



Irish Association for Counselling and Psychotherapy

Members Survey

April 2015

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Confidential

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Introduction & Context

- This report details the findings from a Members Survey undertaken for the Irish Association for Counselling & Psychotherapy.
- The study used a questionnaire that had been based on a previous survey completed by the Association itself in 2013. The 2015 project was managed and reported by Behaviour & Attitudes, with mails issuing to all members directly from B&A.
- 640 members participated in the survey, representing a good cross section of the membership, by region, by category and indeed by age and speciality.
- The survey aims to give an overview of members characteristics, attitudes and perspective of the profession, as well as their feelings about the IACP itself.
- Counselling and Psychotherapy is not registered by the State, but such a change may occur in the future. Understanding Members' attitudes to this potential change and its implications for the profession and Association is particularly important.

Key Issues



Key Issues

- Overall perspectives of the IACP are positive with some suggestions being made in relation to improvements to registration procedures etc. Students seem more demanding of change than before.
- There is a reasonable level of awareness that the State may go on to develop its own registration of the sector and this could lead to as many as a third deciding not to pay both sets of registration fees.
- That said, there is a view that a body is required to represent the views of Members and indeed to promote the discipline and profession to the public, to the media and to the health services.
- Many within the profession continue to work part time and indeed the levels of fee and hours worked haven't risen substantially since the previous study in 2013. That said, most are content with the amount of work that they have. There is a clear enthusiasm for the types of workshops and CPD events that the IACP continues to run.
- Navigating a course for the IACP in the run up to State registration will be important, and it will be necessary to articulate a solid positioning which ensures continued viability for the Association after State registration has been introduced. Members evidently need a representative body and there is a clear promotional and positioning challenge to be managed on behalf of the sector/profession.

Membership Profile

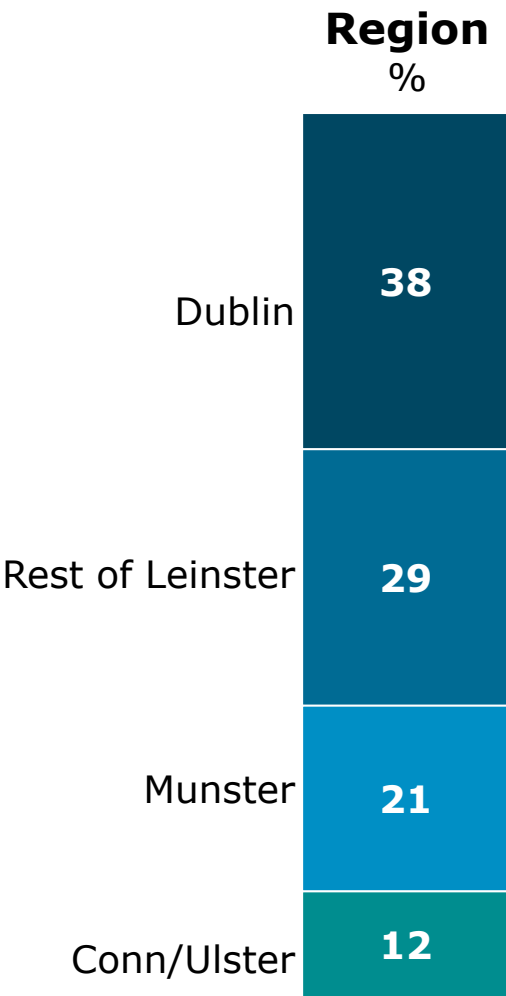
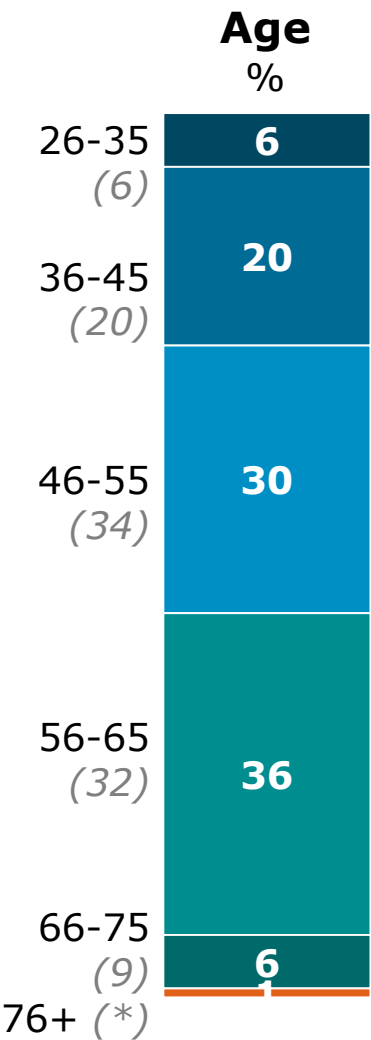
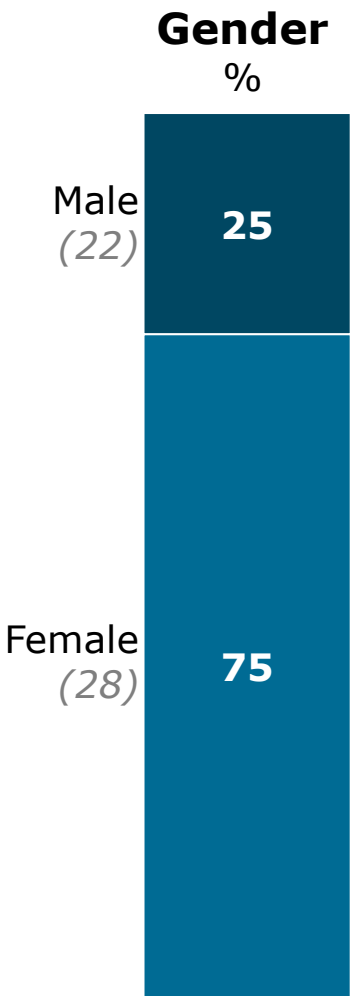


Membership Overview

- Roughly half of the sample are Accredited Members, with a quarter Pre-Accredited, 9% Students and 1 in 7 Accredited Supervisors. The structure of the membership base is very similar to that seen in 2013 and indeed the average duration of membership is largely similar, with a median length of membership of between 5 and 6 years.
- Roughly 3 in 10 work full time as Counsellors or Psychotherapists and those who do so tend to be older and longer established. There is an notable gender difference in this regard. 29% of male respondents indicating that they are full time Counsellors/Psychotherapists, in comparison with just 27% of women.
- 2 out of 3 state that they are individual practitioners in private practice, with most of the balance involved in charity or voluntary agency work to some extent. A quarter are volunteers with such an agency and a fifth are employed by a voluntary agency.
- Those who work as individual practitioners are notably more likely to be older, whereas those with voluntary agency involvement or indeed who are Students, tend to be younger members by and large and often in the Pre-Accredited Members category.
- Most indicate that they would like to work somewhere between 10 and 15 hours a week, so it is apparent that many don't aim to be full time Counsellors at this stage.
- Half have another occupation, a slight increase on the level recorded in 2013 and indeed this is much more likely among younger members.

Sample profile

Base: All members: 640

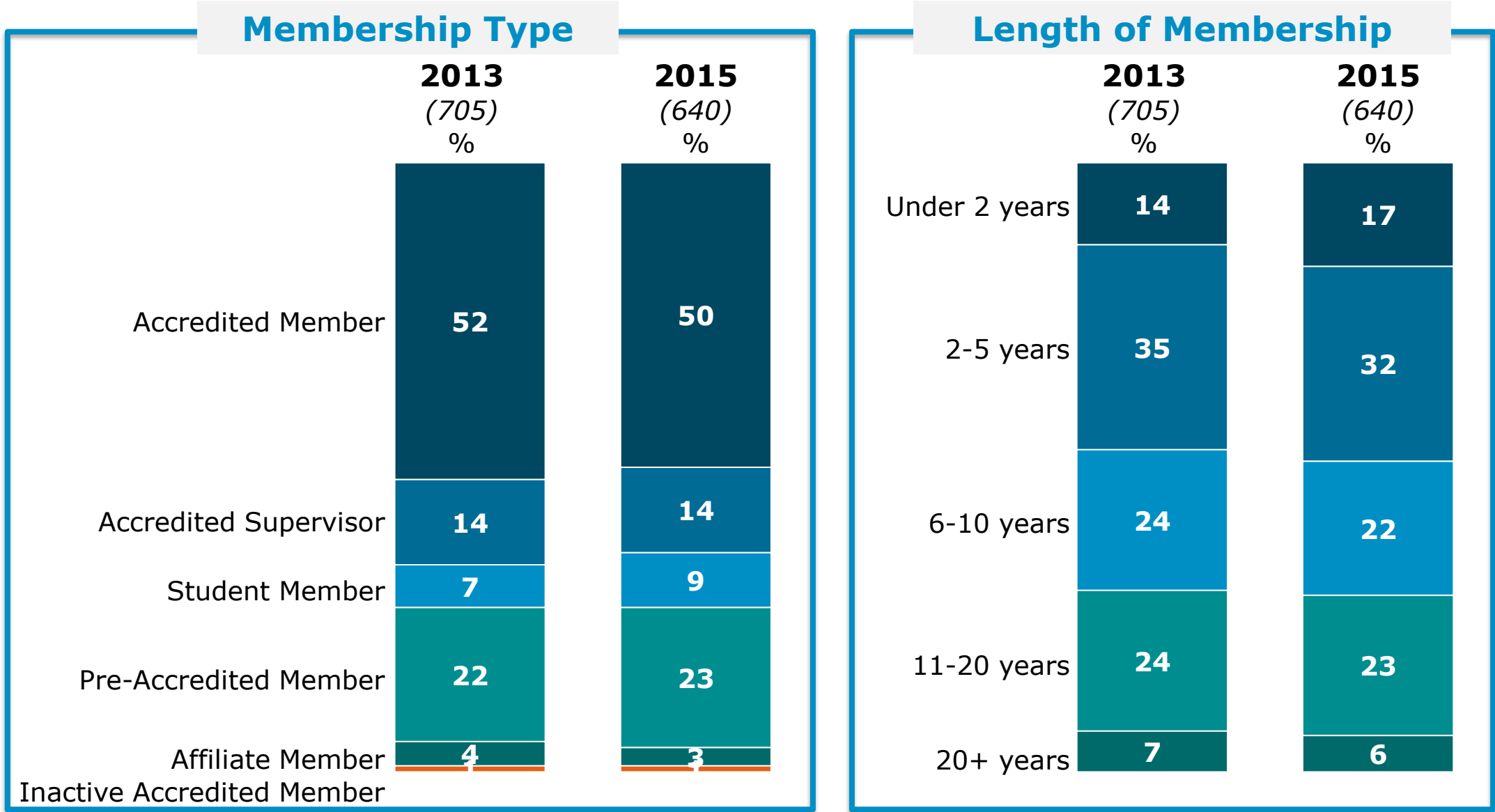


Figures in brackets = (2013)

Members tend to be women and from broadly more middle aged backgrounds.
Significant concentration in Dublin and Leinster.

Membership type and length of membership

Base: All members: 640



Half are accredited and active but almost 1 in 3 are students or pre-accredited. Half (49%) have been a member for less than 5 years and nearly a quarter have been a member for 11-20 years. The median length of membership remains 5 – 6 years.

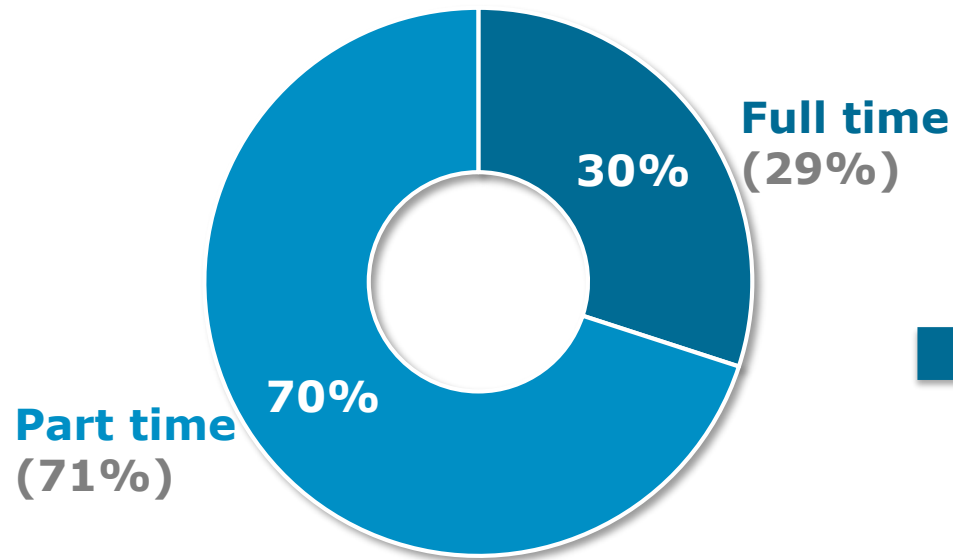


Q1

What is your category of IACP Membership?

Type of work as a Counsellor/Psychotherapist

Base: All members: 640



Part time
(71%)

Full time
(29%)

(2013)

Full time working

Gender: %

Gender	Percentage
Male	39
Female	27

Female 27

Age:

Age Group	Percentage
26-35	12
36-45	23
46-55	34
56-65	35
66+	28

26-35 12

36-45 23

46-55 34

56-65 35

66+ 28

Region:

Region	Percentage
Dublin	29
Leinster	28
Munster	35
Conn/Ulster	30

Leinster 28

Munster 35

Conn/Ulster 30

Nearly a third of members work as a Counsellor/Psychotherapist on a full-time basis: men (and more so those mid 40's to mid 60's) and those living in Munster are more likely to work full time.

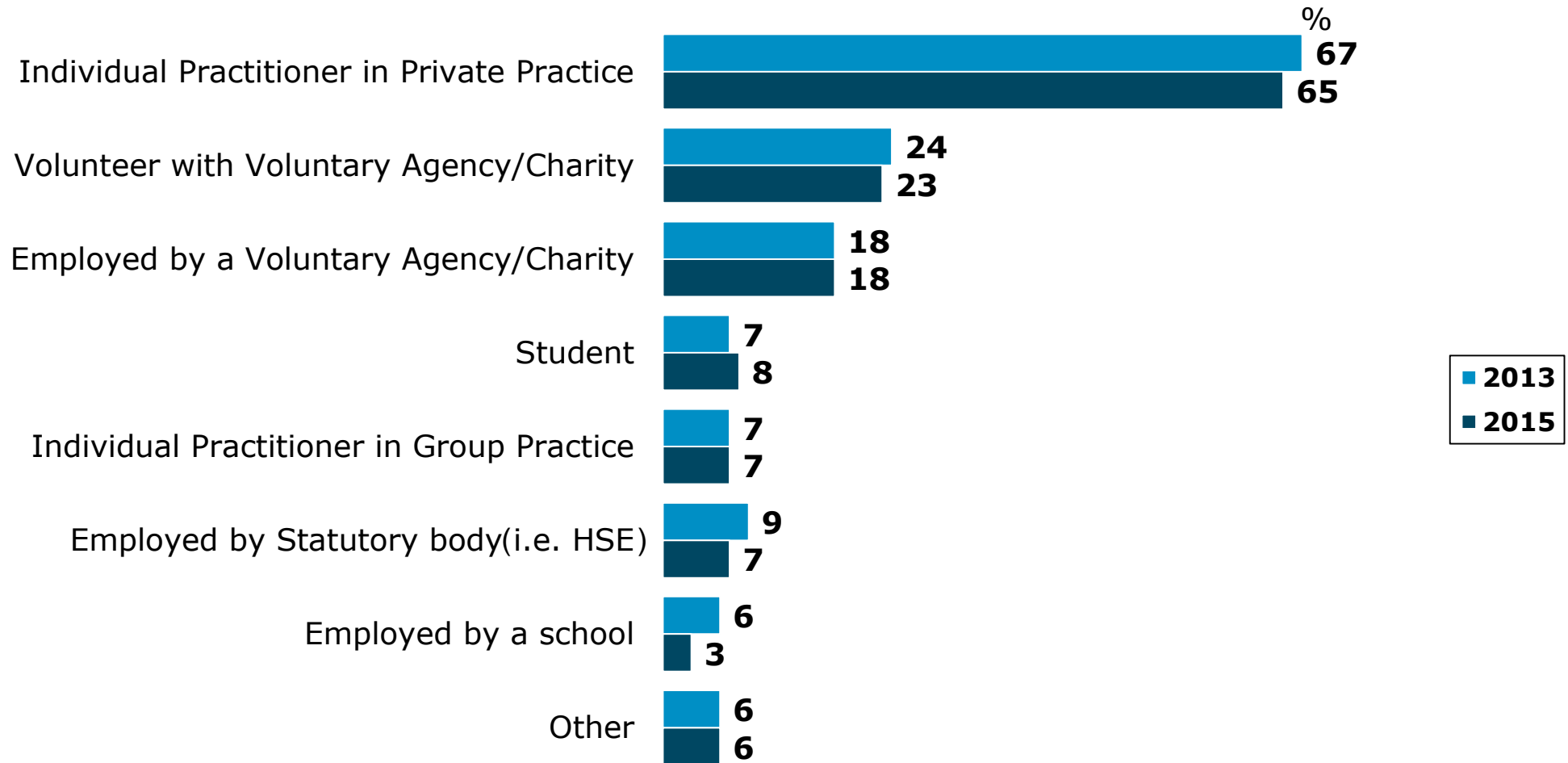


Q4

How would you describe your work as a Counsellor/Psychotherapist?

Current work situation

Base: All members: 640



2 in 3 are in individual private practice and most others have a voluntary agency or charitable remit. This hasn't changed in the recent past.

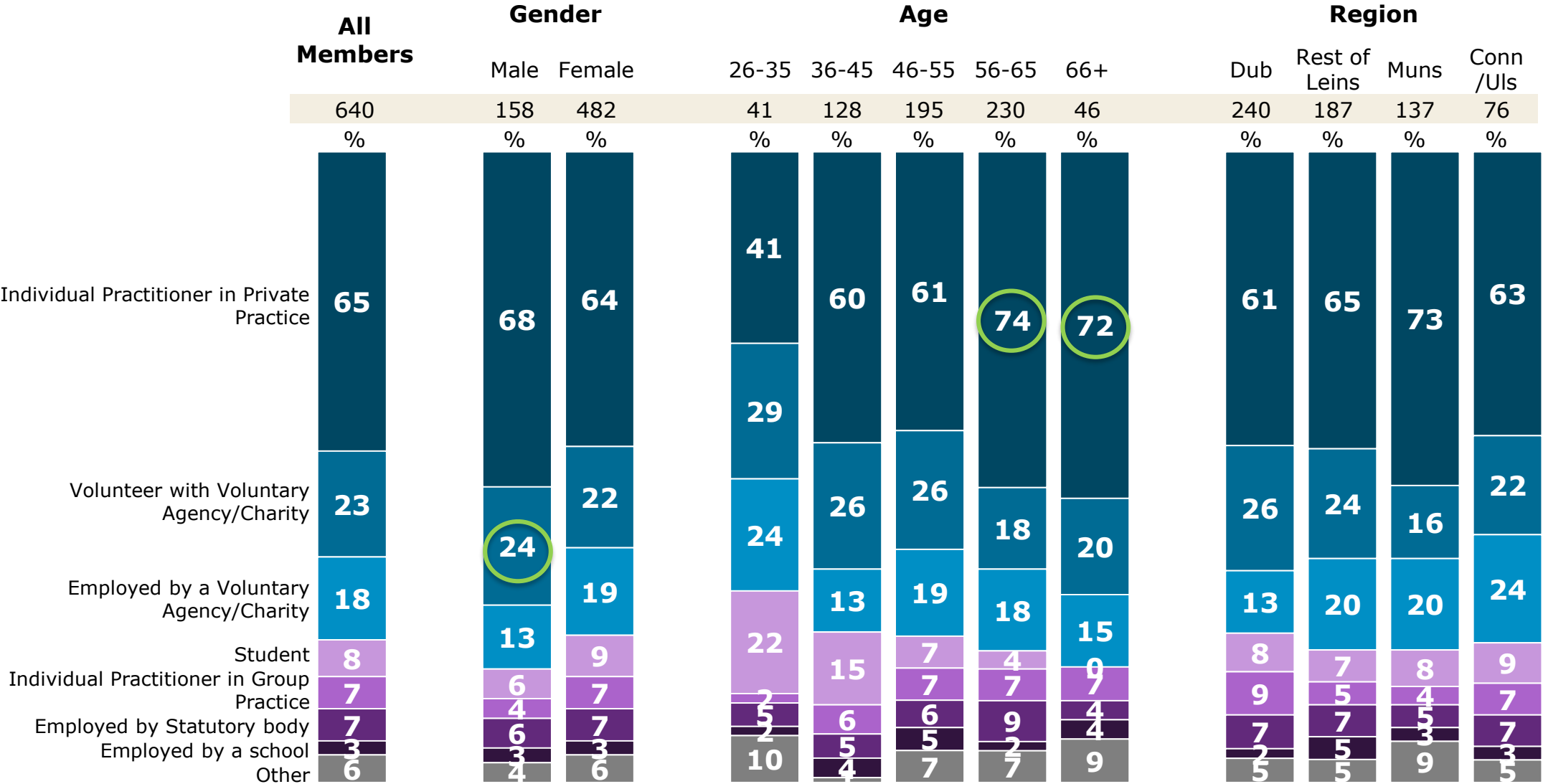


Q3

Which of the following best describes your work situation as a Counsellor/Psychotherapist?

Current work situation x Demographics

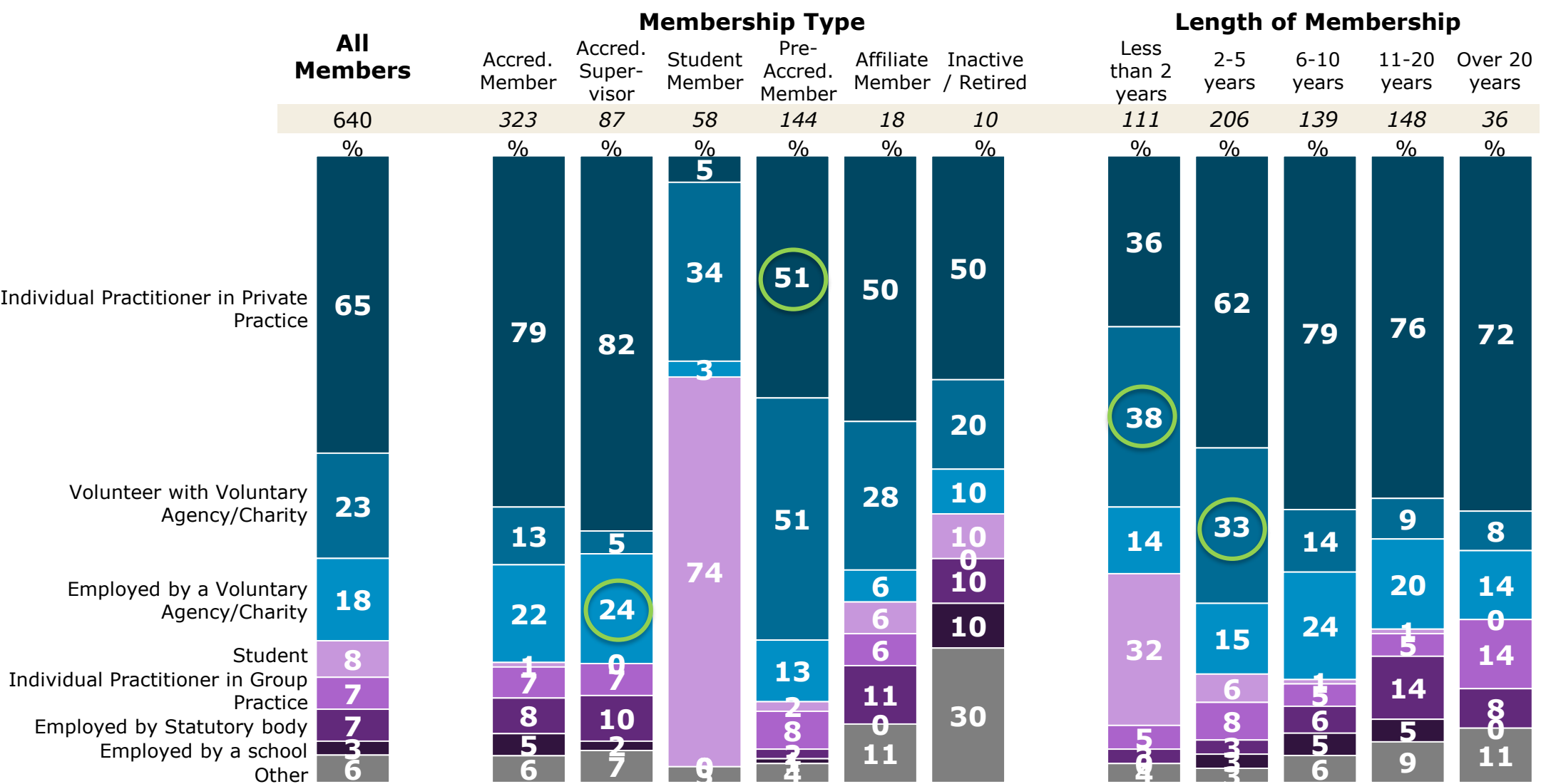
Base: All members: 640



Younger members tend to work with a voluntary agency/charity, whereas older members are typically private practitioners.

Current work situation x membership type & length

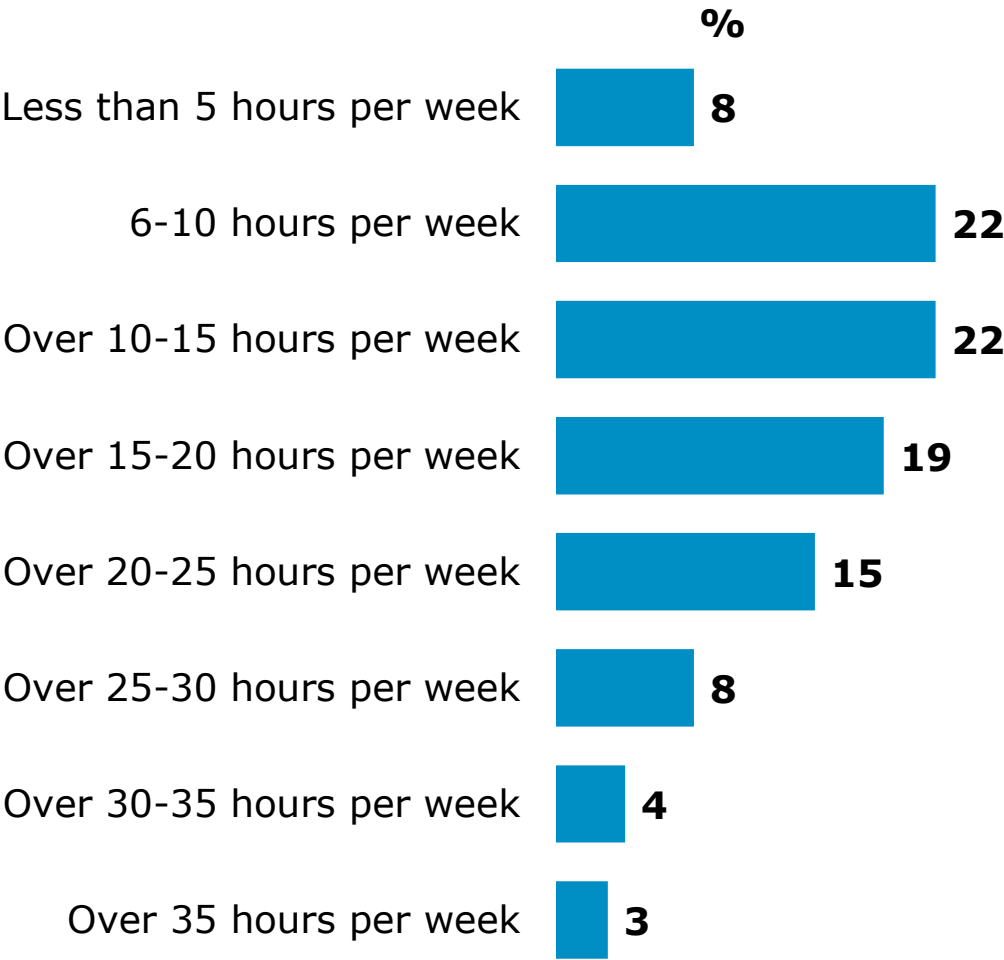
Base: All members: 640



Newer members typically volunteer with agencies/charities, whereas older members are commonly individual practitioners.

Ideal working week

Base: All members: 640

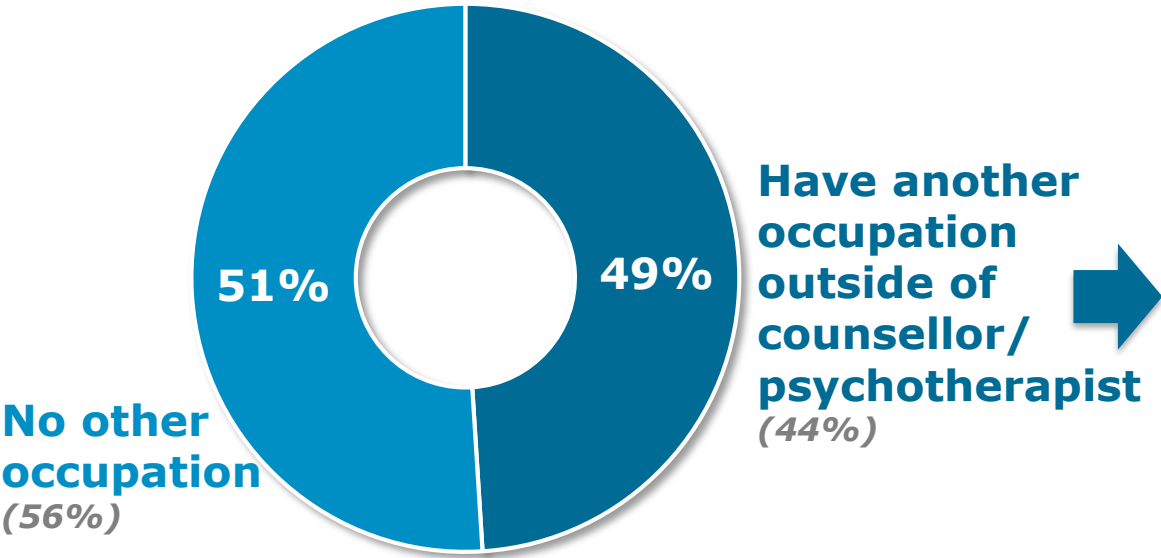


Gender		Length of Membership				
Male	Female	Less than 2 yrs	2-5 yrs	6-10 yrs	11-20 yrs	Over 20 yrs
158	482	111	206	139	148	36
%	%	%	%	%	%	%
6	8	14	6	7	5	6
20	23	28	20	22	22	17
16	24	14	25	22	20	39
23	17	15	20	21	17	19
16	15	17	14	17	18	6
6	8	5	7	7	11	6
8	3	6	4	2	5	3
4	2	1	4	2	2	6

Newer members mostly aspire to working less than 10 hours per week. A notable proportion (44%) would like to work an average of 6-15 hours per week.

Other occupations

Base: All members: 640



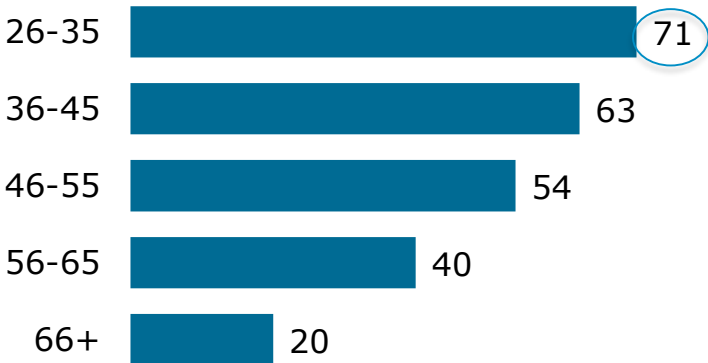
(2013)

Full time working

Gender:



Age:



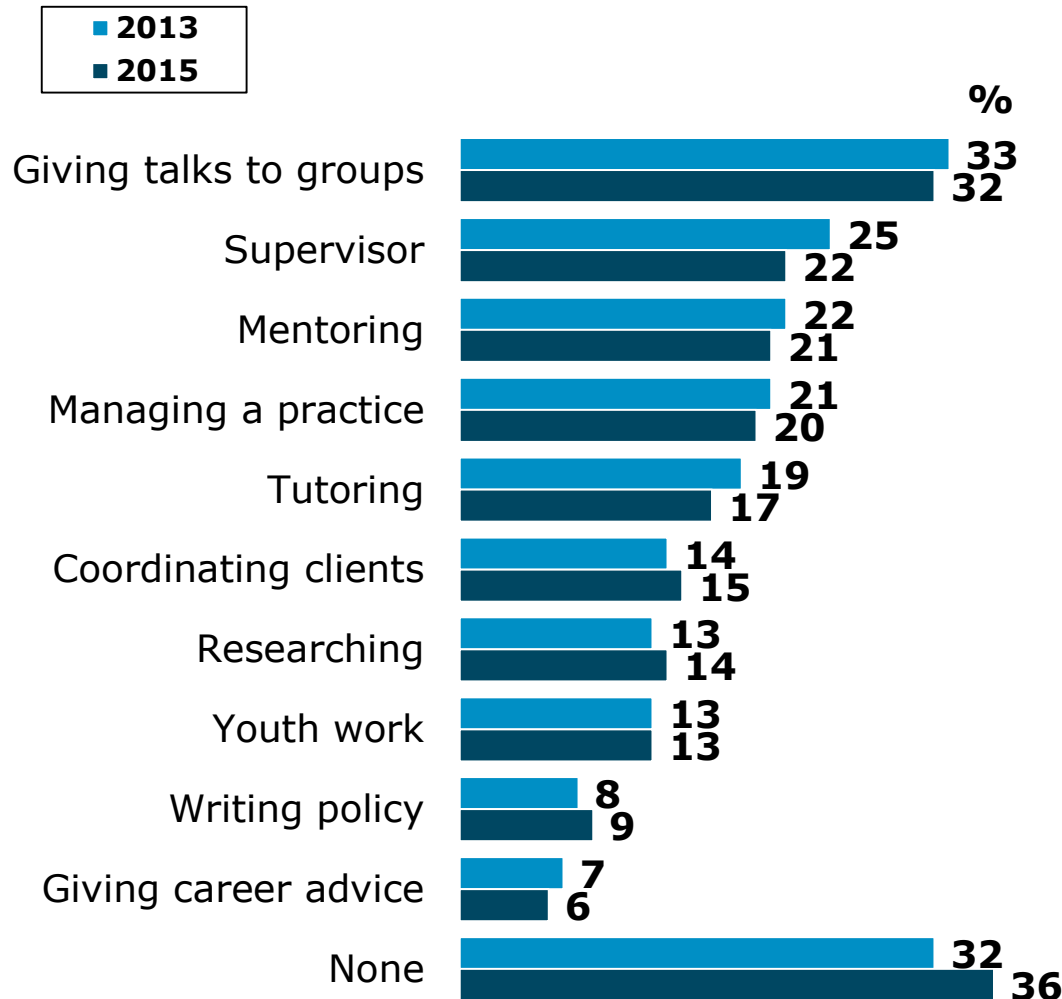
Region:



+5% point growth in the number also working outside of Counselling/Psychotherapy compared to two years ago.

Other aspects of the job

Base: All members: 640



2015 Membership Type					
Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive / Retired
323	87	58	144	18	10*
%	%	%	%	%	%
35	41	5	26	39	60
12	100	-	4	22	30
22	34	3	15	17	50
24	32	-	15	11	20
17	25	7	12	17	70
16	24	3	13	6	20
12	14	16	17	6	30
14	11	9	17	-	10
6	21	3	10	6	20
8	5	-	6	6	20
34	-	72	46	50	20

Mentoring, managing a practice, tutoring and coordinating clients all take up a sizeable amount of time.

*Small memberships base

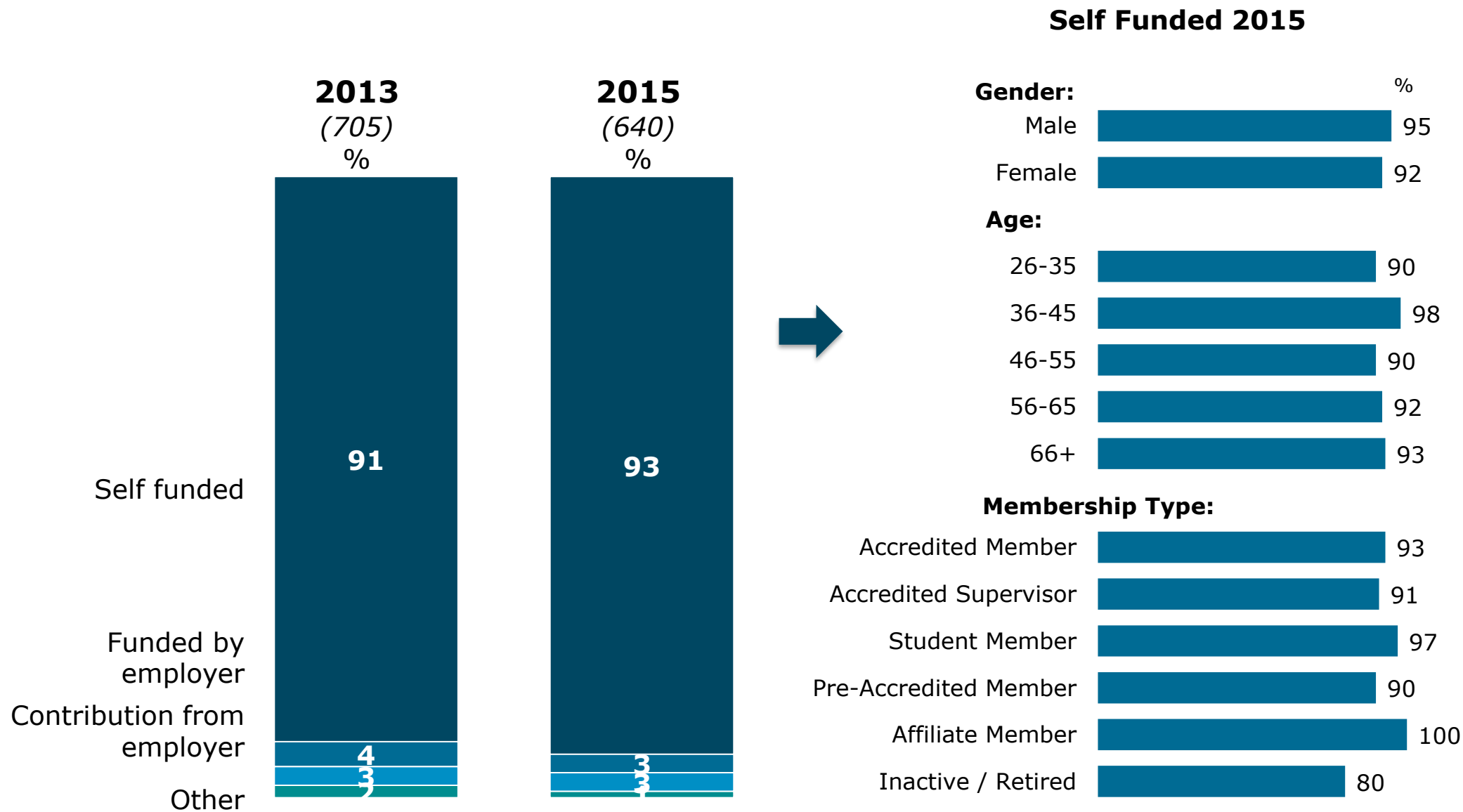


Q6

Besides Counselling/Psychotherapy, does your work encompass any of the following?

Method of funding workshop/CPD event attendance

Base: All members: 640



Most are self sufficient and this continues to grow.



Q9

Generally, how do you fund your attendance at Workshop/CPD events?

Client Information



Client Information

- All Counsellors see adult clients, with roughly half taking adolescent clients and 2 in 5 couples. There has been a slight reduction in the numbers taking adolescents or couples over the past 2 years. The differences are slight.
- Members largely present with a broad array of conditions, with depression, anxiety and relationship difficulties to the forefront and stress, bereavement and abuse not far behind. Issues to do with addiction and substance abuse, sexuality and eating disorders are being confronted by fewer Counsellors than before, although such changes may relate to slight difference in the structure of the sample.
- 1 in 5 clients is felt to present with some element of suicidal ideation, but most members feel adequately trained to handle this. Just 1 in 6 believe that they would not have received sufficient training at this juncture.
- There is a view that Counselling or Psychotherapy is only well understood by about a fifth, with 2 out of 3 suggesting that it is only understood "to some extent". There is clearly a need to enhance the public's understanding of the whole area.
- The vast majority of members indicate that they "totally" enjoy Counselling or Psychotherapy and indeed few are in any way negative about it. The level of absolute enjoyment declines slightly with age.

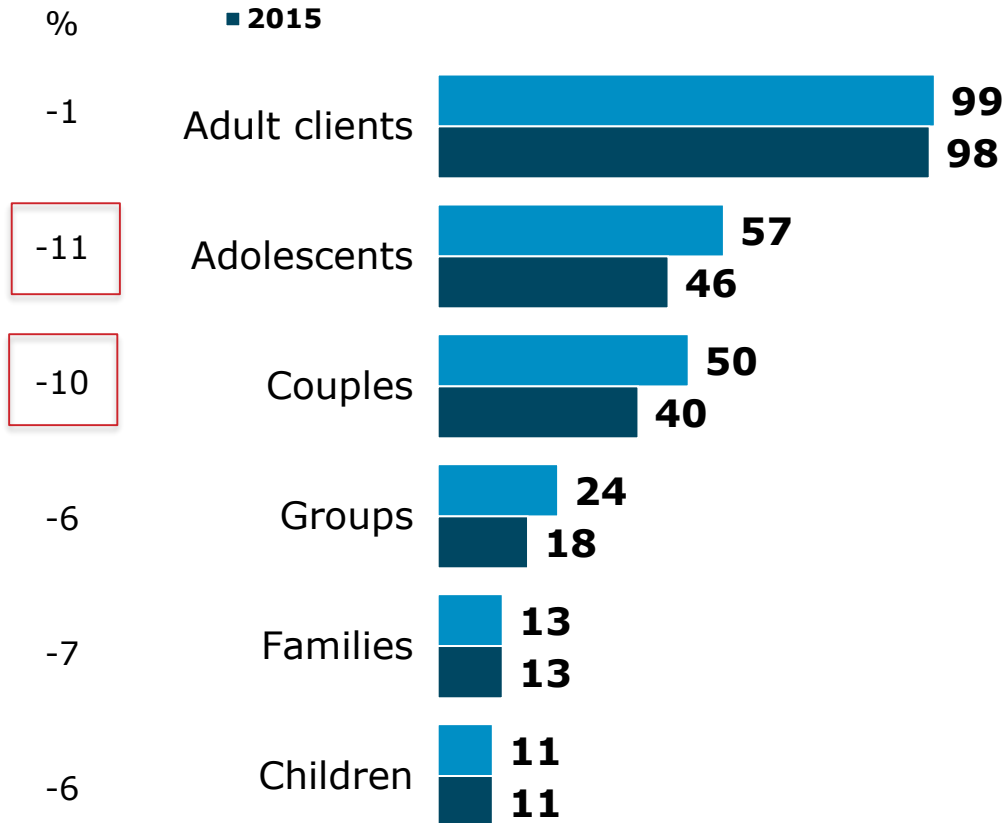
Types of clients seen

Base: All members: 640

% change
vs. 2013

■ 2013
■ 2015

%



Gender		Age					Membership Type					
Male	Female	26-35	36-45	46-55	56-65	66+	Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive / Retired
158	482	41	128	195	230	46	323	87	58	144	18	10
%	%	%	%	%	%	%	%	%	%	%	%	%
99	98	95	97	99	99	100	100	100	93	98	94	90
42	47	39	39	50	49	39	55	51	14	41	17	30
41	40	7	27	43	49	59	51	57	3	22	33	50
18	18	12	12	21	0	13	17	33	0	17	17	40
14	12	7	9	17	13	11	15	16	3	10	6	20
11	11	15	10	14	10	7	14	17	0	8	0	20

A general reduction apparent, but most notably for adolescent and couple clients. Older members seem to have a broader client base.

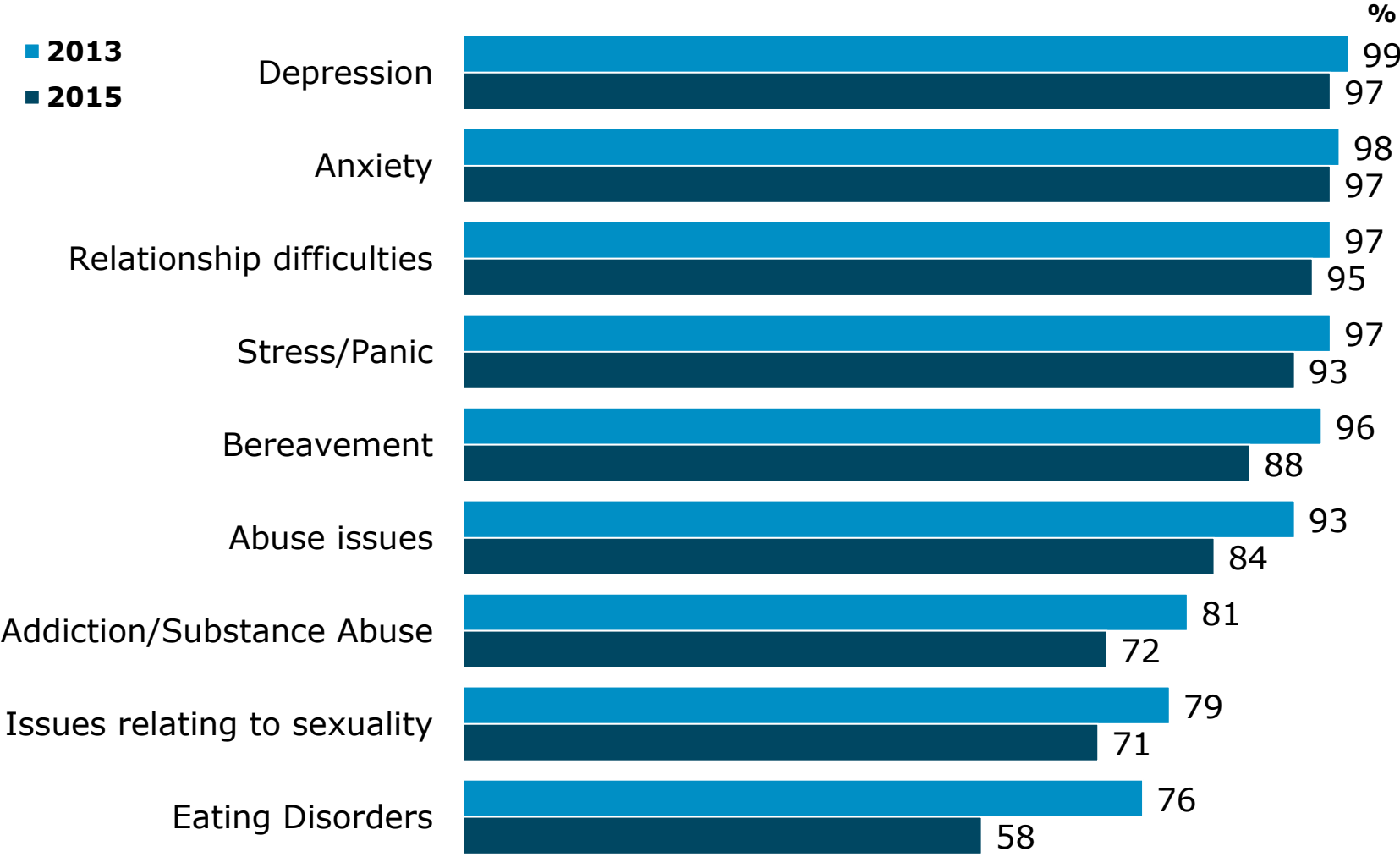


Q12

On average what percentage of your clients are the following?

Conditions experienced

Base: All members: 640



Average number of clients with these issues	
2013	2015
705	640
%	%
55	35
53	38
52	37
40	29
23	19
23	21
10	14
7	11
7	14

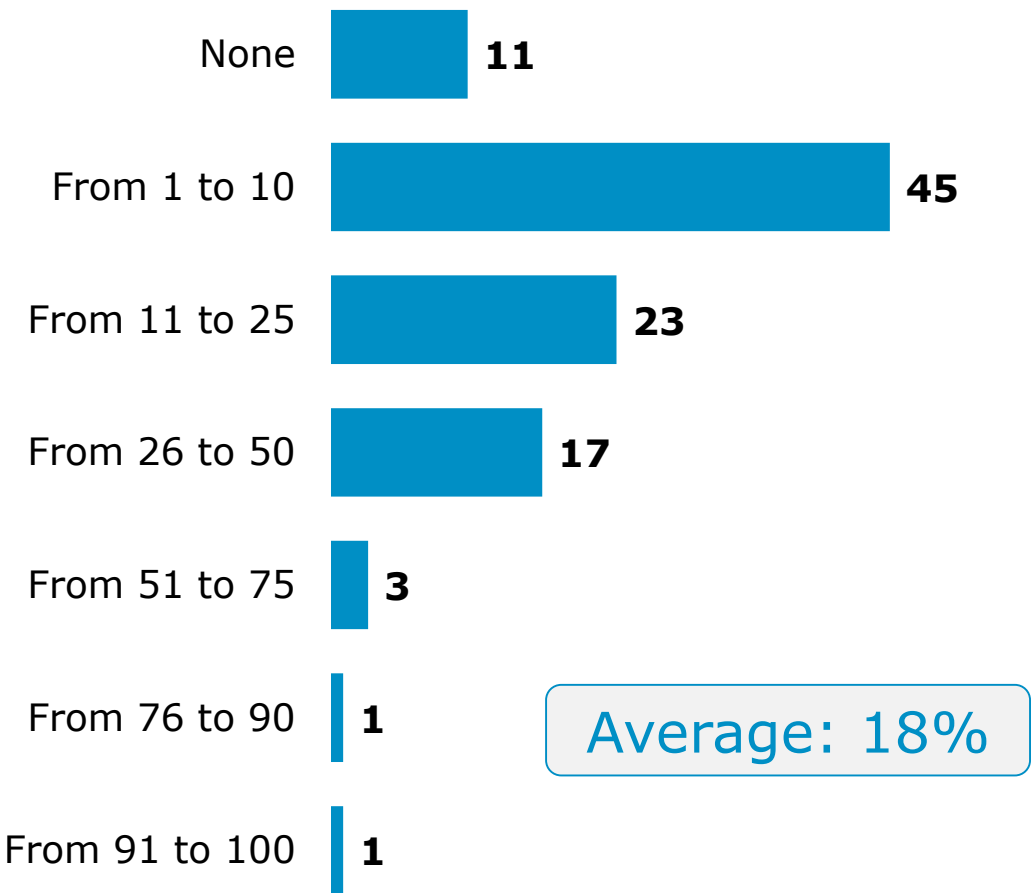
There seems to be some evidence of a reduction in exposure to issues of abuse, addiction and eating disorders.

Cases presenting with suicidal ideation

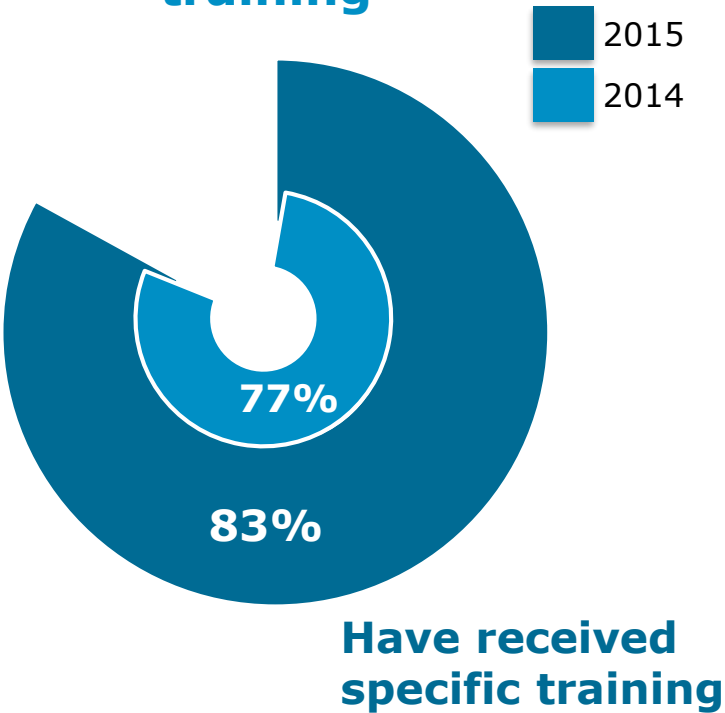
Base: All members: 640

Proportion with suicidal ideation

%



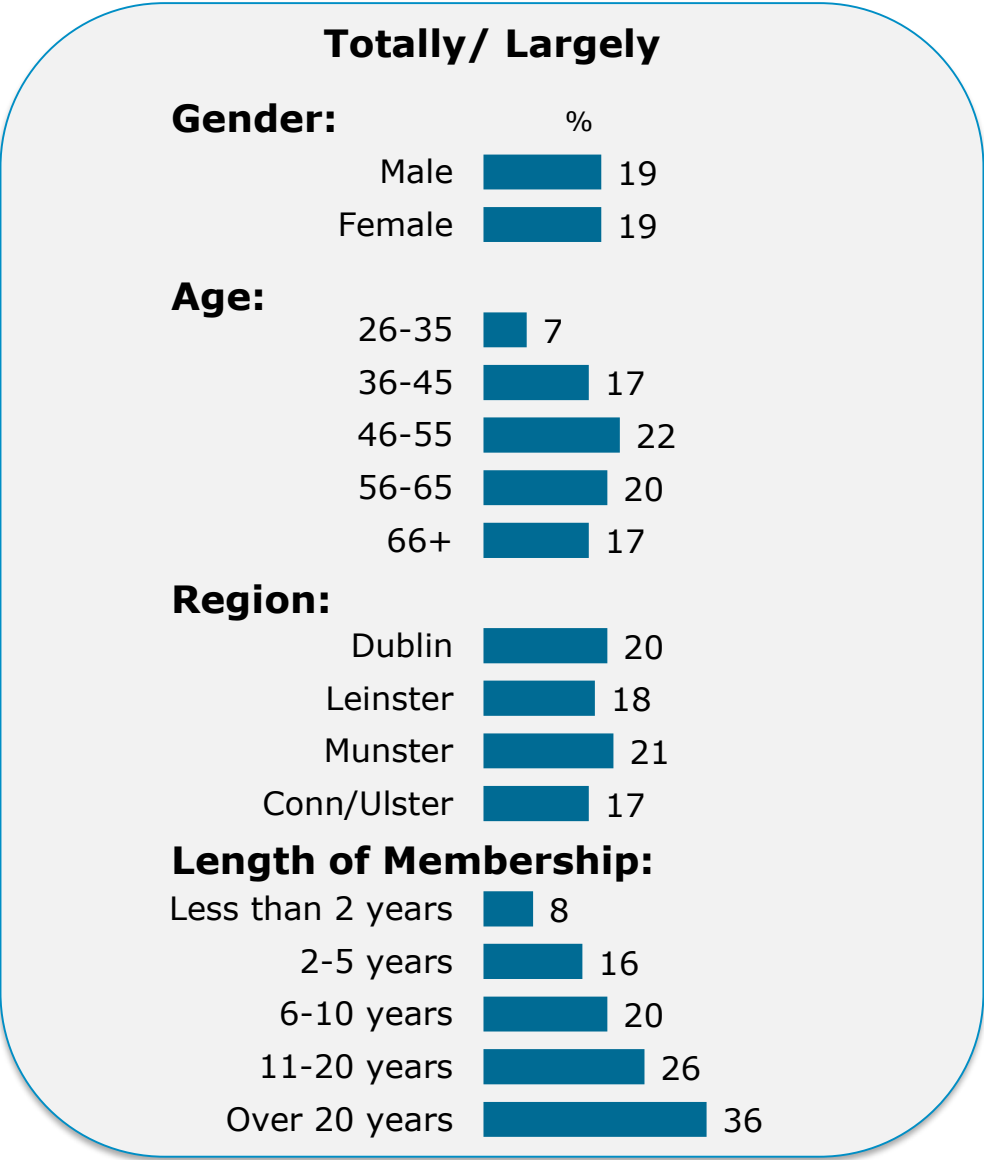
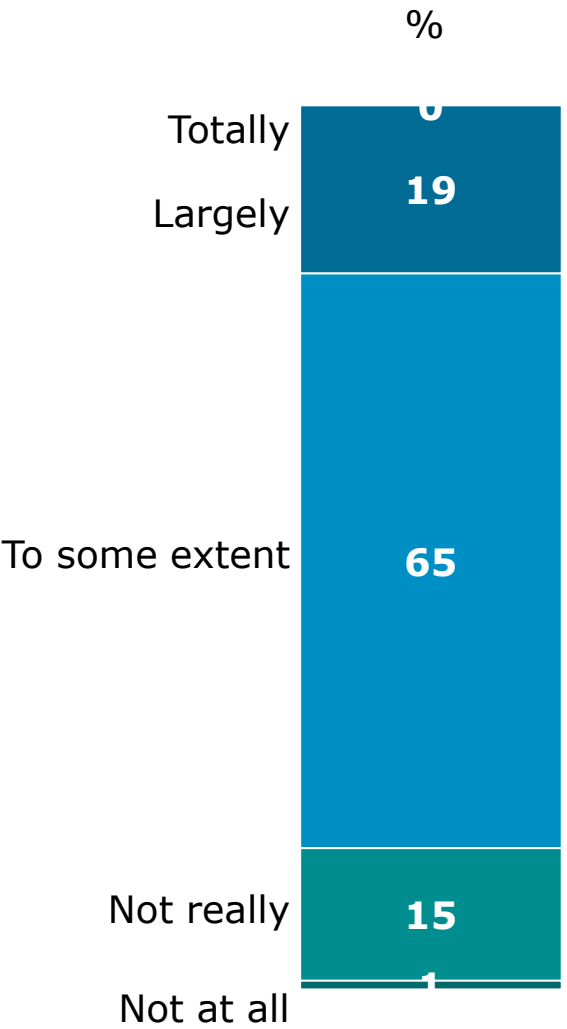
Have received adequate training



1 in 5 present with suicidal ideation: majority of members feel they have received sufficient training in this regard.

How well understood is Counselling/Psychotherapy?

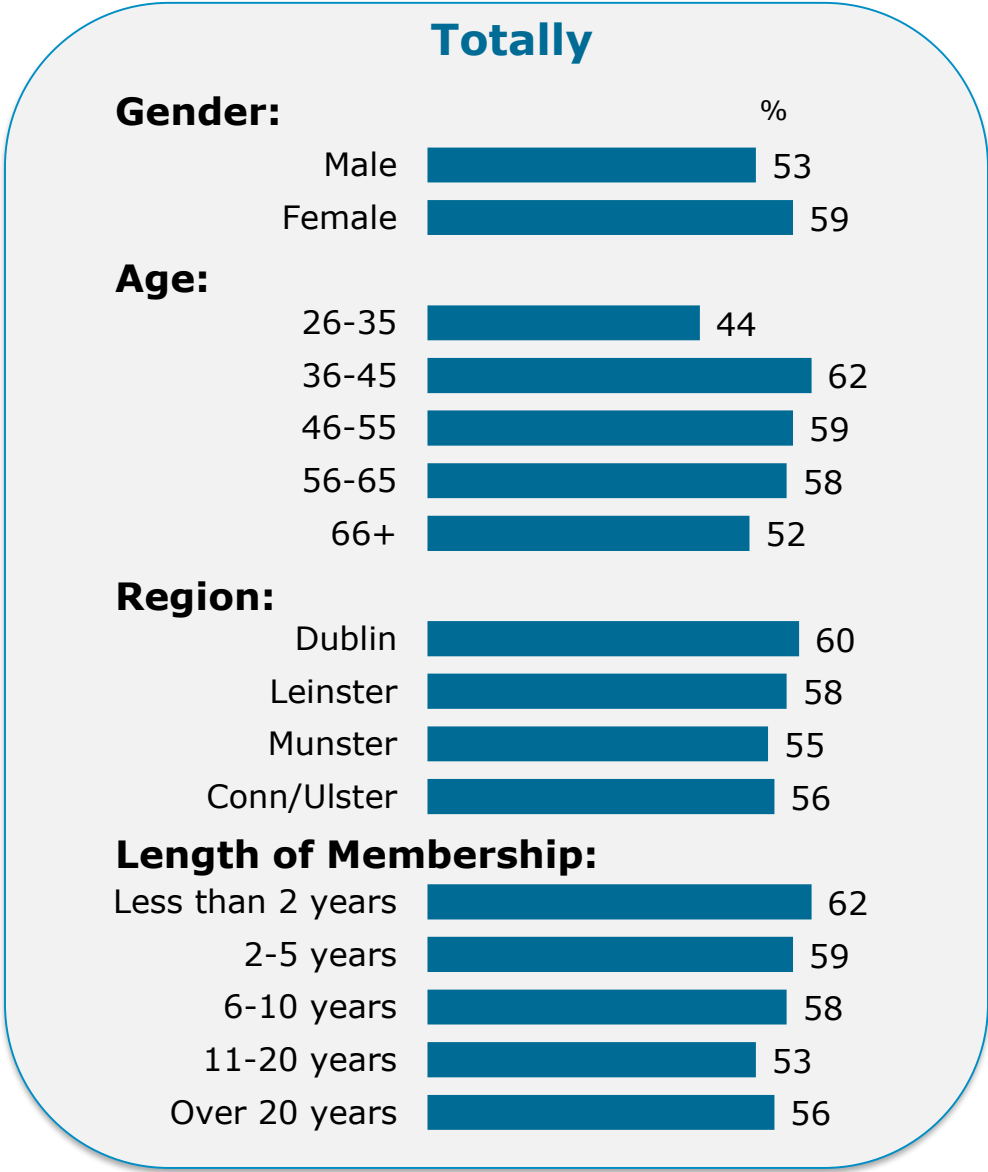
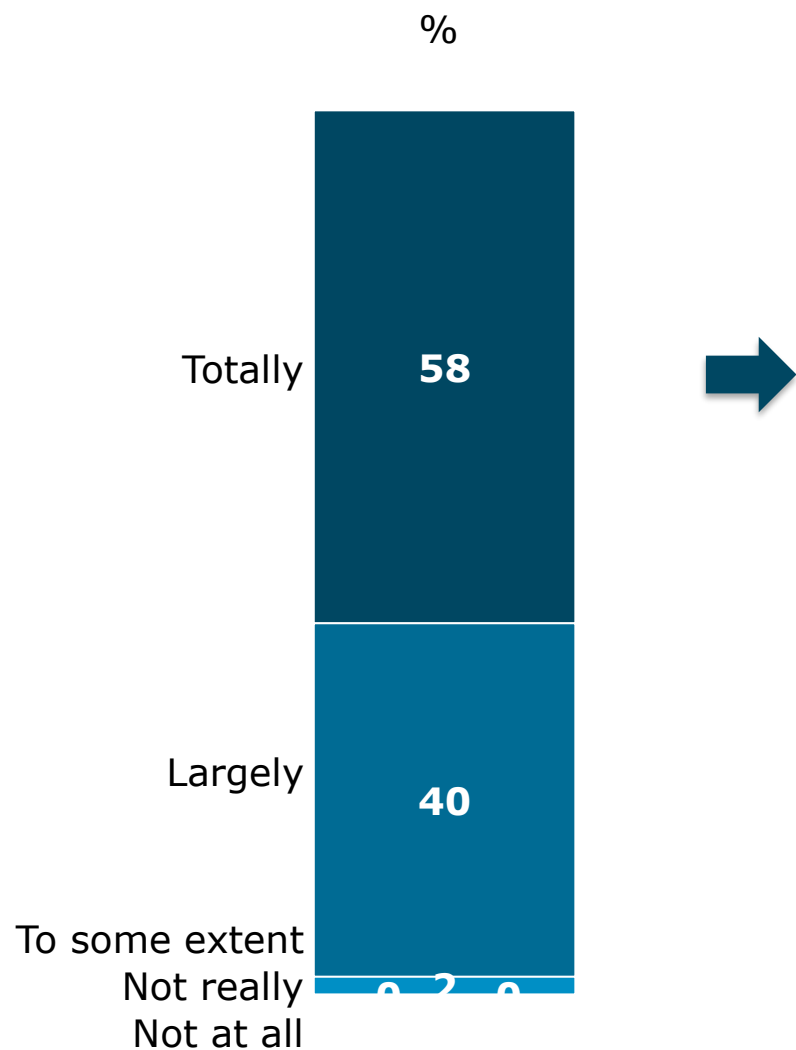
Base: All members: 640



Nearly 2 in 3 think that Counselling/Psychotherapy is understood to some extent, but fewer than 1 in 5 believe that it is well understood.

Enjoyment of Counselling/Psychotherapy

Base: All members: 640



Very few don't enjoy what they do, but total satisfaction tends to tail off with age.

Client Fees

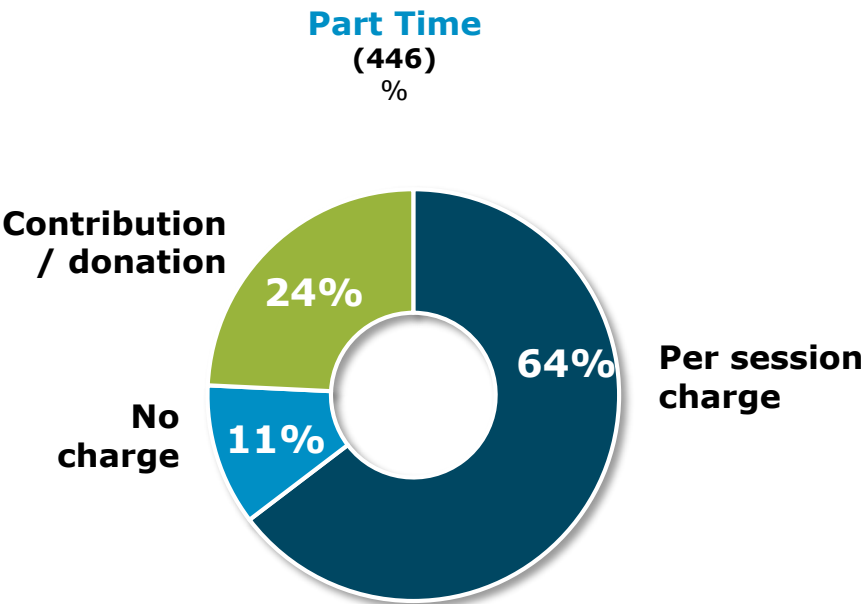
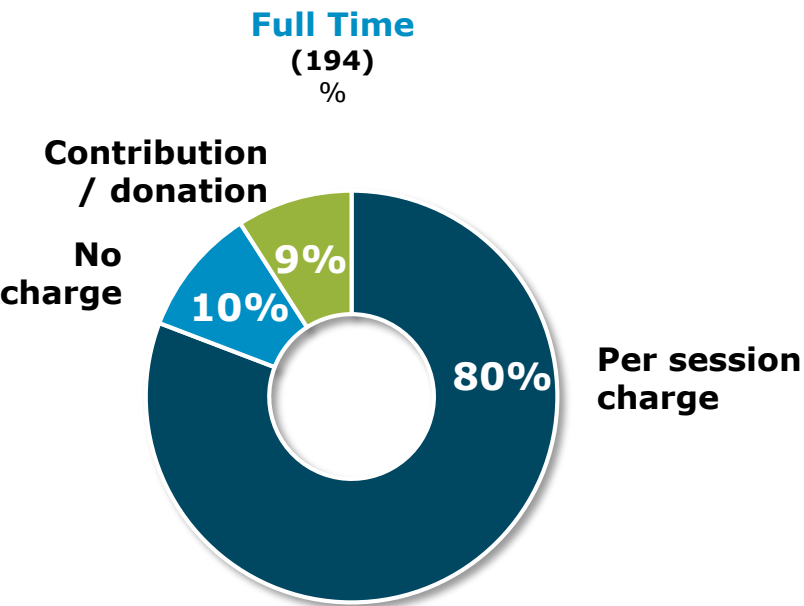
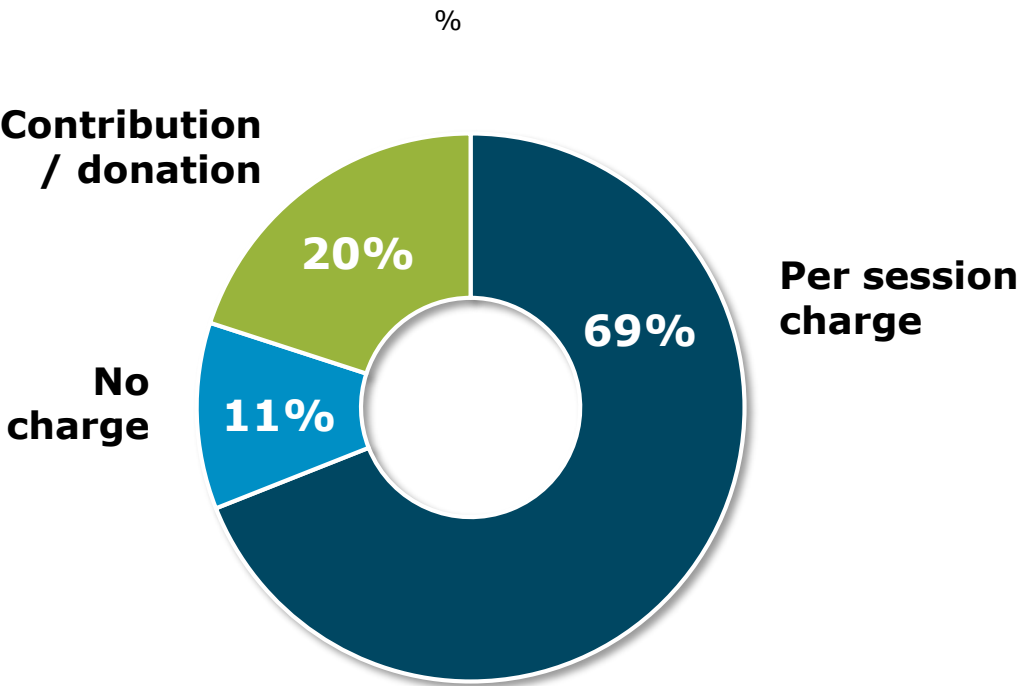


Client Fees

- Roughly 7 in 10 indicate that they tend to charge a per-session fee, while about a fifth largely look for a donation. Fees are much more common among full time Counsellors, whereas a quarter of those who work part time are content with contributions or donations. Clearly this difference may relate to working for voluntary groups, rather than in private practice.
- There has been little change in the underlying structure of the market for Counselling or Psychotherapy over the past two years. The typical fee per session lies around €44 and the average number of clients seen per month is 22. Members are working about 30 ½ client hours per month, an increase by about 8 percentage points over the level recorded in 2013.
- Interestingly, the Counsellors who see more patients per month tend to be charging notably higher prices overall, although this may relate to the strong relationship between being involved in voluntary work at the younger end, rather than working as a full time Counsellor at the older end.
- Most indicate that they get the bulk of their clients by word of mouth referral and about 1 in 8 believe that they get their clients from GP referral mainly.
- About a quarter feel that they get clients as a result of IACP referral or from the IACP online directory.
- For the most part, members admit that they don't market themselves sufficiently or adequately: 28% feel that they market themselves enough and the balance do not. The most effective perceived methods of marketing include word of mouth, followed by online (28%), GP referrals (15%) and networking.

Nature of charges to clients

Base: All members: 640

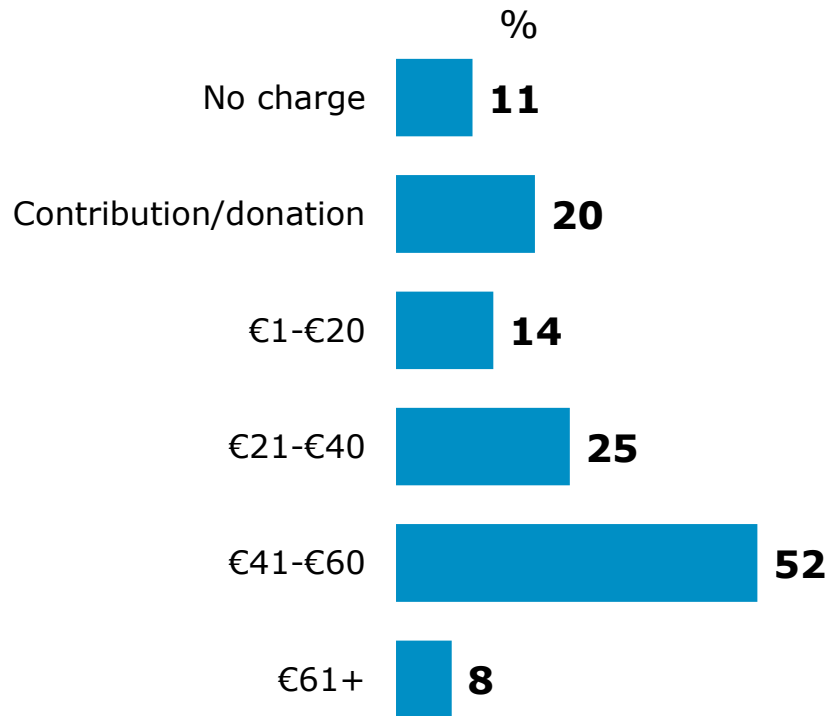


The vast majority of full-timers have a per session charge, with donations prevalent about a quarter of the time for part timers.

Typical fees and clients per month

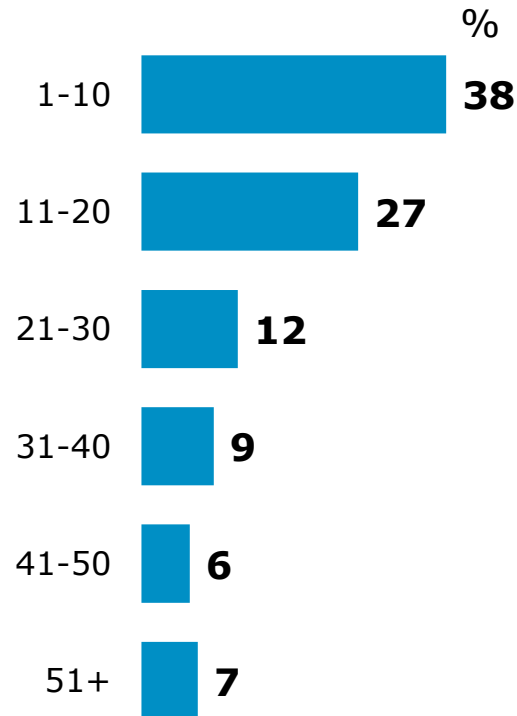
Base: All members: 640

Typical fees per session



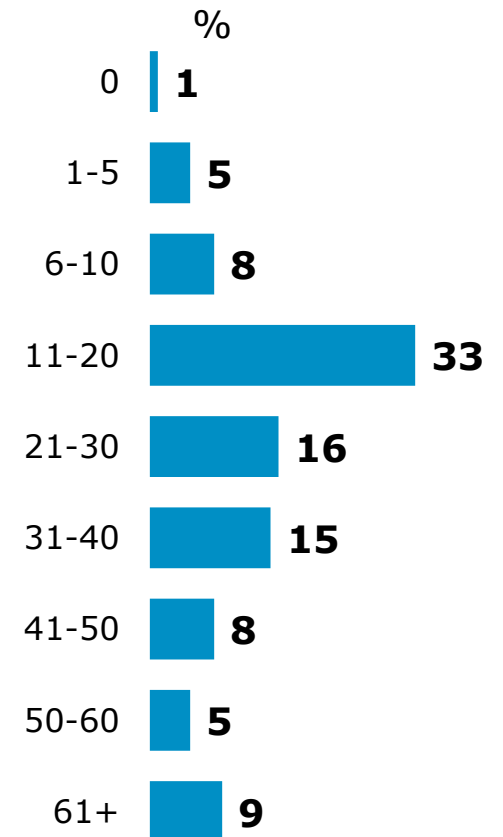
Mean: €44.36
(2013: €44.00)

Typical clients per month



Mean: 21.65
(2013: 21)

Average client hours per month



Mean: 30.48
(2013: 28)

Little change since 2013 with an average charge of €44/hour and about 31 client hours per month. The client hours increase is by about 8%.



Q15
Q17
Q17b

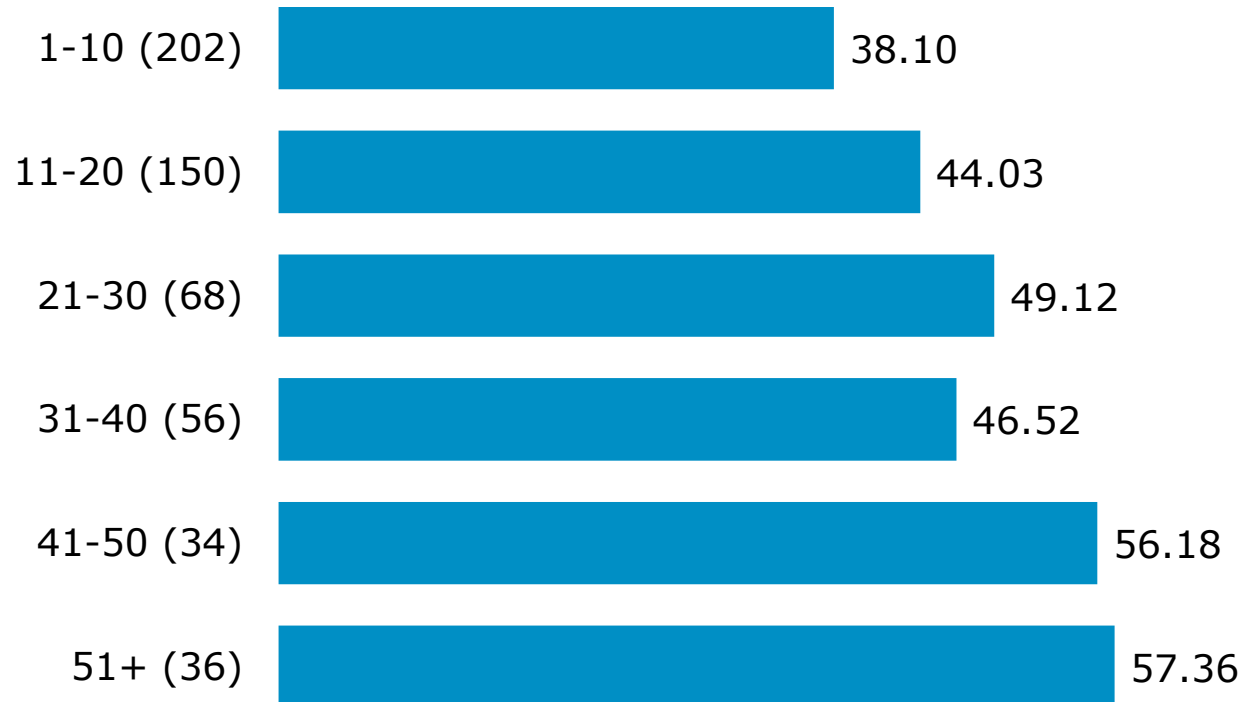
On average, what do you charge your clients per session (50 mins/1 hour)?
On average, how many clients do you see per month?
What are your average number of client hours per month?

Variation in fees per session

Base: All members: 640



Clients per month



Busier (or full time) Counsellors tend to be charging notably higher fees per session.

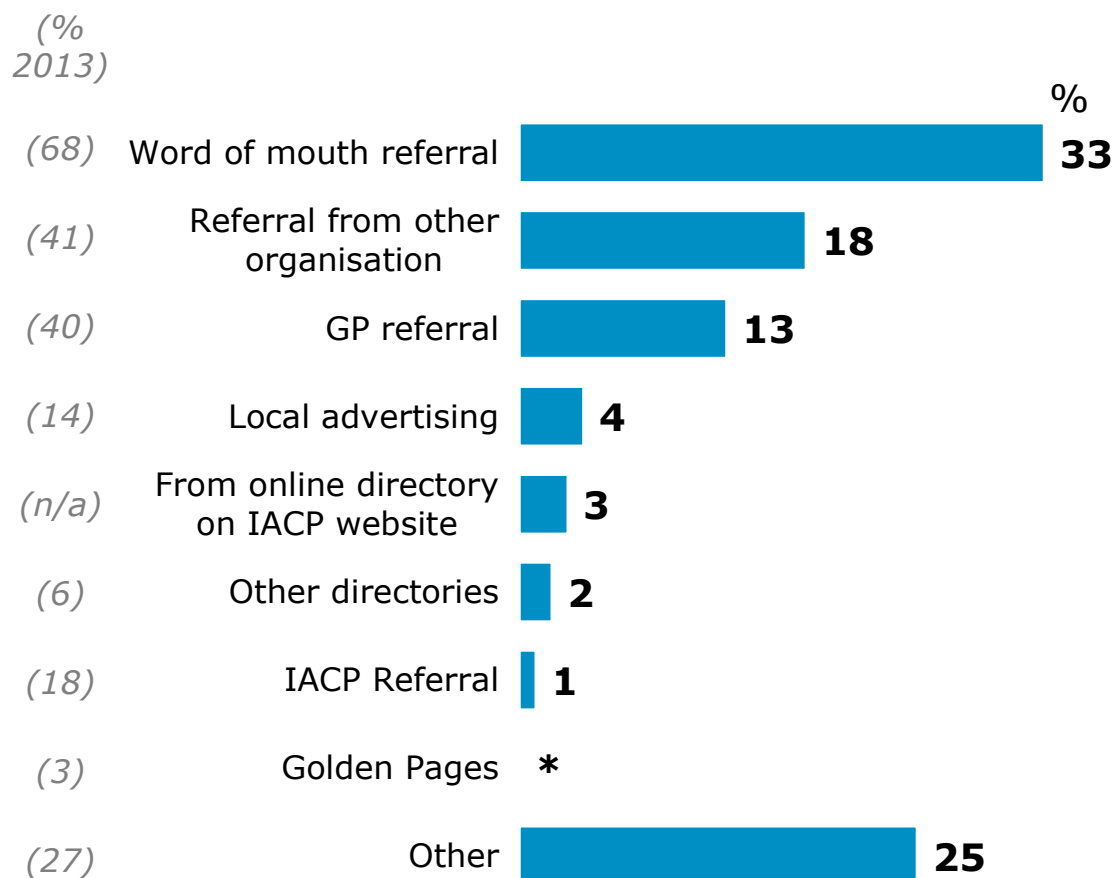


Q15

On average, what do you charge your clients per session (50 mins/1 hour)?

Main method of sourcing clients*

Base: All members: 640



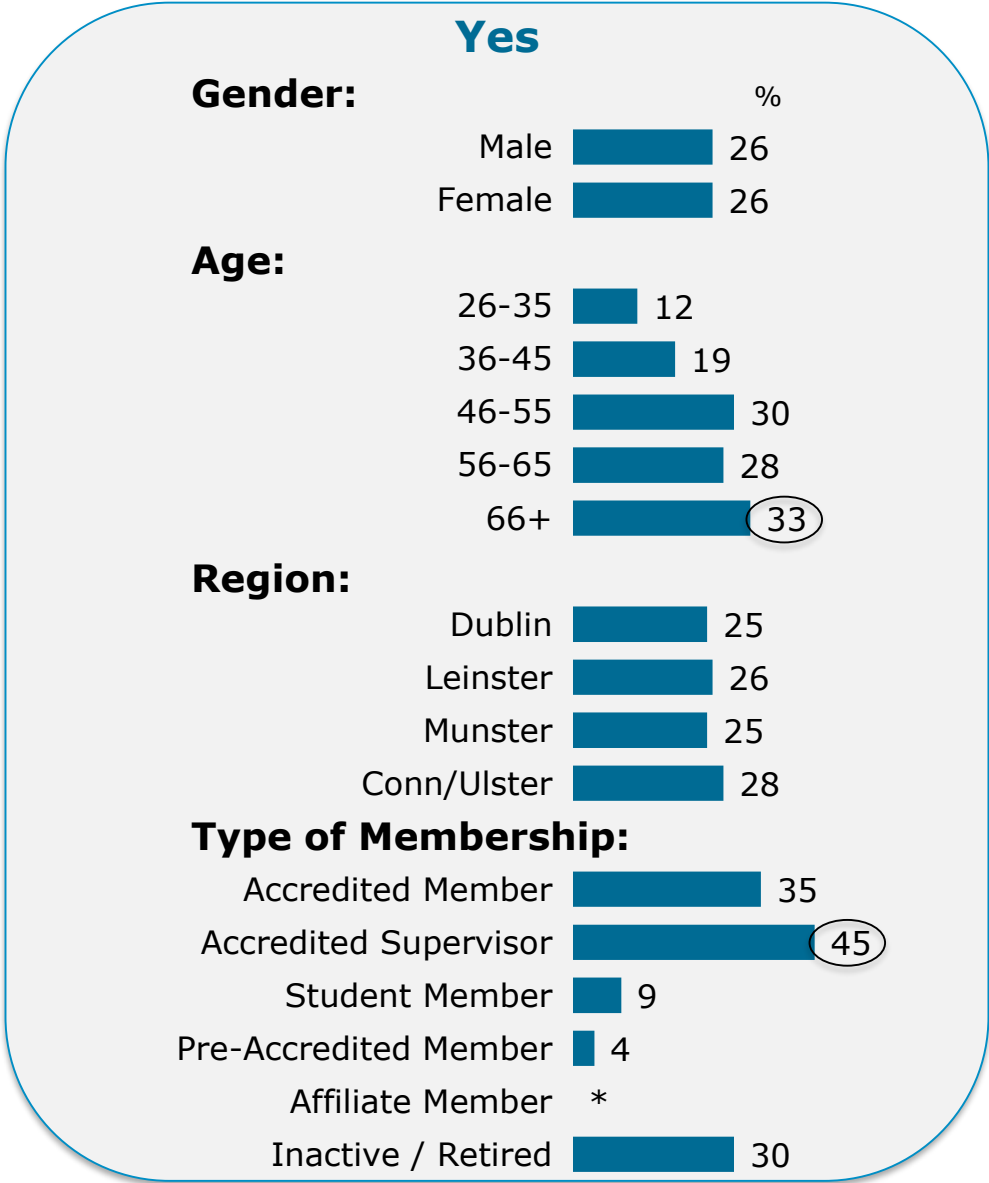
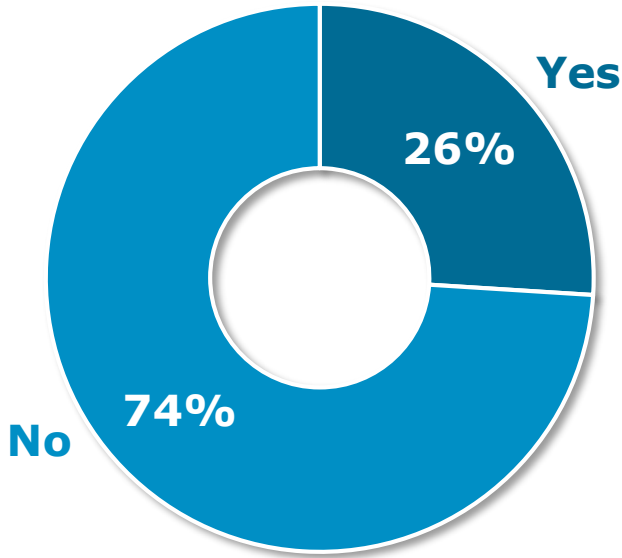
2015											
Gender		Age					Region				
Male	Female	26-35	36-45	46-55	56-65	66+	Dub	Conn / UIs	Muns	Rest of Leins	
158	482	41	128	195	230	46	240	76	137	187	
%	%	%	%	%	%	%	%	%	%	%	
33	32	22	17	33	41	41	26	37	46	29	
22	17	32	21	19	16	9	21	18	18	16	
11	14	12	15	14	10	20	12	16	8	18	
5	4	7	9	2	3	4	3	12	1	6	
4	3	-	1	4	5	4	5	1	1	4	
3	1	-	3	2	2	-	3	-	1	2	
1	1	-	2	2	1	-	3	-	-	1	
-	*	-	-	-	-	2	-	-	1	-	
20	26	27	32	24	22	20	29	16	23	25	

*Asked differently in 2013

Word of mouth and professional referral is key.

Are clients sourced via IACP's online directory?

Base: All members: 640

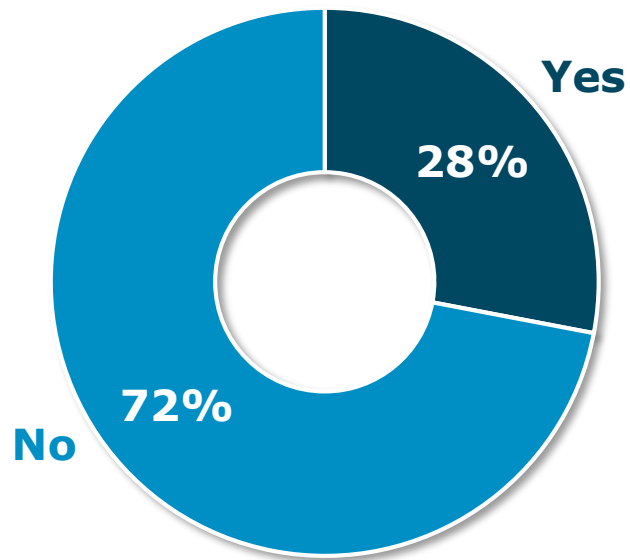


A quarter believe that some of their clients have been sourced in the past from the IACP's online directory. This view is quite strong among Accredited Members and Supervisors.

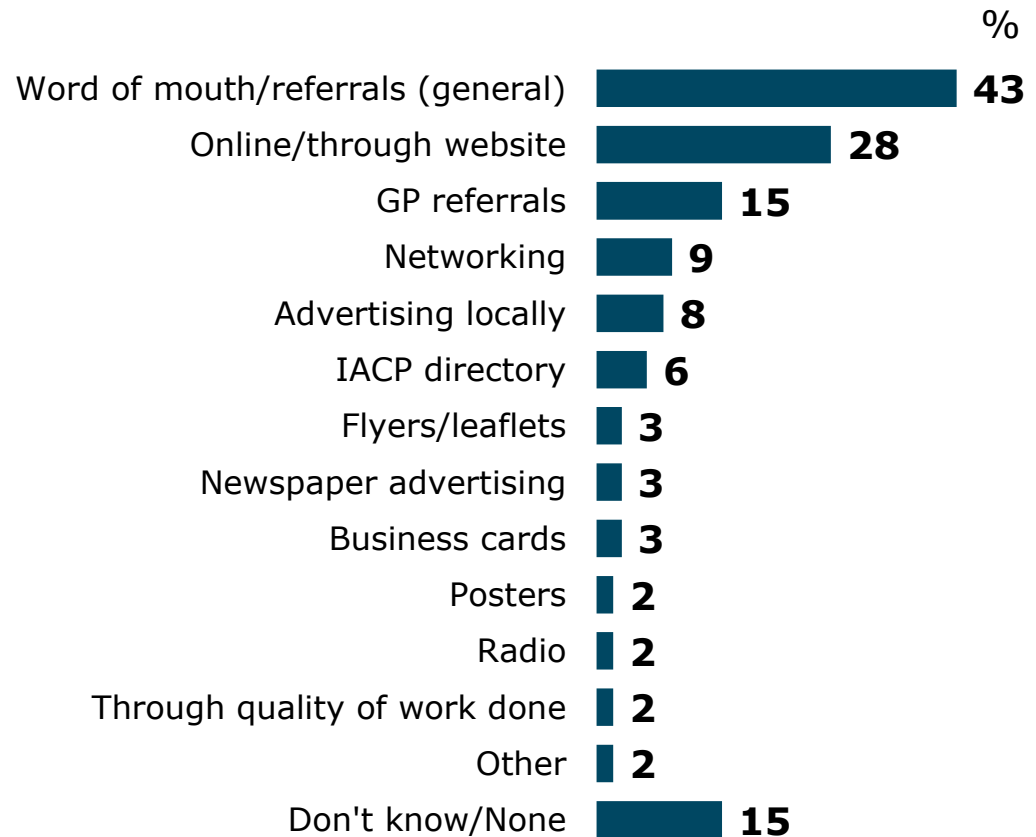
Marketing

Base: All members: 640

Do you market yourself enough?



Most effective marketing methods



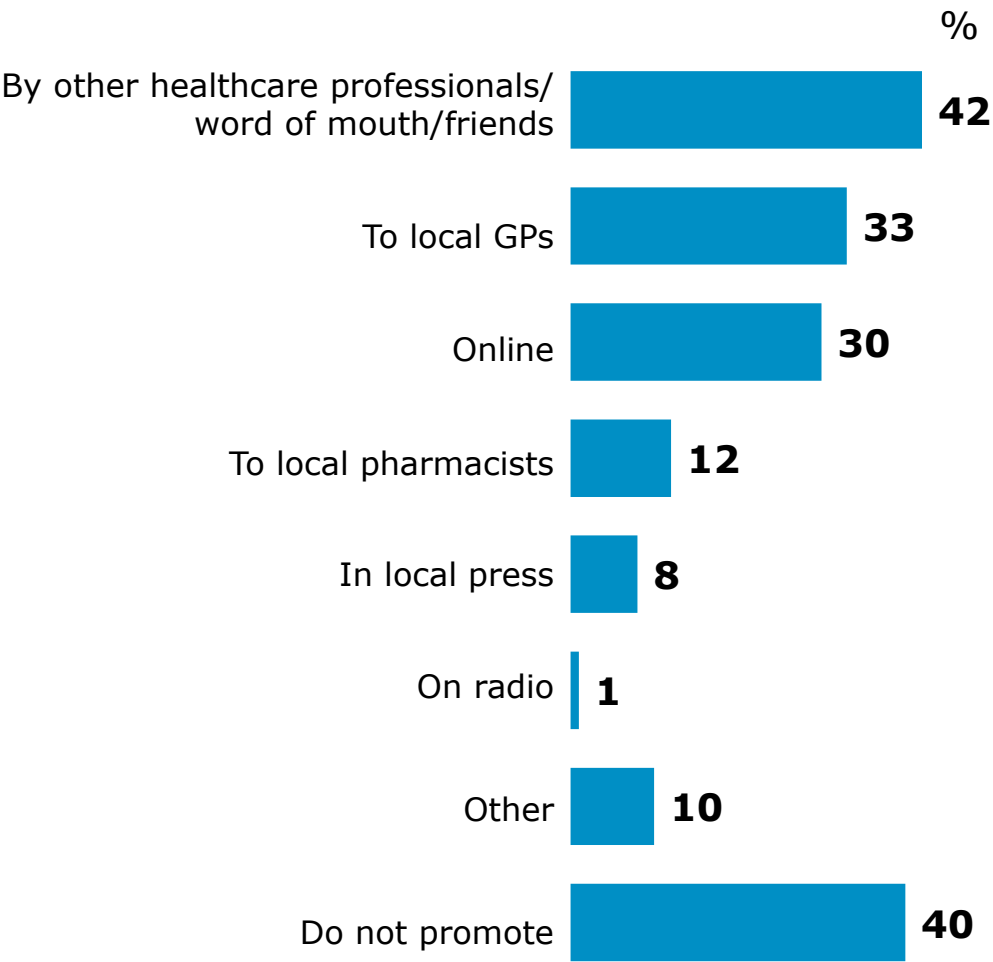
Almost 3 in 4 members admit that they don't do enough to promote themselves. Word of mouth is considered the most effective marketing method overall, followed closely by online and GP referral.



Q19 Do you 'market' yourself enough in your own view?
Q19b What type of marketing is most successful, from your own point of view?

Method of promoting services

Base: All members: 640



Age					Length of Membership				
26-35	36-45	46-55	56-65	66+	Less than 2 yrs	2-5 yrs	6-10 yrs	11-20 yrs	Over 20 yrs
41%	128%	195%	230%	46%	111%	206%	139%	148%	36%
39	42	42	45	26	32	46	47	39	36
27	34	30	38	26	25	37	33	34	33
32	38	29	28	15	22	36	32	25	25
12	18	13	10	7	14	16	11	7	11
17	11	5	7	2	9	10	8	4	3
5	-	2	1	2	1	2	1	1	-
10	17	11	7	4	9	14	10	6	14
51	34	38	40	59	55	33	33	45	47

2 in 5 members promote this service via other healthcare professionals while a similar number do not promote themselves at all. Younger members are more likely to promote themselves online or in the press.

Membership Services



Membership Services

- The broad interest in practice-related events (whether workshops or CPD events) is very close to that recorded in the inaugural 2013 survey.
- Self-care and child protection are to the forefront, followed by guidance on how to set up in private practice and information about Counselling and Psychotherapy and the law.
- Marketing, research and IT are of much more limited interest overall. This is a worry given that many may struggle with business fundamentals and clearly need help in this area.
- Despite most being reasonably comfortable with their level of knowledge about suicide within the family, it remains the top interest area for CPD workshops and events, followed by working with couples and working with victims of abuse.
- Trauma and Cognitive Behavioural Therapy are the skills that most would like to study further, but again the broad priorities outlined haven't changed significantly over the past two years.

Interest in practice-related events

Base: All members: 640

Workshop &
CPD Events

1st mention
in 2013

%

21

Self-care

1st
mention
%

24

2nd
mention
%

15

3rd
mention
%

20

26

Child Protection/Children First Guidelines

23

21

19

20

How to set up in Private Practice

20

9

9

16

Counselling/Psychotherapy and the Law

15

23

17

7

Marketing/PR

9

13

8

6

Research

7

8

11

4

Information Technology

3

6

10

A +3% point increase in the numbers of members nominating additional training in "self care" as a priority. Difference is not substantial.



Q20

Please indicate which CPD events you would like to see arranged in your region?

Interest in practice-related events x demographics

(1st/2nd/3rd Choice)

Base: All members: 640

Practice
Related
Events

	All members	Gender		Age					Region				Membership Type						Length of Membership				
		Male	Female	26-35	36-45	46-55	56-65	66+	Dub	Conn / UIs	Muns	Rest of Leins	Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive / Retired	Less than 2 years	2-5 years	6-10 years	11-20 years	Over 20 years
	640	158	482	41	128	195	230	46	240	76	137	187	323	87	58	144	18	10	111	206	139	148	36
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Child Protection/Children First Guidelines	63	61	63	63	70	64	56	70	62	63	58	67	61	60	71	66	56	70	64	67	58	57	69
Self-care	59	57	59	59	53	62	57	67	56	63	60	60	60	59	64	56	50	50	58	54	60	64	61
Counselling/Psychotherapy and the Law	55	55	55	66	58	53	54	54	54	62	53	56	54	62	50	56	61	70	54	51	60	59	50
How to set up in Private Practice	38	42	37	46	56	40	31	11	44	39	36	33	33	21	62	53	44	20	60	48	33	20	14
Marketing/PR	30	34	28	32	29	30	32	22	32	26	31	28	33	18	21	33	28	50	31	34	32	26	11
Research	26	22	27	27	17	21	33	35	23	28	27	27	28	28	21	23	28	10	21	23	25	31	39
Information Technology	19	17	19	5	12	22	22	22	17	18	20	20	23	22	3	12	33	20	8	16	22	28	17

Priorities differ notably by age.



Q20

Please indicate which CPD events you would like to see arranged in your region?

Interest in specific client groups/issues

Base: All members: 640

Workshop & CPD
Events

1st mention in 2013 %		1st mention %	2nd mention %	3rd mention %
29	Suicide in the family (Suicidal client or family responses to suicide)	25	21	15
16	Working with couples	19	15	11
18	Victims of abuse	18	20	14
7	LGBT	9	8	10
9	Clients with special needs	8	7	8
9	Counselling older people/supporting carers	8	10	13
7	Eating distress	8	9	13
3	Foreign Nationals	3	4	6
-	Religions/Religious group	1	2	2
1	Members of the Travelling Community	1	3	4

Family issues as a result of suicide is central, followed by couples and abuse victims. The latter have both risen.

Interest in specific client groups/issues x demographics

Base: All members: 640

Workshop & CPD
Events

	All memb- ers	Gender		Age					Region				Membership Type						Length of Membership				
		Male	Female	26-35	36-45	46-55	56-65	66+	Dub	Conn / UIs	Muns	Rest of Leins	Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive / Retired	Less than 2 years	2-5 years	6-10 years	11-20 years	Over 20 years
	640	158	482	41	128	195	230	46	240	76	137	187	323	87	58	144	18	10	111	206	139	148	36
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Suicide in the family (Suicidal client or family responses to suicide)	61	59	61	68	66	61	57	59	63	61	61	58	59	51	66	70	72	40	69	65	56	55	53
Victims of abuse	52	58	51	63	52	54	50	50	53	55	54	49	51	36	60	65	39	40	59	62	49	44	28
Working with couples	46	51	44	32	47	48	44	52	41	45	57	44	48	45	29	49	39	30	40	47	47	46	53
Counselling older people/supporting carers	31	27	33	34	23	29	35	46	29	39	26	35	28	34	36	30	50	60	33	26	36	28	47
Eating distress	31	24	33	27	35	32	30	22	32	28	30	32	34	29	29	27	17	20	30	32	29	33	25
LGBT	26	24	27	17	27	29	28	15	28	28	22	27	25	37	31	22	22	20	23	27	24	30	28
Clients with special needs	23	22	23	34	20	19	26	17	21	25	23	23	22	24	22	20	28	40	23	19	24	21	39
Foreign Nationals	12	12	12	7	13	10	13	15	15	7	11	12	12	20	12	6	11	30	10	7	14	18	14
Members of the Travelling Community	9	11	8	7	9	11	8	7	8	9	9	10	10	8	5	10	-	10	7	10	8	11	6
Religions/Religious group	5	9	4	10	4	4	5	9	5	4	5	6	5	10	5	1	6	10	5	1	6	9	3



Q21

Please indicate which CPD events you would like to see arranged in your region?

Skill based techniques/approaches

Base: All members: 640

Workshop & CPD
Events

1st mention in 2013 %		1st mention %	2nd mention %	3rd mention %
19	Trauma	24	18	15
24	Cognitive behavioural therapy	20	10	7
16	Body work	14	15	12
n/a	Systemic family therapy	13	13	13
11	Mindfulness	9	11	12
5	Brief Therapy	7	9	10
3	Dream Work	4	6	7
4	Play Therapy	4	5	6
3	Psychodrama	3	3	7
3	Art Therapy	2	5	6

Trauma and CBT have both risen as areas of potential interest.

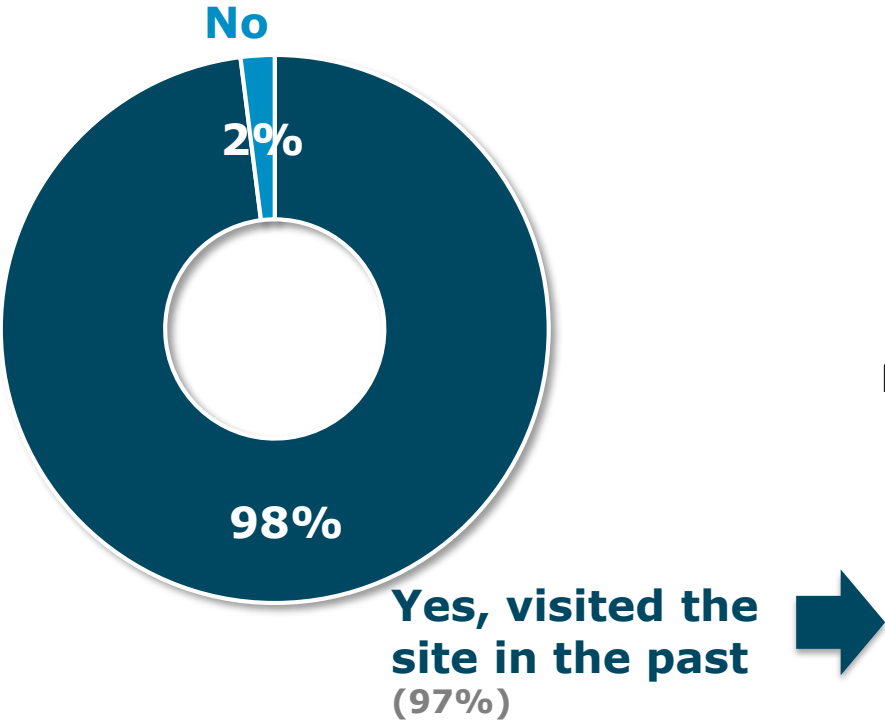


Q22

Please indicate which CPD events you would like to see arranged in your region?

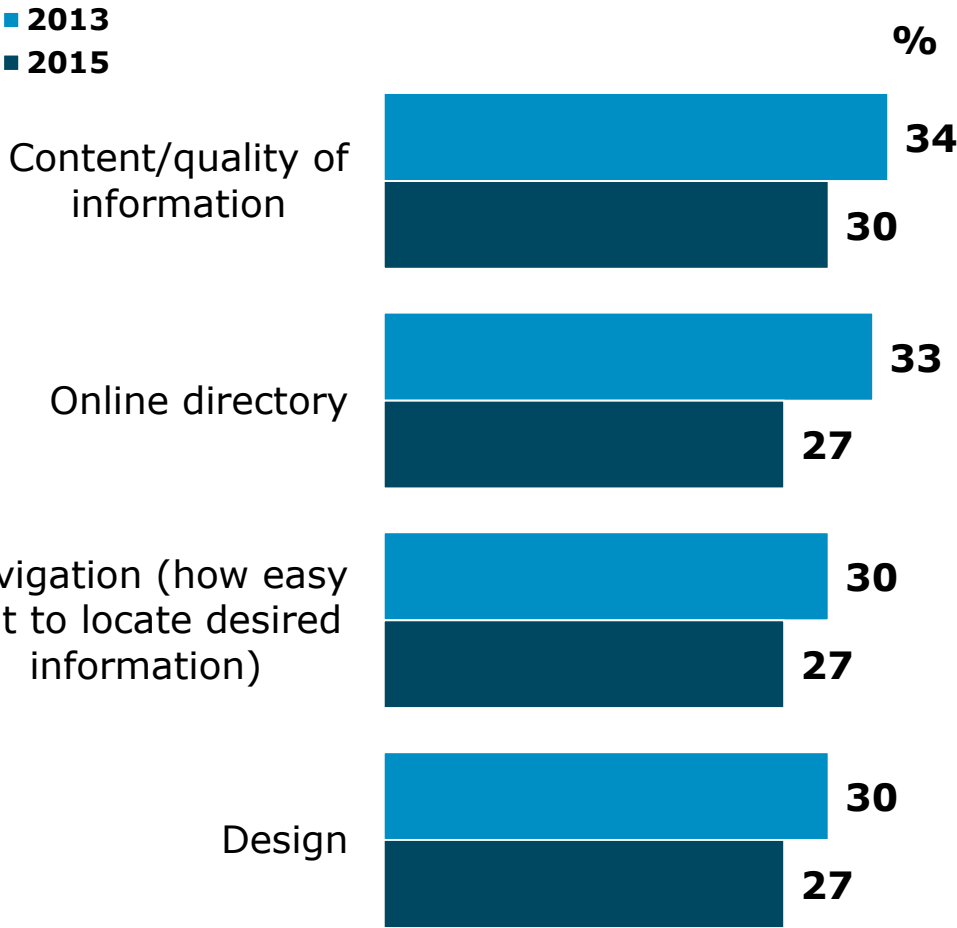
Engagement with IACP website

Base: All members: 640



(2013)

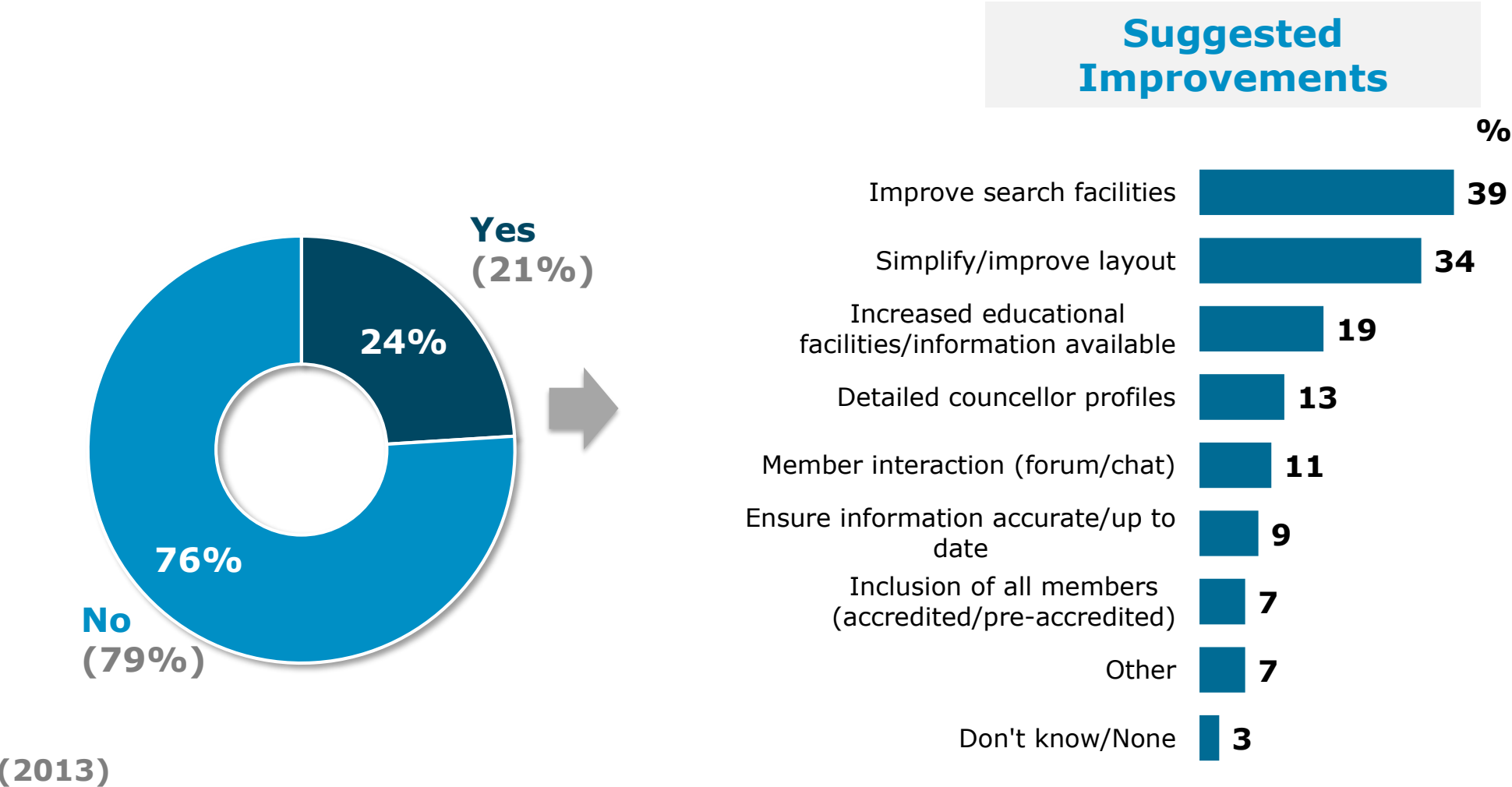
Rating of IACP website: Good/very good



The majority (98%) of members have visited the IACP website in the past and it achieves reasonably consistent ratings for its functional characteristics.

Suggestions for website improvements

Base: All members: 640



(2013)

1 in 4 have suggestions for improving the site: search improvements take the lead in importance overall.

Membership Benefits

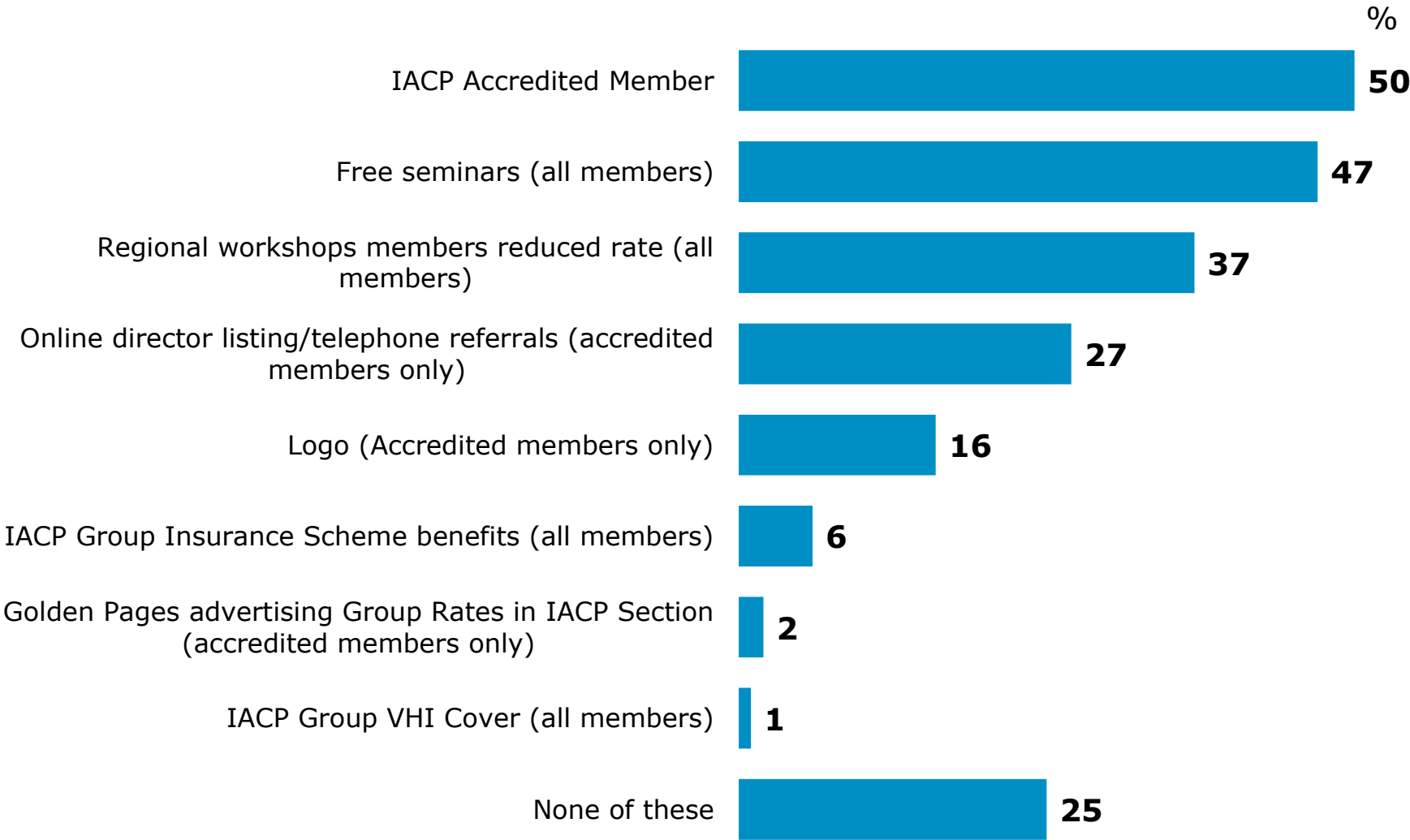


Membership Benefits

- Members avail of a broad array of benefits, with accreditation being mentioned by half and free seminars by slightly fewer. Regional workshops are also very popular, and particularly so in Munster and Connacht/Ulster. A listing in the online directory is also quite prized and prioritised by more than a quarter. Use of the IACP logo was specifically referenced by 26% of Accredited Members.
- The professional accreditation process is well regarded by and large, with greatest positivity about the accreditation process for Supervisors and slightly more modest, albeit positive scores for the accreditation process for Counsellors and Psychotherapists and for courses themselves.
- It would be important to shift the number indicating that the accreditation process is just satisfactory or mediocre: these make up a substantial proportion in respect of the three categories.
- Almost 44% indicate that they would like to see some changes being made to the IACP's professional accreditation process. Such suggestions are slightly higher among older or longer established members.
- Perspectives of Supervisors are broadly very positive and indeed satisfaction with them seems to rise with age.
- The amount being paid to Supervisors per session remains unchanged at roughly €60.

Member benefits

Base: All members: 640



Accredited	
Members	Supervisors
(323)	(87)
%	%
79	63
49	64
41	49
40	43
26	18
5	7
2	2
1	3
10	12

3 in 4 members avail of at least one service offered by the IACP, with free seminars proving to be the most popular. 1 in 4 Accredited Members use the logo (and 1 in 5 Supervisors).

Member benefits x Demographics

Base: All members: 640

	All memb-ers	Gender		Age					Membership Type						Region			
		Male	Female	26-35	36-45	46-55	56-65	66+	Accredit ed Member	Accredit ed Supervisor	Student Member	Pre-Accredit ed Member	Affiliate Member	Inactive / Retired	Dublin	Rest of Leinster	Munster	Conn / Ulster
	640	158	482	41	128	195	230	46	323	87	58	144	18	10	240	187	137	76
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
IACP Accredited Member	50	51	50	15	36	52	60	63	79	63	-	3	6	50	54	50	45	45
Free seminars (all members)	47	48	46	24	30	55	50	63	49	64	24	42	33	50	47	48	47	43
Regional workshops members reduced rate (all members)	37	32	39	15	22	40	42	61	41	49	24	28	28	20	25	37	50	50
Online director listing/telephone referrals (accredited members only)	27	30	26	2	19	28	34	30	40	43	2	2	-	30	31	27	23	20
Logo (Accredited members only)	16	25	13	5	13	18	20	11	26	18	-	-	-	30	18	19	12	14
IACP Group Insurance Scheme benefits (all members)	6	7	5	2	6	7	6	2	5	7	3	8	6	-	6	3	8	8
Golden Pages advertising Group Rates in IACP Section (accredited members only)	2	3	1	-	-	3	2	2	2	1	-	1	-	-	1	1	4	1
IACP Group VHI Cover (all members)	1	2	1	-	2	2	1	4	1	3	2	1	-	-	2	1	1	-
None of these	25	25	25	54	37	19	20	13	10	13	64	47	56	20	24	26	24	26

Regional workshop participation much stronger in Munster and Conn/Ulster.

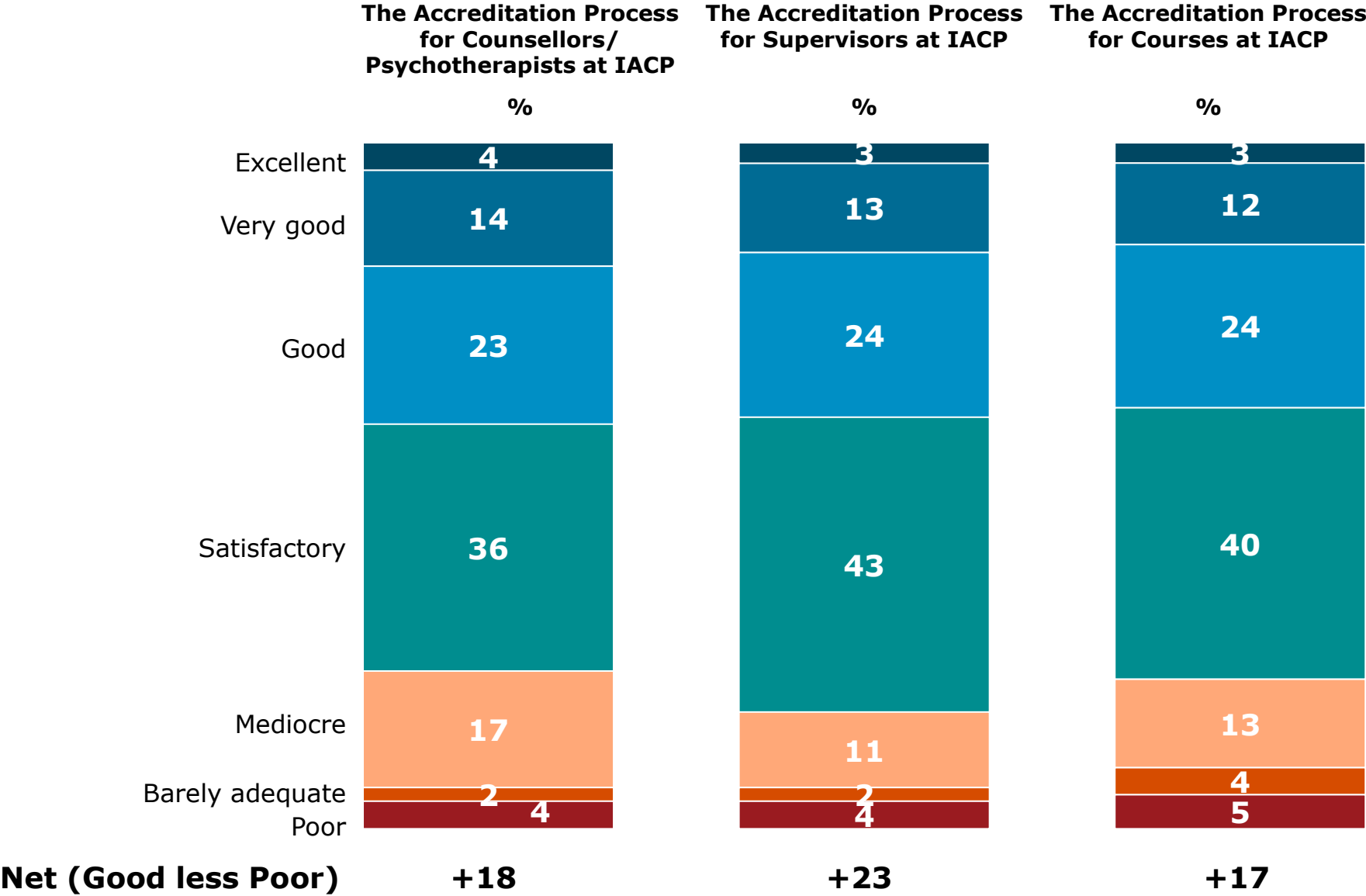


Q26

Do you avail of any of the following?

Level of Satisfaction with Professional Accreditation

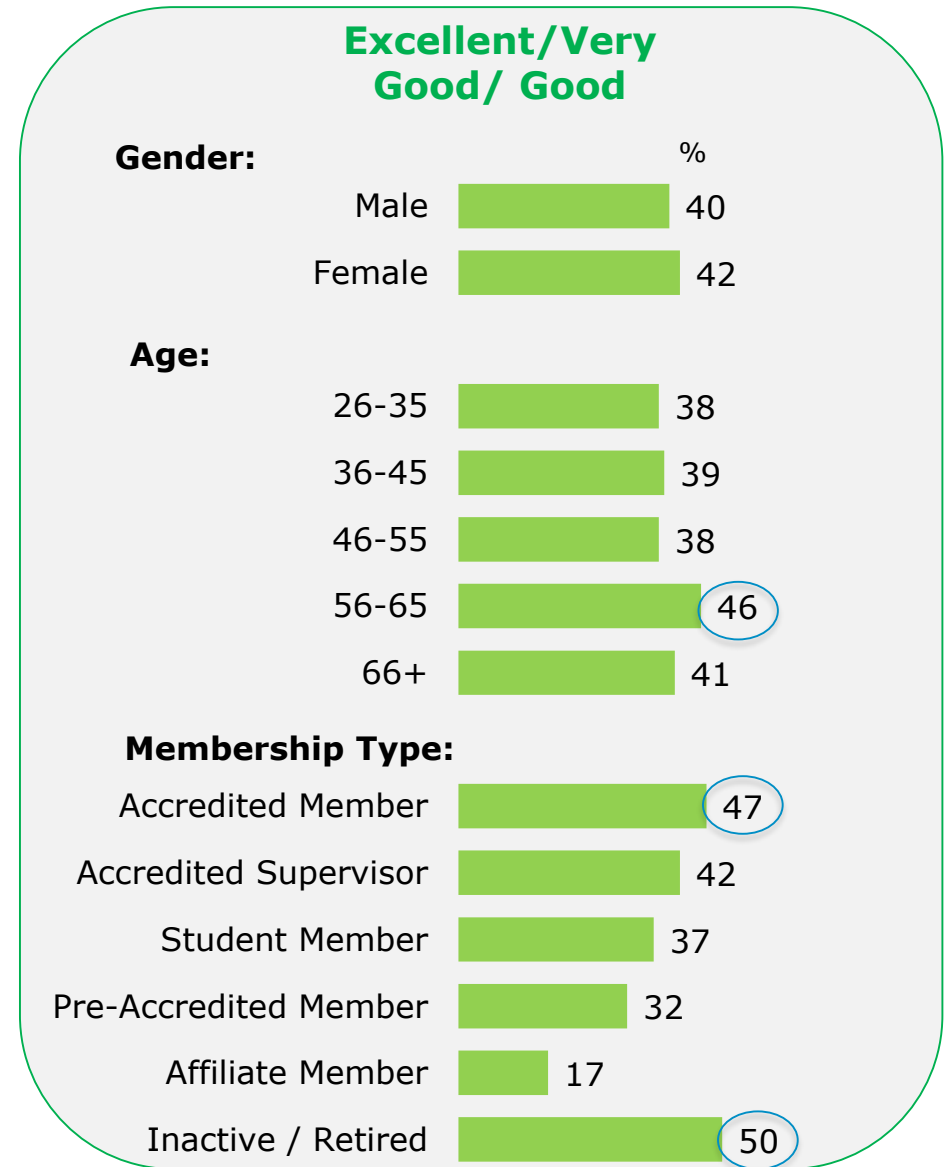
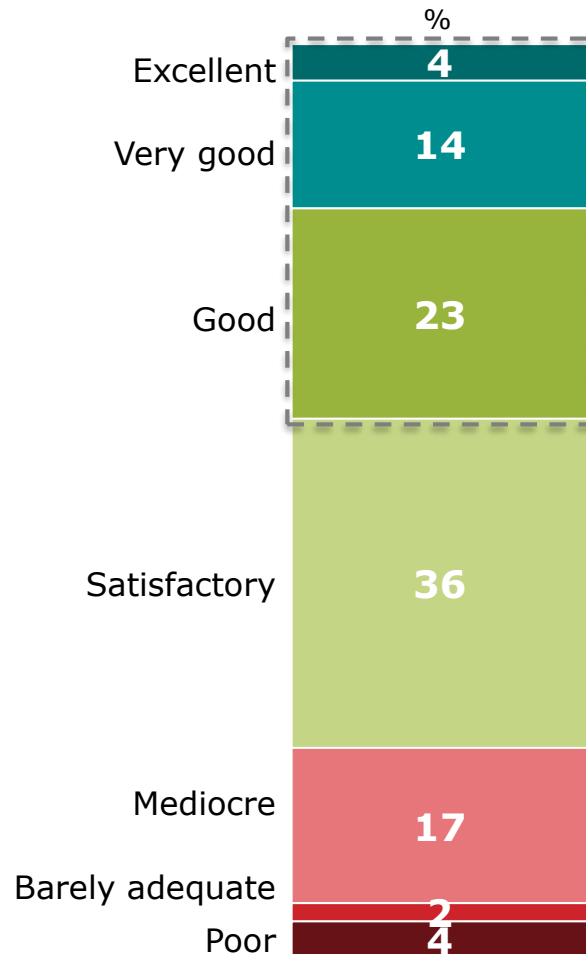
Base: All members: 640



Broad satisfaction with accreditation is apparent, with a majority positive and about 1 in 5 some way critical.

Accreditation process for Counsellors/Psychotherapists at IACP

Base: All members: 640



41% of members agree that the accreditation process at IACP is excellent/very good/good overall. Students and Affiliates are less certain in this regard. A quarter are critical.

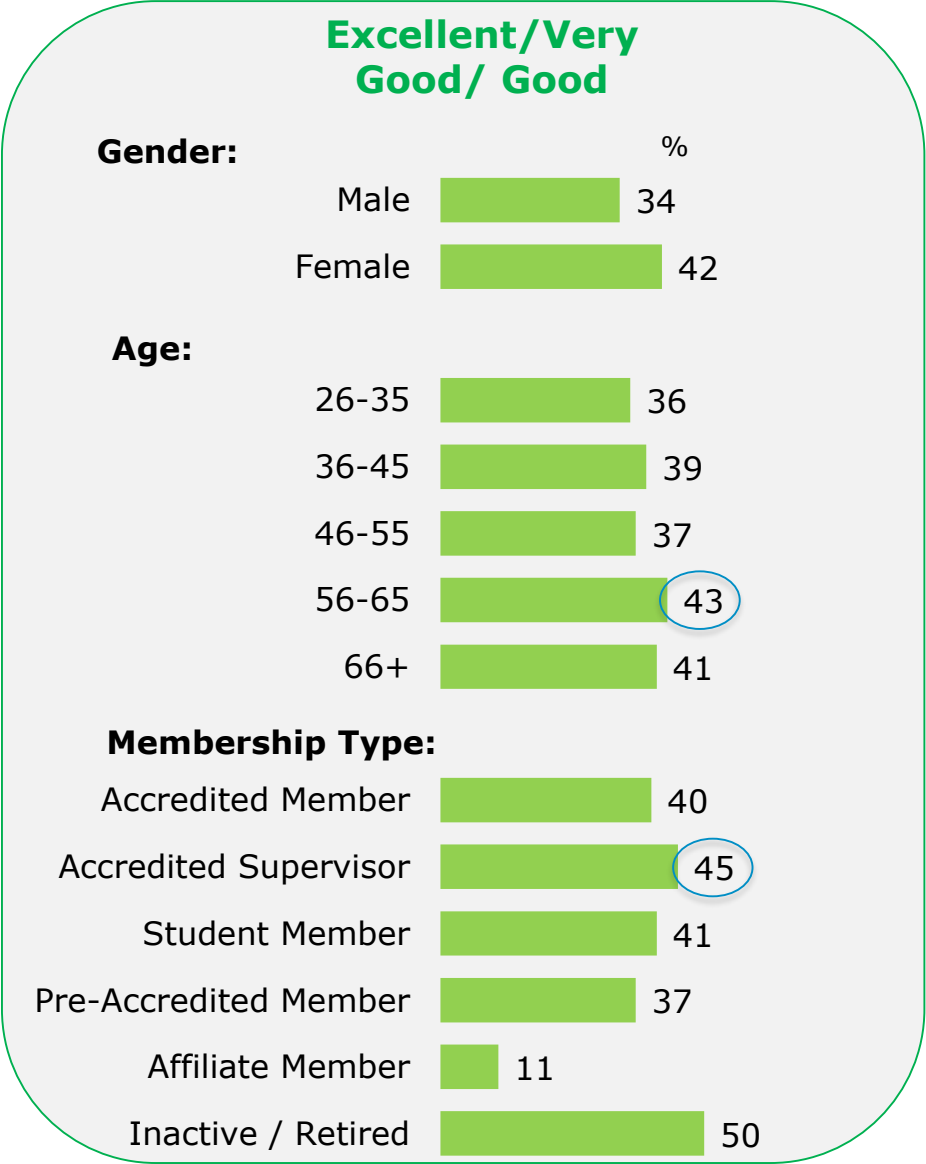


Q27

Please rate your satisfaction with each of the following.

Accreditation process for Supervisors at IACP

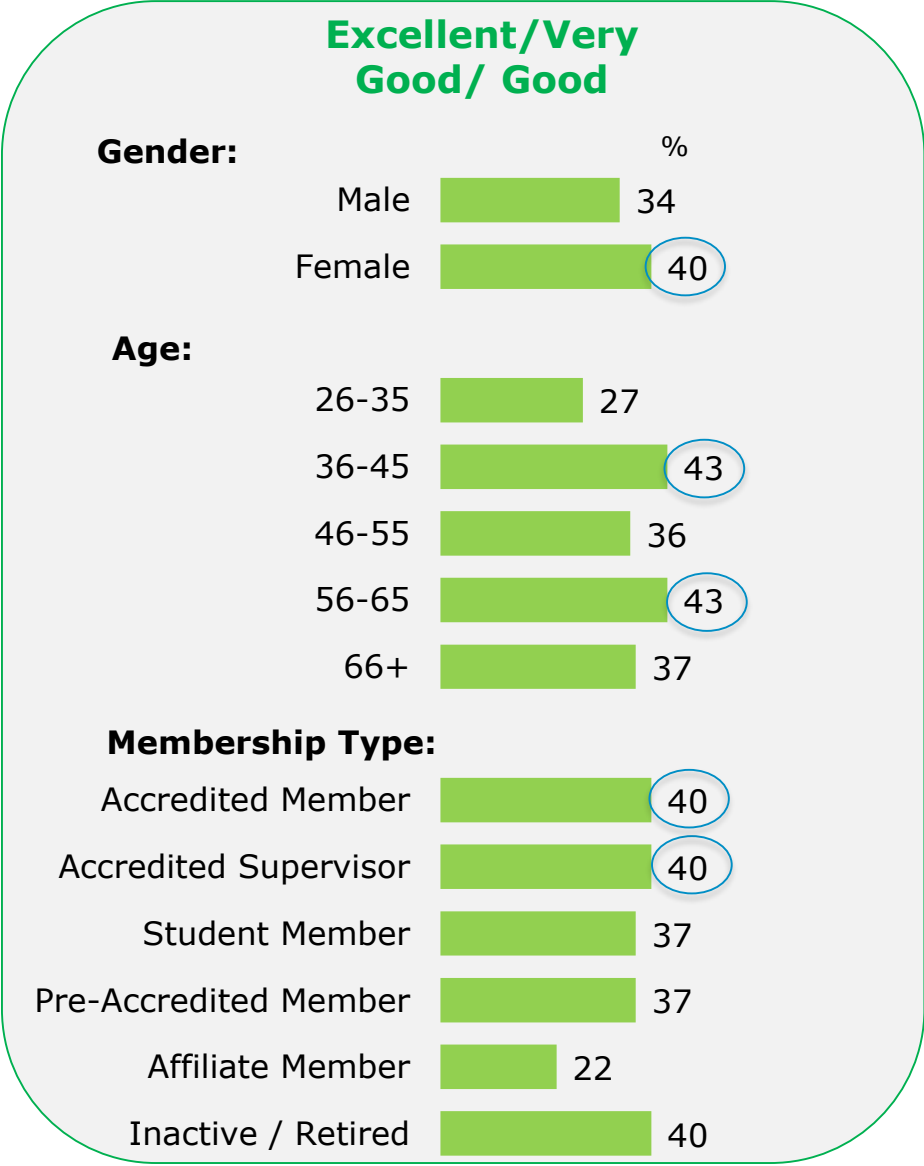
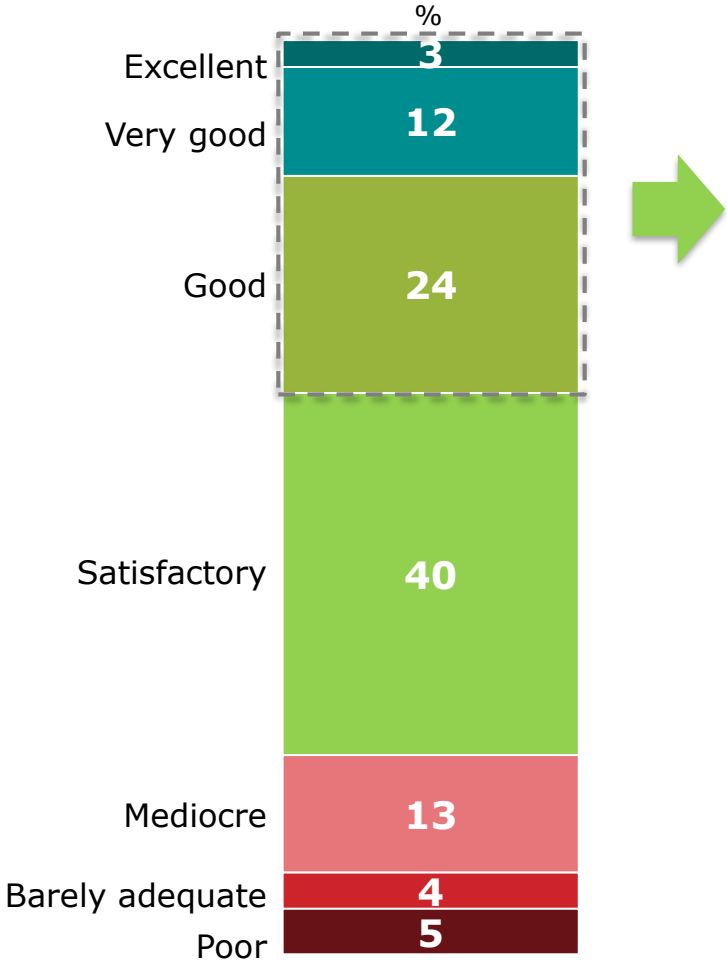
Base: All members: 640



The least criticised element overall and Supervisors themselves are very positive.

Accreditation process for Courses at IACP

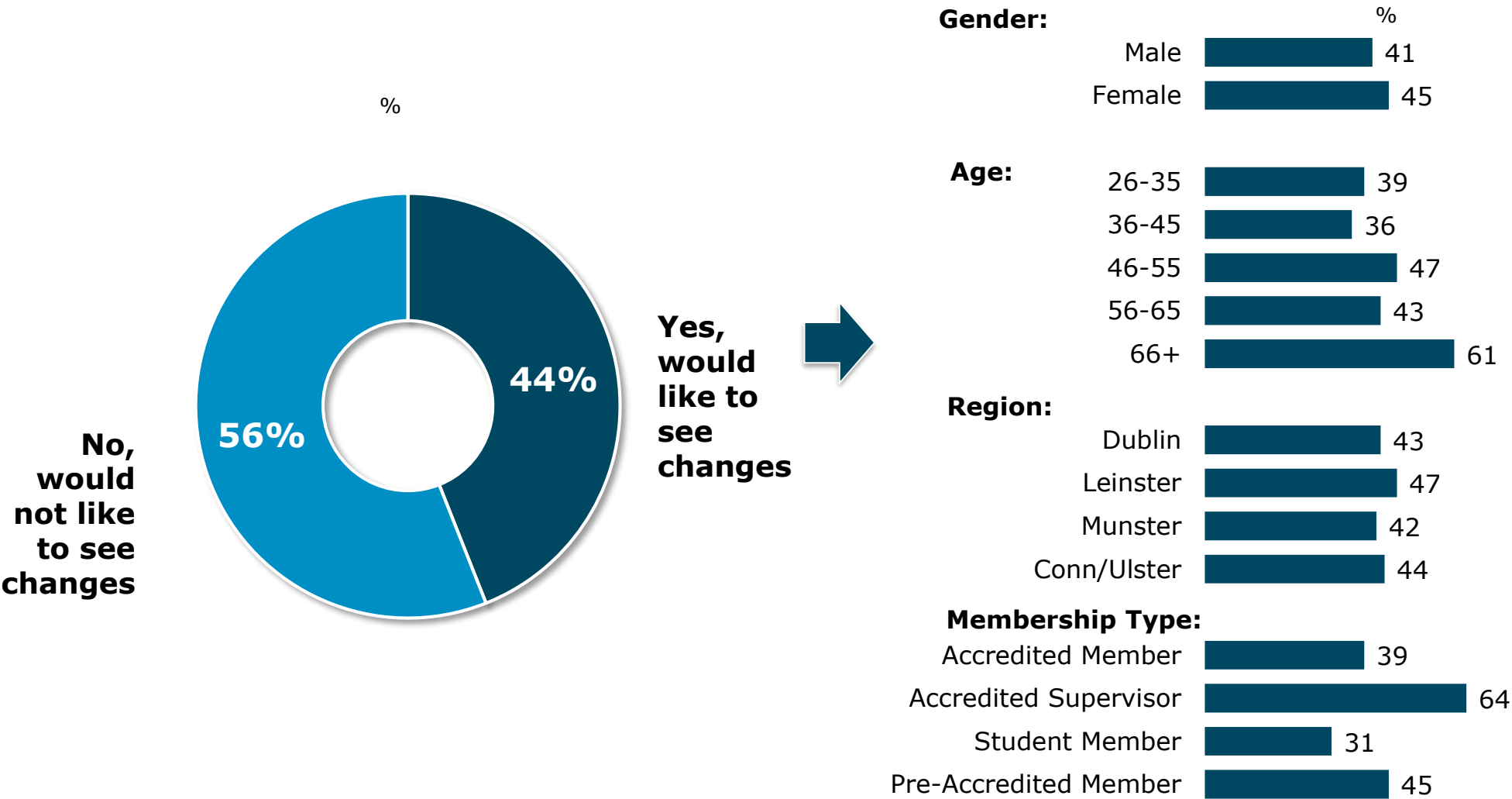
Base: All members: 640



Course accreditation receives a general thumbs up.

Need to change accreditation process

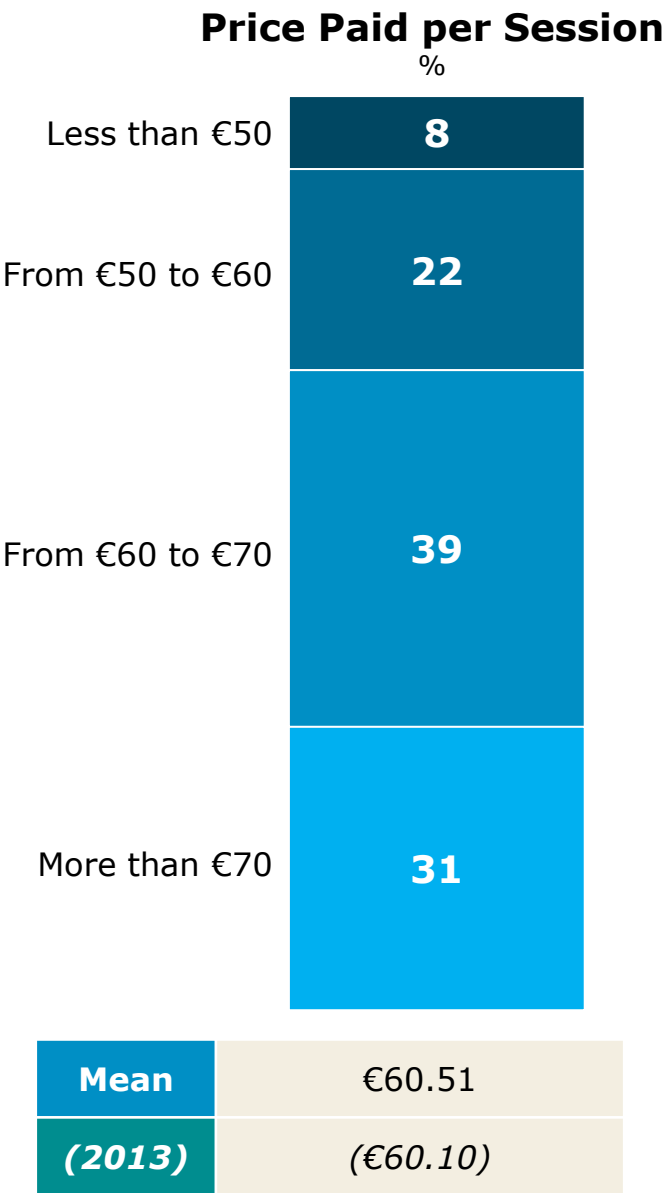
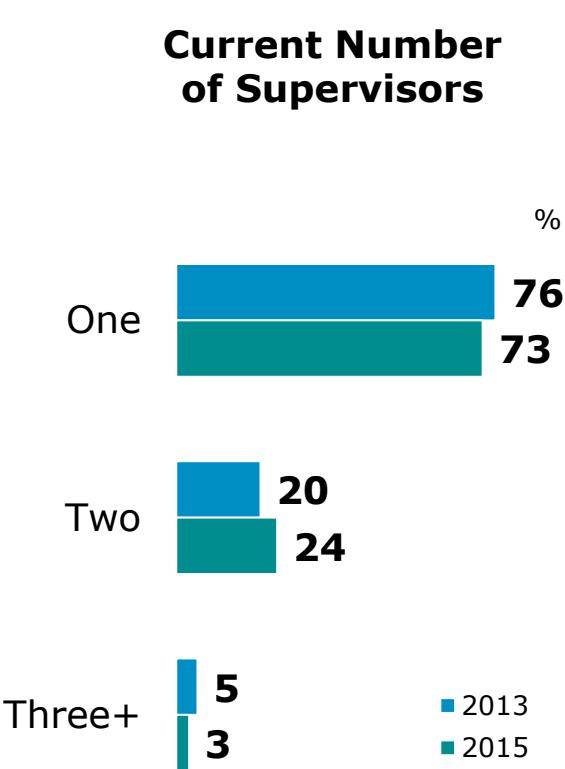
Base: All members: 640



Despite broad satisfaction, more than 2 in 5 would like to see changes made to the IACP's professional accreditation process.

Number of supervisors and price paid

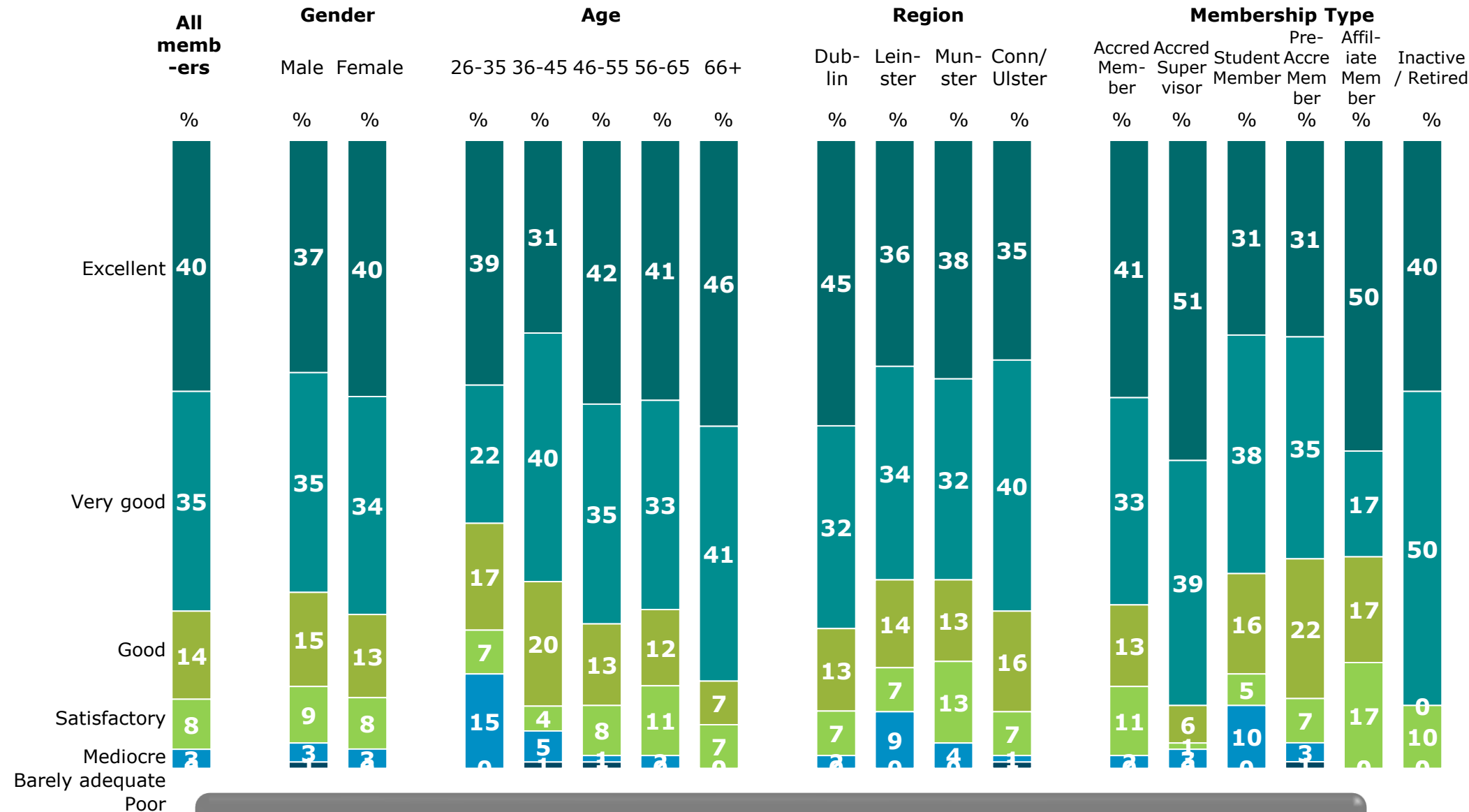
Base: All members: 640



3 out 4 have a single Supervisor and the average paid per session is roughly €60.

Satisfaction with current Supervisor

Base: All members: 640



The vast majority are pleased with their existing Supervisor.



Organisational Profile



Organisational Profile

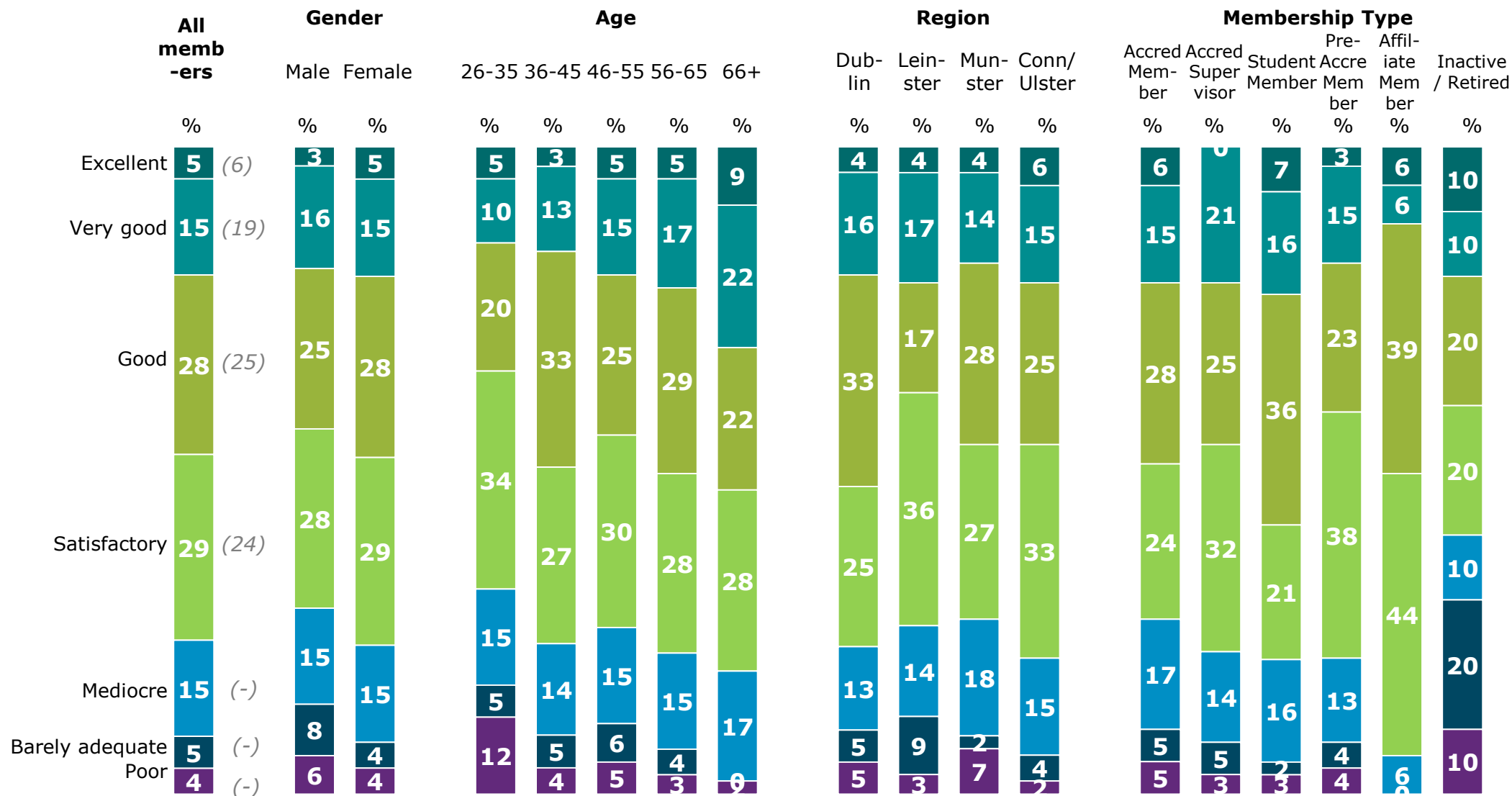
- There is substantial happiness with the profile that has been established by the IACP. A quarter feel that it is mediocre or poor, with these scores largely driven by the perspectives of younger members. As such, there has been some disimprovement in the perspective of the IACP's profile: few gave negative assessments in the 2013 survey.
- About 4 in 10 members believe that the IACP could do more to build its national profile, with this view more pronounced among younger members overall. The general recommendation is that the organisation should aim to boost its media presence and specific recommendations are made in the context of its online presence. Ultimately, it is hoped that the IACP would explain more about the role and services it provides to the public.
- There is strong support among Students that the IACP would improve the services it provides to them. Two thirds of under 25 year old members believe that this is necessary.
- The main suggestion is of increased communication to and support of Students, with as many as a quarter believing that the organisation would reduce fees charged to Students. Greater help with courses, accreditation, training and workshops for Students is also requested.

Organisational Profile

- There is significant enthusiasm for Counselling and Psychotherapy being registered by a statutory body, and the vast majority are in favour, mainly strongly so. In a similar vein, most would like to see Counselling and Psychotherapy being funded by insurers, but undermining this is a view that ordinary people may be nervous or dubious about Counselling and Psychotherapy. Indeed it is felt that healthcare professionals often don't understand the area properly and may be slow to recommend it because of this. There is an evident need to boost public understanding of Counselling and Psychotherapy.
- In line with this, just 36% believe that Counselling or Psychotherapy is substantially valued, with the vast majority (57%) saying that it is valued to only a limited extent. Against this, very few believe that it is not valued at all.
- A substantial issue in relation to Counselling and Psychotherapy is that it is not well represented within and by the media. Relatedly, many feel that it is taken seriously to only a limited extent and likewise there may be a lack of certainty about the validity of it as a method of treatment.

Satisfaction with IACP's National profile

Base: All members: 640



(2013 figures %)

Students and older members tend to be the most satisfied overall. Retired members are somewhat more critical (although broad satisfaction rises with seniority).

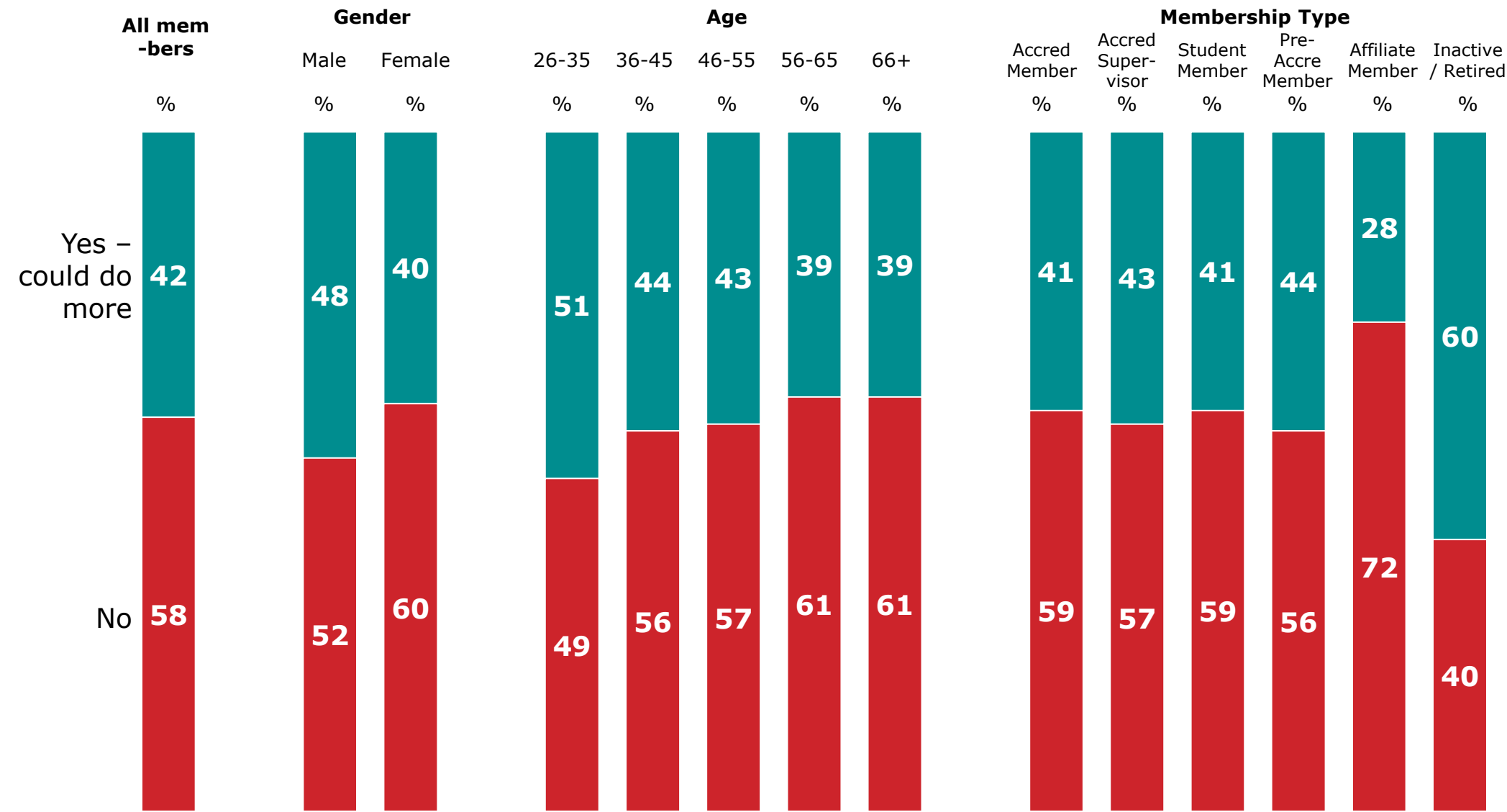


Q.32

Please indicate your satisfaction with IACP's National Profile

Building profile

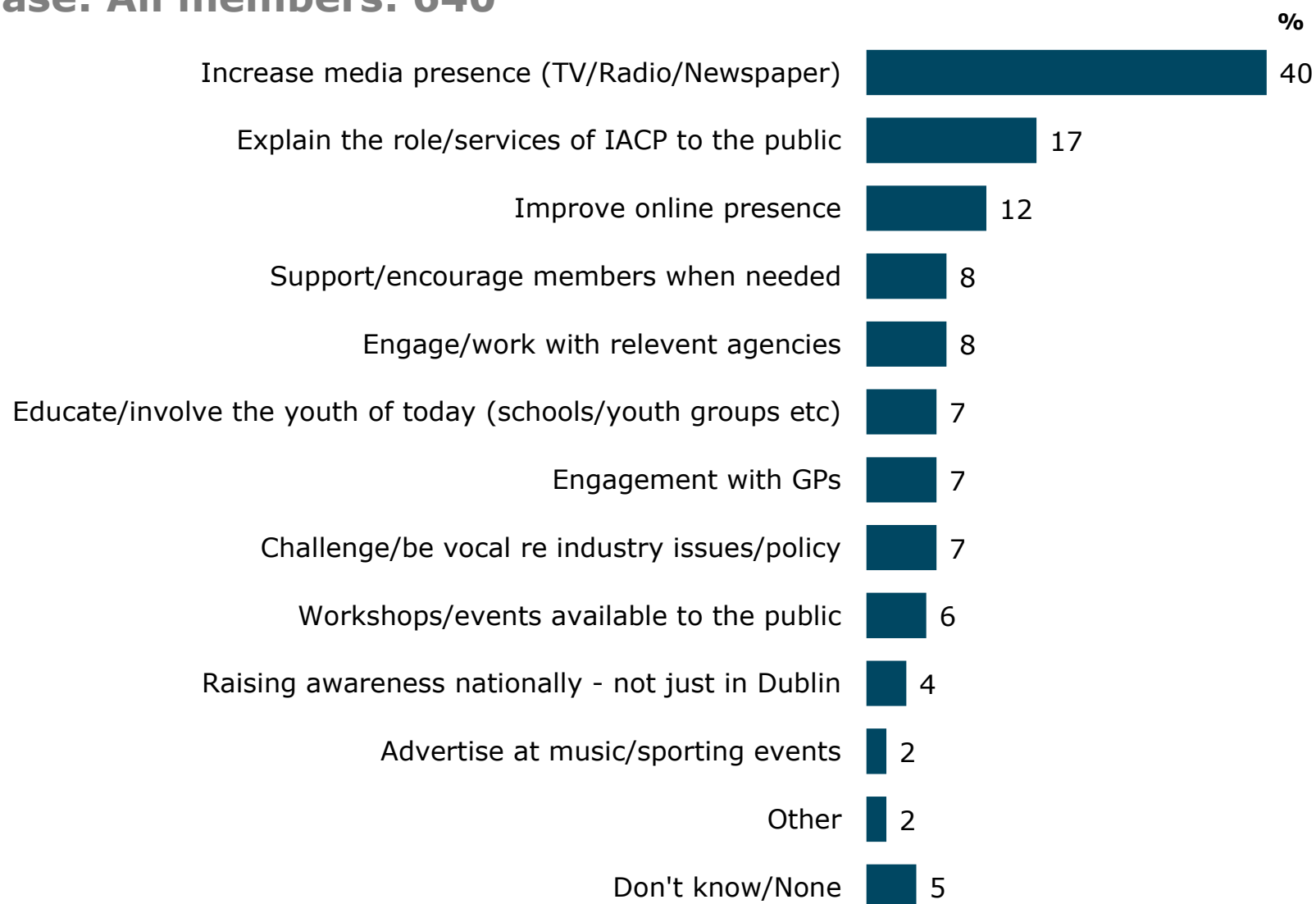
Base: All members: 640



The demand for more promotional activity is greater younger, but about 2 in 5 in all age groups would like more promotion.

Other suggested activity

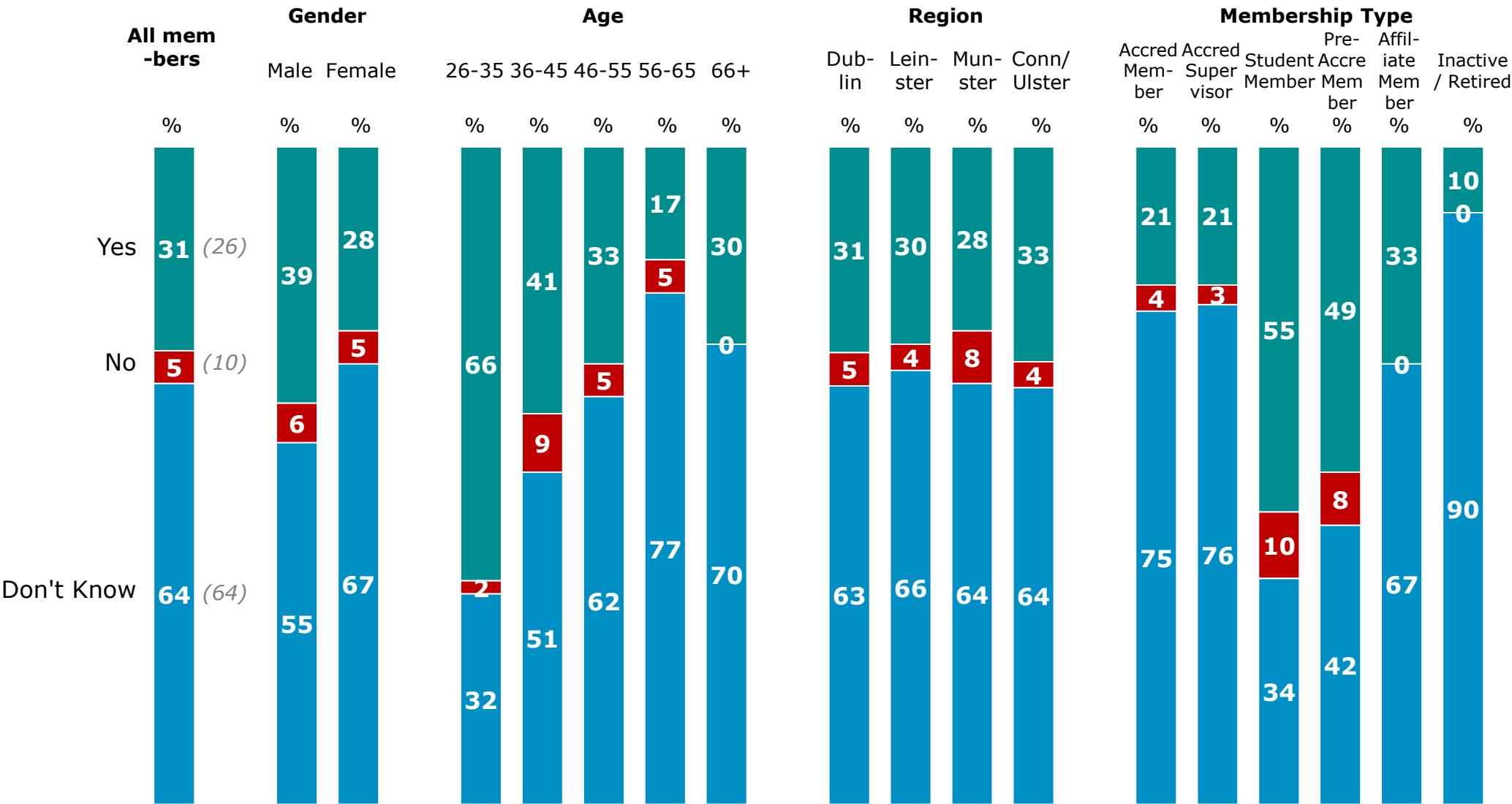
Base: All members: 640



2 in 5 feel that the organisation needs to create more media noise, with better public explanation and enhanced online activity also required.

Improving student services

Base: All members: 640



(2013 figures
%)

A slight growth in numbers feeling that IACP could do more for students. This is particularly noteworthy younger (and among students themselves).



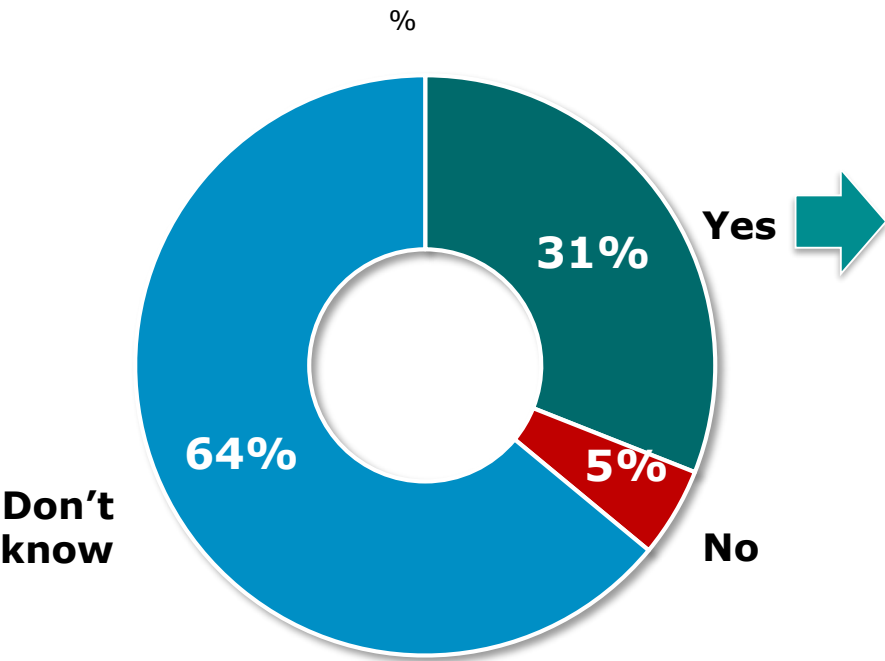
Confidential



Q.34 Do you think IACP could improve its services and representation for Student Members?

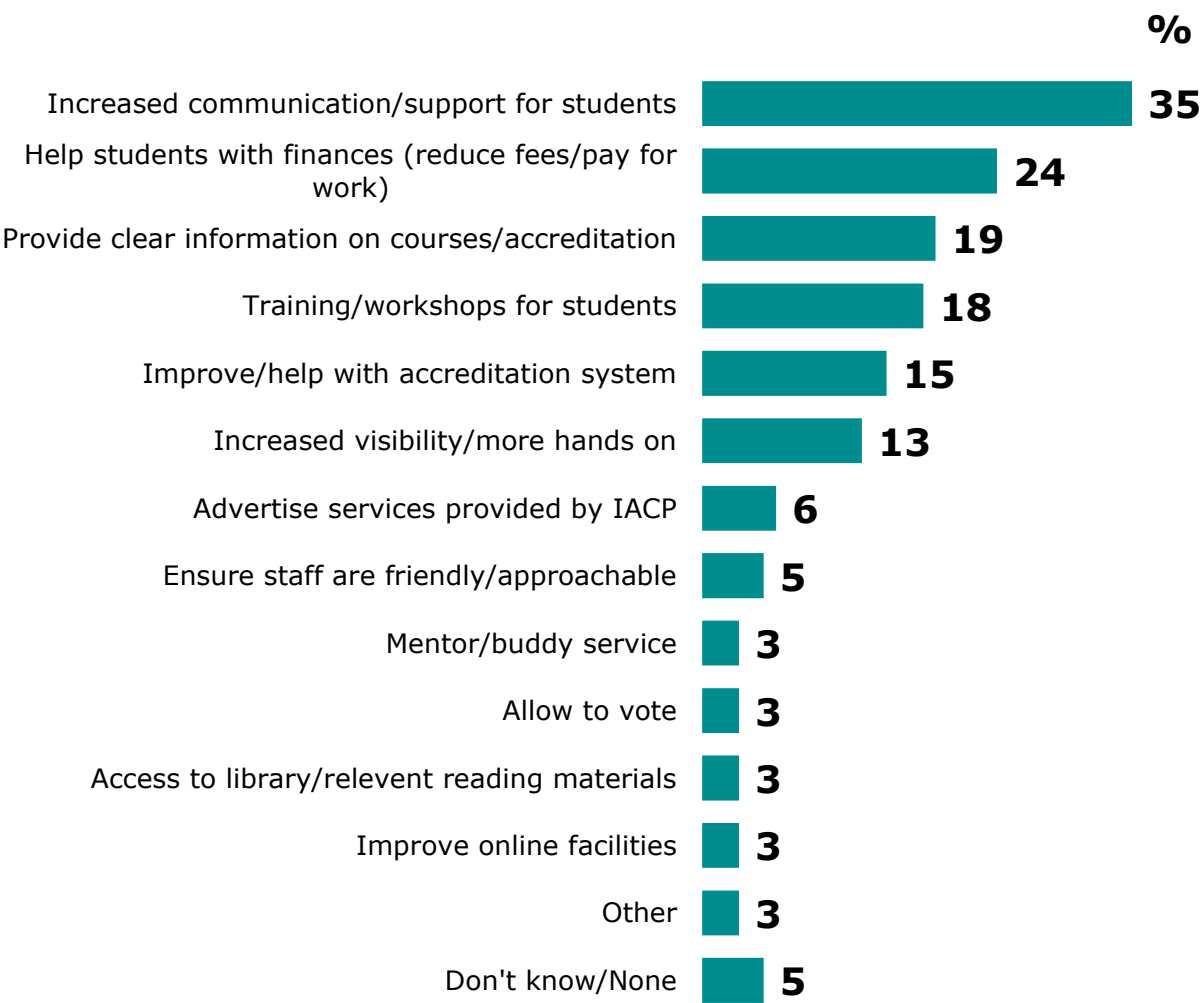
How to improve services for students

Base: All members: 640



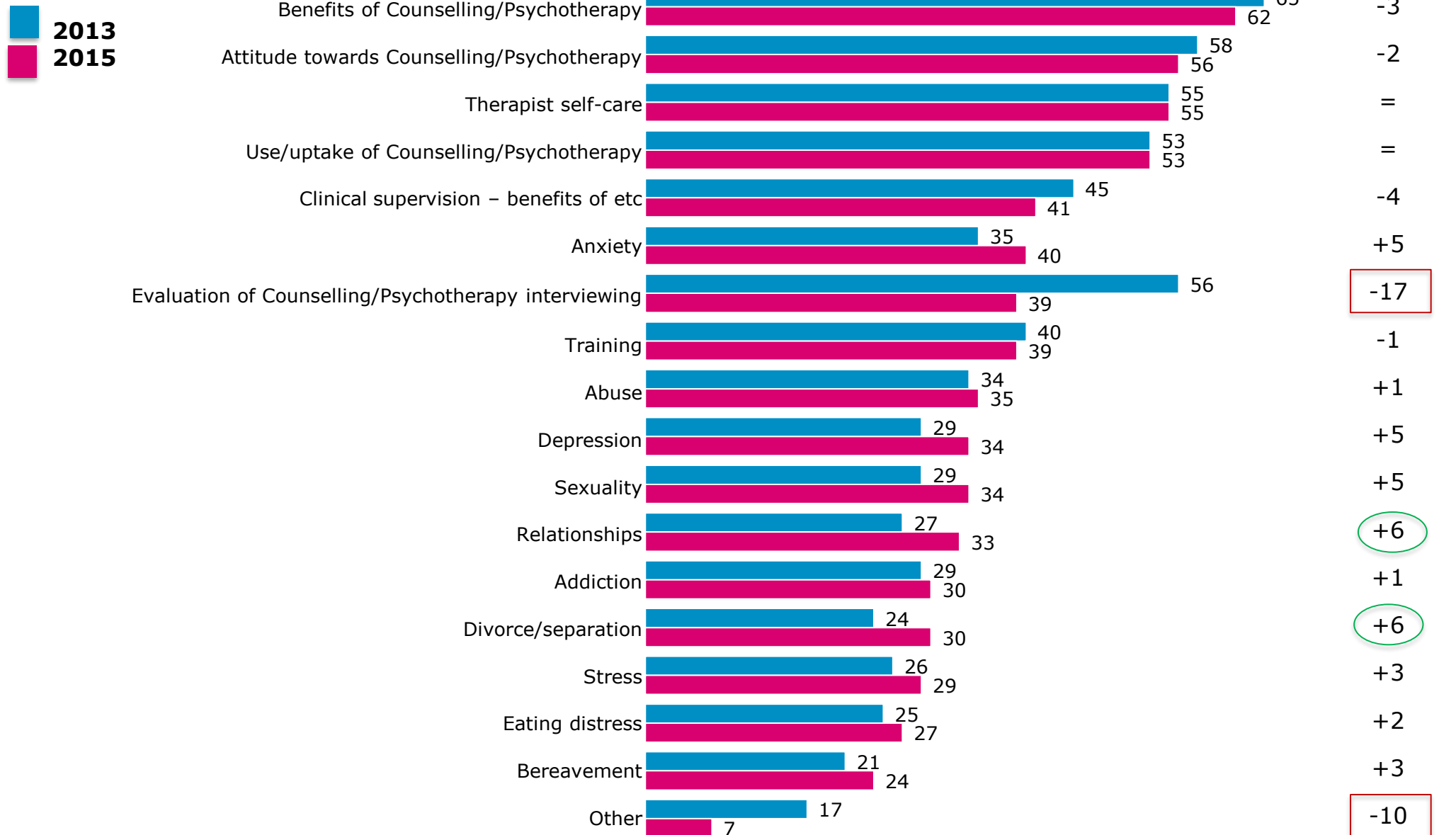
Better communication and support take the lead, but many would like to see financial assistance and better information about courses and accreditation.

Suggested Improvements



Appropriate topics for IACP research

Base: All members: 640



Members continue to mainly want proof about the efficacy of and attitudes to Psychotherapy: essentially "proof points" that will help to support the discipline or business model.



Q.35 What topics would you like to see IACP research?

Research focus x Age and category

Base: All members: 640

	All members	Age					Membership Type					
		26-35	36-45	46-55	56-65	66+	Accred Member	Accred Supervisor	Student Member	Pre-Accred Member	Aff-iliate Member	Inactive /Retired
	%	%	%	%	%	%	%	%	%	%	%	%
Benefits of Counselling/ Psychotherapy	62	56	59	62	65	59	63	63	55	62	50	70
Attitude towards Counselling/Psychotherapy	56	61	53	53	59	50	54	51	57	60	61	60
Therapist self-care	55	56	53	59	52	48	52	54	62	59	44	60
Use/uptake of Counselling/ Psychotherapy	53	56	48	53	57	46	54	53	48	52	56	80
Clinical supervision – benefits of etc	41	37	33	37	46	54	38	63	38	36	44	10
Anxiety	40	34	40	40	39	46	40	37	52	38	39	10
Evaluation of Counselling/ Psychotherapy interviewing	39	41	27	40	45	30	36	46	38	40	56	30
Training	39	49	30	40	42	37	34	49	50	40	44	20
Abuse	35	39	34	34	33	39	33	37	40	36	28	20
Depression	34	39	35	29	35	39	32	36	48	33	39	-
Sexuality	34	37	35	36	32	28	32	32	45	36	33	30
Relationships	33	29	30	30	35	46	30	38	45	33	33	10
Addiction	30	29	29	25	32	41	26	31	34	34	44	20
Divorce/ separation	30	24	23	30	31	43	29	30	33	28	22	50
Stress	29	32	27	31	28	30	29	31	43	26	28	10
Eating distress	27	34	26	24	30	24	25	28	31	29	39	10
Bereavement	24	32	27	22	24	24	21	22	45	24	33	10
Other	7	10	7	7	7	13	8	6	9	6	6	10

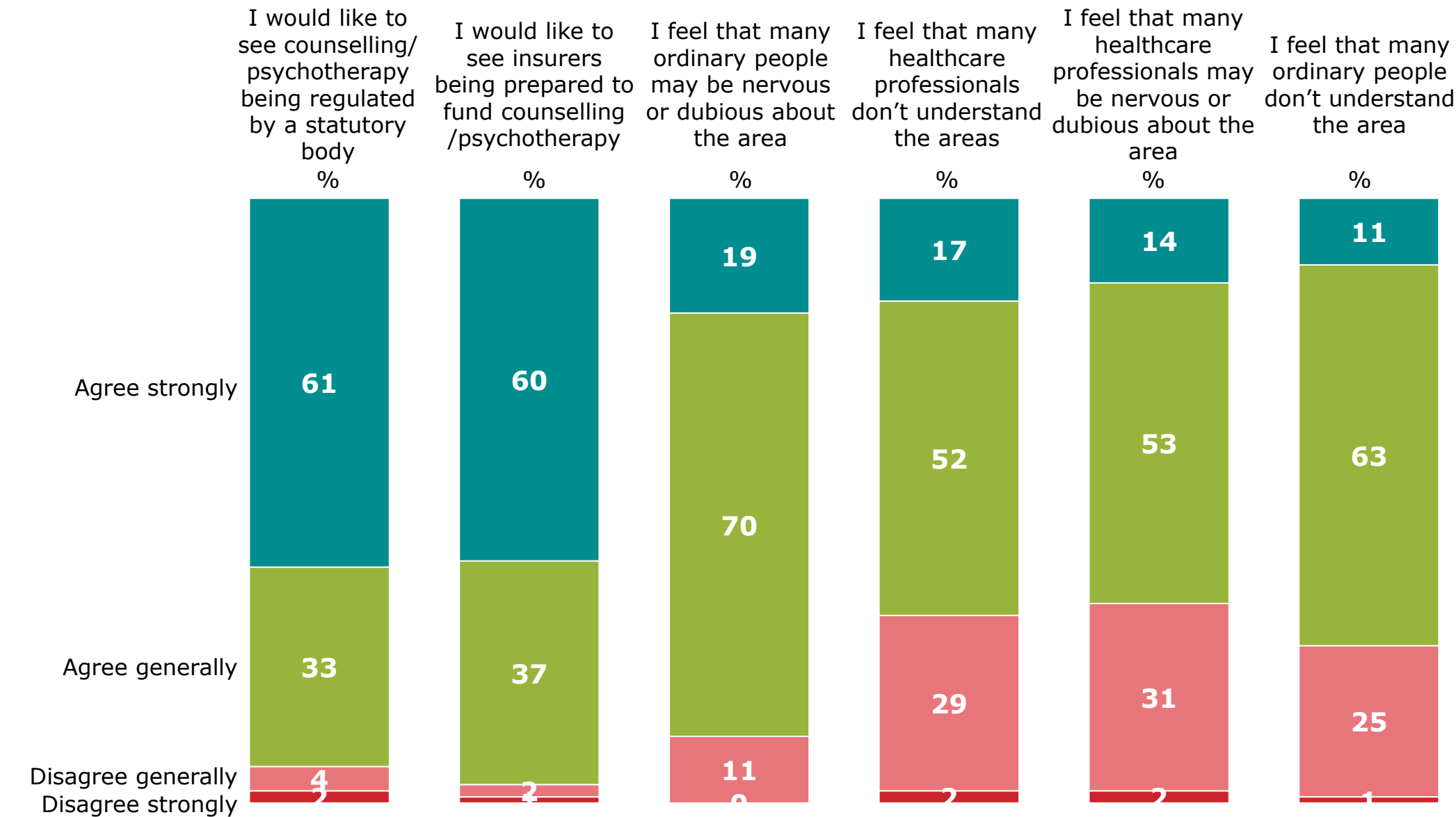
Focus differs by age and member category, but most prioritise the same elements.



Q.35 What topics would you like to see IACP research?

Attitudes to Counselling & Psychotherapy

Base: All members: 640



The vast majority would like to see Counselling/Psychotherapy regulated by the State and a similar proportion would like to see insurers prepared to reimburse. Many suspect that there is some doubt and uncertainty about Psychotherapy, even among the medical community.



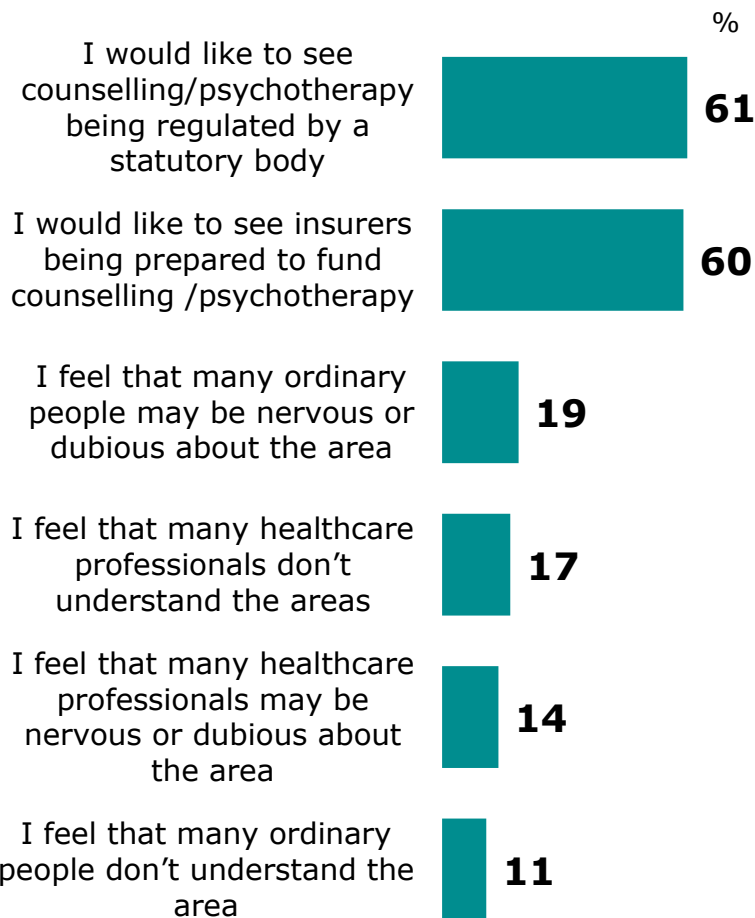
Q.36

To what extent do you agree or disagree with the following statements about counselling and psychotherapy?

Strong agreement with statements about Counselling & Psychotherapy

Base: All members: 640

All Agree Strongly

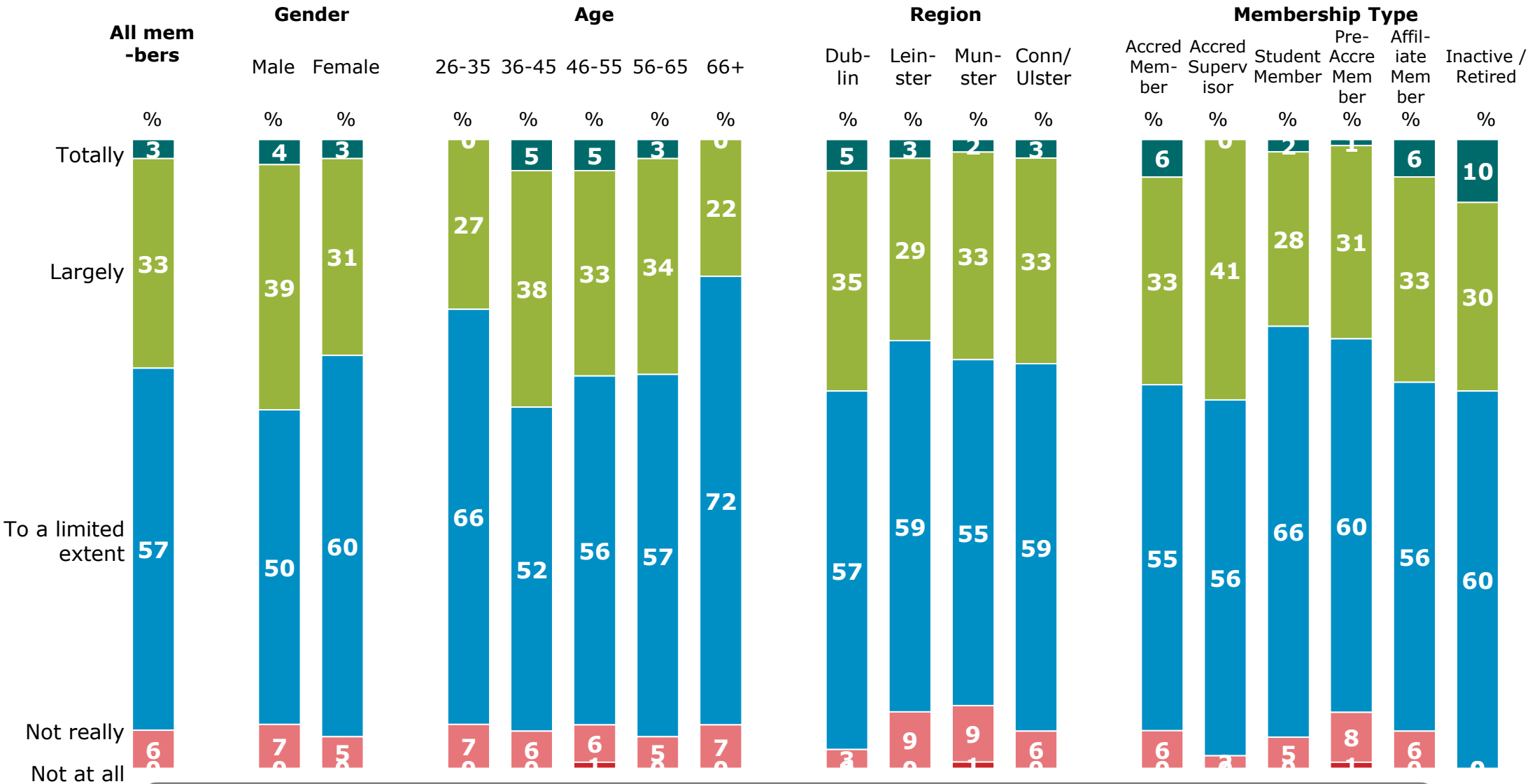


Gender		Age					Membership Type					
Male	Female	26-35	36-45	46-55	56-65	66+	Accred. Member	Accred. Supervisor	Student Member	Pre-Accred. Member	Affiliate Member	Inactive /Retired
%	%	%	%	%	%	%	%	%	%	%	%	%
66	59	76	70	63	51	61	61	57	69	59	67	50
59	61	63	66	61	57	52	61	56	66	59	72	40
19	19	24	17	19	18	17	16	17	31	19	22	20
18	17	17	18	14	19	15	18	16	17	15	22	10
16	14	12	14	12	16	17	15	15	21	10	17	20
13	11	10	8	11	11	22	12	6	16	10	11	20

All groups are in favour of State regulation and hope to see the area funded by insurers. Doubts that the discipline is properly understood are expressed more by older members.

How much valued

Base: All members: 640



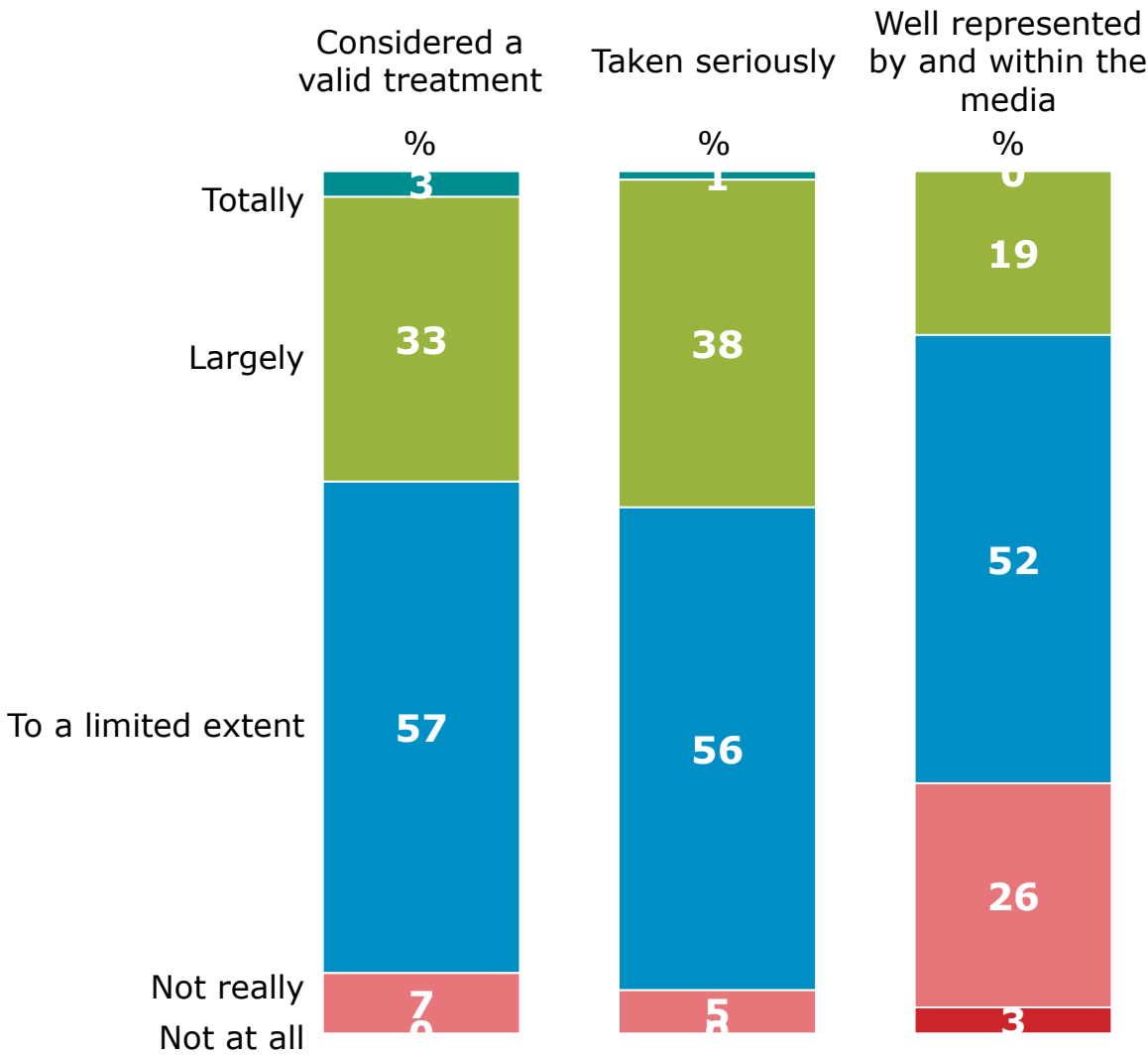
Just over 1 in 3 feel that Counselling/Psychotherapy is valued. Almost 6 in 10 think that it is only considered of limited value and this needs focus.



Q.37Do you think that counselling/psychotherapy is valued by people in general?

Perspectives of Counselling & Psychotherapy

Base: All members: 640



Between 36 and 40% feel that Counselling and Psychotherapy gets its due regard. Only 1 in 5 feel it is properly handled by the media. These are areas warranting significant focus.

The Future of the IACP



The Future of the IACP

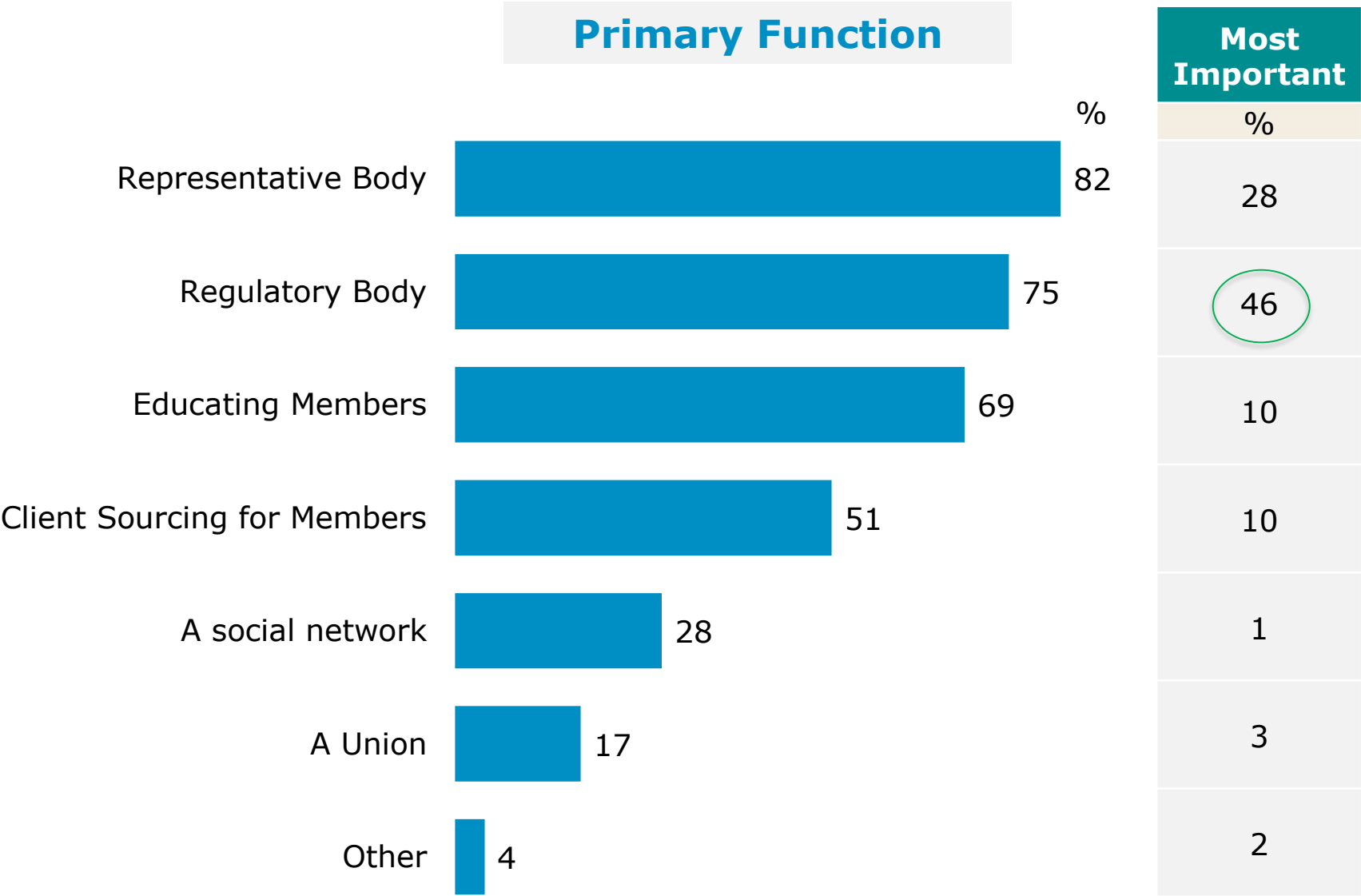
- There is broad approval that the IACP should continue to represent and educate members, but with three quarters also believing that it needs to be Members' regulatory body. Following on from this, as many as 46% suggest that its most important function is to be the regulatory body for Members.
- Apart from these functions, many would like to see the IACP as a method of client sourcing, as a social network and indeed as a union.
- When asked directly about the possibility of State registration and regulation, as many as 90% are aware and 89% are in favour, with the vast majority strongly in favour.
- Again, the vast majority believe that State registration or regulation will be good for Members overall. Affiliates and older/longer term members are more questioning of State regulation and registration, but nonetheless the majority remained enthusiastic about it.
- Despite this, there remains a broad array of topics or functions that the IACP should focus upon.
- Members are of the view that it needs to lobby on behalf of the profession, represent and articulate the views of Members and ensure that Counselling and Psychotherapy is properly understood by the general public, ensuring that its portrayal within the media is more appropriately outlined. Many are enthusiastic that the IACP would continue to operate as a network for the profession and indeed perhaps advertise on behalf of the sector.

The Future of the IACP

- As many as half would like to see the IACP doing more, but the suggestions voiced were quite varied and non-specific.
- About a third believe that they will have difficulty paying both a State and an IACP registration fee. A quarter are adamant that they would pay both and the balance (42%) suggest that they may or may not. Nonetheless, the proportion who feel that they would struggle with two fees is perhaps not as high as might have been envisaged.

IACP primary focus

Base: All members: 640



The vast majority see important roles for the IACP as representing members and providing education and training. Nonetheless, its regulatory function remains the key focus for almost half.

Primary function x member category

Base: All members: 640

	All Members	Membership Type					
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive / Retired
Base:	640	323	87	58	144	18	10
	%	%	%	%	%	%	%
Representative Body	82	80	82	81	87	83	80
Regulatory Body	75	76	76	76	72	78	60
Educating Members	69	68	70	71	70	78	50
Client Sourcing for Members	51	55	49	41	46	50	50
A social network	28	27	24	38	30	22	30
A Union	17	17	16	31	15	6	10
Other	4	4	7	3	3	-	-

All groups see a continuing need for representation and education (irrespective of a view that the IACP should regulate too).

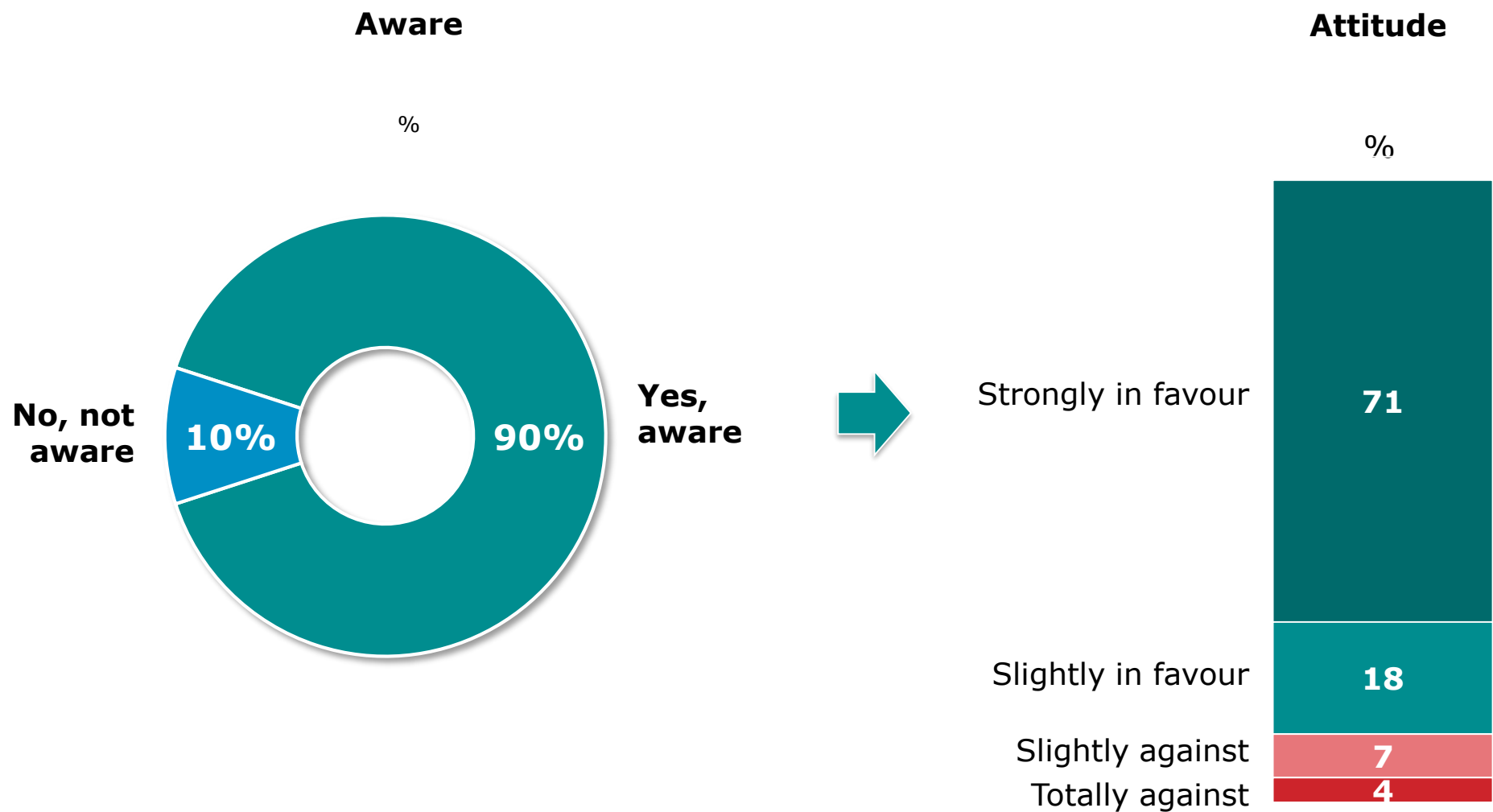


Q.39
Q.39

What do you think should be the primary function of the IACP?
And which is the most important in your view?

Perspective of State registration and regulation

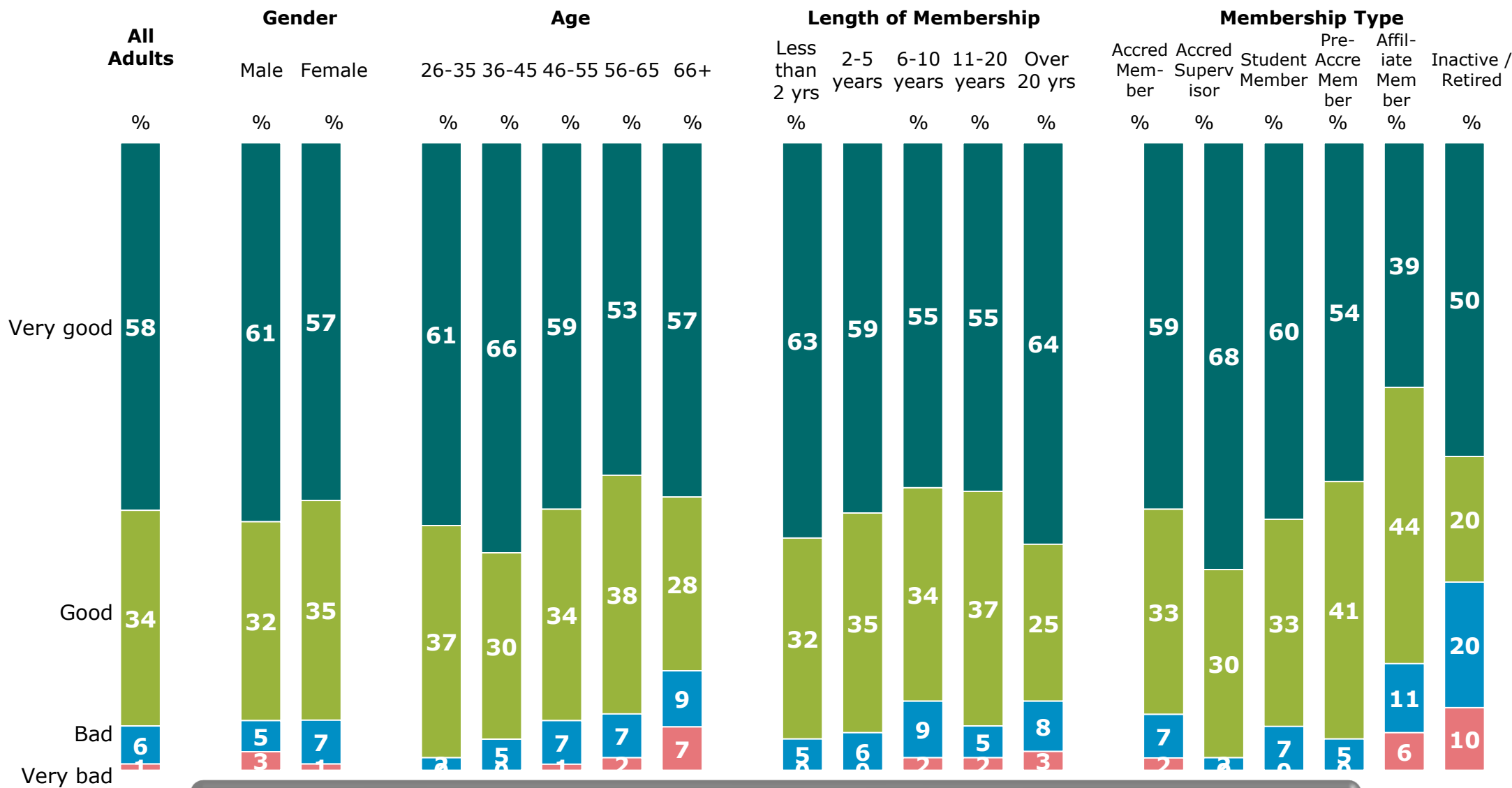
Base: All members: 640



- Q.40a There is a possibility of Counselling/Psychotherapy being regulated and registered by the State in the future.
Have you heard about this or not?
- Q.40b Are you broadly in favour of this development or opposed to it?

Impact of State registration and regulation

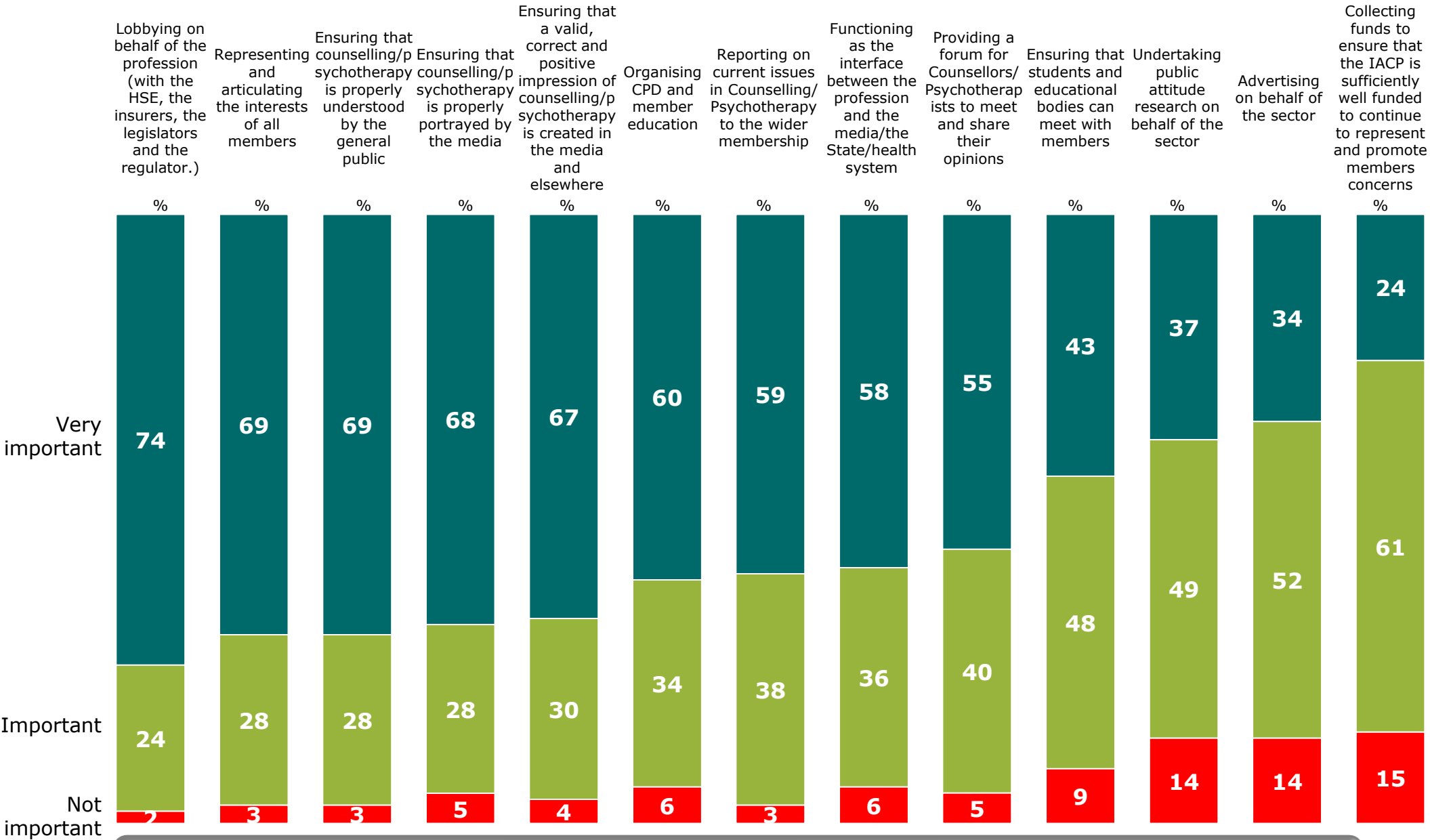
Base: All members: 640



Almost all feel that State registration and regulation will be good for the profession, although older members, retirees and affiliates are more nervous.

What next for IACP

Base: All members: 640



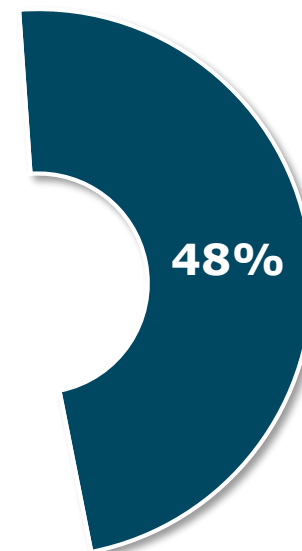
Lobbying representation and the positioning of the profession in the public’s mind are key future tasks, while education and training remains a necessity. Members recognise the importance of the IACP’s collective articulation of positioning of Psychotherapy for the public, the media and the health system.

What else should the IACP be doing?

Base: All members: 640



The IACP should be doing something else



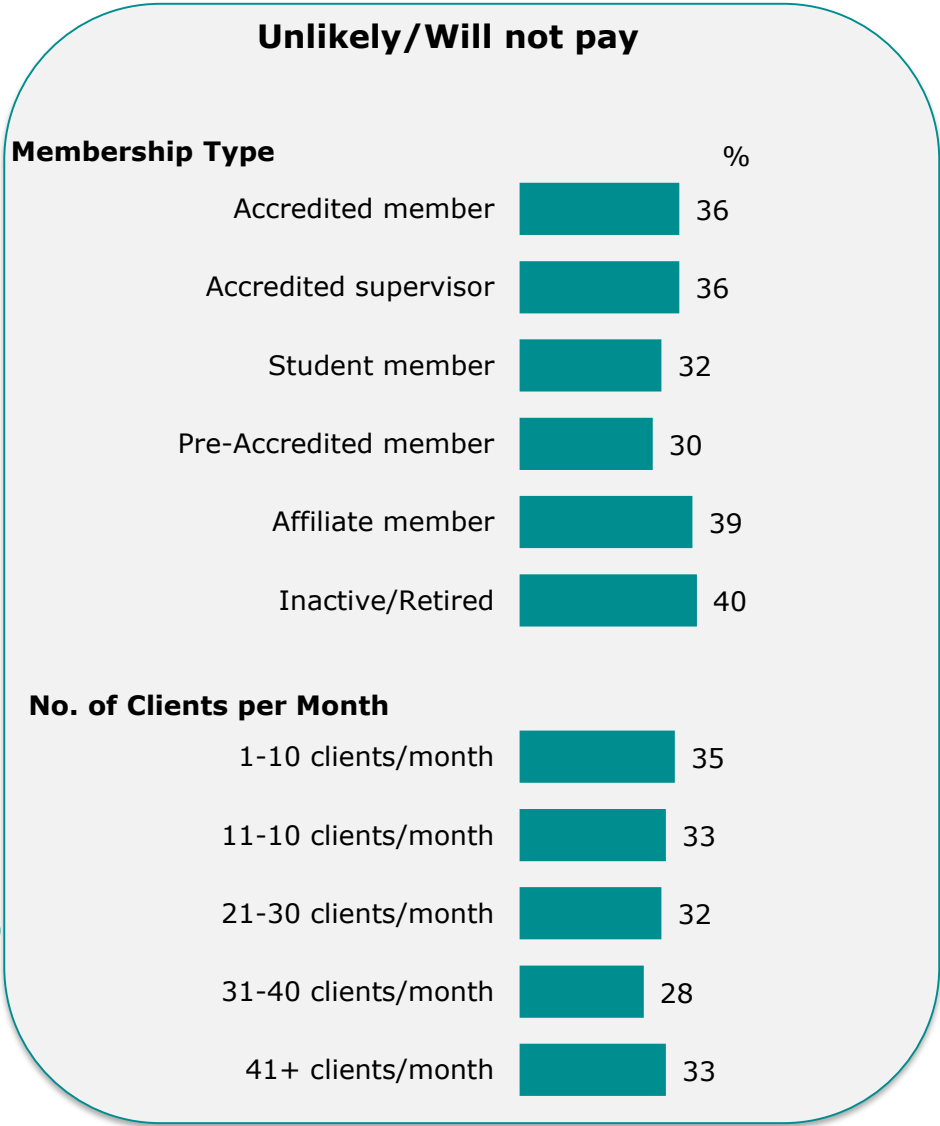
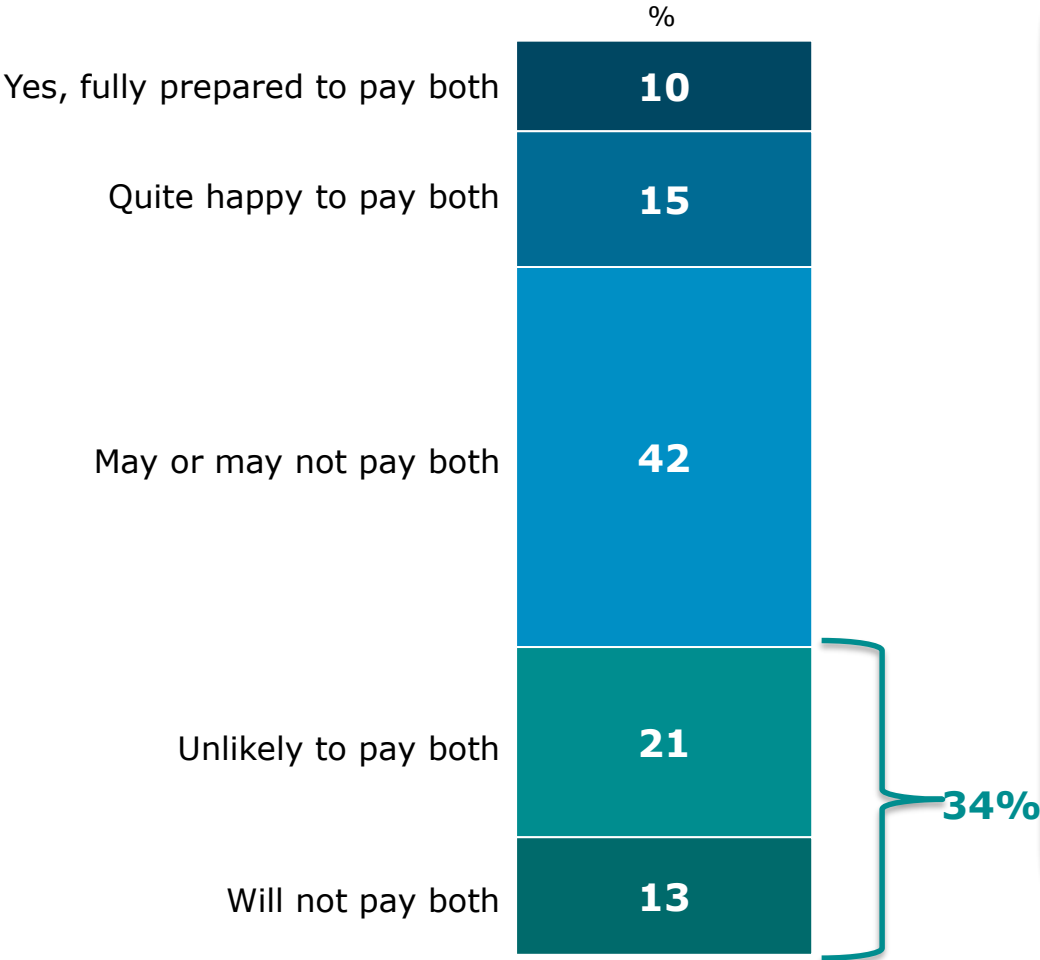
There are few significant suggestions for activity by the IACP above and beyond its existing focus. A greater need for "support" emerges as the top requirement.



Q.41 Is there anything else you feel the IACP should be doing?

Impact of State registration on membership

Base: All members: 640



About 1 in 3 feel that they won't be in a position to pay both sets of fees.



Q.42

If State Regulation and Registration is introduced, would you still be prepared to pay your IACP membership fee as well as paying your State registration fee?



THANK YOU

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