House
100 St. Paul's Churchyard
London
EC4M 8BU

CCLA
Senator House
85 Queen Victoria
London
EC4V 4ET

Triodos Bank
Deanery Road
Bristol BS1 5AS

BRITISH PSYCHOTHERAPY FOUNDATION

REFERENCE AND ADMINISTRATIVE INFORMATION (CONTINUED)

Independent Auditor

Knox Cropper LLP
Chartered Accountants
65 Leadenhall Street
London
EC3A 2AD

Solicitors

Russell-Cooke
2 Putney Hill
Putney
London
SW15 6AB

Bates Wells
10 Queen Street Place
London
EC4R 1BE

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

CHAIR'S STATEMENT

Welcome to the Annual Report for 2021-22.

There are three associations within *bpf* covering a range of modalities with specific training and career paths: Independent Psychoanalytic Child & Adolescent Psychotherapy Association; British Jungian Analytic Association; and Psychoanalytic Psychotherapy Association. The British Psychotherapy Foundation (**bpf**) was incorporated in October 2013 following the merger of the three associations.

2021-22

At the time of writing, we continue to emerge from a global pandemic. During the early stages of the Pandemic, we invested in digital across the business activities to enable hybrid working. Staff demonstrated remarkable resilience and embraced new ways of working, many working from home over the course of the last year.

Despite the challenges the organisation faced during the pandemic I am delighted to report on the key highlights of the associations over the last year:

Clinical Services

Clinical Services at the *bpf* has gained a wider profile since the development of the Support is Key Project and provides, assessment consultations, referrals to *bpf* members and trainees, signposts potential patients to other services and provides information to those interested in psychotherapy via email and phone.

Support is Key

This project was developed in April 2020 to provide free psychotherapy for key workers in the pandemic. Nearly a 100 *bpf* therapists offered to donate up to 6 free online sessions to Key Workers - intensive care nurses, doctors, teachers, social workers, and those who work with the homeless. Although Clinical Services initiated and coordinated this project it was the enthusiasm of the members that provided it. Although we are not getting as many enquiries about this service we continue to be contacted and place Key Workers with therapists. So far, 222 people have been offered support.

Low Fee Service

This service offers an opportunity for the public to access intensive psychotherapeutic help at a low fee. The service is crucial for both the BJAA and PPA trainings as it helps to support and provide training patients to trainees. At present, the service receives an average of 55 contacts a month. Some of these contacts are referred on to *bpf* members, and others are referred for assessment as potential training patients for our trainees. People who need a different service are signposted by the clinical director.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

PPA Training

The PPA training gradually moved back to include in-person work and training. Trainees began to see their patients in person last year, and to attend their own analyses/ therapy and supervision in person too.

In line with the feedback from trainees, PPA piloted a melded model for the delivery of seminars. PPA plan to survey the trainees to get more formal feedback and are looking at the possibility of trialling hybrid seminars, where some trainees attend in person and others on-line. This would mean that the training would be accessible to those living out of London.

BJAA Training

The BJAA training has been redesigned to run largely on Saturdays. A New Approaches to Theory group has worked with great creativity and energy to redevelop the curriculum to include a more critical engagement with the theory and practice of Psychoanalysis addressing its colonial, heteronormative and gender biased roots. A once weekly training is being offered for the first time to give access to the profession to some who might otherwise struggle with the demands of an intensive training.

IPCAPA Training

Over 100 child and adolescent psychotherapists (CAPTs) have trained with IPCAP, many of whom are now in senior NHS consultant level positions. The programme is accredited by the Association of Child Psychotherapists (ACP) and is funded by the NHS, who also provide the clinical setting for the trainees.

Wider national and international reach

The programme has the potential to grow within the UK e.g. with the possibility of introducing a postgraduate training in areas of the UK where there is currently little access to CAPT training (and certainly no training in the Independent tradition); developing a distance learning model of training to offer greater flexibility and attract students from beyond London and the South East; or if future CAPT funding permits, look at delivering training through intensive/residential sessions.

MSc Psychodynamics of Human Development

The MSc Psychodynamics of Human Development is a two-year part-time course consisting of the working partnership between the British Psychotherapy Foundation and the Psychosocial Studies Department at Birkbeck, University of London, as well as the collaboration between the Psychoanalytic and Jungian streams of the course.

Funding

The funding of the MSc Psychodynamics of Human Development is provided by Birkbeck, University of London.

24 students are expected to graduate from the MSc this year and 20 students are expected to progress into second year in September.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Scientific and Applied Activities Committee (Sci-App) Annual Report for 2021 – 2022

The Scientific and Applied Activities Committee (Sci-App) aims to fulfil a major role in the creative and intellectual life of the *bpf* by ensuring access for members to a rich programme of events relevant to the theory and practice of psychoanalysis and psychoanalytic psychotherapy and to their application in the wider sphere of human activity, from art and literature to politics and world affairs.

During the 2021/22 Academic Year (September 2021 to July 2022), the Sci-App Committee planned eight events, and three Wessex talks, and also supported a *bpf* member, Helen Morgan, in putting on a series of 4 seminars called *Reading in Contexts: A Creative Approach to Critical Reading*.

The eight Sci-App events included the *bpf* Annual Lecture which this year was held in memory of Lionel Monteith. The lecture was given by Jean Knox (a *bpf* member), on the topic of *The Birth and Death of Hope* and was held on 29 January 2022.

As we emerge from the Covid pandemic, events are being planned as hybrid events, both in-person at Mapesbury Road and online. Continuing to provide talks online allows for the inclusion of *bpf* members outside of London. To date, the large majority of people who have registered for events have chosen to attend online, so it may be a while before we see a good return to in-person attendance.

Equality, Diversity & Inclusion

In November 2021, Eleanor Mongey and Ruth Calland began working on a Diversity and Inclusion initiative as a way of understanding how to put equality, diversity, and inclusivity at the forefront of the *bpf*'s operations. This initial investigation has now been completed and has resulted in the naming of the SMT as champions for EDI, ensuring that EDI policies inform our approach to employment, training and the provision of clinical services. There is much work to do going forward but the *bpf* is committed to increasing accessibility and equality.

British Journal of Psychotherapy

Ann Scott announced her intention to step down as Editor in Chief of the British Journal of Psychotherapy. We would like to take this opportunity to thank Ann for all her hard work and excellent leadership of the Journal. A new editor has been recruited and will begin in Sep 22.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Looking to the year ahead

Training offerings

As part of a movement towards a more cohesive, integrated training pathway model, we are introducing a new Foundation Course to start in January 2023. This will be a pilot and will be rolled out annually with a September intake, if successful. The Foundation Course will be for people at the beginning of their training journey. The course will comprise a theory module and a clinical module and students will be supported to find their first clinical placement. Theory will include both psychoanalytic and Jungian theory and graduates of the course will be supported to apply for one of our practitioner trainings.

We will be hosting various post-qualifying courses that will enable our members and graduates of other trainings to continue their professional development in specific areas.

New membership offers

We will be focusing on increasing our membership offering to our current members. The program of events and CPD will be revitalized. We have a new Membership Officer starting in September 2022, and he will focus on understanding what our members would like both in terms of professional development and social integration.

A new membership category will be developed where non-professionally qualified associate members who are interested in learning more about psychoanalytic theory, will have access to events and papers from the organization. We see this as part of an opening up to the public and spreading knowledge about psychoanalytic theory to a wider audience.

Webinars and online lectures

We will be developing an online library of webinars, recorded lectures and presentations which will form both an important archive of the work of our members, but also will be available as downloadable CPD for members and non-members.

Governance changes

Board

A recruitment drive will take place over the autumn to recruit a new Chair to the Board. During this recruitment drive new lay members will be recruited to the Board to broaden the skill set of the Board.

New Audit and Risk Committee

A recruitment drive will take place over the autumn to recruit a new Audit & Risk Committee that will include a member who is a qualified accountant. The Audit & Risk Committee will report to the Board and will have specific responsibility for financial management, risk, internal and external audit, performance management and human resources.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

New Senior Management Team

The senior management team structure has been changed to include a professionally qualified CEO, a Director of Corporate Services and a Premises and Office Manager. The SMT is supported by a Governance Officer. The CEO will focus on developing and increasing the training and membership offerings.

Minor Reorganisation

In preparation for an increase in business function, we have added a few new staff roles. The Director of Corporate Services is supported by a Governance Officer and a Finance Officer. We now have a Properties and Office Manager who will be managing the administrative team. The training coordinators are working as a collective team so that the support they provide across the trainings will be more seamless. We have recruited a new Membership and Communications Officer who will be working directly with the membership and the general public. IPCAPA is being supported by a Business Manager who is able to focus on funding bids and relationships with external agencies.

Fundraising

We will be working with an external fundraising agency which is tasked with raising funds for training bursaries to promote inclusivity and accessibility throughout the organization. We will also be writing bids to trusts, foundations and statutory bodies to increase accessibility to psychoanalytic and Jungian psychotherapies.

Digital transformation

The organization has settled into a hybrid approach to working. All members of staff have been issued with laptops and can choose days that they work from home or come into the office. We hope that this increases staff well-being and retention. We now work purely in the cloud and are using Microsoft Teams to keep closely in touch with each other wherever we are. The phone system has been transferred to MS Teams which will mean greater accessibility across the phone lines.

We are investing in a new website, which should be live by the end of 2022, and have implemented an upgrade of our membership database. We have transferred to a new payment system ironing out past glitches.

Board Changes

David Vincent, who resigned as Chair of trustees in December 2021.

Mary Pat Campbell, vice chair, became interim chair of trustees from January 2022. Two other trustees, Joanna de Waal and Ruth Calland resigned, in February and March 2022 respectively.

As of April 2022, the trustees were as follows:

Mary Pat Campbell (interim-chair), Liza Catan (replaced me as interim-PPA Chair), Jean Knox (bpf rep), Eleanor Mongey (PPA rep), Ferelyth Watt (IPCAPA chair), Susie Rose (PPA rep), and Sarah Spitzfaden (IPCAPA rep). Steven Flower (BJAA rep) joined the trustees to replace Ruth Calland.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Key Personnel Changes

Jan Barlow CEO since December 2020 resigned her position on 8 of June 2022.

The Board of Trustees undertook a review of the roles and responsibilities following the resignation of Jan Barlow. The post of Chief Executive was completely revised to focus on strategy, training & education, and business delivery.

The post of Director of Finance & IT held by David Ryan was revised to Corporate Services Director with a focus on financial management, risk, human resources, governance, systems, and performance management.

Dr Frances Gillies was appointed Chief Executive on 1 July 2022.

David Ryan was appointed Corporate Services Director on 1 July 2022.

Conclusion

We are now in a more stable situation with a committed board of trustees who work well together, to deliver planned work ongoing since last year. This, together with new projects initiated by the Chief Executive brings us into the now current year, April 2022 – March 2023.



Jean Knox, Chair of Trustees

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees, who are the trustees of the charitable company for the purpose of charity law and directors for the purpose of company law, present their statutory report together with the financial statements of the British Psychotherapy Foundation (*bpf*) for the year ended 31 March 2022.

The *bpf* (the charity) is constituted as a company limited by guarantee and is therefore governed by a Memorandum and Articles of Association dated 3 October 2012 which was amended at a General Meeting on 13 December 2014 and on 19 July 2019. It is registered as a charity with the Charity Commission.

This report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purposes of company law.

The financial statements have been prepared in accordance with the principal accounting policies set out on pages 36 and 37 and comply with the charity's Memorandum and Articles of Association, the Charities Act 2011, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 second edition).

The objects of the Charity (the "Objects") are for the public benefit to preserve the mental health and relieve mental distress particularly through psychotherapy in all or any of its aspects by:

- advancing the education, training, study and practice of analytic therapies and psychoanalysis (the "therapy");
- increasing the public knowledge of therapies.
- advancing the therapies as a method of treatment.
- advancing the practice of the therapies as a profession.
- providing easier and affordable access to psychotherapy treatment; and
- undertaking any other charitable purpose for the public benefit approved by the Trustees.

The charity met its objectives during the period.

Organisational and decision-making structure

The *bpf* board has overall responsibility for the charity and meets regularly to ensure the affairs of the charity are effectively managed. It holds additional meetings to address specific strategic and governance matters. It delegates day-to-day operational management to a Chief Executive Officer, who is assisted by full and part time staff, volunteers and a number of member-based committees and working groups in delivering the organization's activities.

Psychotherapy training is conducted across three psychotherapy disciplines: Psychoanalytic Psychotherapy; Jungian Analysis; and Child and Adolescent Psychotherapy. Three training programmes rooted in each of these disciplines are primarily delivered via three specific associations within the *bpf*, with wider cross-disciplinary training programmes also offered by the *bpf*.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The board ensures it has the systems and procedures in place to be able to properly exercise its responsibilities and authority over the activities of its associations.

Trustee induction

The *bpf* is committed to ensuring that its trustees receive a good induction as part of assuming the responsibility of trustee of a charity and a director of a limited company. It believes that a good induction prepares new trustees to be effective. Opportunities for new trustees to spend time in the organisation including shadowing staff are provided. Supplying new trustees with key information about the organisation and about the responsibilities of being a trustee is at the heart of the induction. The information supplied includes constitutional and governance documents, Charity Commission guidance, information about the organisation, its finances, and administration.

Relationships with stakeholders and partners

The main stakeholders of the organisation are its professional psychotherapists and trainee psychotherapy members, students on its MSc courses and patients. Other stakeholders are people who participate in *bpf* courses, events and conferences, and funders. The major funders are Health Education England (HEE) which funds the child and adolescent training, and London University (Birkbeck College), which funds the MSc in Psychodynamics of Human Development. The clinical doctorate offered to those undertaking the Child and Adolescent Training is in partnership with the Anna Freud National Centre for Children and Families and University College London (UCL). The *bpf* has a partnership with the University of Exeter for an MSc in Psychological Therapies Practice and Research (Psychodynamic/Psychoanalytic Therapy) which then leads into the Qualifying Training in Psychodynamic Psychotherapy or Qualifying Training in Psychoanalytic Therapy.

Members are *bpf* qualified psychotherapists, retired *bpf* psychotherapists and trainee psychotherapists. There were 540 members at 31 March 2022. Qualified members are registered with the British Psychoanalytic Council (BPC) or the Association of Child Psychotherapists (ACP) and fully conform to their requirements. Jungian analysts are also members of the International Association for Analytical Psychology (JAAP). Child and Adolescent psychotherapy trainees work within the NHS, usually in funded posts, and are eligible for NHS work on qualification.

Members receive a regular e-newsletter with information about developments and activities in the organisation and relevant events for professionals. They also receive regular mailings and invitations to attend members' meetings where matters of topical importance are discussed. Such regular communication helps to ensure that the membership is informed and up to date with internal and external activities and developments.

Contribution of Volunteers

Significant numbers of members contribute generously of their time and expertise in a voluntary capacity to deliver education and trainings, to provide CPD activities for members, and to provide a range of public engagement activities. These contributions are important in enabling the *bpf* to retain its standing in the world of psychotherapy and to contribute to the work of the BPC. These members bring a wide array of expertise as they include not only psychotherapists but also workers in a variety of professions including medicine, psychology, and academia, or in other organisations such as in the private sector, and public services such as the NHS and social services.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The vision

The *bpf's* vision is of a society in which psychotherapy is available to everyone who needs it to promote their emotional well-being and mental health.

The mission

The *bpf's* mission is to be a vibrant professional organisation, providing access to psychotherapy information and treatment for the public, comprehensive support to our members, and education and training to the next generation of psychotherapists. It aims to ensure that its activities:

- are **accessible** to people from all sectors of British society who are interested in accessing psychotherapy treatment, training, or understanding.
- **offer** a range of **high quality**, specialist clinical training and academic services.
- demonstrate a commitment to **equality and diversity**.

Values

The *bpf's* leading principles include the following:

Equality & fairness

The *bpf* is committed to the development and implementation of policies and procedures that ensure fairness, with the aims of promoting equality, valuing diversity and removing any unfair discrimination shaping its activities.

Accountability

The *bpf* is committed to communicating clearly how it has taken its members, trainees, patients, staff and other stakeholders' views into consideration in developing and managing its activities and policies. The *bpf* Board is committed to demonstrating high standards of governance.

Efficiency

The *bpf* is committed to fostering a culture of innovation and continuous improvement, using its resources efficiently and seeking to achieve further efficiencies without compromising the quality of its activities.

Public Benefit

The *bpf* meets its requirement for public benefit by training psychotherapists who help to alleviate the mental and psychological distress of members of the public. The *bpf* also offers low-cost psychotherapy for members of the public who would not normally be able to afford these treatments. The trustees are mindful of the Charity Commission's guidance on public benefit when planning its activities.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The *bpf* aims to achieve public benefit through the following:

- improving public knowledge and understanding of the benefits of psychotherapy by providing information, and by offering a range of courses, events and outreach work in statutory and non-statutory settings. This educational work not only aims to inform the public about psychotherapy but makes available to the public perspectives and ways of thinking that help people manage complex areas of their own lives such as relationships, parenting, employment, bereavement, trauma and retirement.
- engaging in research on the processes involved in psychotherapy and disseminating research through the British Journal of Psychotherapy, other journals and professional events. This promotes the growth of knowledge about the theory and practice of psychotherapy and improves the practice of psychotherapists who treat members of the public.
- providing access to treatment, aimed at relieving mental distress and promoting emotional well-being and mental health within the UK.
- providing rigorous training and continuing professional development which aims to ensure that there is a continuing supply of well-qualified psychotherapists available to work in the public sector, voluntary sector and in private practice for the benefit of members of the public who need treatment.
- delivering training for the continuing development of psychotherapists, short courses and conferences open to other professionals in the mental health and related fields. These encourage the development of skills and understanding in other professionals working directly with members of the public in a range of settings.
- aiming to be accessible to the general public, i.e., anyone interested in psychotherapy treatment or training regardless of background and location. The organisation provides a low-cost treatment scheme for patients and bursaries for trainees in need of financial support.

Objectives, Achievements, Impact and Future Plans

Objectives

The *bpf's* aim is to promote, provide and increase, for the benefit of the public, the knowledge and skills relating to the practice of psychotherapy and thereby to relieve mental distress and improve mental wellbeing. To achieve this, it provides training and post-qualification opportunities for people wanting to practice as psychotherapists. Its members are registered with, and regulated by, the British Psychoanalytic Council or the Association of Child Psychotherapists. The *bpf* seeks to advance psychotherapy as a profession in all or any of its aspects through training and development of individual psychotherapists as well as liaison with other statutory and voluntary organisations in this field.

The *bpf* also provides psychotherapy to members of the public, including a Low Fee service for people who might not otherwise be able to access psychotherapy services. The **bpf** also provides courses for continuous professional development of psychotherapists and other professional and mental health practitioners, together with events and courses aimed at giving an understanding of psychotherapy and its application.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Activities & Achievements

Clinical Services

Clinical Services at the *bpf* has gained a wider profile since the development of the Support is Key Project and provides, assessment consultations, referrals to *bpf* members and trainees, signposts potential patients to other services and provides information to those interested in psychotherapy via email and phone.

Assessment Skills Training

Clinical Services have coordinated and facilitated an annual Assessment Skills Training for *bpf* members who are interested in this area of work and who may be interested in joining the team of assessors that support the work of Clinical Services.

Assessors' Team

We currently have approximately 50 assessors and are looking to expand the team and the expertise within the group. Clinical Services have arranged regular Assessors' meetings usually on a termly basis where there is an opportunity to present an assessment consultation and discuss changing clinical thinking as well as develop a greater network of colleagues. Clinical Services have recently developed links with the trauma unit at the Tavistock Hospital and members of that team kindly presented some of their clinical work at our last meeting.

Low Fee Service

This service offers an opportunity for the public to access intensive psychotherapeutic help at a low fee. The service is crucial for both the BJAA and PPA trainings as it helps to support and provide training patients to trainees. At present, the service receives an average of 55 contacts a month. Some of these contacts are referred on to *bpf* members, and others are referred for assessment as potential training patients for our trainees. People who need a different service are signposted by the clinical director.

Support is Key

This project was developed in April 2020 in order to provide free psychotherapy for key workers in the pandemic. Nearly a 100 *bpf* therapists offered to donate up to 6 free online sessions to Key Workers - intensive care nurses, doctors, teachers, social workers and those who work with the homeless. Although Clinical Services initiated and coordinated this project it was the enthusiasm of the members that provided it. Although we are not getting as many enquiries about this service we continue to be contacted and place Key Workers with therapists. So far, 222 people have been offered support.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Membership & Education

There are three associations within *bpf* covering a range of modalities with specific training and career paths:

- Independent Psychoanalytic Child & Adolescent Psychotherapy Association (IPCAPA);
- British Jungian Analytic Association (BJAA); and
- Psychoanalytic Psychotherapy Association (PPA).

PPA Committee and Working Party Reports

PPA Training Committee

The PPA training has continued to run reasonably smoothly over the last year, gradually moving back to include in-person work and training. Trainees began to see their patients in person last year, and to attend their own analyses/ therapy and supervision in person too.

The experience of having to move everything on-line a couple of years ago has meant that we have recognised that some things do work well on-line and have enabled us to be more flexible in certain aspects of the training. We have agreed that supervision can continue on-line, with the proviso that trainees attend at least 2 supervision sessions (per patient) per term in person. This has meant that trainees have more options in choosing a supervisor, as geographical location is less of an issue.

In line with the feedback from trainees, we are piloting a melded model for the delivery of seminars. We had hoped to begin the pilot last autumn, but delays in availability of the building and spikes in Covid meant that we have only been able to start the pilot this term. This involves offering Tuesday seminars on-line and Saturday seminars in person.

Moving to in-person has been welcomed by the trainee group, who comment on how different the experience is. Unfortunately, the recent rail strike has meant that the last Saturday seminar had to be moved back to on-line, much to the disappointment of the trainees. Preliminary feedback from trainees suggests that there is a mixed view about whether to continue with the model of weekday seminars online, and Saturday in person, or to try to move back to having weekday seminars in person as well. We plan to survey the trainees to get more formal feedback and are looking at the possibility of trialling hybrid seminars, where some trainees attend in person and others on-line. This would mean that the training would be accessible to those living out of London, as well as those more able to travel to Mapesbury Road on a Tuesday evening.

We have had a smaller intake of trainees in 2022, with only 4 new entrants. We are not clear why this number has dropped but are mindful of the difficulties some people have had in negotiating the website and accessing information, which may play a part. We are pleased to learn that this is being addressed, and we are hoping that this may assist us in marketing the course better in future.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

We have had 3 trainees qualifying in the last year, one of whom had transferred from the ex-Lincoln Training. We have revised our guidelines for the final paper, and the way of assessing the work. Final papers are now being read by 2 markers, who produce a joint preliminary report, with areas for discussion with the trainee. This is sent to the trainee, and the 3 (2 markers and trainee) then meet for a 'reading in' or 'viva'. After this, the markers produce their final report.

This approach appears to work well, and trainees and markers have all reported that it is a very alive and fruitful approach, where all participants feel more engaged. The markers are able to get more of a sense of the clinical work and of the trainee, and feel it is a richer process than previously. We have 3 trainees currently working on their papers, so we hope to have more feedback on the new process in coming months.

With respect to the Teresa Hirsch prize, 5 papers from the years 2020-21 were considered for the prize, and the consensus of the readers was to award the prize to Elizabeth Karsberg. The award ceremony and reading of the paper is scheduled for September.

With respect to the curriculum, we are considering the possibility to moving away from the rolling programme to theory teaching in year groups. This will allow more of a seminar (rather than lecture) feel, with more opportunity for discussion, and facilitate a more developmental approach regarding the theory. Saturday seminars, which include many contemporary issues (eg diversity, contribution of neuroscience etc) will continue to be taught in the large group.

A move to year group teaching will have financial and logistic implications, which need to be considered, so discussions with the *bpf* management are crucial in this regard.

Susie Rose, who has been an excellent and committed curriculum lead over the last 2.5 years and has worked to make the curriculum fit for purpose in a diverse and changing world, will be standing down from this role. She will be greatly missed. We are looking to recruit a replacement for her soon.

We are also looking to find a replacement for Ann Morris, who has for some years, as Chair of the Selection subcommittee, been heading up recruitment of new trainees. She will be a hard act to follow.

We have 3 new TC members, and are hoping to get more in. This is particularly important, since some of our longstanding committee members are planning to stand down, and we do very much hope to keep our numbers up and to rejuvenate the committee.

We are pleased to share the good news that Lydia Horton, our Training Co-ordinator, now on maternity leave, has had a daughter, named Bonnie. We have been lucky to recruit Shahzaib Shaikh Qadeer to cover for her during her maternity leave.

This year, we are being reaccredited by the BPC, and the reaccreditation visit is towards the end of July. We feel confident that we will be reaccredited, particularly after the excellent final report from our erstwhile External Examiner, Elizabeth Coates Thummel. We are looking to recruit a new external examiner to support the training over the next 3-5 years.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

We are mindful of the new structures and management arrangements in the *bpf*, and are hopeful that this will offer more support to the trainings henceforth.

PPA Training Therapist and Supervisor Committee

Committee membership: Karl Figlio (chair), Richard Morgen-Jones, Susan Rodgers and Christina Wieland.

Our work continues to consist mainly of the routine processing of applications and reviewing our procedures. Between the previous report in July 2022:

- 17 enquiries
- 2 applications accepted
- 2 applications rejected

Reviewing our procedures remains a high priority, especially as the approach to the IPA progresses, and we liaise with the working party with it in mind.

As we reported last year, an issue of immediate importance is the annual updating of the list of training therapists and supervisors. Quite a few members drop off each year, despite three reminders. In one case, an apparent re-application from someone who had been on the list led to an unfortunate misunderstanding until the previous membership had been established. We have revised the form, hoping not only to improve the currency, completeness, and accuracy of the information we hold, but also to encourage members to return it.

We remain aware that some potential trainees find it difficult to find someone who can carry them through the training. The scarcity of training supervisors also affects the PPA's Advanced Clinical Course. This bottleneck jibes with the apparent wider lack of interest within the PPA membership in progressing to senior membership and then to training therapist and/or supervisor. We continue to need a joint initiative with the senior membership committee, pointing out the added advantage for senior members of working with trainees. A short article about career progression, including training therapy and supervision, appeared in a recent Newsletter and produced a small number of enquiries.

The committee is under-staffed, which impedes progress on the review of documents. We have decided to increase the frequency of meetings to monthly, which adds stress to members. The committee urgently needs additional members, a problem exacerbated by the small proportion of PPA members among our training therapists and supervisors.

PPA Post Qualifying Committee

The PPA's Post Qualifying Committee launched the new Advanced Clinical Course in January 2022. It aims to help participants deepen and intensify their clinical work by reflecting critically about theory and their own clinical practice. Those completing the course will become Senior Members of both the PPA and the *bpf* and will be eligible to apply to become PPA Training Therapists and Supervisors.

Eight participants are currently undertaking the course. Teaching is on Saturday mornings and delivered online. This had made it possible for participants living in the regions of the UK to sign up to the course.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The PQC has been working with the PPA's Training Committee and Training Therapists and Supervisors committee to create a sense of career progression within the PPA, from the point of acceptance onto the intensive training, through qualification and senior membership, to Training Therapist/Supervisor status. To this end the Committee is working to develop a programme of post-qualification CPD, to launch early in 2023.

Like the other PPA Committees, the PQC is in need of new members to continue the work of the Committee when some current members step down. The recent membership is Liza Catan (Chair), Sue Corneck, Hella Ehlers (Retired, November 2021), Michael Halton, Judith Nesbit, Ann Scott and Laurence Spurling.

The setting up and running of the Advanced Clinical Course has been ably supported by Lydia Horton, the PPA administrator. Shahzaib Shaikh Qadeer is providing much appreciated support during her maternity leave.

The Working Party on Affiliation to the IPA

After receiving the Board of Trustees' support for further developing the PPA's proposal to affiliate to the IPA, two members of the IPA Working Party attended the Board meeting in April 2022. The Board gave the green light to continue exploring IPA accreditation and flagged the need to establish how these could be accommodated within the BPF'S constitution and structures, in order to avoid the difficulties that attended the formation of the BPA.

The Co-Chairs of the working party will take forward these enquiries, consulting with the Chair of the New Groups Committee of the IPA and discussing the matter with the bpf Senior Management Team. The PPA will aim to present a detailed proposal to the Board that, if approved, would form the basis for the formal IPA application.

The members of the IPA Working Party are Juliet Newbigin (Co-lead), Ann Scott (Co-lead), Karl Figlio, Ann Malkin Poul Rohleder (stepped down May 2022), Susan Hall (stepped down May 2022).

PPA New Members Liaison

Over the past year we have three newly qualified members joined the PPA. Sally Parr has taken on liaising with newly qualified members and our aim continues to be one of embracing new members with a view to giving them a sense of belonging and identity within the association as well as encouraging greater involvement and participation in the functioning of the organisation. This continues to be a challenge, which has been exacerbated by the Pandemic. Last October's Coffee Morning was cancelled due to lack of interest, which was disappointing. This year's May coffee morning was attended by 4 new members who spoke about how good it was to meet up and talk about their differing experiences of qualifying; some saying they needed the space to recover, organise their practice and find their own voice, whilst others felt the opposite, in limbo and unsure where to start.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

We discussed ways the PPA might help new members feel more embraced by the organisation. We aim to be in touch with them to welcome them to the PPA as they join. We will also ask for a recently qualified member to write a short piece in the newsletter, on a regular basis regarding their experience of qualifying and becoming a member. It was felt that new members coffee morning should continue bi-annually.

To celebrate us all getting back to in person contact we will hold a PPA party in September for all members, with an emphasis on encouraging our new members' attendance.

PPA Secretariat and Newsletter

Joao Botas has been part of the PPA Executive Committee since June 2021. He takes the minutes of the PPA EC meetings and editor of the PPA Newsletter. He has edited 2 issues of the Newsletter, in consultation with the PPA membership - Winter'22 and Spring'22 issues. The newsletter is sent to PPA members and trainees.

He is also part of the Exeter Training Committee as a representative of the PPA/BPF.

Report from the BJAA TPC Chair – April 2021/March 2022

The BJAA Jungian analytic adult training currently has 3 trainees (one of which MES), 2 of which approaching qualification. During the last year 4 trainees qualified as BJAA members (George Taxidis, Alex Kirsch, Jane Desborough and Clare Simmonds). George Taxidis' qualifying paper went on winning the Lady Balogh Prize, which was recently presented to him during a ceremony in which George read his paper and David Henderson responded. For the year 2022/23, we have offered a place to 5 candidates, 4 of which have already accepted.

The year 2022/23 will see several key innovations in the BJAA training.

Firstly, a new once-weekly psychotherapy training will start in September 2022. 5 candidates have been admitted to the selection process that is almost concluded. This new training, lasting 4 years, has been designed with a view to facilitate access to training for people who may find it difficult to commit to an intensive training for various reasons (eg financial). It will lead to qualification as Jungian Psychotherapist and IAAP membership. Albeit launched with only minimal marketing it has already proven attractive and higher numbers of applicants are expected over the next years. A group of BJAA members developed this idea and put it to the TPC, who then worked with them to implement it. A member of that group (Jo de Waal) has since joined the TPC and continues to be the driving force behind this new project. Accreditation with BPC will be applied for in due course.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Secondly, an ad hoc working group (NAT – New Approach to Theory) has overhauled and redesigned the entire programme of theory seminars over the 4 years, with the aim of encouraging the understanding and constructive critique of the theory and practice of analytical psychology and psychoanalysis as developed in the early part of the twentieth century, particularly engaging with its colonial, heteronormative and gender biased roots. The delivery of teaching will also incorporate important innovations. A group of BJAA members, which has been working on this project for over a year, will be in charge of the teaching throughout each year in the interest of continuity, integration and consistency. Also, instead of weekly evening seminars the new theory modules will be taught over 9 full Saturdays (3 seminars + 1 reflective group), thus facilitating participation from trainees outside London. Trainees from both streams (analytic and psychotherapy) will jointly attend the monthly seminars as well as the reflective group. We will also continue to invite IPCAPA trainees on the Jungian stream to theory seminars, who have shown a consistent and increasing interest over the last few years. A conversation is in progress with IPCAPA to regulate the financial aspects of this co-operation.

The Post-Graduate (PG) section of the TPC has been working in close connection with TPC colleagues to design and introduce procedures for the new roles required by the psychotherapy training. Requirements and application procedures for 'Approved Therapists' have been finalised and approved by the TPC and will be shortly circulated to members inviting them to apply. The procedures for Supervisors of psychotherapy trainees are being finalised and the TPC will shortly finale a decision. Also, during the last year, Erika Klemperer, Jacqueline Egli and Trevor Jameson have been approved as Training Analysts, while Hessel Willemsen has been approved as Training Supervisor. Finally, 2 external candidates are in the process of applying to become BJAA members. Assessment of external applicants has become part of the PG remit in 2021.

The TPC currently includes 9 members (4 of which only attend PG meetings). It continues to work according to a flexible model of task rotation (bimonthly rolling Chair and minute taker). Most communication between meetings happens on the platform Slack which facilitates shared participation (including interaction with PG members) and storing of/ easy access to key documents. Integral to the activity of the TPC are some 'satellite' roles held by members external to the committee who get invited regularly in relation to their remit: Selection Coordinator (from this year one for each training), Training tutors (former Training Advisors whose job description has been streamlined to make it more accessible to members as well as to empower trainees), Liaison member with the EC and the Trainee representative.

A new External Examiner (Sarah Cooke) has been recently appointed and we are discussing with her a variety of ways in which our co-operation may be strengthened. Next year a second External Examiner will be appointed for the Psychotherapy Training.

Giorgio Giaccardi (TPC Chair June-July 2022)

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

2021-2022 REPORT From BJAA Interim Executive for AGM

The BJAA interim Executive Committee has continued to work with the membership in formulating a useful and efficient structure to:

- Maintain and strengthen links and responsibilities within the BPF.
- To actively support and develop a number of highly important creative initiatives, including a new Jungian Psychotherapy training, to run alongside its long-established Jungian Analytic Training.
- To listen and be involved in thinking with BJAA's committees, projects, and the membership.

Despite some significant losses through unexpected deaths, and the unresolved concern about the lack of members who feel able to take on organisational roles, this has been a hardworking and extremely productive year for BJAA.

BJAA holds high standing in the Jungian analytical field in the UK and internationally, as an active member of the Umbrella Group (which consists of the representatives of Jungian training organisations in the UK) and in the IAAP - International Association for Analytical Psychology - the international certifying body for training in Analytical Psychology. A senior member of BJAA, Emilija Kiehl, is the Vice President of IAAP and currently serves her second term on the IAAP Executive Committee.

IPCAPA

Wider Context

The Independent training (formerly known as IPCAPA training) has been offering professional training programmes for nearly 40 years and has developed significantly over that period of time. The 4-year full time training programme is delivered by the *bpf* in partnership with the Anna Freud Centre and UCL. Trainees taking part in the programme attend weekly clinical and research teaching and spend 4 days per week working in a professional placement. It is also a requirement for trainees to be in analysis 4 times per week and access regular supervision. On completing the clinical experience requirements set out by ACP through their placements, and passing academic requirements set by UCL and assessed by *bpf* and research requirements from the Anna Freud Centre, trainees are awarded a Doctorate degree.

Over 100 child and adolescent psychotherapists (CAPTs) have trained with us, many of whom are now in senior NHS consultant level positions. The programme is accredited by the Association of Child Psychotherapists (ACP) and is funded by the NHS, who also provide the clinical setting for the trainees.

This means that the management of the training involves a complex network of partnerships, including accountability to the commissioners, responsibility for meeting the NHS, ACP and university quality standards, for responding to Government policy and initiatives, for finding clinical placements and sustaining relationships with NHS Trust service supervisors and their colleagues, as well as monitoring the progress of trainees within their learning development and work setting.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Funding

For about 20 years there have been a number of fully funded NHS training places/posts held by the independent trainees. These posts provide training fees, intensive case supervision (via the *bpf*), a full-time salary, a contribution to analytic fees and travel expenses (via the NHS employer). This represents an investment of approx. £2.2 million for Health Education England (HEE) (the NHS commissioners) in 2021/22 for our trainees alone.

In the last 15 years the numbers of IPCAPA trainees have increased steadily and our current total number is 46 trainees across the 4 years. In the past, group sizes have remained on average 7 – 9 trainees; however, in the last 2 years we have worked to grow our intake to meet the increased need for child and adolescent psychotherapists, and to meet requirements from HEE. In 2020 and 2021 we increased year group size to 15 and 13, and our newest intake group is 20 strong, and may increase to 21. This is in part due to the national increase of trainee child and adolescent psychotherapists (please see below). Our main NHS commissioner, Health Education England - London, hosts the commissioned clinical placements across London and the Southeast of England region and holds the *bpf* accountable for the quality of the whole learning experience for the trainees (and the £2.2 million investment).

Commissioned Training Placements

The turning point in the development of the training came in 2007 when the then main NHS commissioners, NHS London, agreed to fund 5 training placements on an ongoing basis, on the proviso that we increased the training placements in South London. Prior to this our trainees were only funded if they managed to get a clinical placement that was open to all trainees from any of the child psychotherapy schools, which did not allow us to plan and develop the training. Over the last few years whilst we have been somewhat fixed in a steady state with our London/East of England/Kent, Surrey and Sussex commissions we have been successful in getting other funded placements in the Southwest of England and Midlands. In 2021 HEE announced a requirement for training schools to increase intake numbers by an additional 25%. We quickly worked to recruit trainees and have filled all additional placements provided to our school by HEE. We have attracted trainees from a wide geographical area and increased trainee diversity.

The majority of our trainees are in full-time clinical placements (maternity leave returners often in 0.8 posts) in Child and Adolescent Mental Health Services (CAMHS) across the Southeast of England. A third of the current total trainee body are in London placements and the rest in Essex, Cambridge, Hertfordshire, Kent, Surrey, Sussex, Thames Valley, Leicestershire, Dorset, Wales and Northern Ireland. This has implications for how we support the trainees and clinical placements and in the 'attractiveness' of these posts to London based candidates that apply to our training.

The CAMHS services are under ever-present threat of cost pressures, service re-configurations and working post the pandemic, our Service Supervisors' ask us to intervene in supporting them in these difficult negotiations. The wide-spread austerity measures being implemented across the NHS have been challenging for us in maintaining our standards and supporting the Service Supervisors. These issues have mostly focussed on the appropriate banding and supports to the Service Supervisor (which have a direct impact on our trainees).

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Psychotherapy in Child and Adolescent Psychoanalytic Psychotherapy (DPsych)

Since the Government initiative, NHS Agenda for Change, which identified CAPTs as a doctoral level profession, the independent training developed and introduced a clinical doctorate programme in 2008 with Birkbeck College, University of London. In 2014 we changed our doctoral partners and are coming to the end of our 8th year of our doctoral programme with Anna Freud National Centre for Children and Families (AFC) / University College London (UCL).

Our experience of developing the original doctorate has helped us develop a successful, integrated and innovative doctorate programme that enables trainees to navigate their clinical expertise grounded in the Independent psychoanalytic tradition, fully integrated with a knowledge and experience of the research skills that will be necessary for those working in the modern NHS. The programme has been ground-breaking in demonstrating the way that clinical research teaching can be integrated into the traditional 4-year child psychotherapy training. Currently, the majority of our trainees are awarded their doctorate within a year of qualifying.

Professional Body

Association of Child Psychotherapists (ACP) is the professional body for our training. The ACP holds the *bpf* responsible for quality of the curriculum and clinical learning experience for the trainees. We provide annual reports and are re-accredited every 5 years by a visiting panel selected by Training Council. We successfully passed our last accreditation in 2016/17 and are currently preparing for re-accreditation in early Autumn 2022. During the last accreditation the ACP was very positive in its praise of the training. They particularly commented the following:

- The progress that the organisation has made post- merger in 2013 to form a new organisation including support from the Chair, Board of Trustees and Chief Executive.
- The high calibre of the IPCAPA management team and the accessibility and commitment of the clinical course director.
- The successful development and implementation of a new 4-year Doctorate programme in collaboration with the Anna Freud Centre for children and Families and University College London, that has been developed in consultation with service colleagues and other stakeholders and which incorporates flexibility and responsiveness to changing service needs and workload pressures.
- The quality of trainees especially the Year 4 trainees who impressed the panel with their commitment, enthusiasm and willingness to learn, often overcoming significant challenges.
- The range and quality of clinical placement provision and support from the highly motivated and committed service supervisors and progress advisors.
- The high calibre, passion and commitment of the experienced and innovative teaching team.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Joint placements in NHS and Clinical Services at AFC

In the small arena of CAPT training we compete successfully with our main London competitor the Tavistock. In 2021/22, for the first time, more incoming trainees who were offered a place with both us and the Tavistock opted to train with the independent training. This is a significant achievement; the Tavistock are at least double our size and are able to attract candidates to their central London based clinical placements (mostly at the Tavistock).

As the bpf does not have a clinical service and due to the pressure in CAMHS services we have introduced a number of joint placements between the NHS and the AFC (and other 3rd sector London based organisations). We work to keep good relations with AFC staff & many more recent independent training graduates work in AFC clinical services. We would like to organise more placements for our trainees within the AFC.

Wider national and international reach

The programme has the potential to grow within the UK e.g. with the possibility of introducing a postgraduate training in areas of the UK where there is currently little access to CAPT training (and certainly no training in the Independent tradition); developing a distance learning model of training to offer greater flexibility and attract students from beyond London and the South East; or if future CAPT funding permits, look at delivering training through intensive/residential sessions. Equally, the programme also has the potential to grow overseas (i.e., by attracting greater international applicants to build on the AFC and UCL's strong tradition of training those who go on to take leadership roles in child mental health service provision and innovation around the world). In 2020 we sent our 1st international graduate from the doctoral programme to sow the seeds of CAPT in Ecuador. The possibility of developing a more substantial international arm of the training could offset any loss of training income from HEE. While we are not anticipating loss of income from HEE as we are at a time of growth, we are keen to diversify income streams. With some market research, we could develop the programme content for engaging a greater international audience. There is also the potential to broaden the number/range of applicants to the course, to ensure strong intake and create a greater diversity of trainees.

Elizabeth Murphy & Leah Mair
21st June 2022

MSc Psychodynamics of Human Development – Annual Report 2021/22

The MSc Psychodynamics of Human Development is a two-year part-time course consisting of the working partnership between the British Psychotherapy Foundation and the Psychosocial Studies Department at Birkbeck, University of London, as well as the collaboration between the Psychoanalytic and Jungian streams of the course.

2021/22 started online for both cohorts of students. Since April 2022, some in person teaching has resumed at the BPF house on Wednesdays. The change was welcomed by some students but not all: some students living out of London continue to attend seminars online.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

24 students are expected to graduate from the MSc this year and 20 students are expected to progress into second year in September.

A total of 9 MSc students have been accepted on the IPCAPA training to start in September 2022. One MSc has applied and been accepted on the Jungian Psychotherapy theory and practice run the BJAA, starting in January 2023.

Exceptionally, second year students will be attending seminars at the BPF next academic year at the same time as first year students. Study Days will take place at the College.

In addition to the normal cohort of first year students, we are opening a pilot stream of the course, open to students living out of London and who will attend seminars onsite once a term and online the rest of the time. This is an exciting initiative leading to the BPF teaching students as far as Glasgow.

Bursaries from HEE received by IPCAPA have been a great incentive for MSc students either already on the course or starting next September.

The MSc continues to work with IPCAPA and other groups at the BPF.

***bpf* Scientific and Applied Activities Committee (Sci-App) Annual Report for 2021 – 2022**

The Scientific and Applied Activities Committee (Sci-App) aims to fulfil a major role in the creative and intellectual life of the *bpf* by ensuring access for members to a rich programme of events relevant to the theory and practice of psychoanalysis and psychoanalytic psychotherapy and to their application in the wider sphere of human activity, from art and literature to politics and world affairs.

The Sci-App Committee is a *bpf* committee, and so endeavours to recruit representatives from each of the Associations as well as from other interest groups (e.g., research; regional members) and key constituencies across the organisation such as the BJP and, ideally, a current member of the Board. Since July 2021, the committee has also included an organiser of the long-running *bpf* Wessex talks. Tim Fox was Chair of the committee until July 2021, when Poul Rohleder took over as Chair. Tim Fox has stepped down from the Sci-App committee, and we are very grateful for the fantastic work he has done as previous Chair. Joanna Lee has also stepped down from the committee, and we thank her too for her hard work and dedication.

In planning events, the Sci-App Committee invites suggestions from the *bpf* membership and seeks to ensure there is a range of events with a range of topics. During October and November 2021, the *bpf* membership were invited to complete a survey for the Sci-App Committee, inviting respondents to indicate their areas of experience and expertise, and topics of interest. The survey received 60 responses, which provided the committee with useful information for the consideration and planning of future events.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Events are planned mindful of other activities in the organisation calendar so as to avoid potential clashes. Achieving these goals on behalf of the organisation necessitates fluent liaison with event organisers, and with the *bpf* marketing, room bookings, IT and finance officers. This is facilitated by the use of a standard Event Submission Form.

During the 2021/22 Academic Year (September 2021 to July 2022), the Sci-App Committee planned eight events, and three Wessex talks, and also supported a *bpf* member, Helen Morgan, in putting on a series of 4 seminars called Reading in Contexts: A Creative Approach to Critical Reading.

The eight Sci-App events included the *bpf* Annual Lecture which this year was held in memory of Lionel Monteith. The lecture was given by Jean Knox (a *bpf* member), on the topic of *The Birth and Death of Hope* and was held on 29 January 2022. This lecture was delivered online and was generally well-attended. Unfortunately, due to an administrative error, some registrants were provided with the incorrect starting time, and so joined the talk late. A recording of the talk was made available to registrants afterwards.

There were 4 half-day and full-day workshops organised:

- *Retirement: Endings and New Beginnings* – 25 October 2021
- *Working Across Frontiers* – 19 Feb 2022
- *Retirement: Endings and New Beginnings. A follow-up discussion.* – 25 June 2022
- *Celebrating: Support is Key* – 9 July 2022

Two Audience with Authors talks were organised, but unfortunately, due to unforeseen circumstances one of these had to be cancelled at short notice. On the 16 June 2022, Helen Morgan gave a talk based on her book *The Work of Whiteness*, which was delivered online and attended by about 22 people and generated some important discussion.

This year, the Sci-App Committee has planned and launched what it hopes will be regular *bpf* Scientific Meetings to be held on the second Thursday evening of every second month (January, March, May, July, September, and November). The first of these is on the 14 July 2022, with Alice Cowley (a *bpf* member), giving a talk entitled *Trapped in the Burrow: Retreat, Trauma and Psychic Repair*. The aim is to have talks by different *bpf* members across the three associations and offer an opportunity to meet and chat with fellow members.

As we emerge from the Covid pandemic, events are being planned as hybrid events, both in-person at Mapesbury Road and online. Continuing to provide talks online allows for the inclusion of *bpf* members outside of London.

To date, the large majority of people who have registered for events have chosen to attend online, so it may be a while before we see a good return to in-person attendance.

During this year, the Wessex Talks team have scheduled three talks which were delivered online:

- *Adolescent Development in the Age of social media* – speaker Philip Stokoe on 22 January 2022
- *Coming into Being – Reflections from an NHS specialist psychotherapy service on survivors of historical sexual abuse* - speaker Maggie Schaedel on 30 April 2022
- *Understanding internalised homophobia and shame in work with gay men* – speaker Poul Rohleder on 16 July 2022

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

This is the only formal *bpf* programme held in an out of London region. The programme has been consistently well run, well-budgeted and successful. Its organiser, Alison Pearce maintains good communication with the Chair of Sci-App, who has countersign Alison's expenses claims based on an hourly rate (this was still countersigned by Tim Fox this year).

Delivering talks online continues to offer the opportunity for talks to be recorded and be made available for viewing on the *bpf* website, perhaps at a small fee. The *bpf* will need to consider how this might be facilitated.

In general, the talks and events have received positive feedback from attendees who have found the events of benefit. While there are enough people attending to make them feasible, we would like to encourage more *bpf* members to support these events, and hope that we can work with *bpf* marketing to strengthen the marketing of these events next year.

Membership of the Sci-App Committee is now as follows:

Poul Rohleder (Chair), Juliet Newbiggin, Susan Kegerreis, Eleanor Mongey, Toby Dantzic (BJP), Joao Botas, Liz Edwards (Wessex Talks), Jackie Charbit-Middleton, Holly Dwyer Hall, and Nikolaos Tzikas

Poul Rohleder, Chair

Risk Assessment

The trustees regularly identify and consider the major risks to which the charity is exposed and establish systems to mitigate such risks.

Financial systems are closely monitored through budgets and internal controls, and regularly reviewed to prevent excessive expenditure and to guard against fraud.

The trustees continue to put in place effective strategies to ensure that *bpf* activities remain sustainable in the long term and that they develop along with to meet the needs of potential trainees and patients.

Financial review

Total income amounted to £1,240,590 during the year (2020/21: £1,193,017) and total expenditure was £1,247,385 (2020/21: £1,116,773). Investment gains were £41,157 (2020/21: Gains £244,597) resulting in net income of £34,362 (2020/21: net income £320,841).

Net restricted expenditure £2,408 (2020/21: net income £57,550) included a grant from Health Education England of £80,000 and a £20,000 legacy donation to be spent in 2021/22.

Income from operational activities was £1,073,607 (2020/21 £1,080,717), broadly in line with income and trainee numbers from the prior year. Expenditure of £1,138,477 (2020/21: £1,062,023) exceeded income resulting in a net operational loss of (£64,870) (2020/21: net operational loss £14,536).

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Investment income increased significantly to £59,680 (2020/21: £31,890). Total expenditure £1,247,835, unrestricted net expenditure was (£30,841) (2020/21: net income £263,291).

Total reserves were reported at £4,165,933 on 31 March 2022, of which £275,388 is held as restricted funds (2020/21: £277,796) and £1,780,000 as designated (2020/21): £1,806,667). Designated funds consist of a legal fund of £20,000 and a property fund of £1,760,000 which is equal to the book value of the freehold property after depreciation. Unrestricted funds amounted to £2,110,545 on 31 March 2022 (2020/21: £2,047,108).

Investment policy and returns

Under the memorandum and articles of association, the charity has the power to invest its funds at the discretion of the directors. The trustees considered the return on investments to be in keeping with present market conditions.

The trustees have exercised care and skill when making investment decisions and to the best of their abilities selected investments that were right for the charity taking account of:

- how suitable any investment is for the charity;
- the need to diversify investments

The trustees have addressed the ethical aspects of the charity's investments to ensure they are not in conflict with the aims of the charity. The trustees monitor and review the performance of the external investment manager.

Reserves

The board has reviewed the major risks that the charity faces, as a result the *bpf* is now committed to maintaining free reserves equal to 3-6 months operating costs, approximately £372,000 to £558,000 and to retaining an additional sum of £20,000 as a legal fee reserve to ensure adequate cover for any possible future legal costs. Key financial control systems are reviewed annually. At 31 March 2022 free reserves were above target.

A number of adult psychotherapy trainings from the 3 merged organisations remain active. The board is committed to ensuring that these trainings continue until the trainees concerned have qualified which will entail using a level of its reserves.

Trustees' responsibilities in relation to the financial statements

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the income and expenditure of the charitable company and its state of affairs at the end of that period.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

In preparing those statements the Trustees are required to:

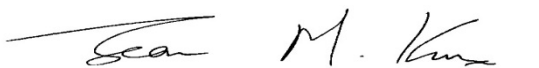
- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent.
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the charitable company's auditor is unaware; and as directors of the charitable company we have taken all the steps that we ought to have taken, in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This report was approved by the board of directors on 20 October 2022 and signed on its behalf.

Jean Knox, Chair of Board of Directors



**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION**

Opinion

We have audited the financial statements of The British Psychotherapy Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- The charitable company is required to comply with both company law and charity law and based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities . This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.

Knox Cropper LLP

10/11/22

Simon Goodridge
Senior Statutory Auditor
for and on behalf of Knox Cropper LLP Statutory Auditor
65 Leadenhall Street London EC3A 2AD

BRITISH PSYCHOTHERAPY FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES****(INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)****FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted £	Designated £	Restricted £	Total 2022 £	Total 2021 £
Income and Endowments:						
Donations and Legacies	2	803	-	106,500	107,303	113,640
Investment Income	3	59,680	-	-	59,680	31,890
Charitable Activities						
Membership		215,125	-	-	215,125	220,860
Training Fees	4	571,001	-	-	571,001	525,608
MSc Course & Pre-training Fees		234,561	-	-	234,561	223,873
Short Courses		25,581	-	-	25,581	23,133
Events		1,280	-	-	1,280	17,258
Publication Income		11,753	-	-	11,753	21,638
Clinic Access and Services		13,395	-	-	13,395	13,390
Other		911	-	-	911	1,727
Total Income		1,134,090	-	106,500	1,240,590	1,193,017
Expenditure:						
Charitable Activities						
Membership	5	125,660	-	-	125,660	122,432
Education						
Training Courses		667,869	-	108,908	776,777	729,107
MSc Course & Pre-training		228,305	-	-	228,305	196,012
Short Courses		27,208	-	-	27,208	8,441
Events		3,791	-	-	3,791	4,127
Clinical Access & Services		51,072	-	-	51,072	43,843
Publications		34,572	-	-	34,572	12,811
Total Expenditure		1,138,477	-	108,908	1,247,385	1,116,773
Net Income/Expenditure before gains/(losses)		(4,387)	-	(2,408)	(6,795)	76,244
Net Gains/ (Losses) on Investments		41,157	-	-	41,157	244,597
Net Income/(Expenditure)		36,770	-	(2,408)	34,362	320,841
Transfers between Funds		26,667	(26,667)			
Net Movement in Funds		63,437	(26,667)	(2,408)	34,362	320,841
Total Funds Brought Forward		2,047,108	1,806,667	277,796	4,131,571	3,810,730
Total Funds Carried Forward		£2,110,545	£1,780,000	£275,388	£4,165,933	£4,131,571

All income and expenditure drive from continuing activities.

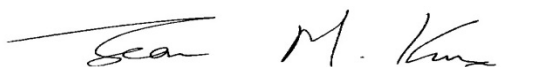
The notes on pages 36 to 43 form part of these financial statements.

BRITISH PSYCHOTHERAPY FOUNDATION

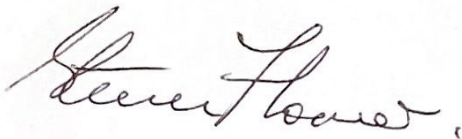
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2022

	Note	2022		2021	
		£	£	£	£
FIXED ASSETS					
Intangible Assets	8		-		2,500
Tangible Fixed Assets	9		1,787,125		1,800,454
Investments	10		<u>1,976,725</u>		<u>2,135,568</u>
			3,763,850		3,938,522
CURRENT ASSETS					
Debtors	11	161,188		334,522	
Cash At Bank and In Hand		<u>516,204</u>		<u>241,669</u>	
		677,392		576,191	
CREDITORS:					
Amounts falling due within one year	12	<u>(275,309)</u>		<u>(383,142)</u>	
NET CURRENT ASSETS			402,083		193,049
TOTAL NET ASSETS			<u>£4,165,933</u>		<u>£4,131,571</u>
FUNDS					
Restricted	13		275,388		277,796
Designated			1,780,000		1,806,667
Unrestricted			2,110,545		2,047,108
TOTAL FUNDS			<u>£4,165,933</u>		<u>£4,131,571</u>

These financial statements were approved by the Board of Trustees on 25th October 2022 and were signed on its behalf by:



.....
Jean Knox
Director



.....
Steven Flower
Director

Registered Company No: 08238969
Registered Charity No: 1150806

The notes on pages 36 to 43 form part of these financial statements

BRITISH PSYCHOTHERAPY FOUNDATION
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
CASH FLOWS FROM OPERATING ACTIVITIES:			
Net Cash provided by (used in) Operating Activities	17	112,951	116,295
CASH FLOWS FROM INVESTING ACTIVITIES :			
Investment Additions		-	(809,368)
Investment Disposal Proceeds		200,000	223,494
Purchase of Property, Plant and Equipment		(38,416)	(1,498)
Net Cash by (used in) Investing Activities		161,584	(587,372)
Change in Cash and Cash Equivalents in the Reporting Period		274,535	(471,077)
Cash and Cash Equivalents at the Beginning of the Reporting Period		241,669	712,746
CASH AND CASH EQUIVALENTS AT THE END OF THE REPORTING PERIOD		£516,204	£241,669

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting Policies

1.1 Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102 second edition – effective 1 January 2019)), applicable UK accounting standards and the Companies Act 2006.

1.2 Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of one year from the date of approval of these financial statements.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

1.3 Incoming resources

Voluntary Income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or if donors conditions have not been fulfilled, then income is deferred. Investment income is recognised on a receivable basis.

1.4 Resources expended

Resources expended are recognised when a liability is incurred, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.5 Pension Costs

The company contributes to a stakeholder pension scheme. These costs are accounted for by charging the premiums paid in the period during which the company benefits from the employees' services.

1.6 Intangible Fixed Assets

Intangible fixed assets are publication rights for the British Journal of Psychotherapy. These intangible assets will be amortised over their estimated economic life of 4 years on a straight line basis.

1.7 Tangible Fixed Assets

Individual fixed assets costing more than £100 are capitalised at cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the carrying value over their expected useful economic life as follows:

Freehold buildings	2% straight line basis	Library, books, films & equipment	15% reducing balance basis
Furniture & Fittings	20% straight line basis	Database and IT equipment	33% straight line basis
Office Equipment	33% straight line basis		

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting Policies (continued)

1.8 Investments

Investments including funds under management are stated at market value at the balance sheet date. These investments are readily convertible to cash. The Statement of Financial Activities includes the net gains and losses arising on revaluations.

1.9 Stock

Stock is valued at the lower of cost or net realisable value.

2. GRANTS AND DONATIONS

	2022	2021
	£	£
Grants	83,000	92,000
Donations	23,500	21,640
Members and Other Donations	803	-
	<u>£107,303</u>	<u>£113,640</u>

3. INVESTMENT INCOME

Bank Interest	-	365
Dividends	59,680	31,525
	<u>£59,680</u>	<u>£31,890</u>

4. TRAINING FEES

IPCAPA Training	496,404	433,385
PPA Training	64,254	76,772
BJAA Training	10,343	14,551
Application for Training Therapists	-	900
	<u>£571,001</u>	<u>£525,608</u>

5. CHARITABLE ACTIVITIES

	-----2022-----				-----2021-----			
	Direct	Staff costs	Support	Total	Direct	Staff costs	Support	Total
	£	£	£	£	£	£	£	£
Membership	32,259	18,363	75,038	125,660	57,904	15,014	49,514	122,432
Education								
Training								
Courses	486,706	133,554	156,517	776,777	307,061	159,484	262,562	729,107
MSc & pre-trainings	91,925	12,424	123,956	228,305	88,741	31,391	75,880	196,012
Short Courses	10,576	7,709	8,923	27,208	1,564	5,540	1,337	8,441
Events	3,344	-	447	3,791	2,225	-	1,902	4,127
	<u>624,810</u>	<u>172,050</u>	<u>364,881</u>	<u>1,161,741</u>	<u>457,495</u>	<u>211,429</u>	<u>391,195</u>	<u>1,060,119</u>
Clinical Access & Services	1,182	45,217	4,673	51,072	-	43,843	-	43,843
Publications	30,330	-	4,242	34,572	12,811	-	-	12,811
	<u>£656,322</u>	<u>£217,267</u>	<u>£373,796</u>	<u>£1,247,385</u>	<u>£470,306</u>	<u>£255,272</u>	<u>£391,195</u>	<u>£1,116,773</u>

Staff costs are split between direct and support costs which are then allocated to charitable activities.

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

6. SUPPORT COSTS

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2022 £	Total 2021 £
Staff	25,249	60,450	24,684	2,684	134	113,196	242,184
Other Staff	26,334	63,060	25,740	2,799	140	118,063	16,071
Premises	14,306	34,251	13,983	1,520	76	64,136	63,506
Office	13,104	31,375	12,809	1,393	70	58,750	51,834
Governance	4,958	11,871	4,846	527	26	22,229	17,540
	<u>£83,951</u>	<u>£200,997</u>	<u>£82,056</u>	<u>£8,923</u>	<u>£446</u>	<u>£376,373</u>	<u>£391,195</u>
Prior year							
	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2021 £	
Staff	30,652	162,549	46,977	828	1,178	242,184	
Other Staff	2,034	10,787	3,117	55	78	16,071	
Premises	8,046	42,664	12,330	217	309	63,566	
Office	6,561	34,790	10,054	177	252	51,834	
Governance	2,221	11,772	3,402	60	85	17,540	
	<u>£49,514</u>	<u>£262,562</u>	<u>£75,880</u>	<u>£1,337</u>	<u>1,902</u>	<u>£391,195</u>	

7. STAFF COSTS AND KEY MANAGEMENT PERSONNEL

No remuneration was paid to directors during the year. Expenses reimbursed to them in the year in their capacity as directors amounted to £Nil (2020/21: £481). A number of the Directors received fees in respect of professional services rendered as psychotherapists during the year amounting to £16,364 (2020/21: £825).

The staff costs of remaining staff were:

	2022	2021
	£	£
Wages and Salaries	312,779	457,966
Social Security Costs	26,706	29,027
Pension Costs	8,197	10,462
	<u>£347,682</u>	<u>£497,455</u>
	Nos.	Nos.
Full Time Staff Equivalent	<u>9</u>	<u>10</u>

Key management personnel for all or part of the year consisted of two individuals (2019: three). Total remuneration of key management personnel during the year amounted to £129,172 (2019: £130,810).

Staff receiving remuneration greater than £60,000 in the year were as follows:

	2022	2021
	Nos.	Nos.
Between £60,000 and £70,000	<u>1</u>	<u>1</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

8. INTANGIBLE ASSET

Publication Rights : British Journal of Psychotherapy	2022	2021
	£	£
Cost at 1 st April 2021 and 31 st March 2022	<u>10,000</u>	<u>10,000</u>
Accumulated amortization		
Brought forward as at 1 st April 2021	7,500	5,000
Charge for the year	<u>2,500</u>	<u>2,500</u>
Carried forward as at 31 st March 2022	<u>10,000</u>	<u>7,500</u>
Net Book Value		
At 31 st March 2022	<u>-</u>	<u>£2,500</u>

9. TANGIBLE FIXED ASSETS

	Freehold Property	Office Equipment Furniture & Fittings	Library Books & Film Equipment	Total 2022	Total 2021
	£	£	£	£	£
Cost:					
At 1 st April	2,000,000	120,740	56,029	2,176,769	2,175,271
Additions	-	38,416	-	38,416	1,498
Disposals	-	-	-	-	-
At 31st March	<u>2,000,000</u>	<u>159,156</u>	<u>56,029</u>	<u>2,215,185</u>	<u>2,176,769</u>
Accumulated Depreciation					
At 1 st April	213,333	116,794	46,008	376,315	340,919
Charge for the period	26,667	23,253	1,826	51,745	35,396
Disposals	-	-	-	-	-
At 31st March	<u>240,000</u>	<u>140,047</u>	<u>47,834</u>	<u>428,060</u>	<u>376,315</u>
Net Book Values					
At 31st March 2022	<u>£1,760,000</u>	<u>£19,110</u>	<u>£8,195</u>	<u>£1,787,125</u>	<u>£1,800,454</u>
At 31st March 2021	<u>£1,786,667</u>	<u>£3,766</u>	<u>£10,021</u>	<u>£1,800,454</u>	<u>£1,834,352</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

10. INVESTMENTS

	2022	2021
	£	£
Quoted Investments		
Balance Brought Forward	2,135,568	1,353,970
Additions	-	760,495
Disposal Proceeds	(200,000)	(223,494)
Unrealised Gains	41,157	244,597
Market Value at 31 st March	<u>1,976,725</u>	<u>2,135,568</u>
Held at Year End:		
Sarasin Alpha CIF	1,335,632	1,541,694
CAF Balanced Growth Fund	67,609	63,559
COIF Charity Investment Fund – Accumulation Shares	572,203	529,034
Triodos Bank	1,281	1,281
	<u>£1,976,725</u>	<u>£2,135,568</u>

11. DEBTORS

	2022	2021
	£	£
Debtors	79,339	196,771
Trainee Loans	8,190	5,510
Other debtors	57,097	-
Payments in advance	16,672	132,241
	<u>£161,188</u>	<u>£334,522</u>

12. CREDITORS

	2022	2021
	£	£
Amounts Falling Due Within One Year		
Trade Creditors	33,004	179,192
Bad Debt Provision	7,964	
Deferred Income	63,119	168,487
Deposits	-	470
Accruals	159,863	23,160
PAYE and Staff Related	8,733	11,193
Jungian Archives	2,626	640
	<u>£275,309</u>	<u>£383,142</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

13. FUNDS

	Balance B/F	Incoming Resources	Expend- iture	Investment Gains/ Losses	Transfers	Balance C/F
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	14,545
Child Training	141,442	23,500	-	-	-	124,859
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	1,700	-	-	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
HEE – Equality, Diversity & Inclusion Fund	-	83,000	(59,000)	-	-	24,000
	£277,796	£106,500	£(108,908)	£-	£-	£275,388
Designated Funds						
Property Fund	1,786,667	-	-	-	(26,667)	1,760,000
Legal Fees Fund	20,000	-	-	-	-	20,000
	£1,806,667	£-	£-	£-	£(26,667)	£1,806,667
Unrestricted Funds						
General Reserves	2,047,108	1,134,090	(1,138,477)	41,157	26,667	2,110,545
	£4,131,571	£1,240,590	£(1,247,385)	£41,157	£-	£4,165,933
Total Reserves						
Prior year						
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	24,370
Child Training	83,642	112,000	(54,200)	-	-	141,442
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	1,850	-	(150)	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Roziska Parker Fund	-	300	(400)	-	-	-
	£220,146	£112,300	£(54,750)	£-	£100	£277,796
Designated Funds						
Property Fund	1,813,330	-	-	-	(26,663)	1,786,667
Legal Fees Fund	20,000	-	-	-	-	20,000
	1,833,330	£-	£-	£-	£(26,663)	£1,806,667
General Reserves						
	1,757,254	1,080,717	(1,062,023)	244,597	26,563	2,047,108
	£3,810,730	£1,193,017	£(1,116,773)	£244,597	£-	£4,131,571
Total Reserves						

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	275,388	275,388
Designated Funds	1,760,000	-	20,000	1,780,000
Unrestricted Funds	27,125	1,976,725	106,695	2,110,545
	<u>£1,787,125</u>	<u>£1,976,725</u>	<u>£402,083</u>	<u>£4,165,933</u>
Prior year				
	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	277,796	277,796
Designated Funds	1,786,667	-	20,000	1,806,667
Unrestricted Funds	16,287	2,135,568	45,253	2,047,108
	<u>£1,802,954</u>	<u>£2,135,568</u>	<u>£193,049</u>	<u>£4,131,571</u>

15. MEMBERS LIABILITY

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up is £5.

16. TAXATION

The company is a registered charity and no provision is considered necessary for taxation.

17. NOTES TO THE CASH FLOW STATEMENT

	2022	2021
	£	£
Reconciliation of net movement in funds to net cash flow from operating activities		
Net movement in funds for the reporting period (as per the statement of financial activities)	34,362	320,841
Adjustments for:		
(Gain)/Loss on Investments	(41,157)	(195,724)
Acquisition Assets		-
Depreciation charges	51,745	35,396
Amortisation charges	2,500	2,500
(Increase)/decrease in debtors	173,334	(143,157)
Increase/(decrease) in creditors	(107,833)	96,439
Net cash provided by (used in) operating activities	<u>£112,951</u>	<u>£116,295</u>
Analysis of cash and cash equivalents		
Cash at bank	516,204	241,669
Total cash and cash equivalent	<u>£516,204</u>	<u>£241,669</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

18. RELATED PARTY TRANSACTIONS

There were no related party transactions in the year.

19. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted £	Designated £	Restricted £	Total 2021 £
Income and Endowments:					
Donations and Legacies	2	1,340	-	112,300	113,640
Investment Income	3	31,890	-	-	31,890
Charitable Activities					
Membership		220,860	-	-	220,860
Training Fees	4	525,608	-	-	525,608
MSc Course & Pre-training Fees		223,873	-	-	223,873
Short Courses		23,133	-	-	23,133
Events		17,258	-	-	17,258
Publication Income		21,638	-	-	21,638
Room Hire and Lettings		-	-	-	-
Clinic Access and Services		13,390	-	-	13,390
Other		1,727	-	-	1,727
Total Income		1,080,717	-	112,300	1,193,017
Expenditure:					
Charitable Activities					
Membership	5	122,432	-	-	122,432
Education					
Training Courses		674,357	-	54,750	729,107
MSc Course & pre-trainings		196,012	-	-	196,012
Short Courses		8,441	-	-	8,441
Events		4,127	-	-	4,127
Publications		43,843	-	-	43,843
Clinical Access & Services		12,811	-	-	12,811
Total Expenditure		1,062,023	-	54,750	1,116,773
Net Income/Expenditure before gains/(losses)		18,694	-	57,550	76,244
Net Gains/(Losses) on Investments		244,597	-	-	244,597
Net Income/(Expenditure)		263,291	-	57,550	320,841
Transfers between Funds		26,563	(26,663)	100	-
Net Movement in Funds		289,854	(26,663)	57,650	320,841
Total Funds Brought Forward		1,757,254	1,833,330	220,146	3,810,730
Total Funds Carried Forward		£2,047,108	£1,806,667	£277,796	£4,131,571