



Irish Association for Counselling and Psychotherapy

IACP Members Survey

Quantitative Research

November 2018

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J.9328



RESEARCH
& INSIGHT



Introduction & Context

- The Irish Association for Counselling and Psychotherapy (IACP) is the largest Counselling and Psychotherapy Association in Ireland, maintaining professional standards of excellence in the field.
- Behaviour and Attitudes have conducted previous surveys amongst IACP members in 2013 and 2015, and this report will present the findings of the most recent 2018 member survey.



Research Approach

- The survey used an expanded version of the 2013/2015 questionnaires, covering a range of key topics including;
 - IACP members and their work,
 - Information relating to client fees, referrals & marketing,
 - Accreditation and membership services/communication,
 - Professional supervision,
 - Organisational profile, education & research,
 - Attitudes towards Counselling/Psychotherapy and the future,
 - Perceptions of the implications of State regulation for the profession and the Association.
- Links to the online survey were distributed (internally) to IACP members and the response rate was very impressive, with **1076 members** completing it.
- The results of this study can therefore be considered highly representative of the IACP member body.





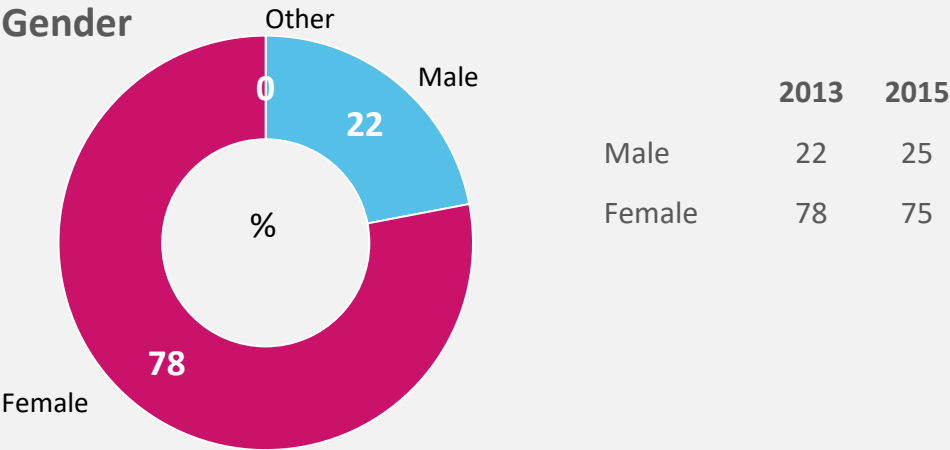
Sample Profile

Sample profile

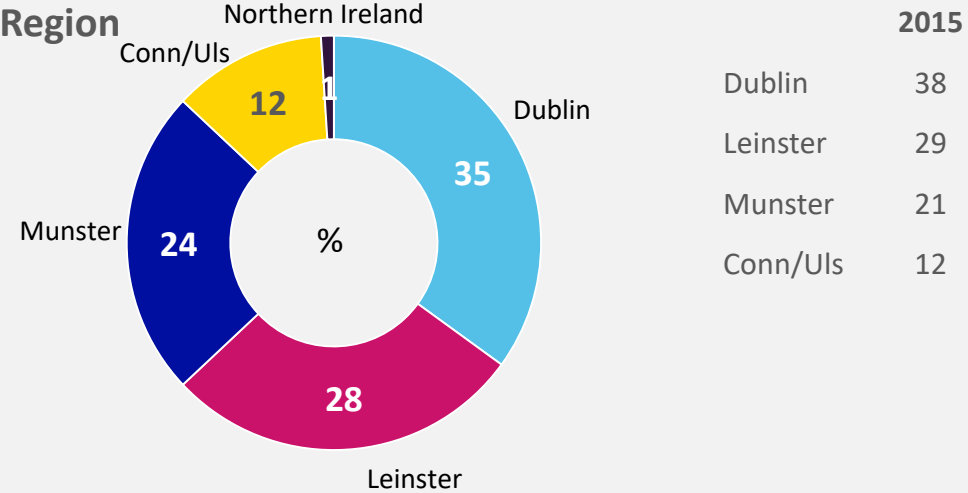


Base: All members: 1076

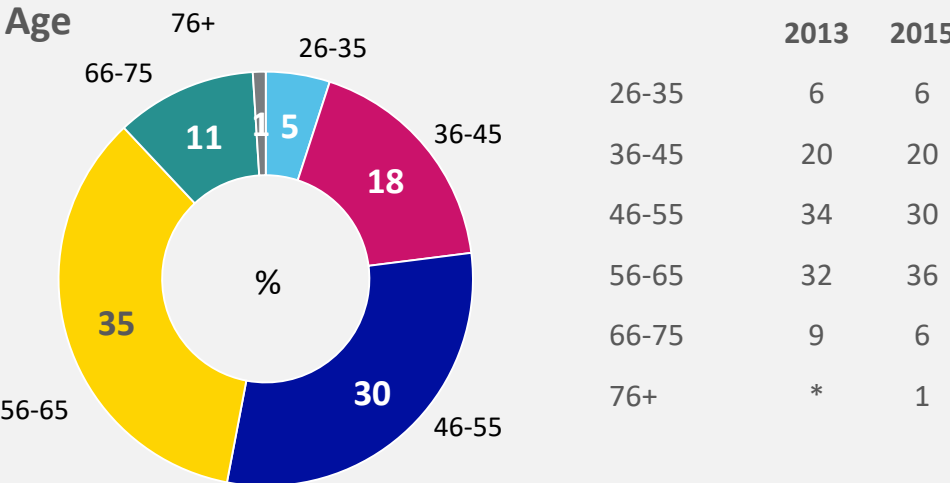
Gender



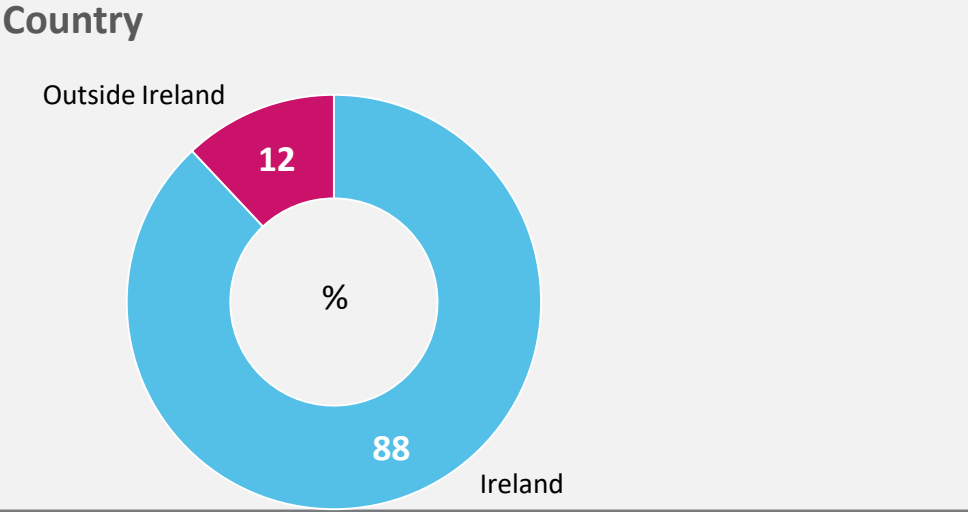
Region



Age



Country



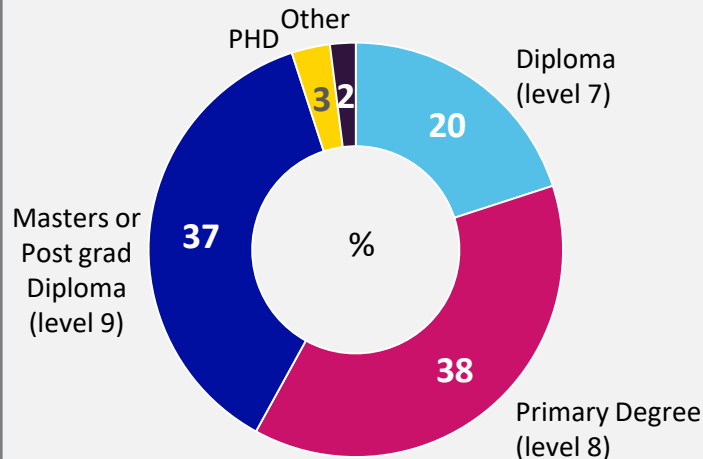
Members tend to be women, aged 46-65 and from Dublin/Leinster. Conn/Ulster is under-represented relative to population figures.

Sample profile

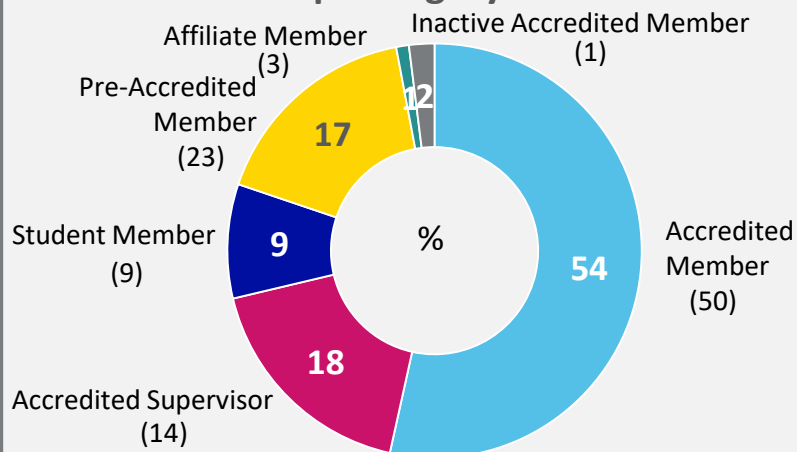
Base: All members: 1076



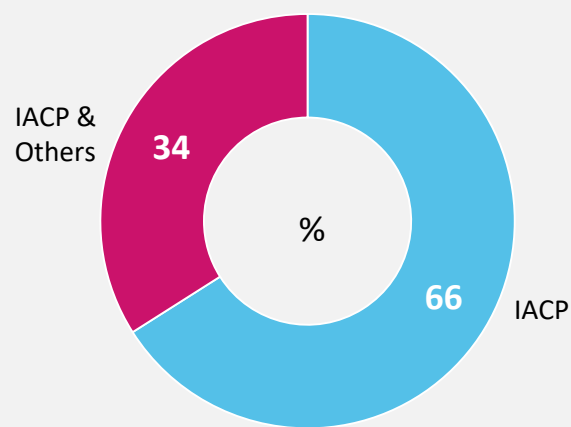
Level of Education



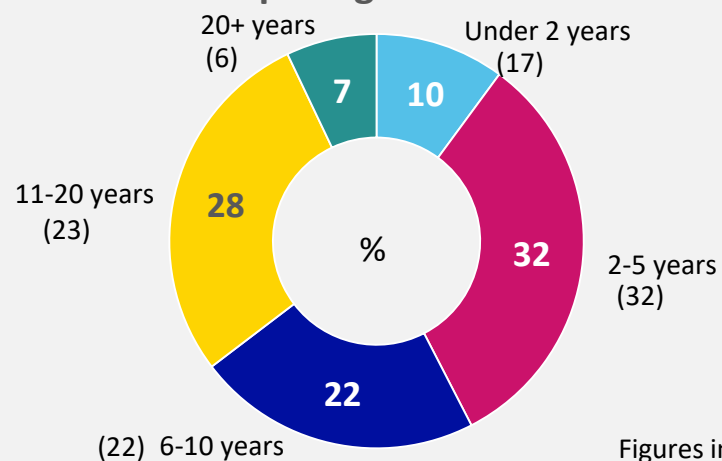
IACP Membership Category



Organisation Membership



IACP Membership Length



Figures in brackets = 2015

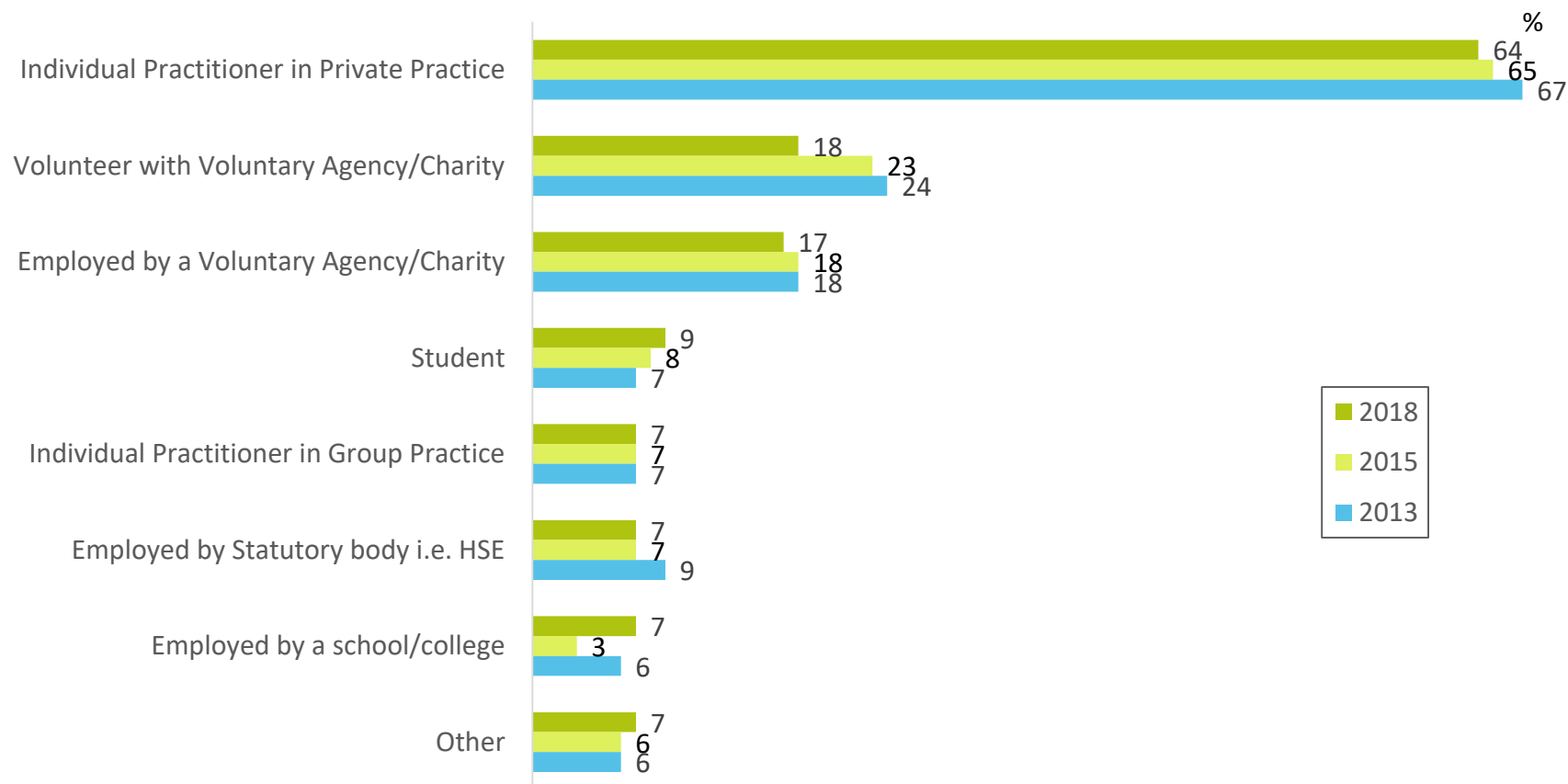
The majority (75%) of members hold either a primary or Masters level degree and are accredited members of the IACP only (66%). Most have been members for 2-5 years, a little longer on average than in 2015.



**Working as a
Counsellor/Psychotherapist**

Current work situation

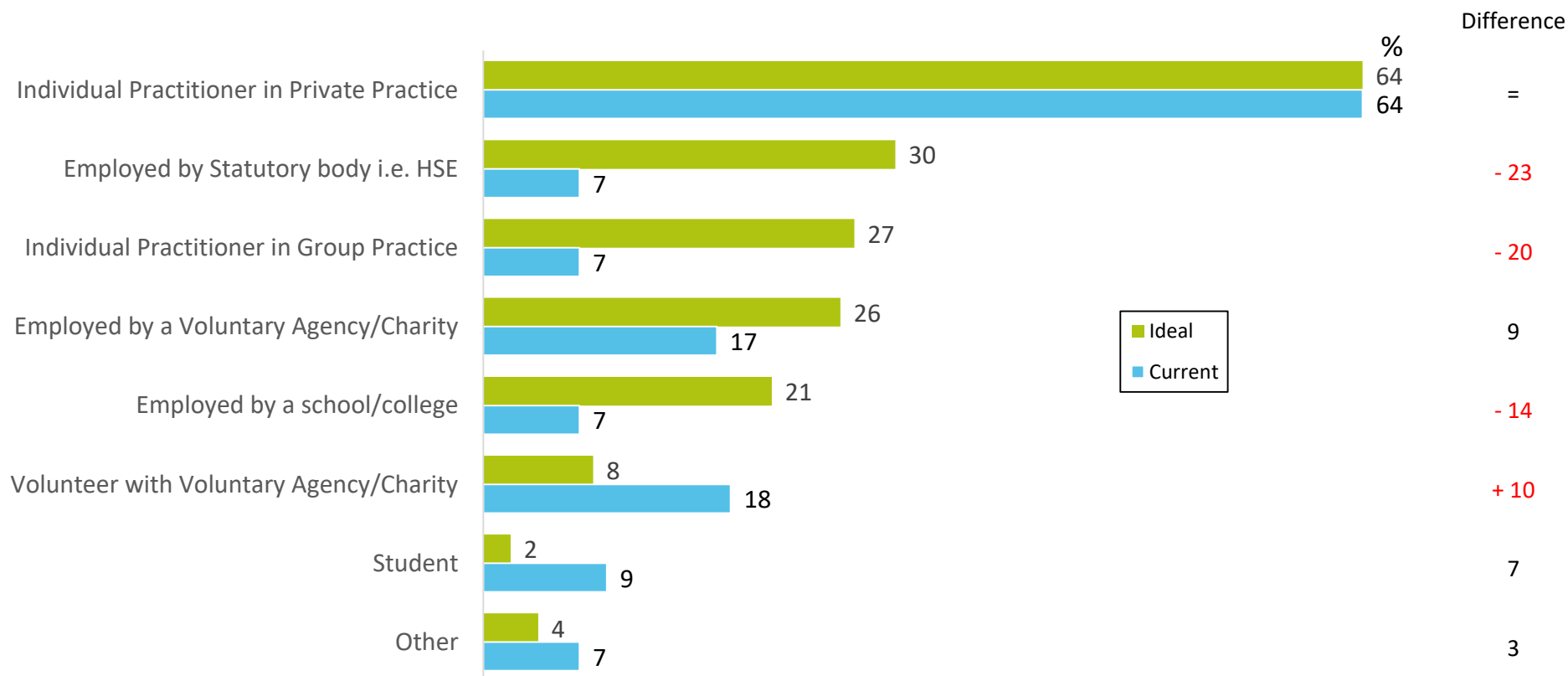
Base: All members: 1076



3 in 5 work in private practice, and most others volunteer or work with a voluntary agency/charity (35%). This is consistent with results of previous years.

Current vs Ideal work situation

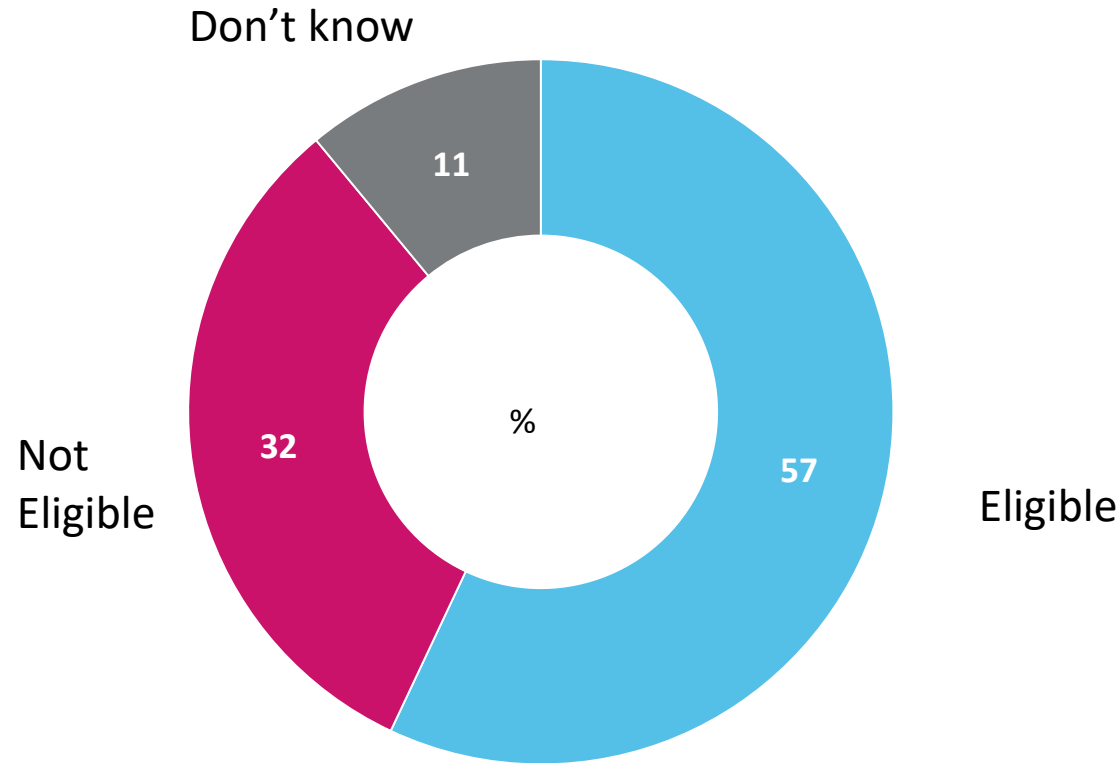
Base: All members: 1076



Most say their ideal work situation is to be in private practice. There are fewer working for a statutory body, group practice and school/college, and indeed more volunteering, than would ideally like to be.

Perceived eligibility to work for a statutory body

Base: All members – 1076

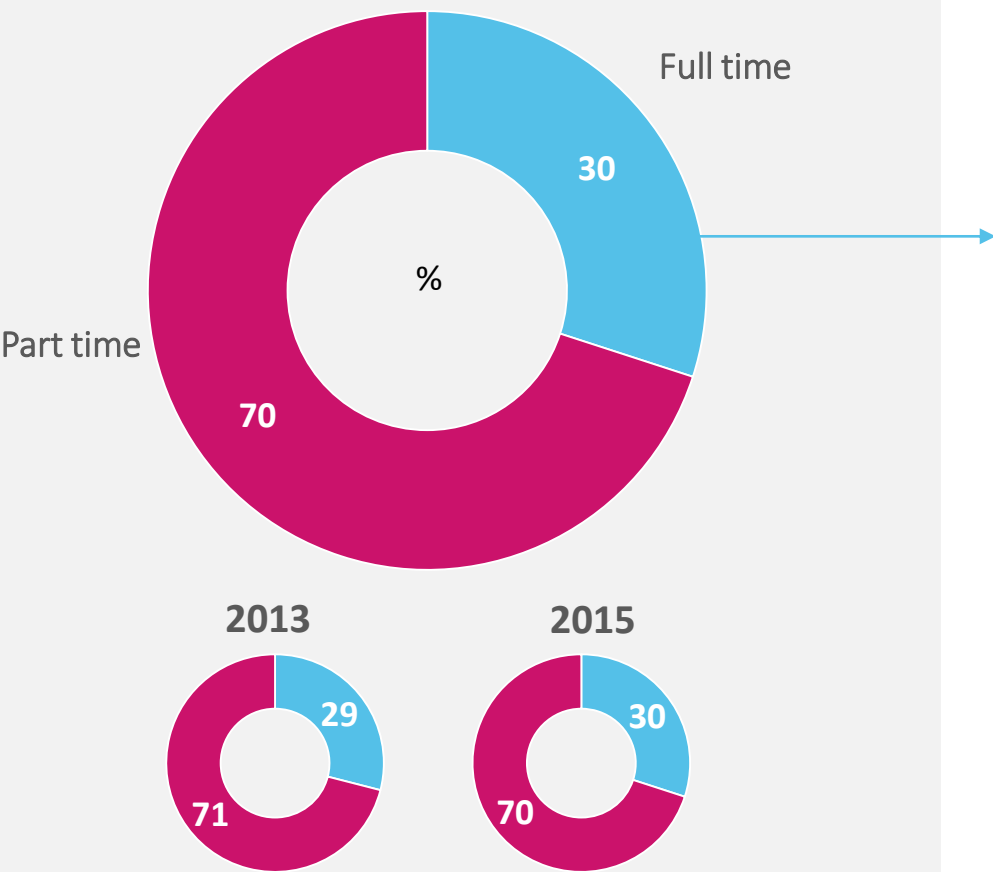


While 30% say they would ideally like to work for a statutory body such as the HSE, a similar proportion say they would not be eligible to do so. Nonetheless, the majority (57%) feel they would meet the criteria for employment.

Type of work as a Counsellor/Psychotherapist

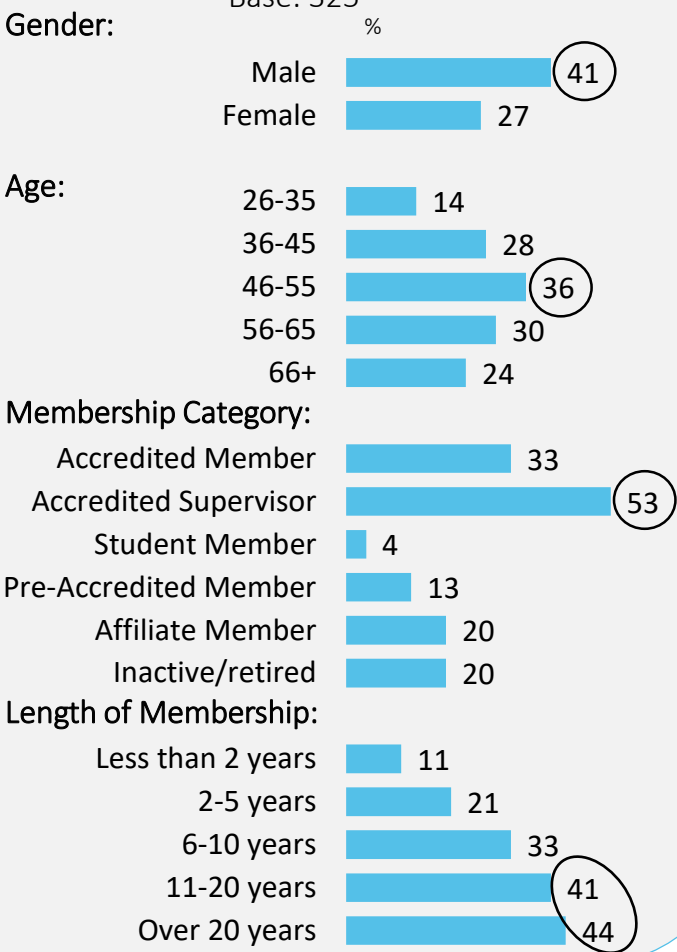
Base: All members: 1076

Type of Employment



Working Full Time

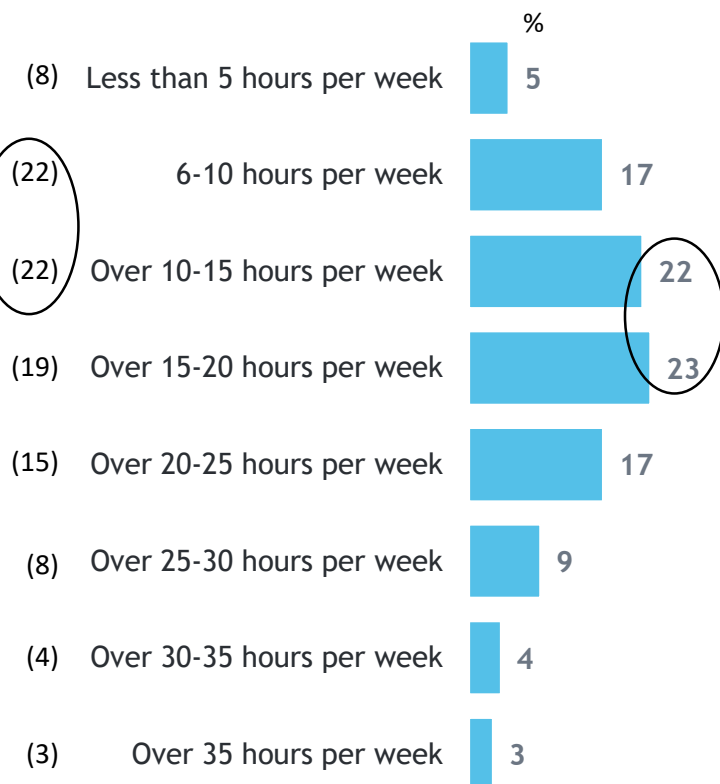
Base: 325



A significant majority (70%) of members work part-time. Men, those aged 46-55, accredited supervisors and those with 11+ years' membership are more likely to work full time.

Ideal working hours

Base: All members: 1076



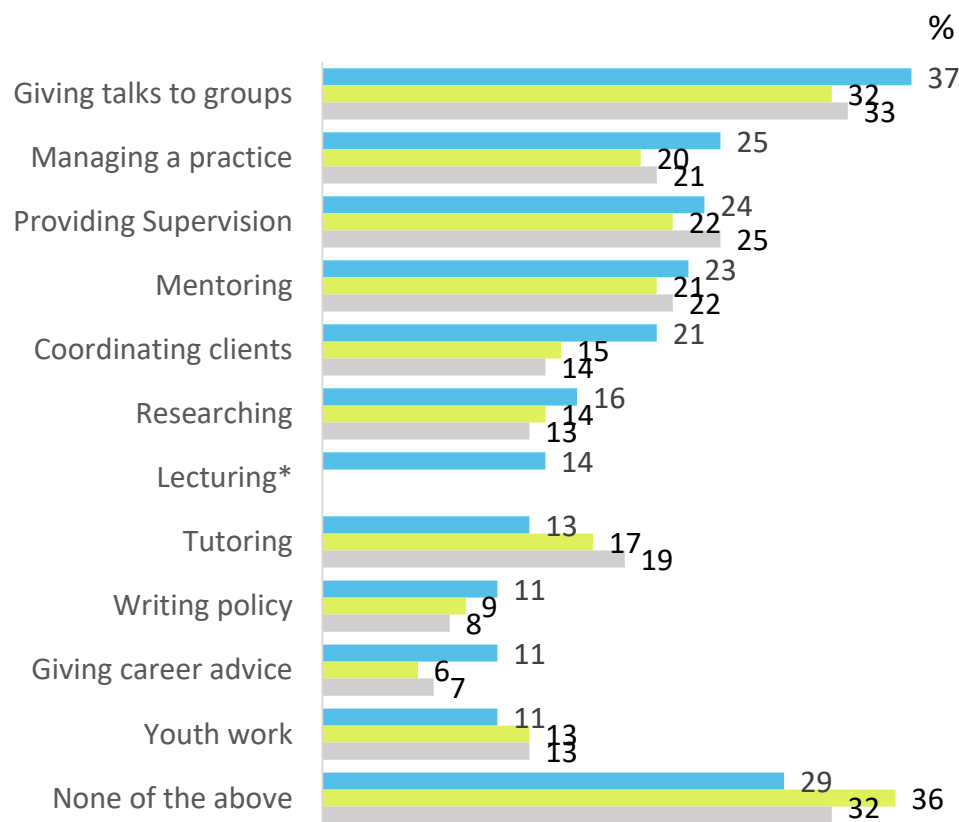
Gender		Age					Membership Type					
Male	Female	26-35	36-45	46-55	56-65	66+	Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive/retired
235	840	56	196	319	378	127	577	190	93	186	10	20
%	%	%	%	%	%	%	%	%	%	%	%	%
6	4	4	6	5	2	9	3	5	9	8	10	5
16	18	14	12	12	20	31	17	18	17	18	-	20
13	24	11	17	20	25	28	25	18	17	18	20	25
20	24	16	26	22	27	15	23	26	16	24	30	25
21	16	25	18	20	14	13	16	21	15	17	10	20
11	8	16	12	11	6	2	10	5	10	7	10	5
7	4	11	5	5	4	1	3	6	6	5	10	-
6	2	4	6	5	1	-	2	2	10	3	10	-

Figures in brackets = 2015

A notable proportion (45%) would ideally like to work between 10-20 hours per week – up from 2015.

Other aspects of Counselling/ Psychotherapy work

Base: All members – 1076

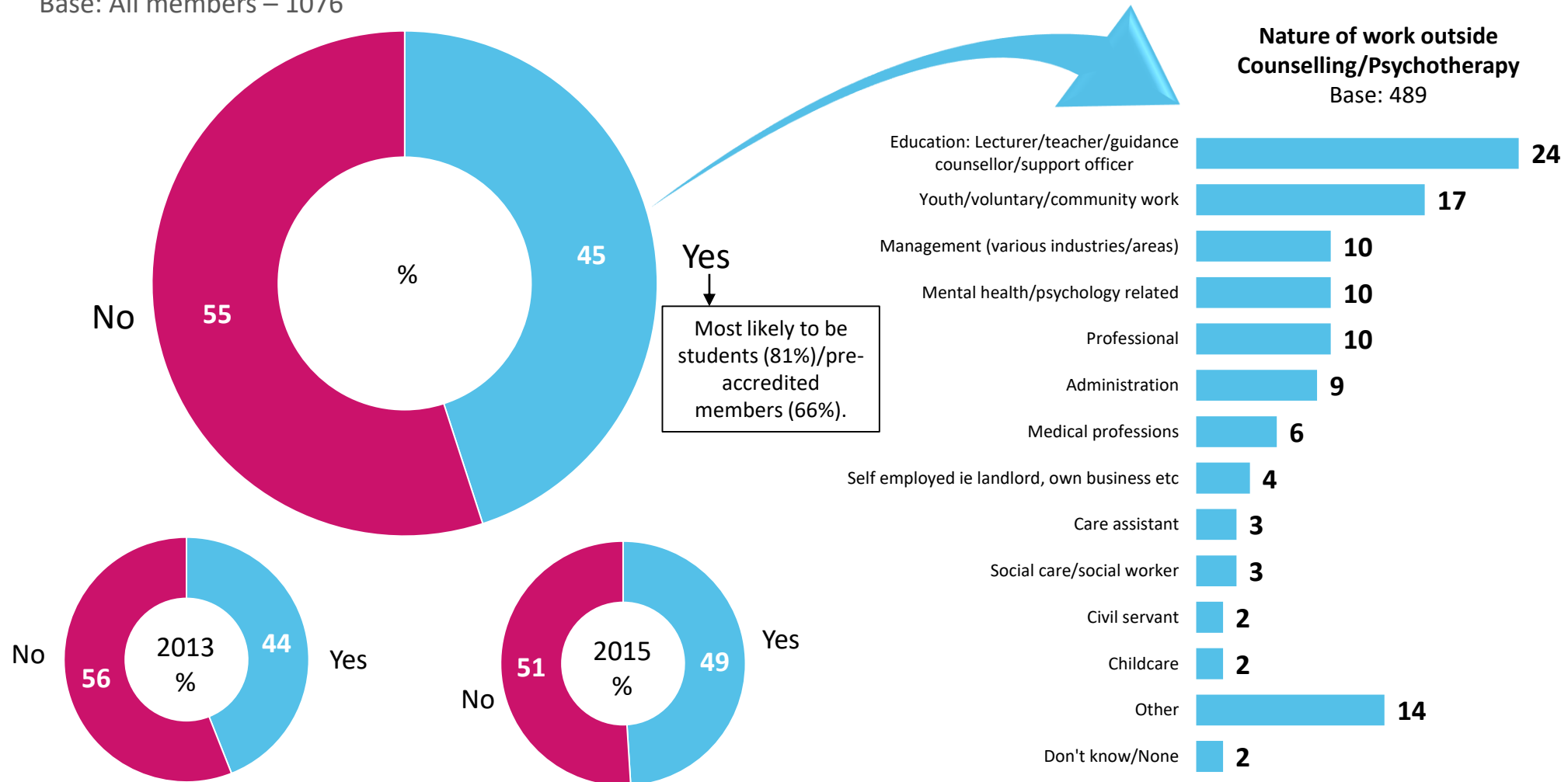


Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Affiliate Member	Inactive/retired
577	190	93	186	10	20
%	%	%	%	%	%
41	42	23	27	40	45
27	36	1	18	10	25
11	93	3	5	50	5
24	24	19	18	10	20
21	24	11	18	40	35
16	17	17	15	10	10
12	26	8	9	50	15
12	19	16	8	10	30
10	14	12	7	30	30
12	11	9	10	-	15
11	7	15	14	-	25
31	3	47	45	10	20

Outside of seeing clients, giving talks to groups is the most common aspect of work for members. Managing a practice, providing supervision, mentoring and co-ordinating clients are also mentioned. A notable proportion say their work involves no additional aspects – more typically students/pre-accredited members.

Work outside of counselling/psychotherapy

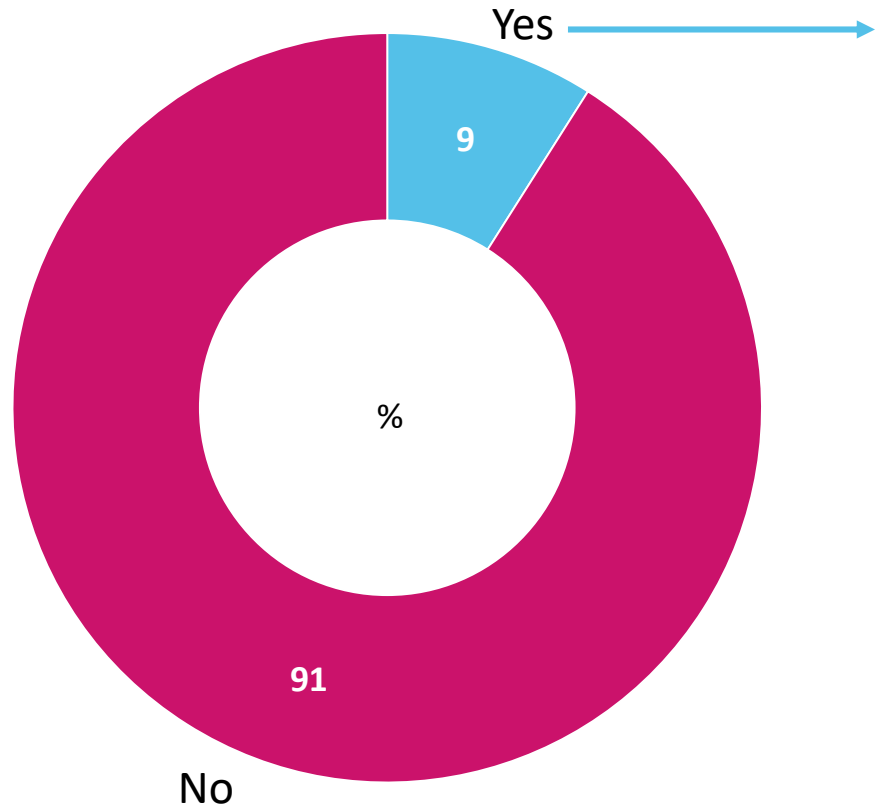
Base: All members – 1076



In line with previous years, the majority say they do not work outside counselling/psychotherapy. Those who do are most likely students/pre-accredited members, and to work in education or youth/community work.

Offering Counselling/Psychotherapy in a Foreign Language

Base: All members – 1076



Offers Counselling/Psychotherapy in foreign language

Base: 92

Gender:

%

Male	8
Female	9

Age:

26-35	4
36-45	14
46-55	5
56-65	9
66+	11

Membership Category:

Accredited Member	7
Accredited Supervisor	6
Student Member	20
Pre-Accredited Member	10
Affiliate Member	0
Inactive/retired	0

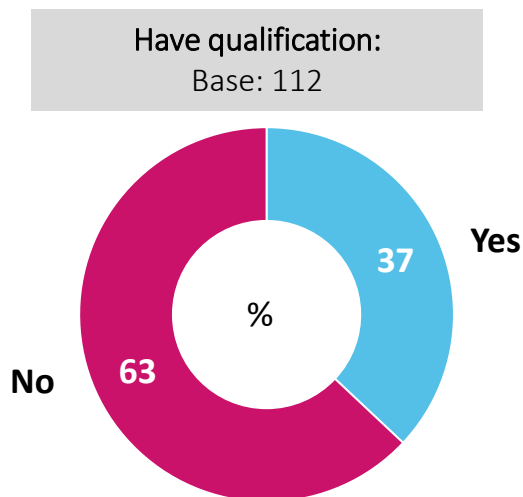
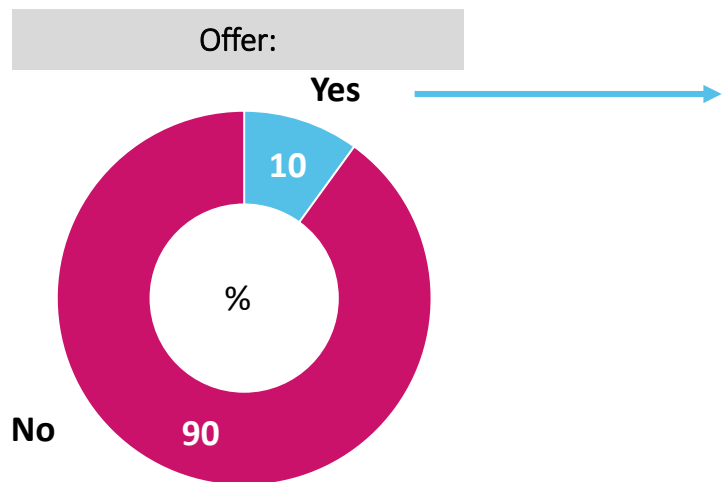
Length of Membership:

Less than 2 years	17
2-5 years	10
6-10 years	6
11-20 years	7
Over 20 years	6

A small minority can offer counselling/psychotherapy in another language – those who can are typically younger and student members.

Offering online Counselling/Psychotherapy

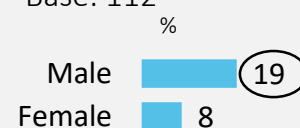
Base: All members – 1076



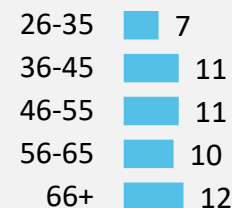
Do offer online Counselling/Psychotherapy

Base: 112

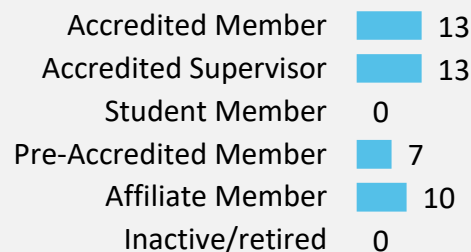
Gender:



Age:



Membership Category:



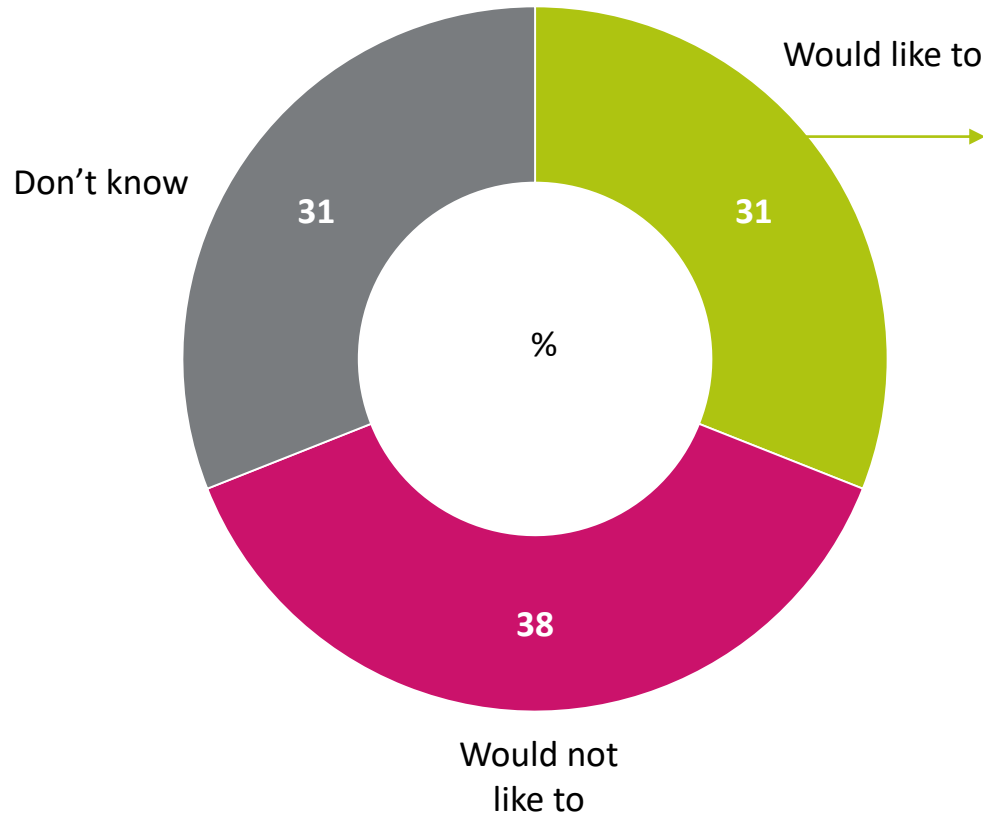
Length of Membership:



It is also a small minority who offer online counselling/psychotherapy (more likely to be men and long-standing members). 2 in 5 of those who do offer online counselling have an additional qualification for this.

Openness to offering online Counselling/Psychotherapy

Base: Those not currently offering - 964



Reasons for not currently offering

Base: 295



3 in 10 of those who do not currently offer online counselling/psychotherapy would like to – the most common reason given by them for not currently doing so is that they don't think they have the right training.

Offering online Counselling/Psychotherapy

Base: All members – 1076

Possible Benefits

	1 st	2 nd	3 rd	Any Top 3 %
Ease and convenience	35	22	10	67
Accessibility	24	29	18	71
Reduced barriers for engagement	15	7	10	32
Lowered costs for clients	6	12	16	34
Anonymity	3	6	7	16
Supplemental income for practitioners	3	5	11	19
Disinhibition	2	3	3	6
Other	1	2	2	4
None of these	13	0	0	13

Possible Challenges

	1 st	2 nd	3 rd	Any Top 3 %
Loss of relational cues	45	23	13	81
Practical issues around relying on technology	23	24	17	64
Practical issues around training	12	7	9	28
Ethical issues and their potential legal implications	11	22	27	59
Confidentiality	7	18	17	42
Other	4	0	0	6
None of these	1	0	0	2

While ease, convenience and accessibility are particularly recognized as possible benefits of online delivery – members are most concerned about the possible loss of relational cues and practical issues with technology. There are also concerns training, ethics and confidentiality.

Challenges of working as a Counsellor/Psychotherapist

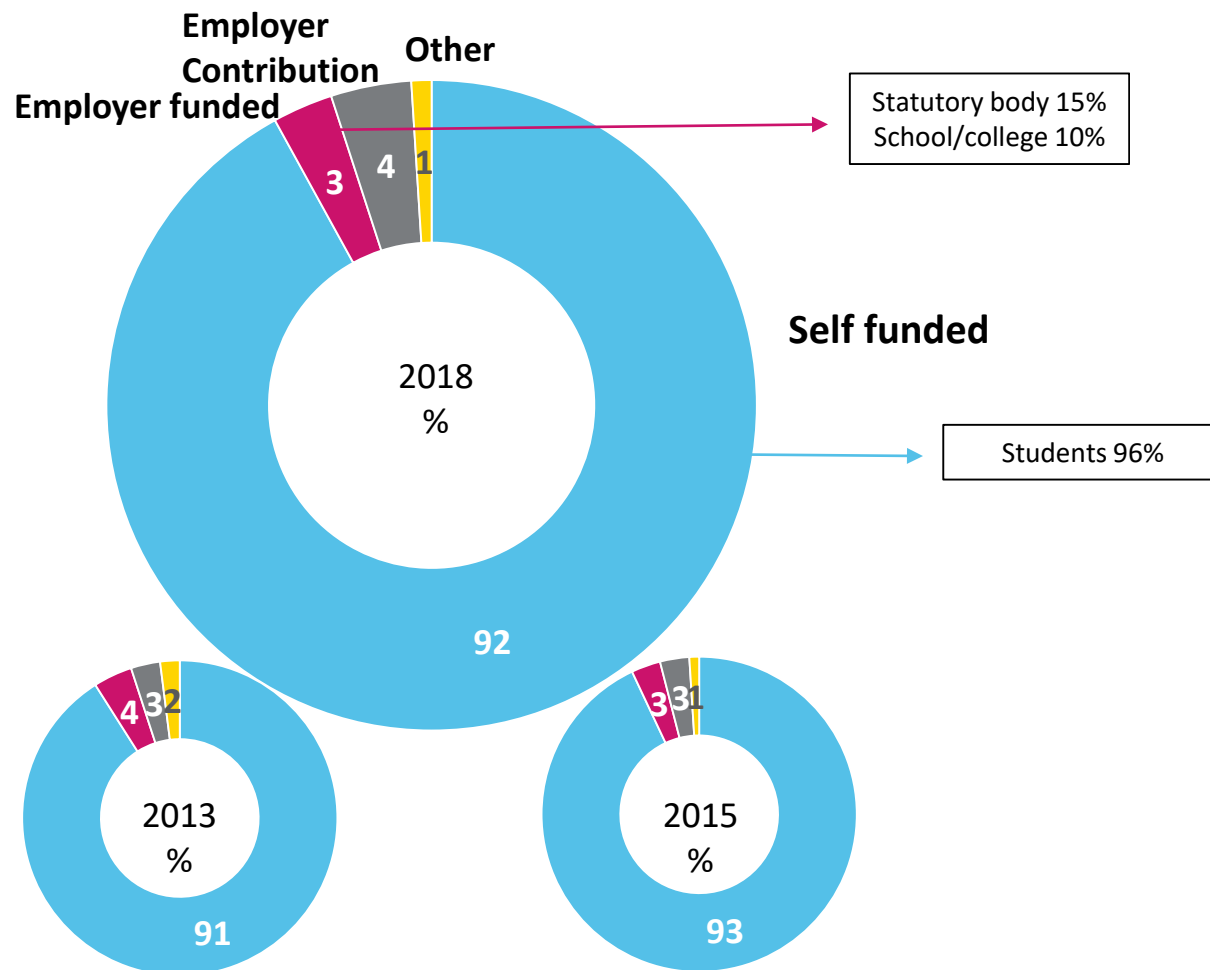
Base: All members – 1076



The range of issues mentioned is quite broad, with the most commonly mentioned being making a living/getting enough work. Self care and managing time/work-life balance also emerge as priority issues.

Funding of workshops/CPD

Base: All members – 1076

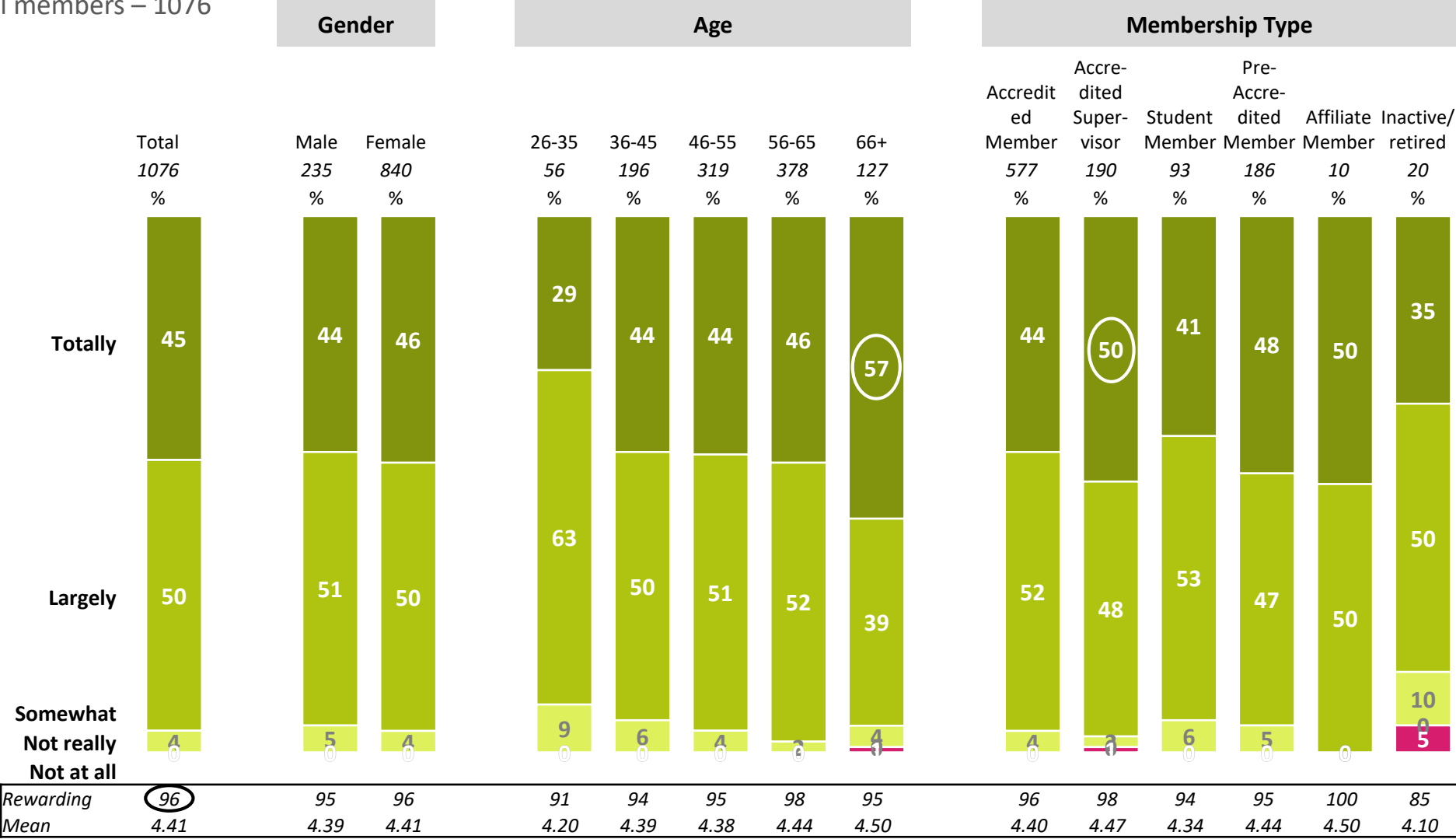


Similar to previous years, the vast majority self fund attendance at workshops & CPD. Student workers are most likely to self fund, while those working for a statutory body or school/college are most likely to be funded by their employer.

Job Satisfaction as a Counsellor/Psychotherapist



Base: All members – 1076



The vast majority (96%) say they find their work as a Counsellor/Psychotherapist rewarding. Those aged 66+ and supervisors find the work most rewarding.

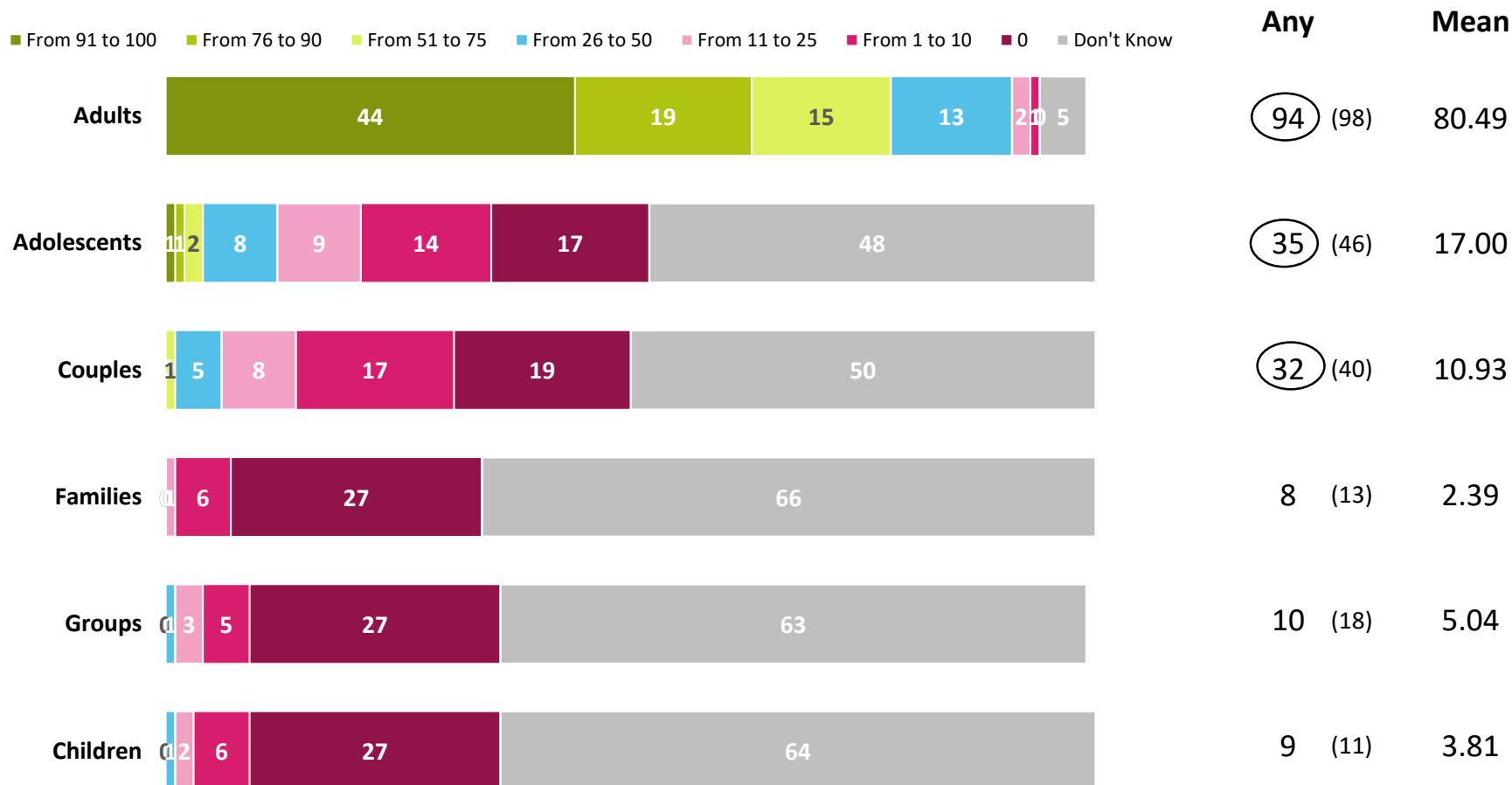




Client issues, fees & referrals

Client groups seen

Base: All members – 1076



Figures in brackets = 2015

Adults are the most common client group seen by members, followed by adolescents and couples. There is a general reduction apparent compared to 2015, most notably for adolescents.



Client groups seen

Base: All members: 1076

	All members	Membership Type						Work		Work Situation							
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive / Retired	Full	Part	Individual Practitioner in Private Practice	Individual Practitioner in Group Practice	Employed by Statutory body i.e. HSE	Employed by a school/ college	Employed by a Voluntary Agency/ Charity	Volunteer with Voluntary Agency/ Charity	Student	Other
Base:	1076	577	190	93	186	10	20	325	749	689	80	78	72	187	199	92	72
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Adults	94	97	96	80	97	90	50	97	93	97	99	95	90	96	96	82	85
Adolescents	35	43	43	8	16	30	15	48	29	41	30	45	61	43	25	10	33
Couples	32	36	56	2	9	50	15	46	26	41	40	38	26	34	20	5	31
Groups	10	10	17	3	7	20	-	18	7	10	19	21	19	17	6	2	7
Families	8	8	13	-	4	30	5	13	5	9	11	12	8	15	6	2	4
Children	9	10	16	-	5	-	-	14	7	11	8	6	17	12	6	1	7

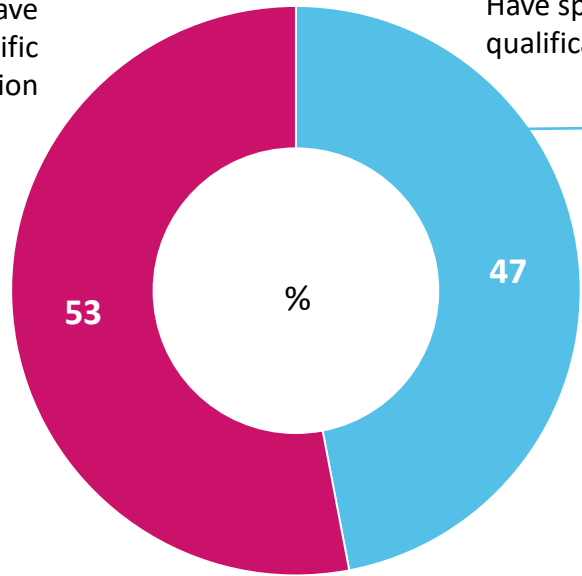
*Small base

Supervisors and those working full time have the broadest client base.

Working with children/adolescents

Base: 390

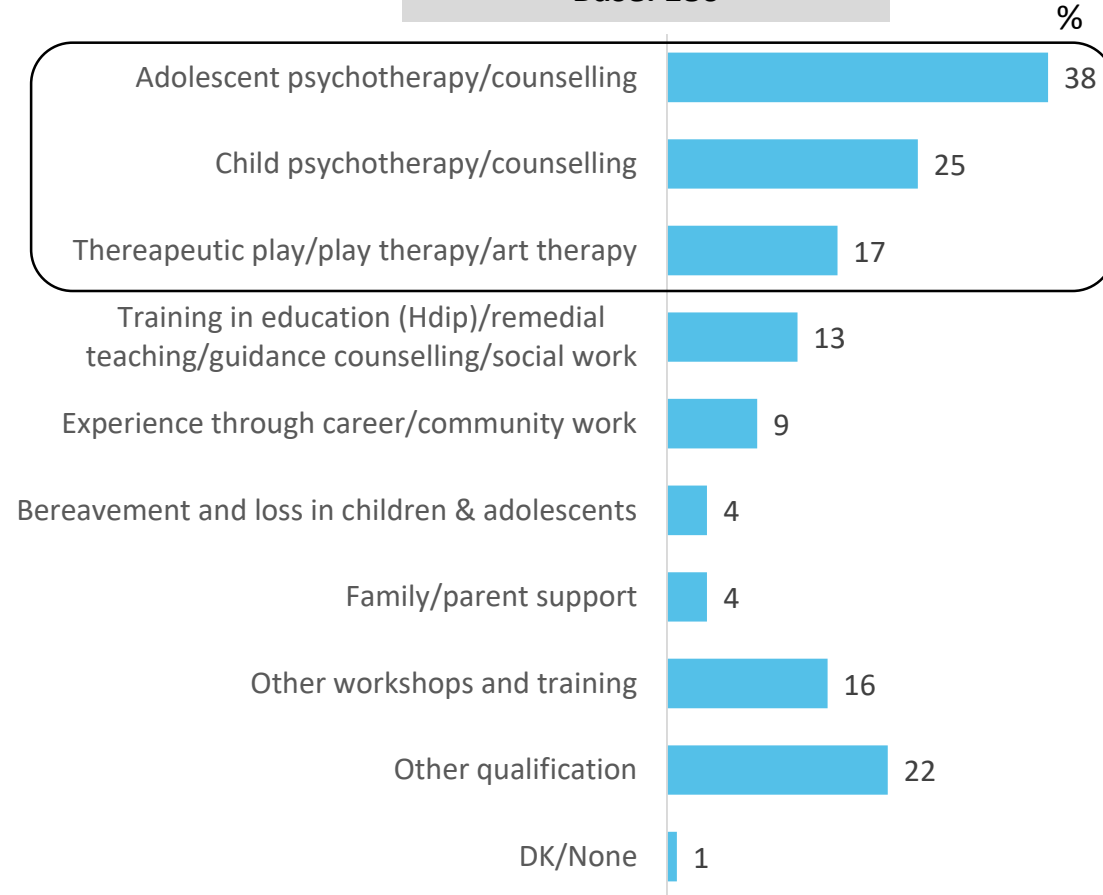
Do not have
specific
qualification



Have specific
qualification

Qualification Type

Base: 186

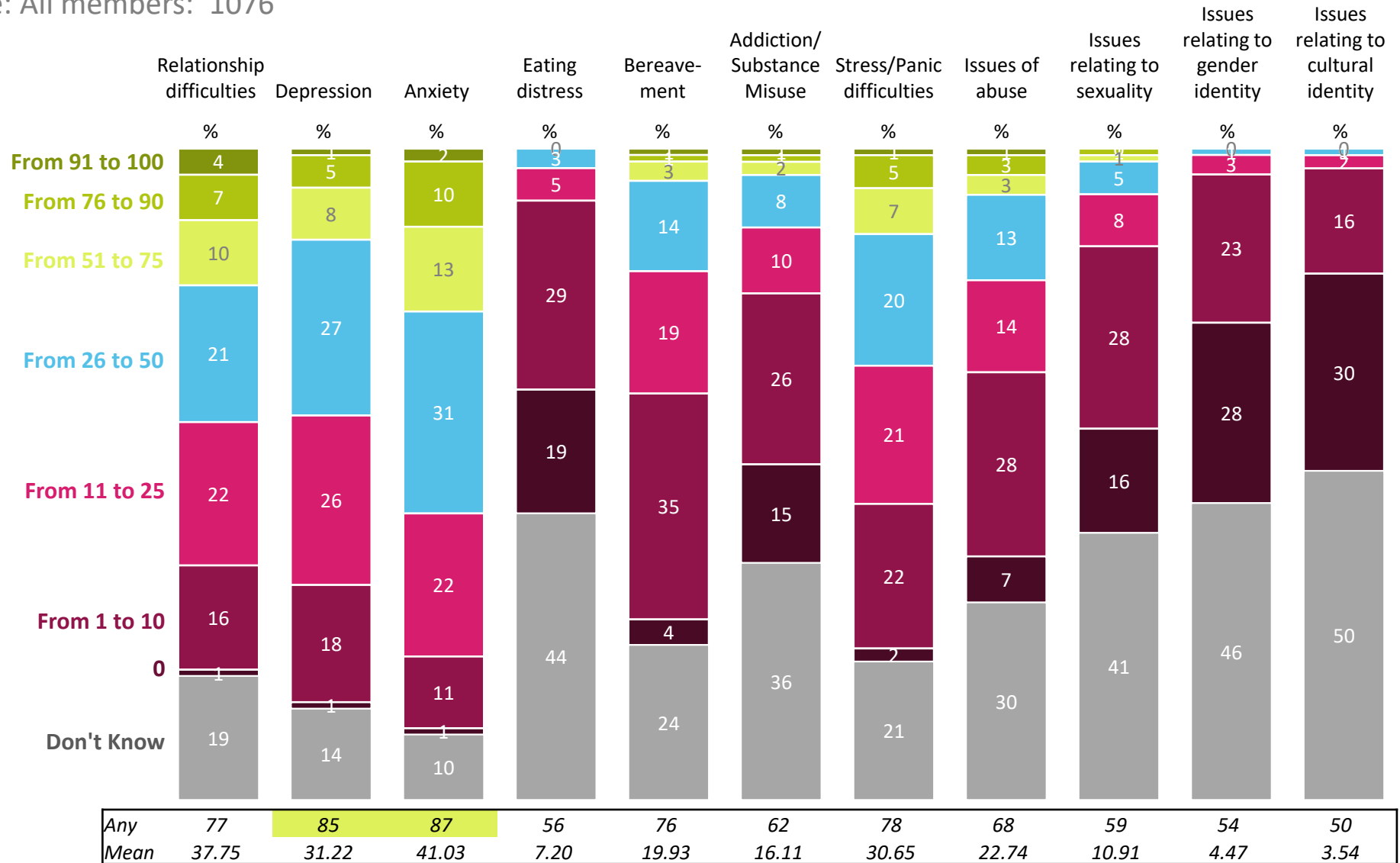


Of those working with children/adolescent clients, just under half have a specific qualification for this work. The most common qualifications being child/adolescent psychotherapy and play therapy.

Client presenting issues



Base: All members: 1076



Depression, anxiety and relationship difficulties are the most common presenting issues.



Client presenting issues

Base: All members: 1076

	All members	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
Base:	1076	235	840	56	196	319	378	127	577	190	93	186	10	20
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Relationship difficulties	77	79	80	86	85	76	78	82	81	86	67	78	50	50
Depression	85	83	85	86	83	85	85	83	88	88	63	84	70	50
Anxiety	87	86	90	93	90	91	88	84	92	92	75	90	70	40
Eating distress	56	31	39	29	38	40	36	38	40	43	16	34	60	5
Bereavement	76	68	74	64	66	74	76	72	77	82	48	63	80	40
Addiction/Substance Misuse	62	57	46	43	52	50	48	46	51	55	33	41	70	35
Stress/Panic difficulties	78	76	78	80	78	78	78	76	81	85	58	75	80	35
Issues of abuse	68	56	65	57	60	64	65	62	64	79	34	60	70	40
Issues relating to sexuality	59	40	43	39	38	45	42	46	46	56	15	33	30	20
Issues relating to gender identity	54	26	27	27	22	29	25	31	29	37	8	18	20	10
Issues relating to cultural identity	50	19	20	27	17	21	18	24	20	25	11	17	30	5

**Small base*

Supervisors work with the broadest range of client presenting issues. Men are more likely to work with those presenting with addiction/substance abuse, while under 35s are more likely to work with those experiencing relationship difficulties, anxiety or issues relating to cultural identity.

Client presenting issues

Base: All members: 1076

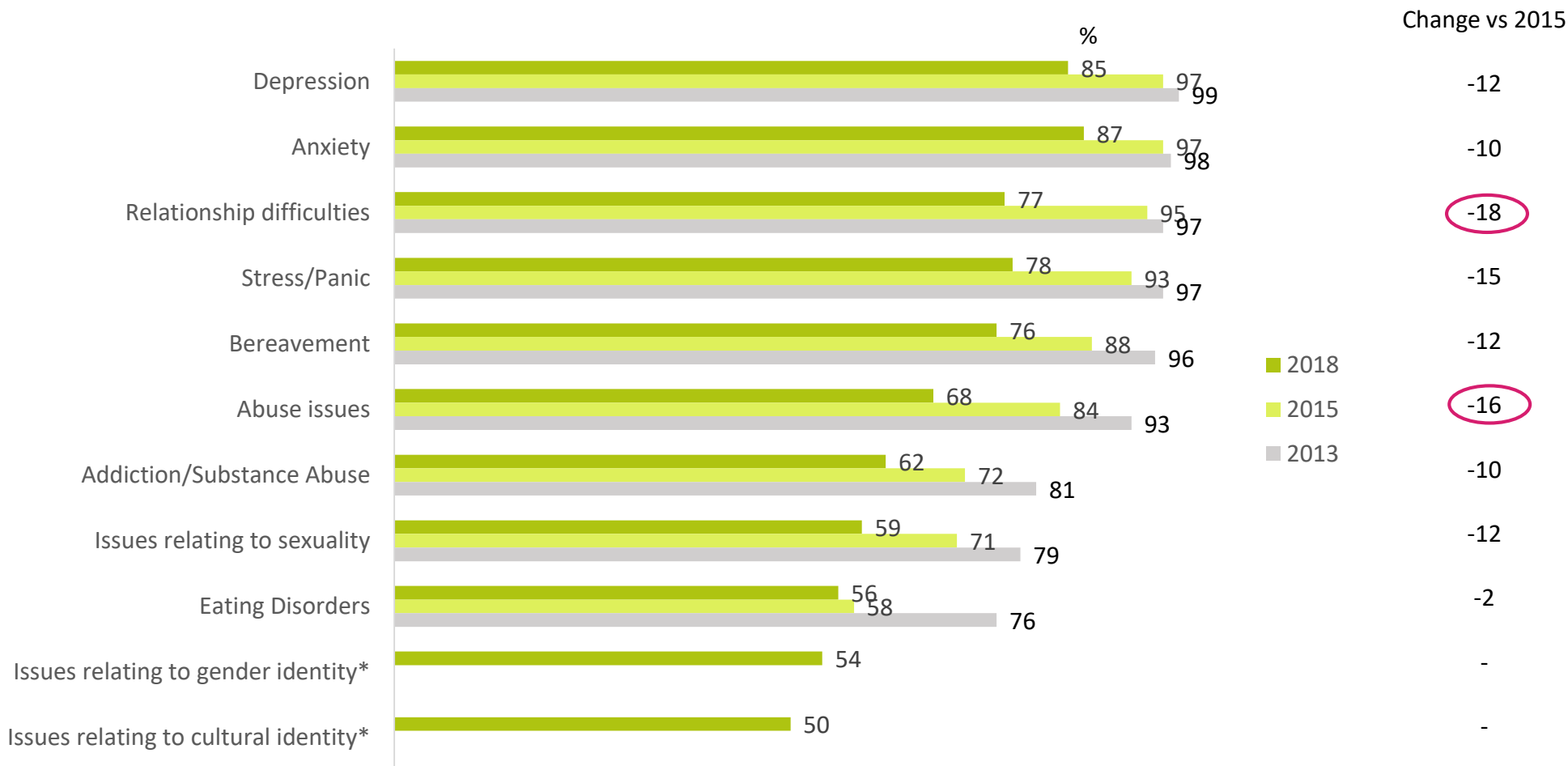
	All members	Membership Length					Work		Work Situation							
		Less than 2 years	2-5 years	6-10 years	11-20 years	Over 20 years	Full	Part	Individual Practitioner in Private Practice	Individual Practitioner in Group Practice	Employed by Statutory body i.e. HSE	Employed by a school/ college	Employed by a Voluntary Agency/ Charity	Volunteer with Voluntary Agency/ Charity	Student	Other
Base:	1076	109	343	242	303	79	325	749	689	80	78	72	187	199	92	72
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Relationship difficulties	77	70	80	78	81	87	79	80	83	84	77	76	80	80	67	83
Depression	85	70	86	85	85	92	86	84	89	85	83	82	87	86	62	81
Anxiety	87	80	92	91	86	91	93	88	92	90	92	90	89	90	74	83
Eating distress	56	28	38	35	39	48	46	34	40	46	50	46	34	34	20	36
Bereavement	76	51	71	71	81	80	78	70	77	73	73	74	78	75	51	67
Addiction/Substance Misuse	62	37	49	50	51	51	58	44	51	48	64	60	57	48	35	43
Stress/Panic difficulties	78	61	79	77	81	84	83	75	81	85	79	83	79	80	57	79
Issues of abuse	68	39	64	59	70	81	73	59	68	65	82	68	67	62	36	65
Issues relating to sexuality	59	24	39	41	49	63	54	37	48	45	58	54	46	38	17	51
Issues relating to gender identity	54	12	23	27	29	48	41	21	28	26	44	53	33	26	11	28
Issues relating to cultural identity	50	14	20	18	20	33	29	16	20	23	35	32	23	21	14	21

Members of over 20 years, those working full time and those working for the HSE also work with a broader range of presenting issues.

Client presenting issues



Base: All members: 1076



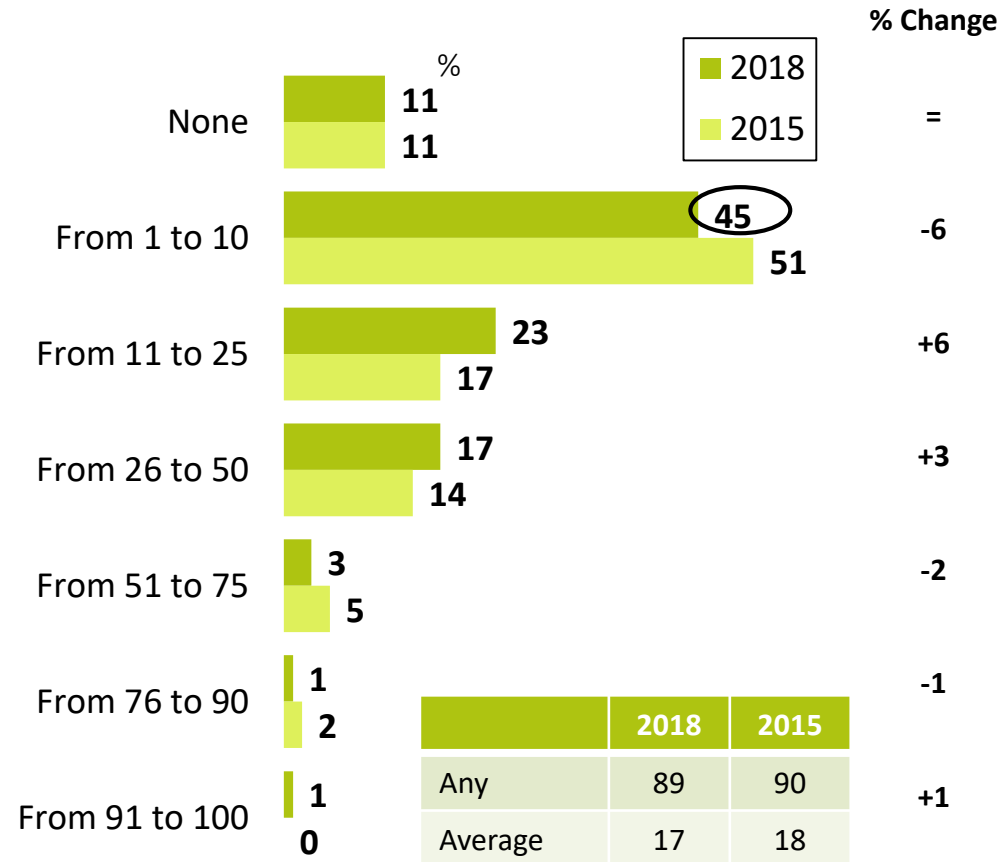
*Not asked previously

There is apparent reduction across all client presenting issues – most notably relationship difficulties and abuse issues.



Clients presenting with suicidal ideation

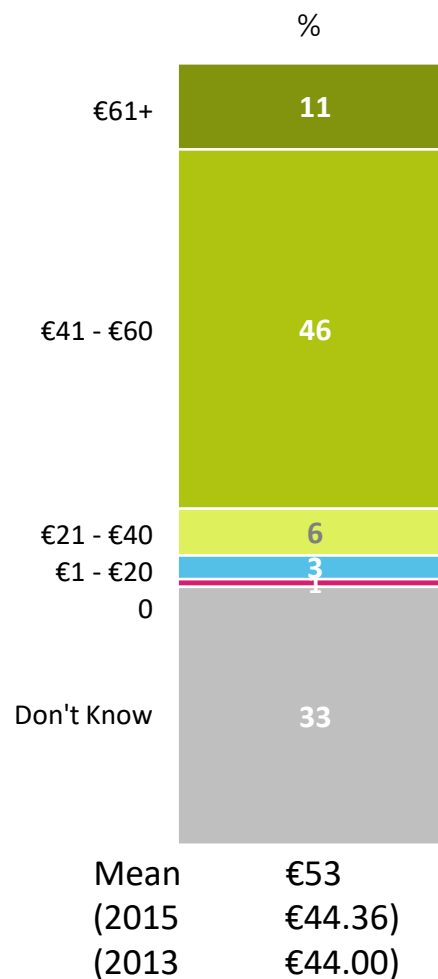
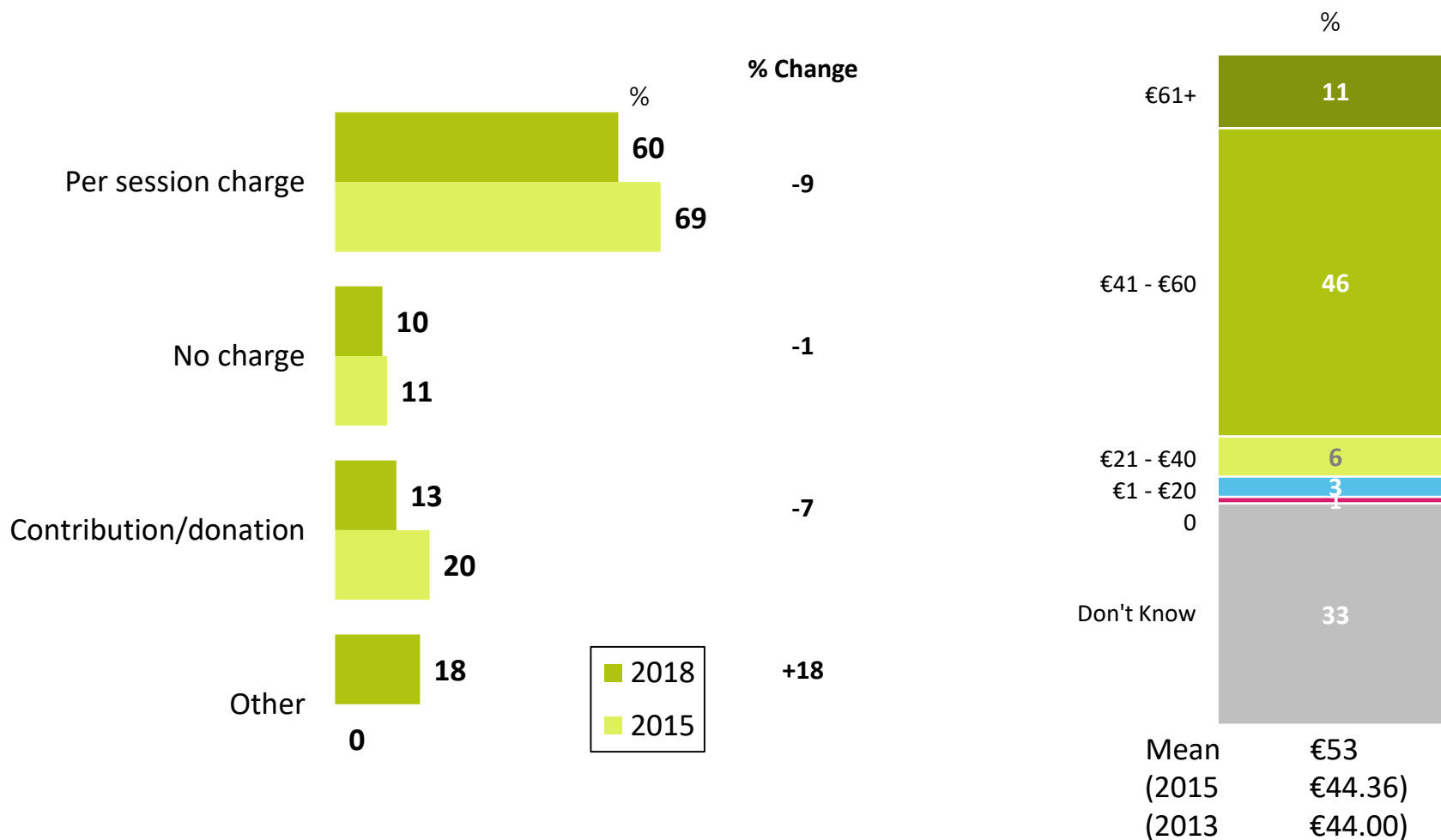
Base: All members: 1076



A majority indicate that between 1 and 10% of clients present with suicidal ideation, although the average is 17%. Those estimating a presentation rate of 11-25% is up from 2015. The proportion saying they have had any clients with this presentation is high at 89%. However, it is encouraging to see that 90% of members have had training in suicide prevention – well up from previous years.

Client Fees

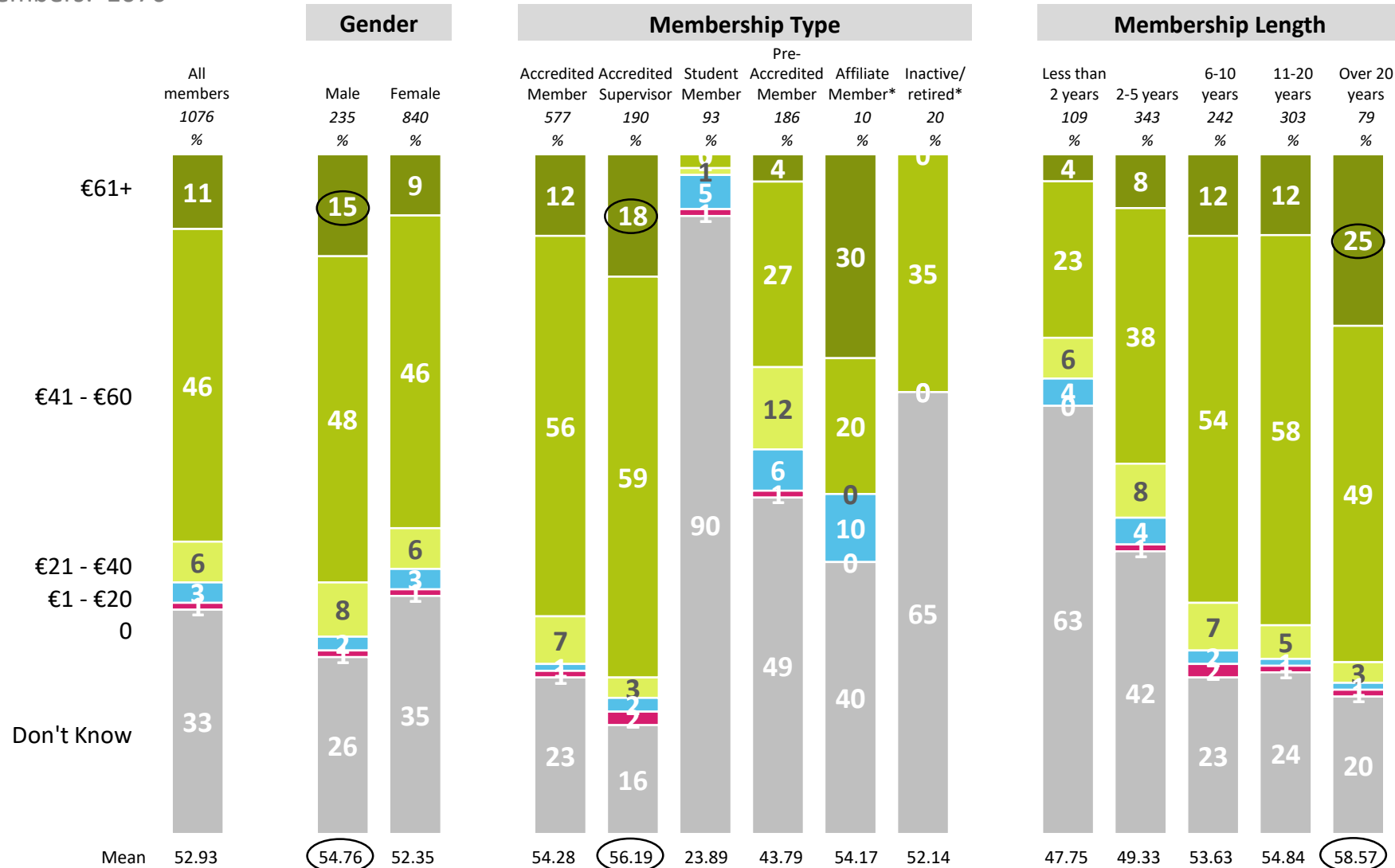
Base: All members: 1076



Most say that they charge between €41-€60 per session. The average session charge of €53 is up from 2015/2013.

Client Fees (x gender, membership type & length)

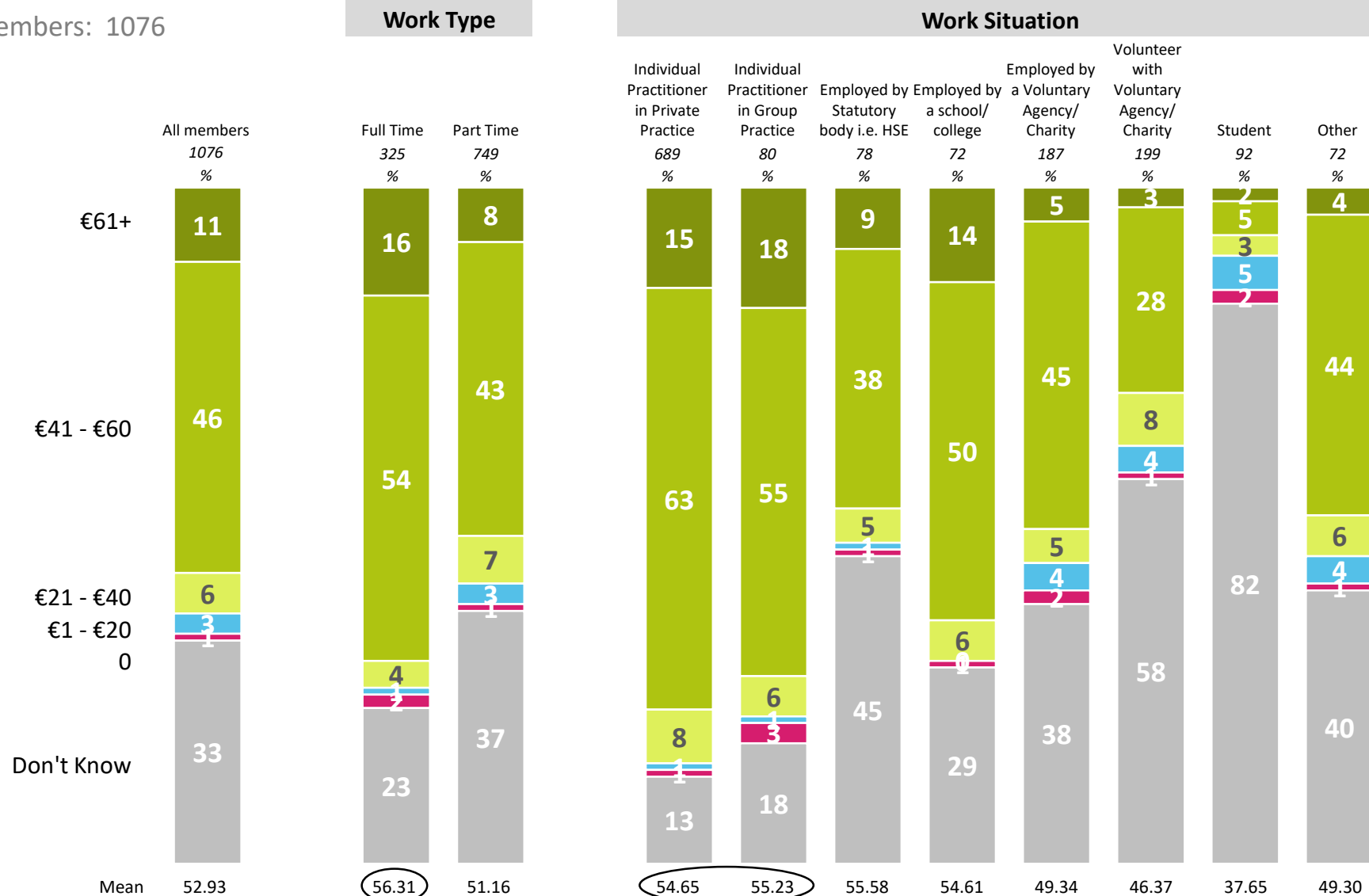
Base: All members: 1076



Men, accredited supervisors and those with 20+ years membership charge the highest client fees.

Client Fees (x work type & situation)

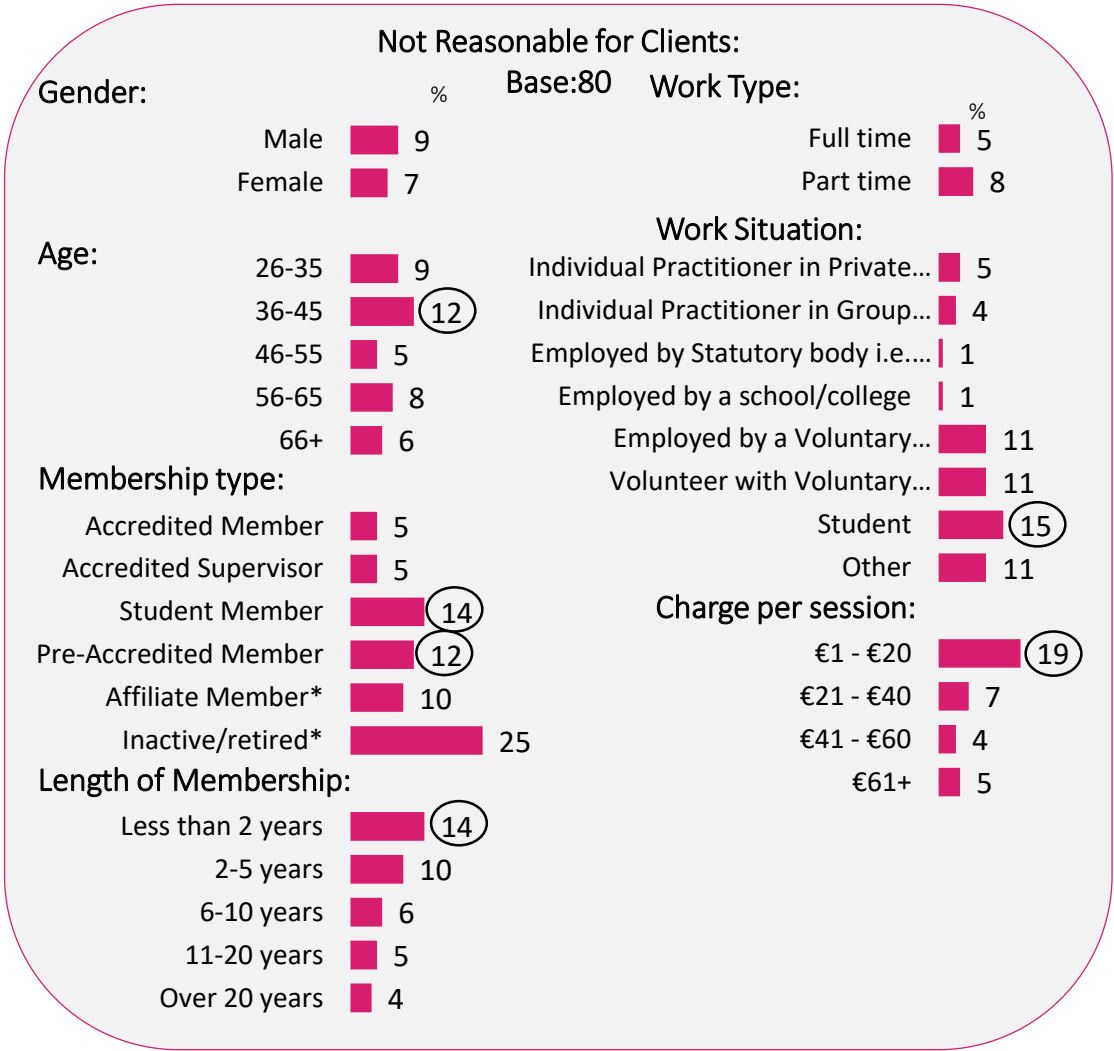
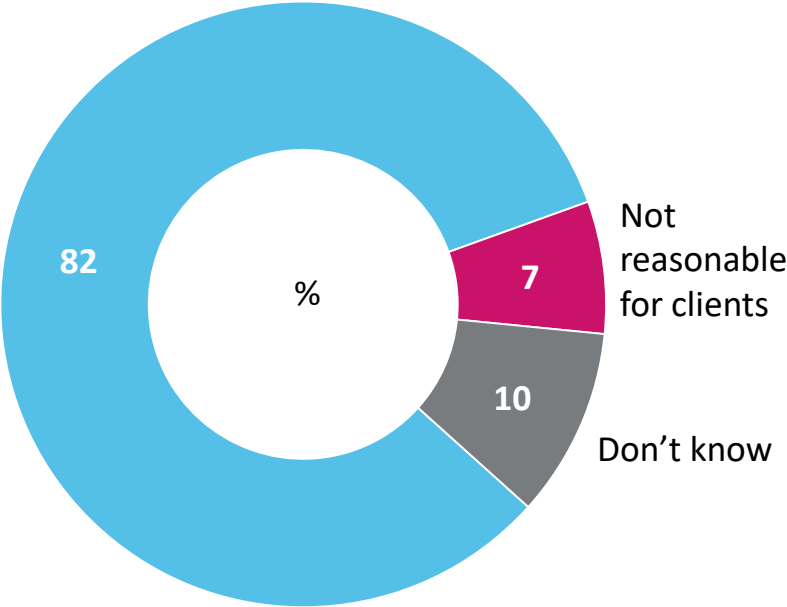
Base: All members: 1076



Higher client fees are also charged by those working full time and in group practice or statutory body.

Perceptions of client fees

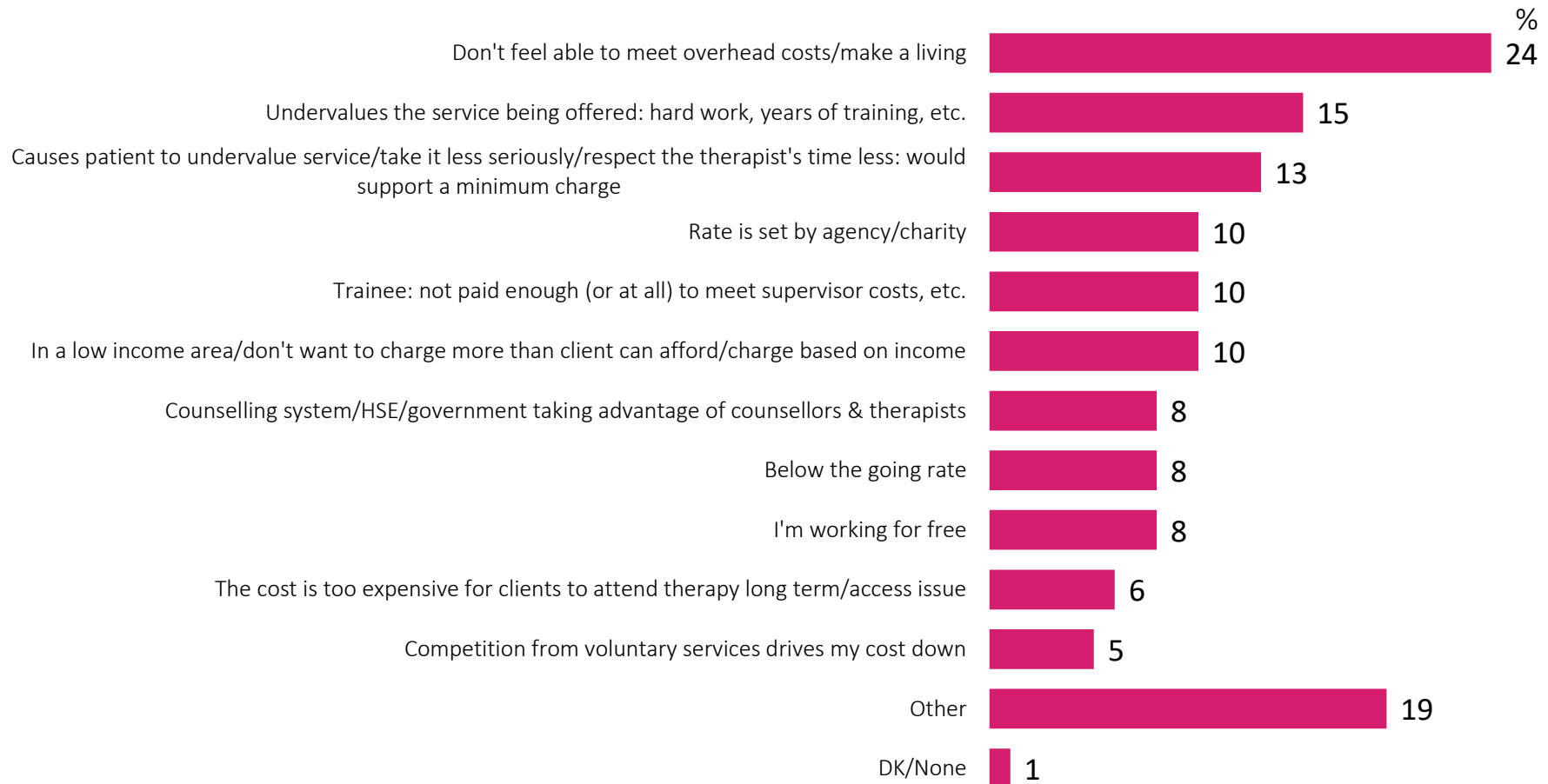
Base: All members – 1076



The majority believe they charge a reasonable rate for clients. However, younger, student or pre accredited members and those charging between €1-€20 per session are more likely to say the fee is not reasonable.

Reasons why fee is not reasonable for clients

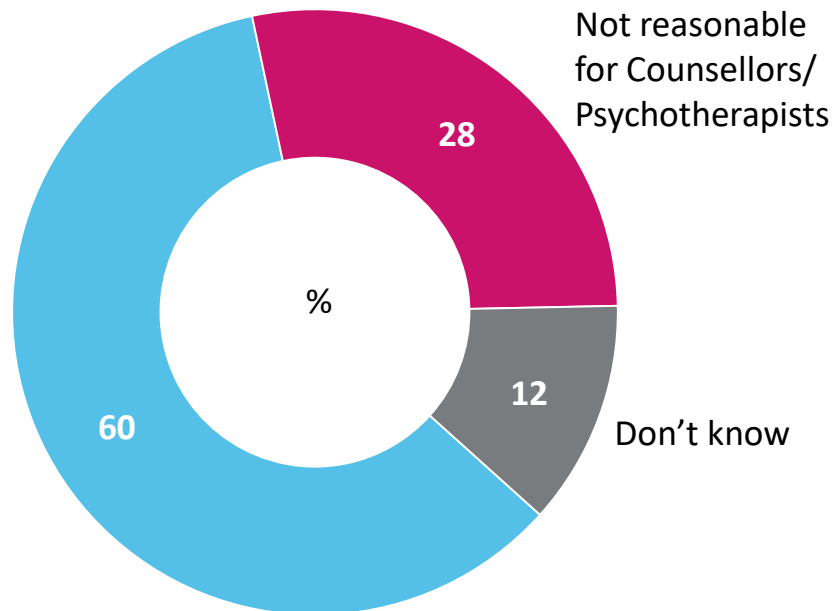
Base: All members: 80



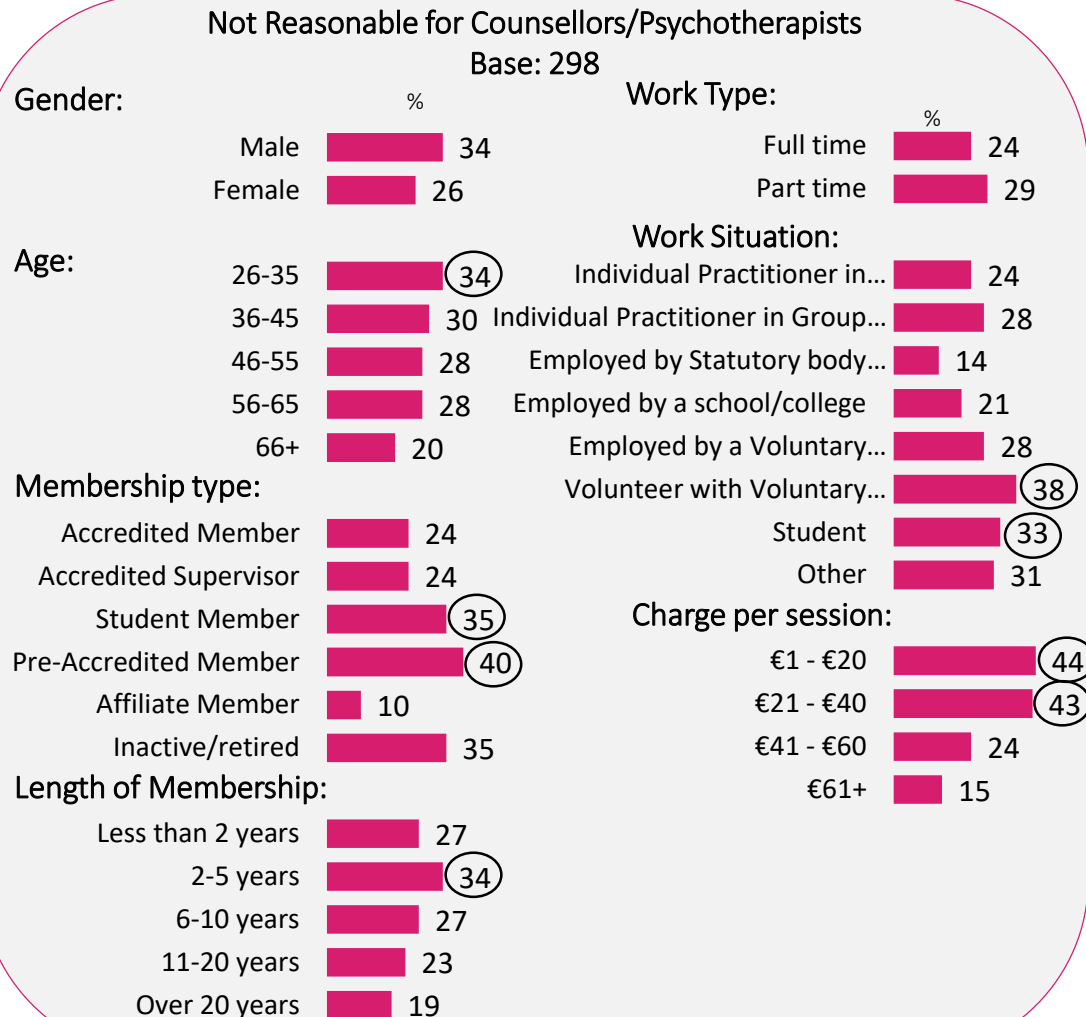
Of those who say the fee is unreasonable for clients, the most commonly cited reasons are being unable to meet costs or make a living, and the service being undervalued.

Perceptions of client fees

Base: All members – 1076



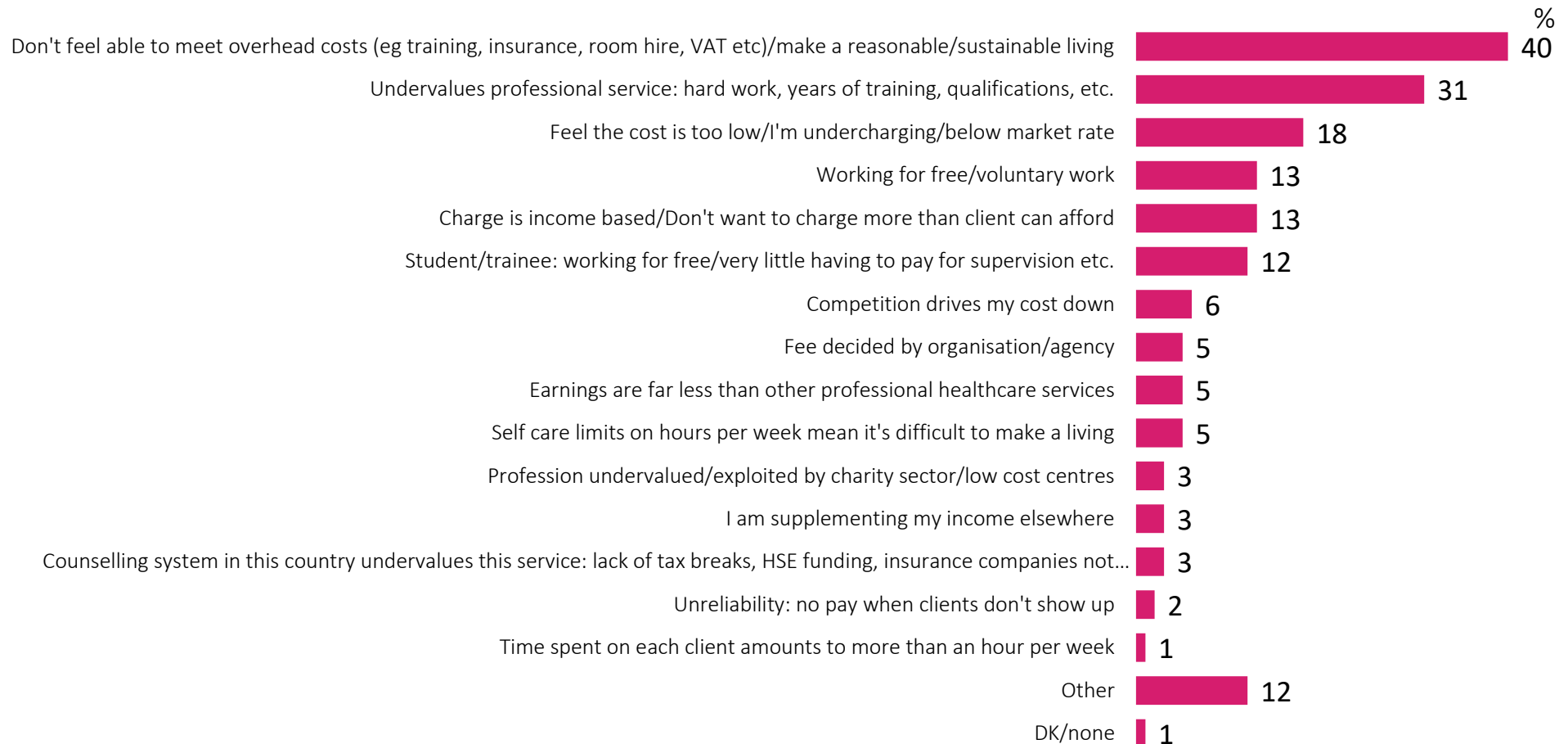
Reasonable for
Counsellors/
Psychotherapists



While the majority also say that they believe what they charge is reasonable for them personally, a notable proportion (28%) say that it is not – more likely to be men (despite charging higher fees), younger student or pre-accredited members, those working on a voluntary basis and those charging €40 or less per session.

Reasons why fee is not reasonable for counsellors/ psychotherapists

Base: All members: 298

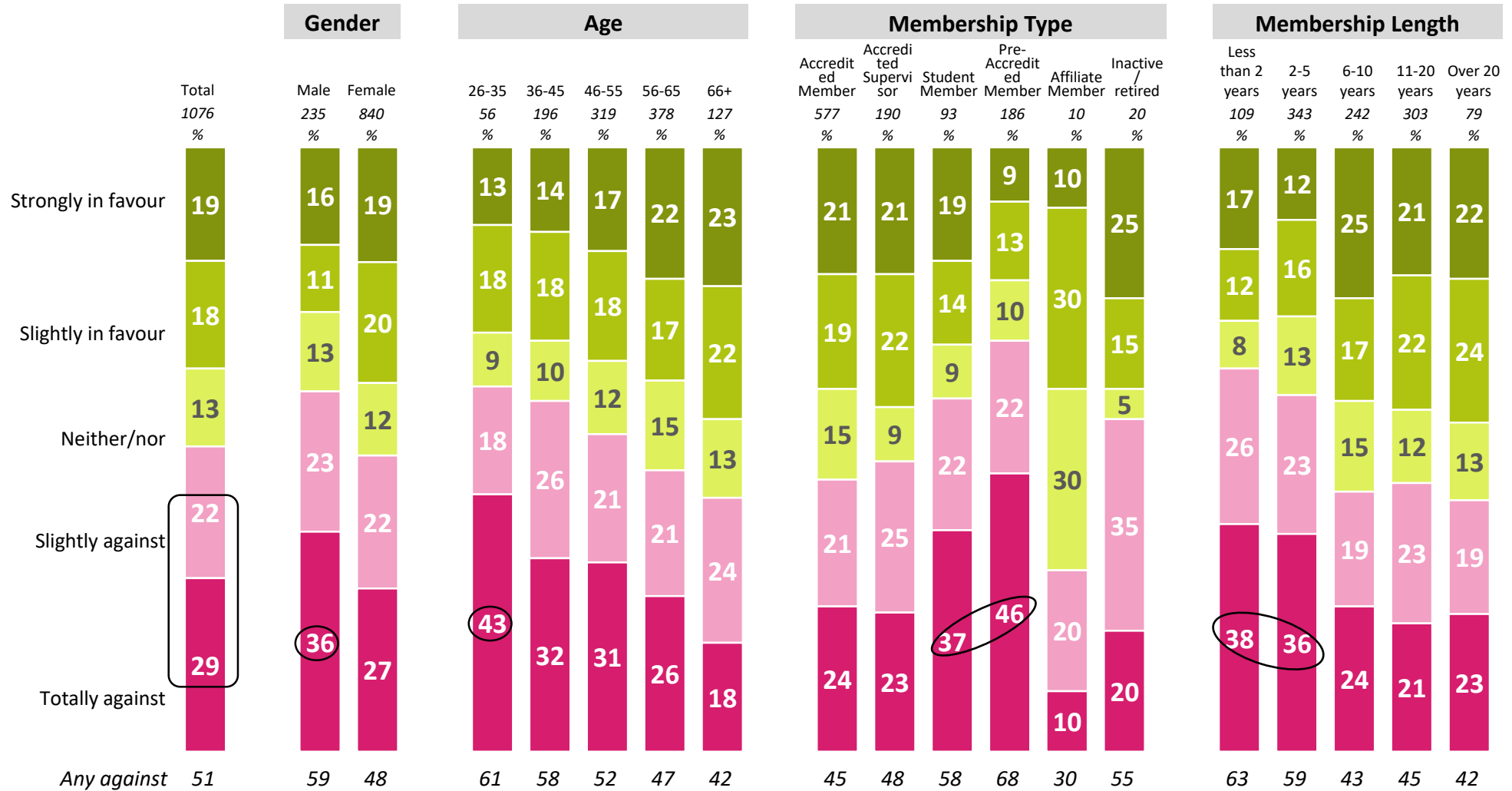


Again, being unable to meet overhead costs/make a living and the service being undervalued are the most common reasons given by those who feel the fee is too low for them personally.

Attitudes toward voluntary work



Base: All members: 1076

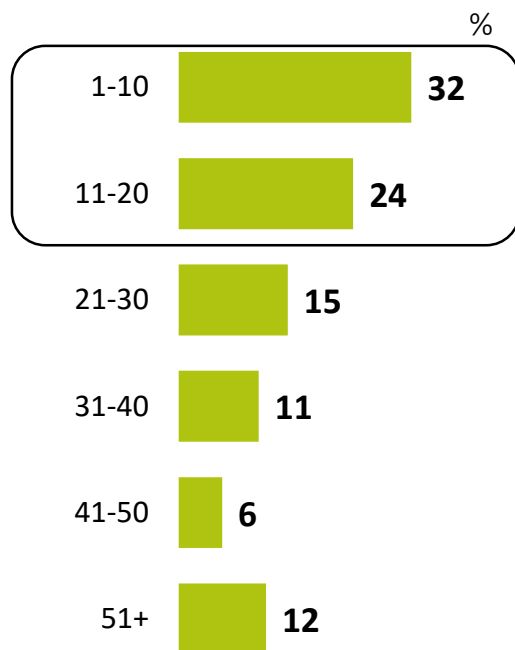


The majority (51%) are against unpaid work to build accreditation hours. Men, those aged under 35 and student & pre-accredited members are most strongly against this.

Client numbers & hours per month

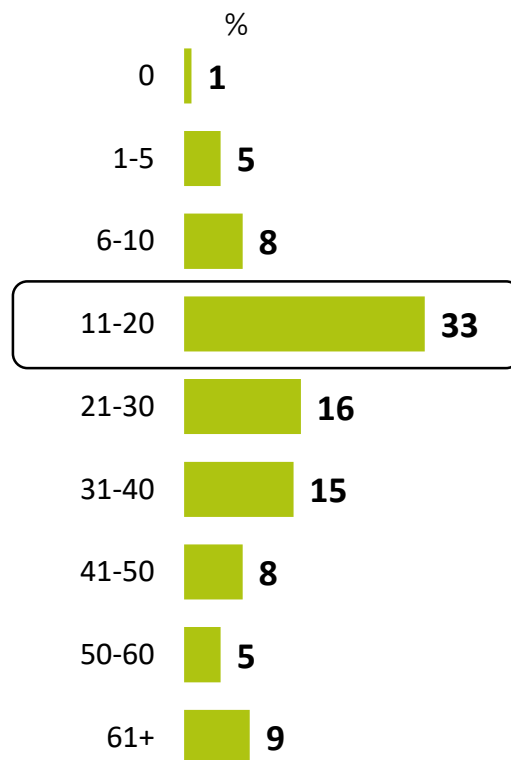
Base: All members: 1076

Client Numbers



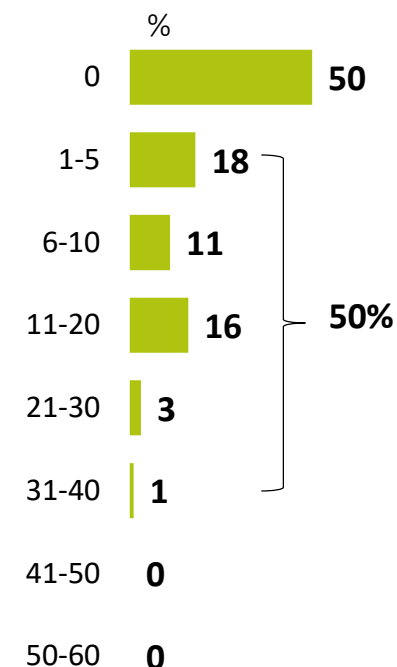
Mean: 25.83
 (2015: 21.65)
 (2013: 21)

Client Hours



Mean: 33.61
 (2015: 30.48)
 (2013: 28)

Unpaid Hours



Mean: 6.38

The majority (56%) say they see between 1 – 20 clients per month – most (33%) completing 11-20 hours. The average number of clients (25.83) and hours (33.61) are up from 2015/2013. Half say they do a proportion of unpaid work – most under 20 hours.

Number of clients & paid/unpaid hours (1)



Base: All members: 1076

	All members	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
Base:	1076	235	840	56	196	319	378	127	577	190	93	186	10	20
Average number of clients per month	25.83	25.35	25.90	16.77	20.94	27.71	28.82	23.78	28.36	38.09	8.08	14.56	39.80	16.90
Average number of client hours per month	33.61	35.80	32.89	23.54	31.36	37.22	34.35	30.22	36.34	44.27	12.55	22.66	46.80	46.60
Average number of unpaid client hours per month	6.38	4.57	6.89	8.25	6.66	6.36	6.19	5.72	4.28	5.68	13.12	10.33	6.10	5.50

Accredited members and supervisors, and those aged 46-65 are seeing the most clients per month. Younger students and pre-accredited members are doing the most unpaid work while men work less hours for free.

**Small base*



Number of clients & paid/unpaid hours (2)

Base: All members: 1076

	All members	Membership Length					Work		Work Situation							
		Less than 2 years	2-5 years	6-10 years	11-20 years	Over 20 years	Full	Part	Individual Practitioner in Private Practice	Individual Practitioner in Group Practice	Employed by Statutory body i.e. HSE	Employed by a school/ college	Employed by a Voluntary Agency/ Charity	Volunteer with Voluntary Agency/ Charity	Student	Other
Base:	1076	109	343	242	303	79	325	749	689	80	78	72	187	199	92	72
Average number of clients per month	25.83	13.32	20.45	27.83	32.93	33.11	42.20	18.75	28.54	27.31	39.06	36.89	30.48	15.35	8.76	25.24
Average number of client hours per month	33.61	18.98	28.28	36.91	41.12	37.96	55.43	24.17	36.43	36.51	51.05	48.76	40.33	21.81	13.21	39.57
Average number of unpaid client hours per month	6.38	10.49	7.99	4.76	4.67	5.19	6.45	6.36	3.72	4.44	11.51	5.04	7.80	13.36	9.34	4.90

Those working for statutory bodies are seeing the most clients and doing more unpaid work.

Sources of clients



Base: All members: 1076

(% 2015*)



Membership Type					
Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive/Retired
577	190	93	186	10	20
82	89	25	60	90	60
53	62	18	26	30	30
44	48	45	39	40	30
40	42	3	-	-	10
15	23	1	1	-	10
12	8	13	17	-	5
7	5	3	3	10	5
2	2	1	1	10	-
32	23	42	38	40	35

*Main source asked in 2015

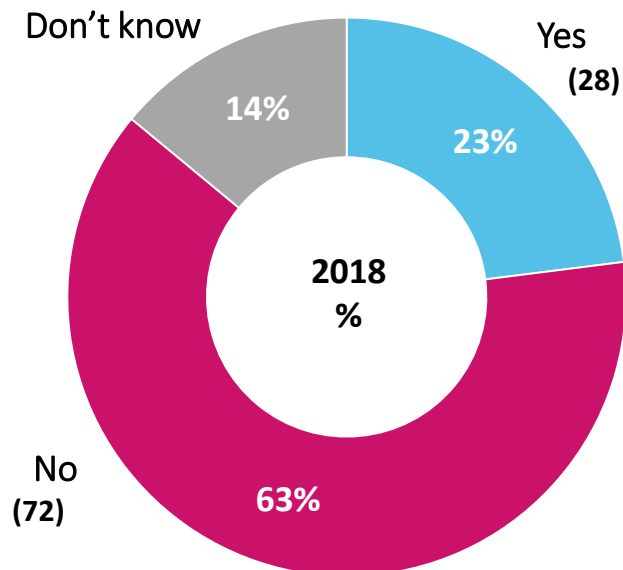
Word of mouth referrals are the greatest client source for members – referrals from GPs/other organisations are also common. Most sources are growing compared to previous years, a 5% reduction since 2015.



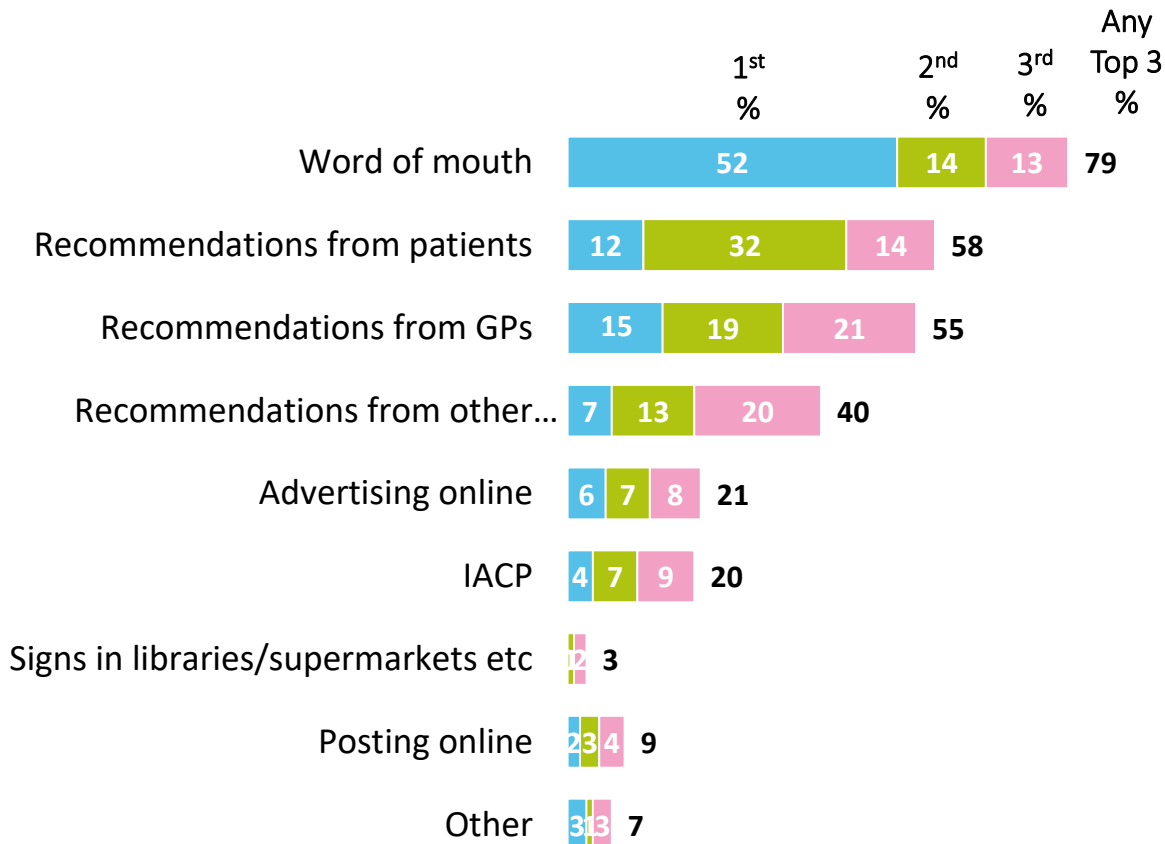
Marketing/Promotional Activities

Base: All members: 1076

Do you market yourself enough?



Most effective marketing methods



Figures in brackets = 2015

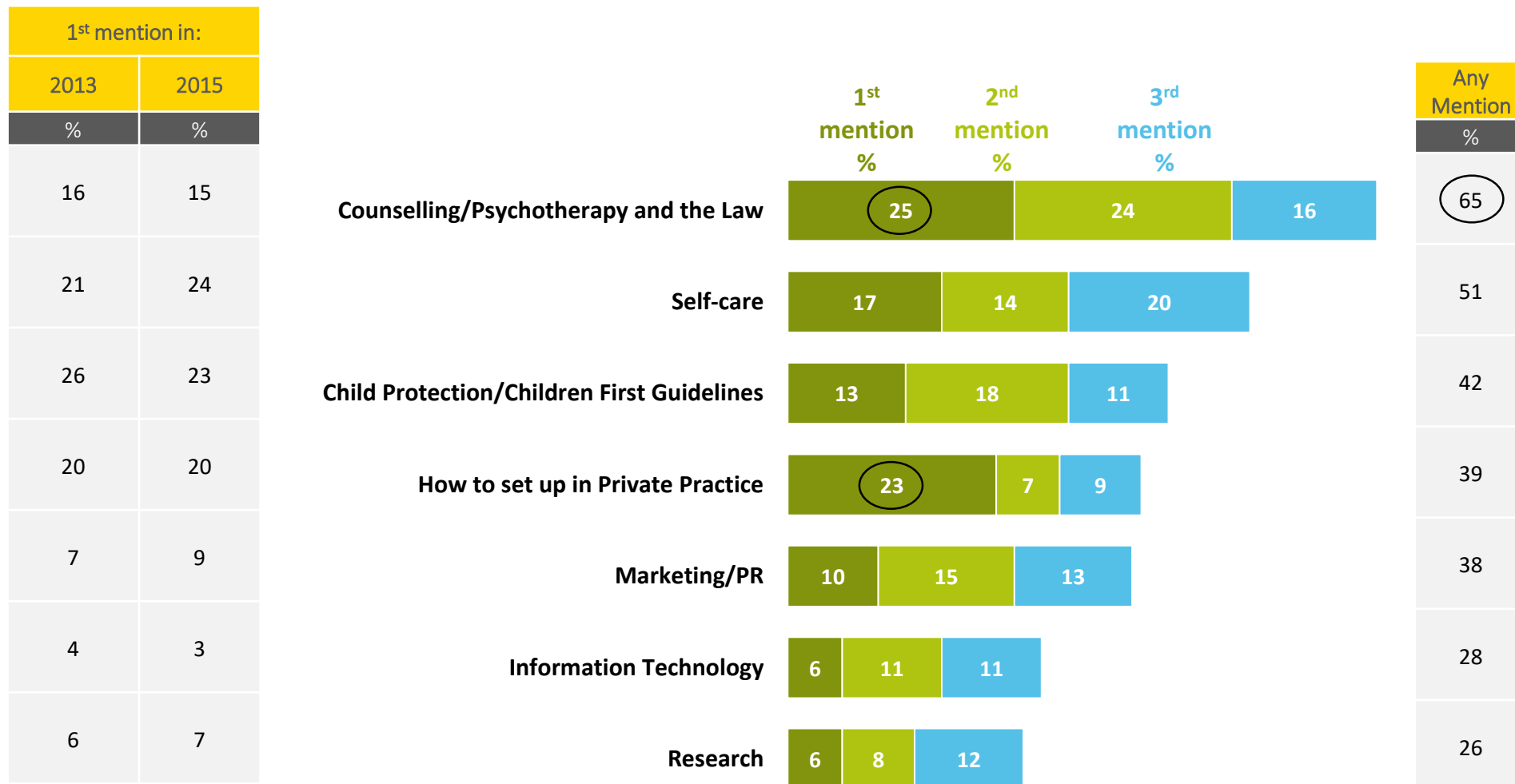
Word of mouth is also the most effective marketing method for members, followed by recommendations from a variety of sources. However, only 23% of members believe they market themselves enough.



Member CPD

Practice-related CPD

Base: All members: 1,076



There is highest demand for counselling/psychotherapy and the law practice related events – an increase from 2013/2015. How to set up in private practice is also of interest. Marketing/PR are worryingly low!

Practice-related CPD

Base: All members: 1076



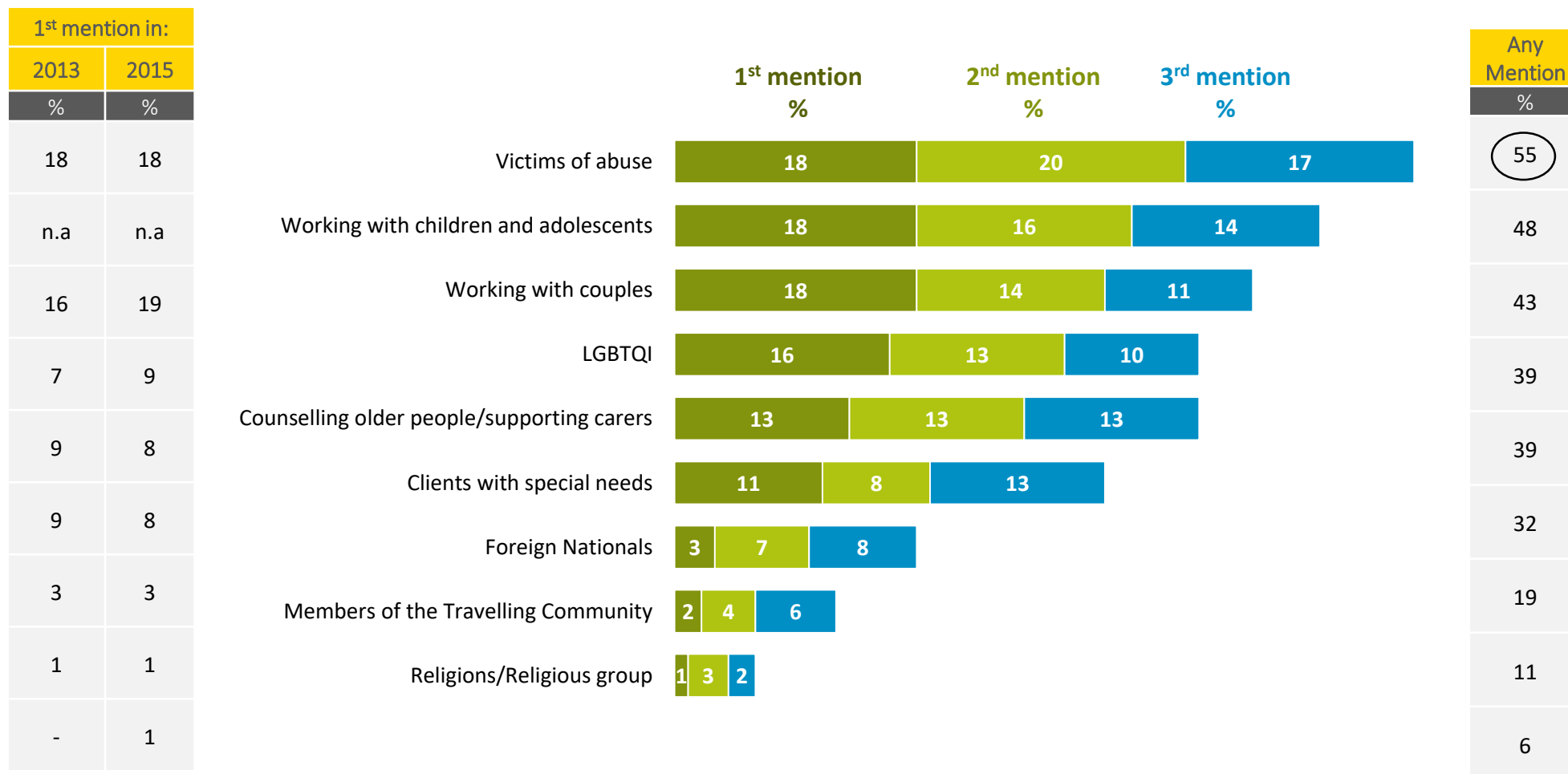
	All members	Membership Type					
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive/Retired
Base:	1076	577	190	93	186	10	20
Counselling/Psychotherapy and the Law	65	68	64	63	56	70	70
Self-care	51	54	56	55	37	60	55
Child Protection/Children First Guidelines	42	41	52	41	34	40	30
How to set up in Private Practice	39	33	19	69	62	10	75
Marketing/PR	38	39	21	38	55	-	30
Information Technology	28	32	34	12	22	10	10
Research	26	23	34	18	27	50	30

How to set up in private practice and Marketing/PR are of particular interest to pre-accredited members. Supervisors are more likely to want to see events in a range of areas.

*Small base

Specific client groups CPD

Base: All members: 1,076



Demand for CPD in relation to victims of abuse is highest – similar to 2013/2015. There is considerable interest in other client groups too – such as children/adolescents & couples.

Specific client groups CPD

Base: All members: 1076

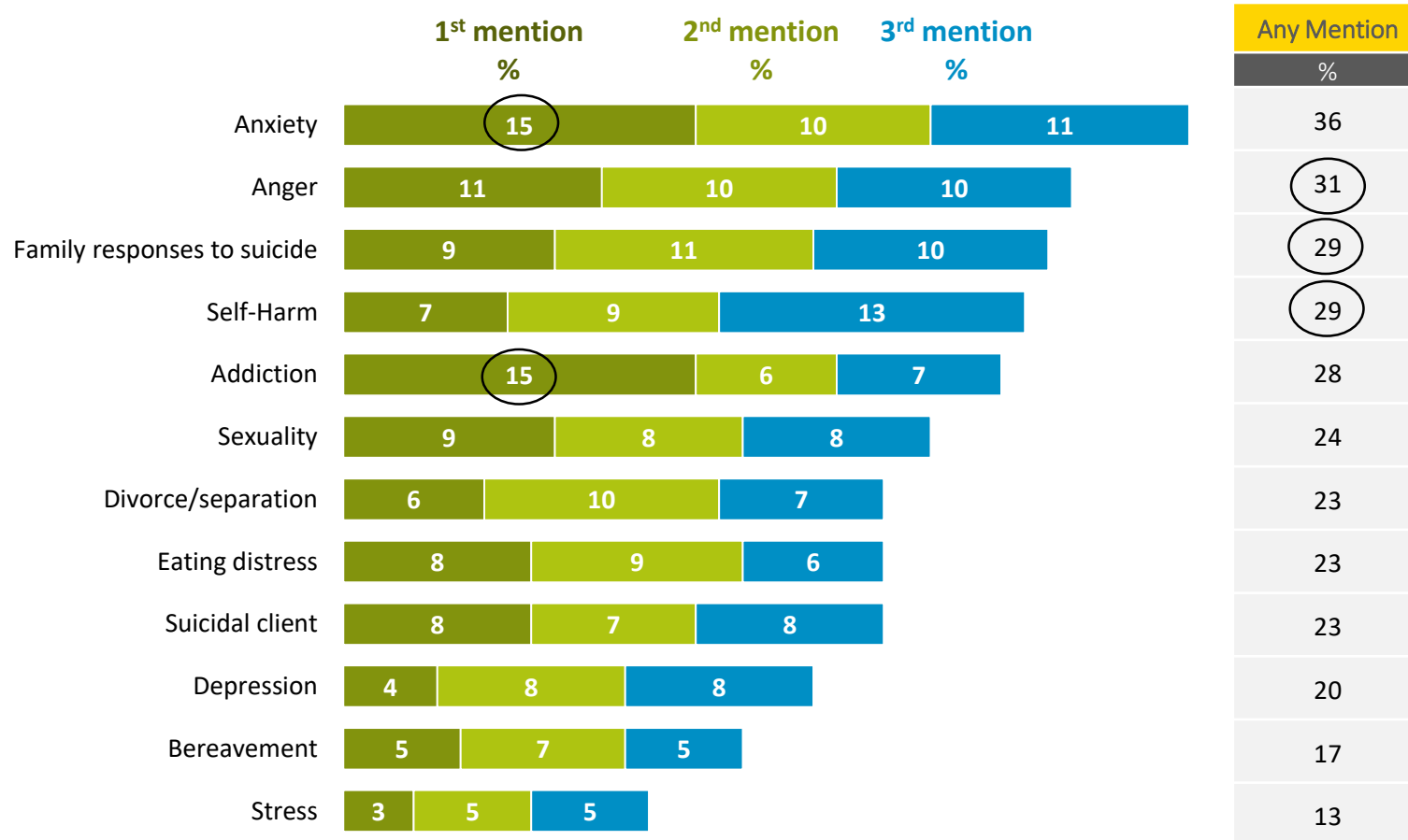
	All members	Membership Type					
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive/Retired
Base:	1076	577	190	93	186	10	20
Victims of abuse	55	55	50	63	59	20	35
Working with children and adolescents	48	49	42	49	49	40	45
Working with couples	43	45	44	31	41	40	40
Counselling older people/supporting carers	39	35	43	43	43	50	45
LGBTQI	39	41	36	37	34	70	30
Clients with special needs	32	31	29	30	39	30	45
Foreign Nationals	19	19	23	23	15	20	25
Members of the Travelling Community	11	10	14	10	11	10	25
Religions/Religious groups	6	6	7	11	6	-	5

Supervisors, students and pre-accredited members are more likely to want to see events in a variety of different areas.

**Small base*

Client Issues CPD

Base: All members: 1,076



Looking at first mention, addiction and anxiety come out on top of the various client issues in terms of demand for CPD. Anger, self harm and family responses to suicide are also areas of interest for members.

Client Issues CPD

Base: All members: 1076



	All members	Membership Type					
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive/Retired
Base:	1076	577	190	93	186	10	20
Anxiety	36	37	29	47	36	-	40
Anger	31	34	27	28	27	30	30
Family responses to suicide	29	30	31	26	27	40	30
Self-Harm	29	29	35	13	30	30	20
Addiction	28	28	22	41	28	30	15
Sexuality	24	25	27	16	25	20	20
Divorce/separation	23	23	28	18	18	20	20
Eating distress	23	24	23	13	23	40	35
Suicidal client	23	21	24	16	30	40	20
Depression	20	19	17	31	21	10	30
Bereavement	17	14	16	29	21	30	25
Stress	13	12	14	19	11	10	15

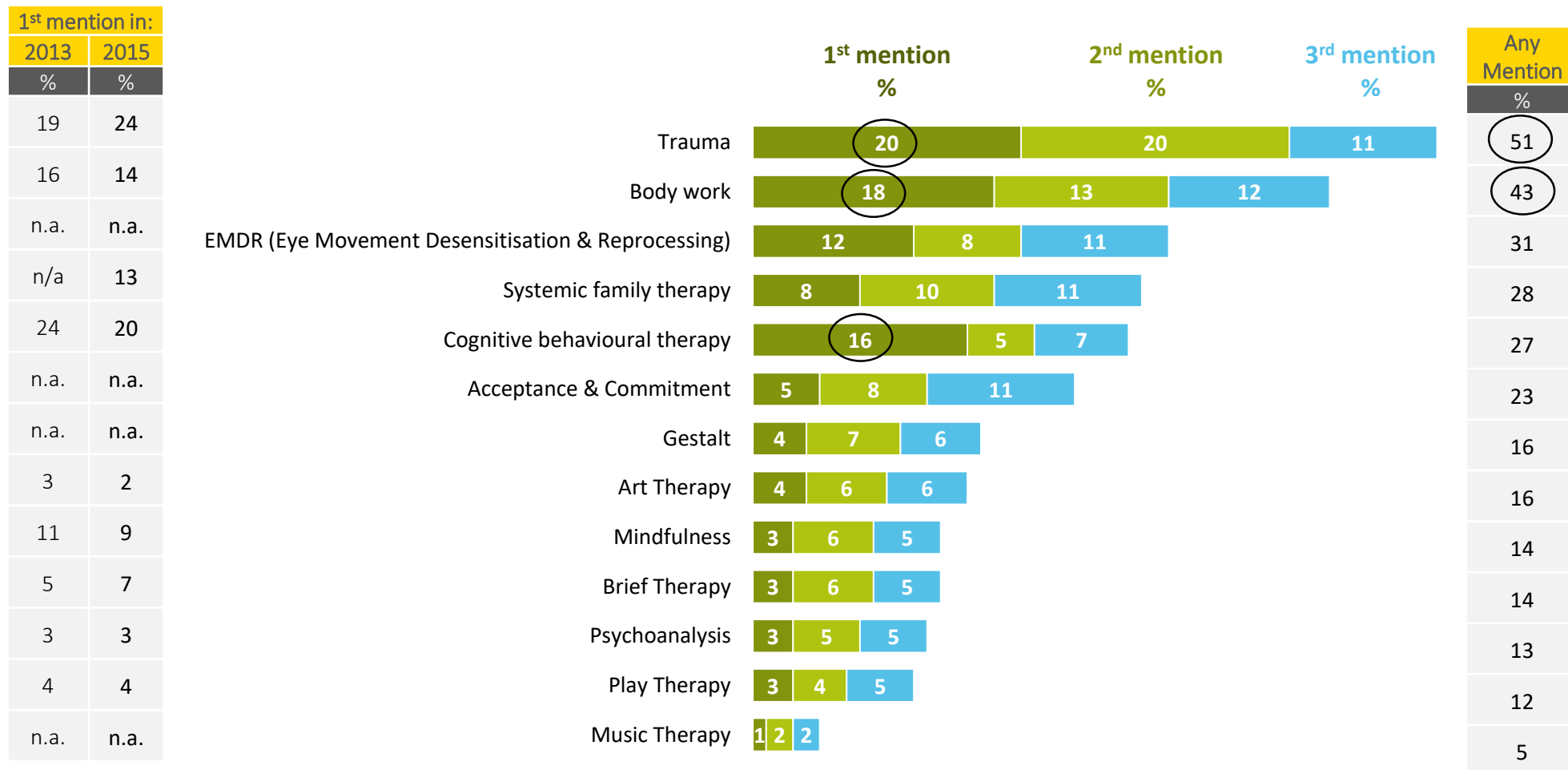
**Small base*

Students are more likely to look for issue-related CPD across a range of areas.



Skill based techniques/approaches CPD

Base: All members: 1,076



There is most interest for technique/approach CPD in relation to trauma, followed by body work. CBT is also of interest.

Skill based techniques/approaches CPD

Base: All members: 1076

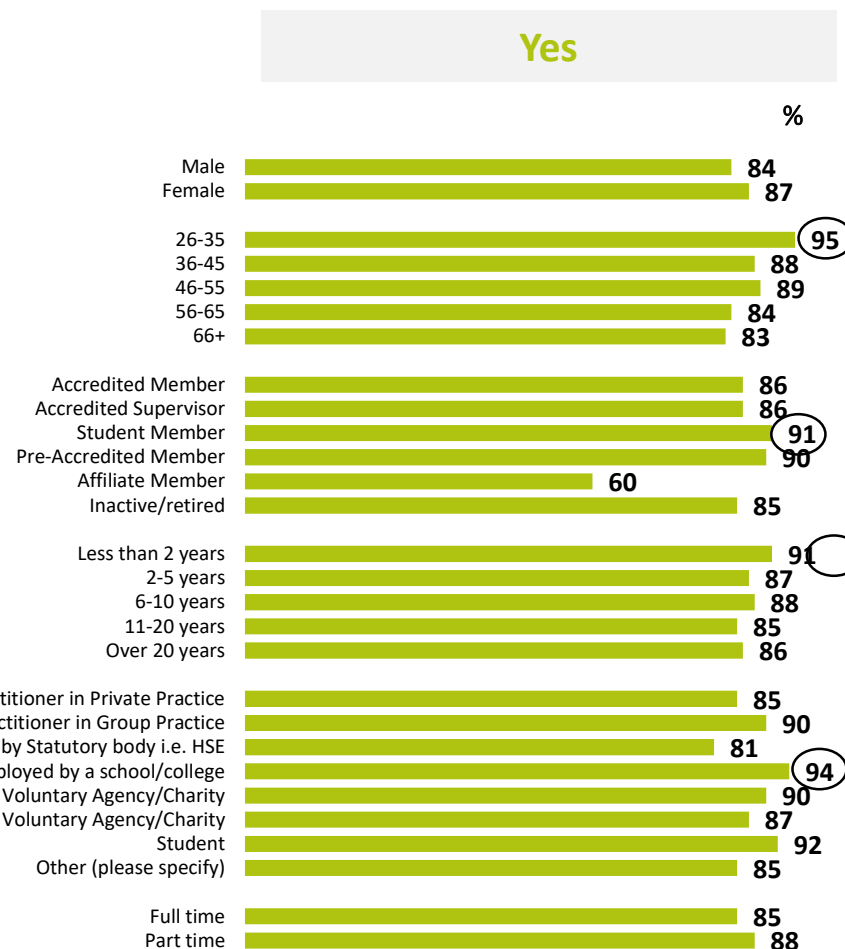
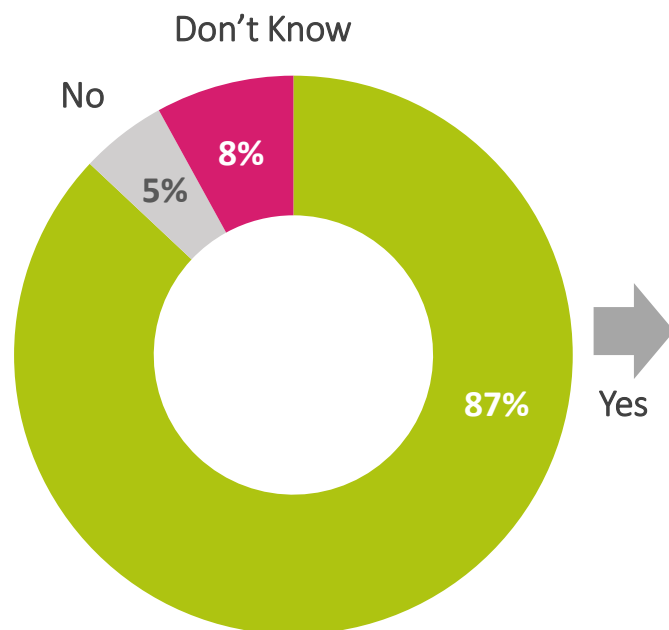
	All members	Membership Type					
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive/Retired
Base:	1076	577	190	93	186	10	20
Trauma	51	49	47	53	63	30	40
Body work	43	43	44	40	45	40	30
EMDR (Eye Movement Desensitisation and Reprocessing)	31	31	37	30	26	30	30
Systemic family therapy	28	30	28	18	22	40	40
Cognitive behavioural therapy	27	29	18	31	28	10	35
Acceptance & Commitment Therapy	23	24	25	16	21	40	35
Art Therapy	16	14	19	20	15	10	15
Gestalt	16	15	19	23	16	-	15
Mindfulness	14	14	11	22	13	10	5
Brief Therapy	14	16	12	8	11	20	15
Psychoanalysis	13	10	15	22	15	20	20
Play Therapy	12	13	7	13	13	10	15
Music Therapy	5	4	6	4	8	10	5

**Small base*

Students are also more likely to look for skill based CPD in a range of areas.

Demand for free CPD

Base: All members: 1,076



Overall there is high demand for free/online CPD, particularly amongst younger student members and those employed by schools/colleges.

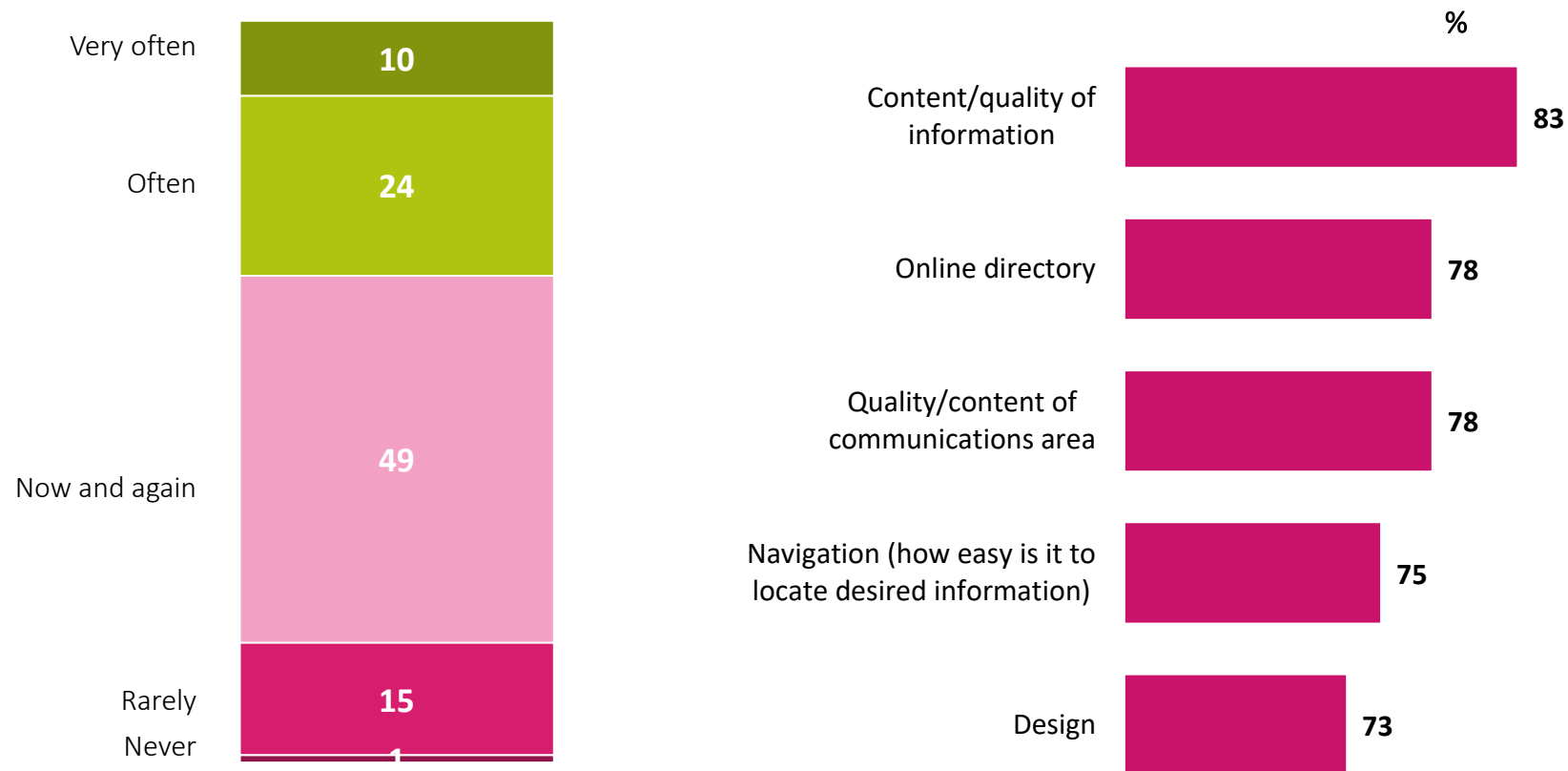


IACP Website

Engagement with IACP website

Base: All members: 1,076

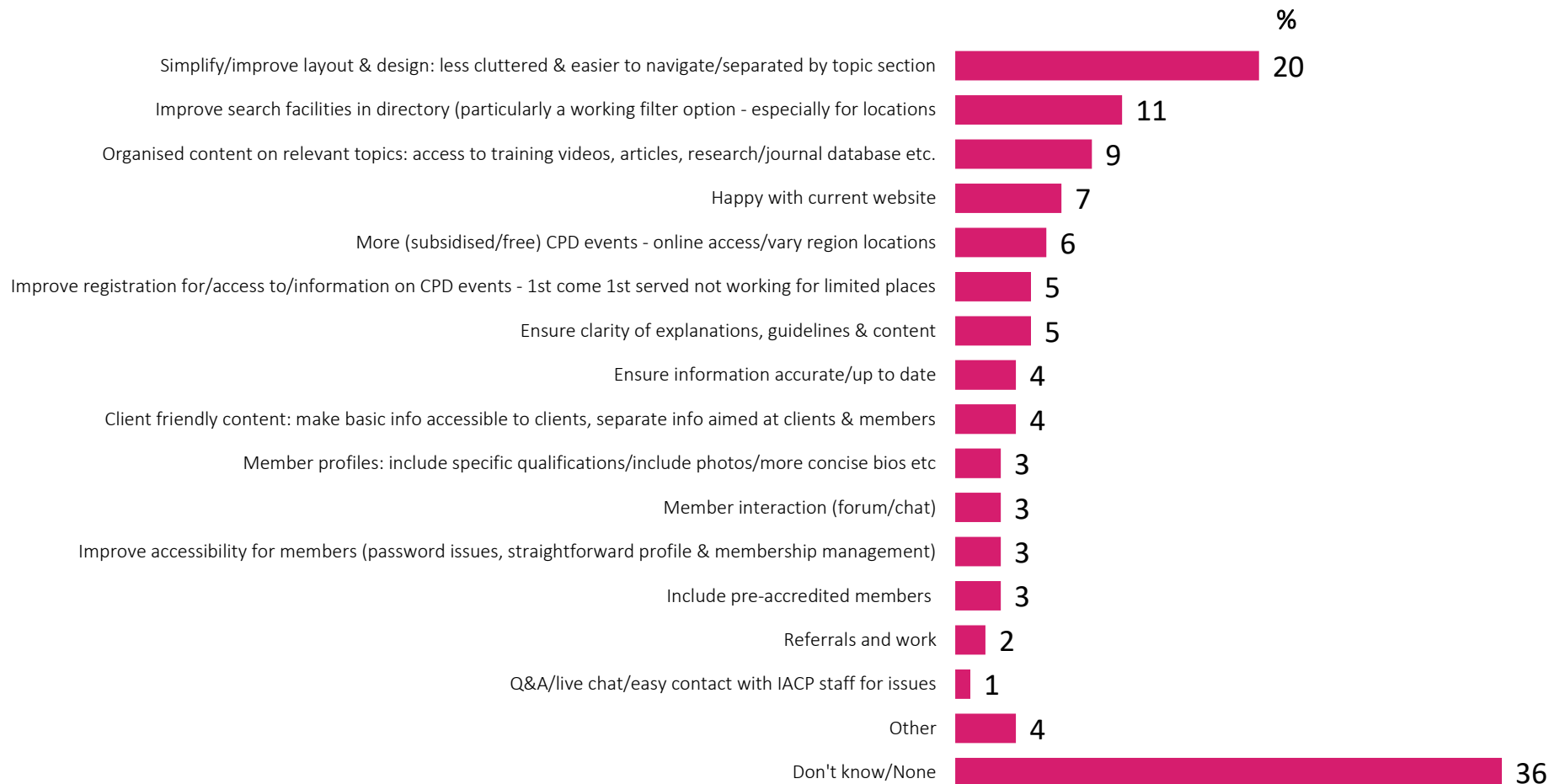
Rating of IACP website:
Any good, very good, excellent



Most members say they use the IACP website now and again. Those who ever use it rate its various components consistently strongly.

Suggestions for website improvements

Base: All members ever using website: 1,063

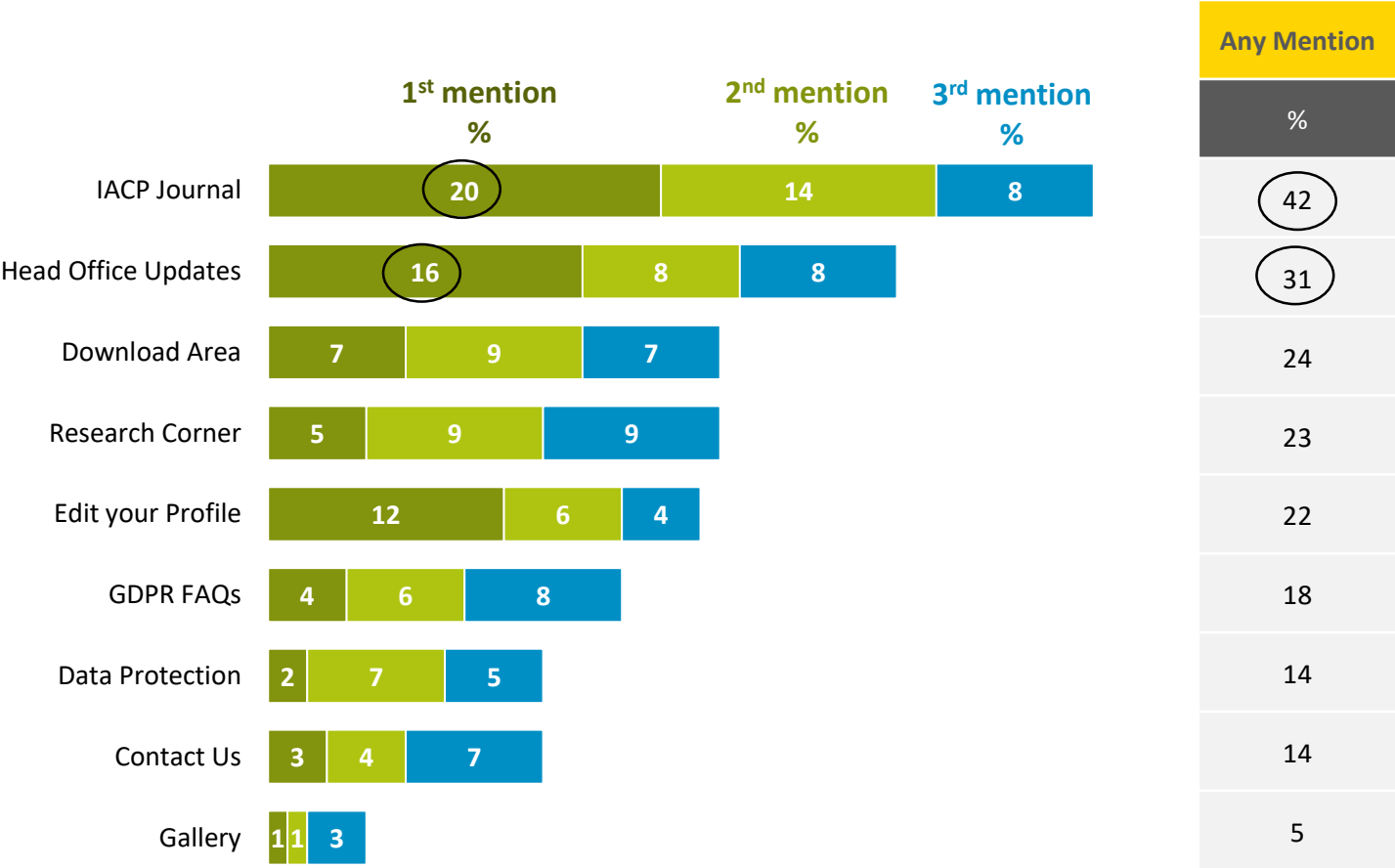


The most prominent suggested improvement for the website made by members is to improve the layout, design and navigability.

Members Area - Most Helpful Aspects



Base: All members: 1076



Members find the head office updates and IACP journal to be the most helpful aspects of the members area.

Members Area - Most Helpful Aspects

Base: All members: 1076

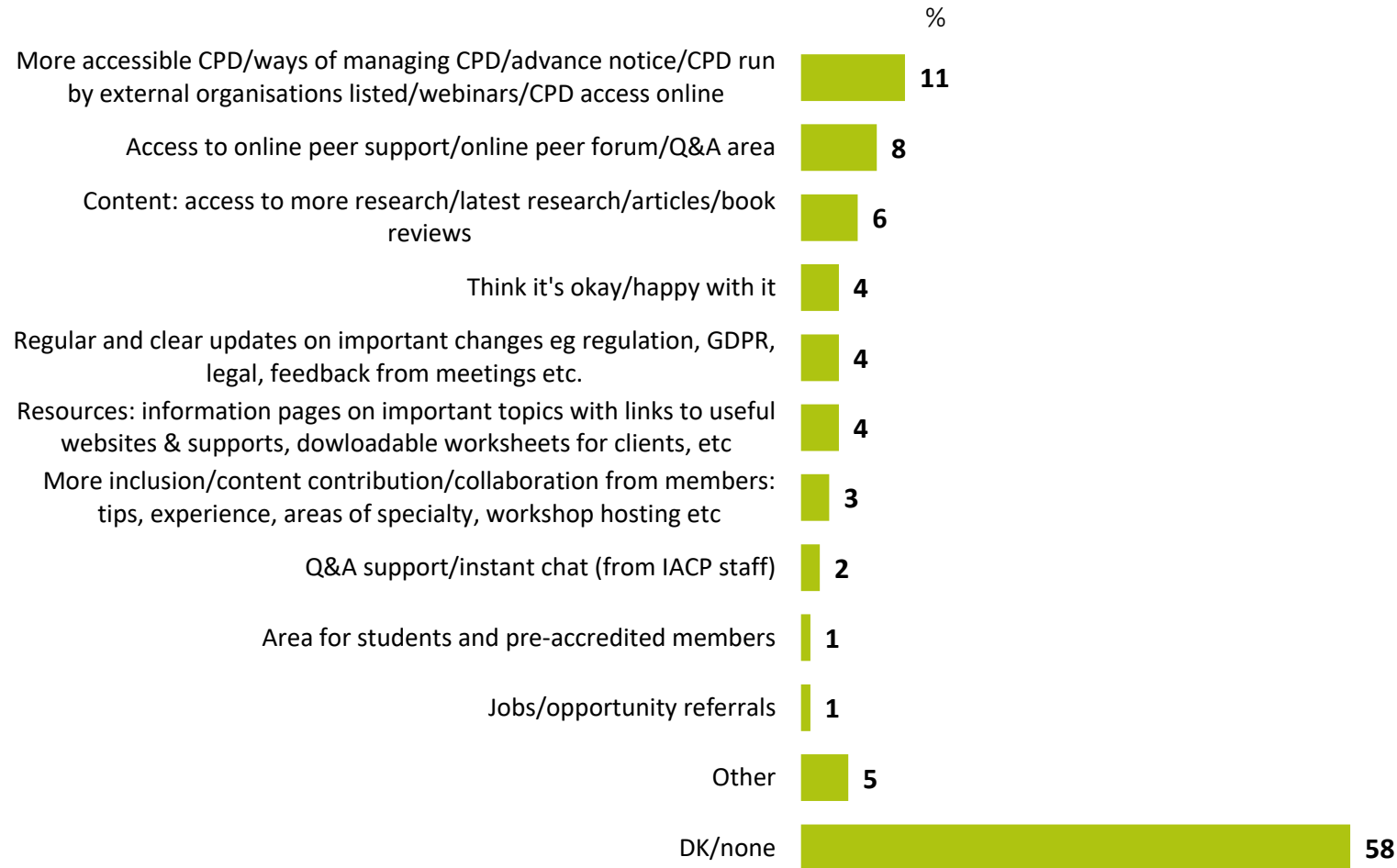
	All members	Membership Type					
		Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	*Affiliate Member	*Inactive/Retired
Base:	1076	577	190	93	186	10	20
IACP Journal	42	41	35	56	43	80	55
Head Office Updates	31	31	43	22	27	50	20
Download Area	24	24	29	27	16	10	5
Research Corner	23	19	18	46	27	10	20
Edit your Profile	22	29	27	3	4	20	20
GDPR FAQs	18	17	19	14	22	10	5
Data Protection	14	15	11	11	16	30	10
Contact Us	14	14	16	12	13	20	5
Gallery	5	5	6	2	5	10	5

Students are more likely to find the research-related aspects of the website helpful.

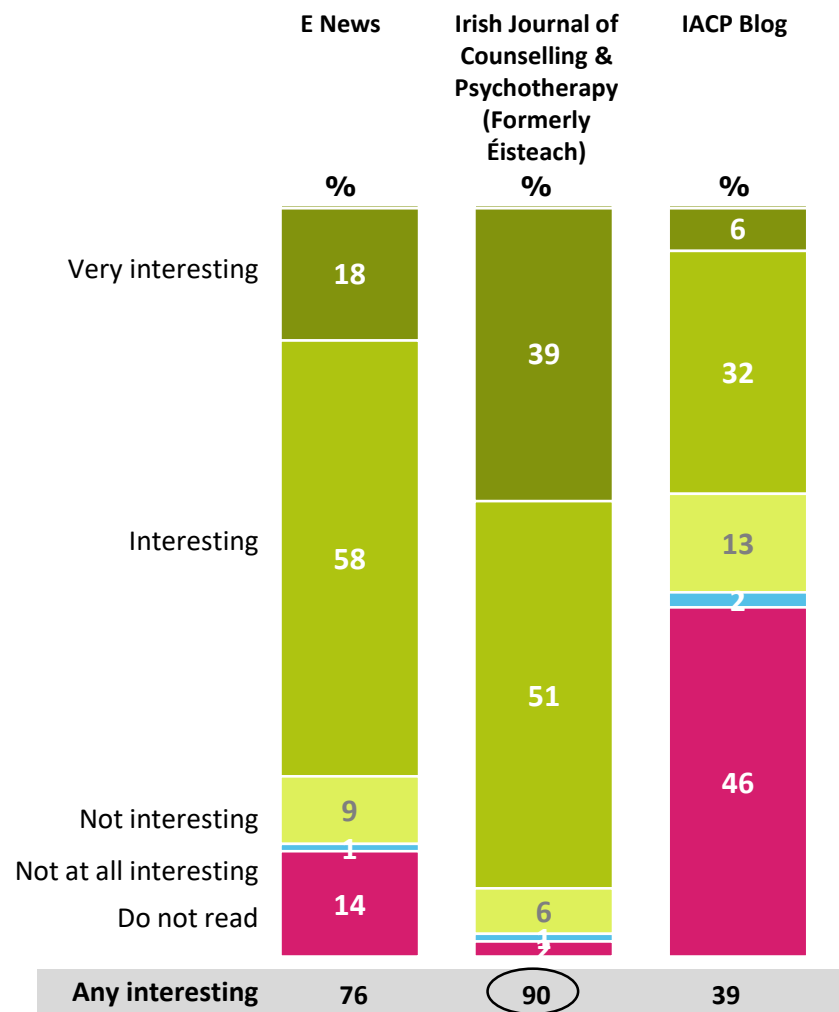
**Small base*

Members Area - What else would members like?

Base: All members: 1076



The majority did not make a suggestion for what else they would like to see in the members area – however, for those who did, CPD related elements were mentioned most.



Suggested Changes



Most read E-news and the IJCP, and find them interesting – in particular the latter. While a proportion say they find the IACP blog interesting, more say they do not read it.

Q.34 Please rate how interesting you find each of the below to read.

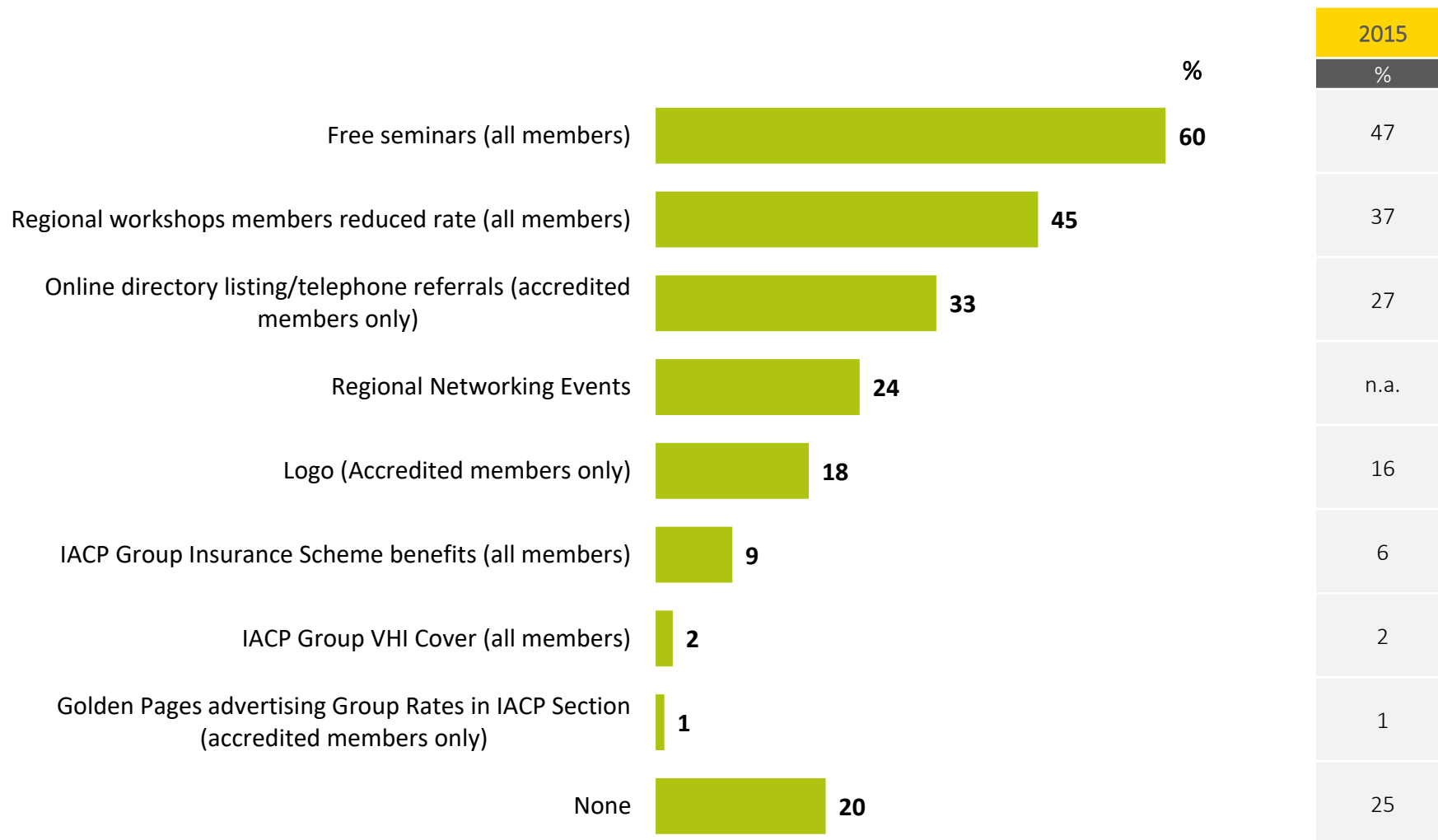
Q.35 Please outline any changes you might like to see made to these areas (E-News/Irish Journal of Counselling and Psychotherapy/IACP Blog).



**Membership Benefits,
Professional Accreditation &
Supervision**

Member benefits

Base: All members: 1076

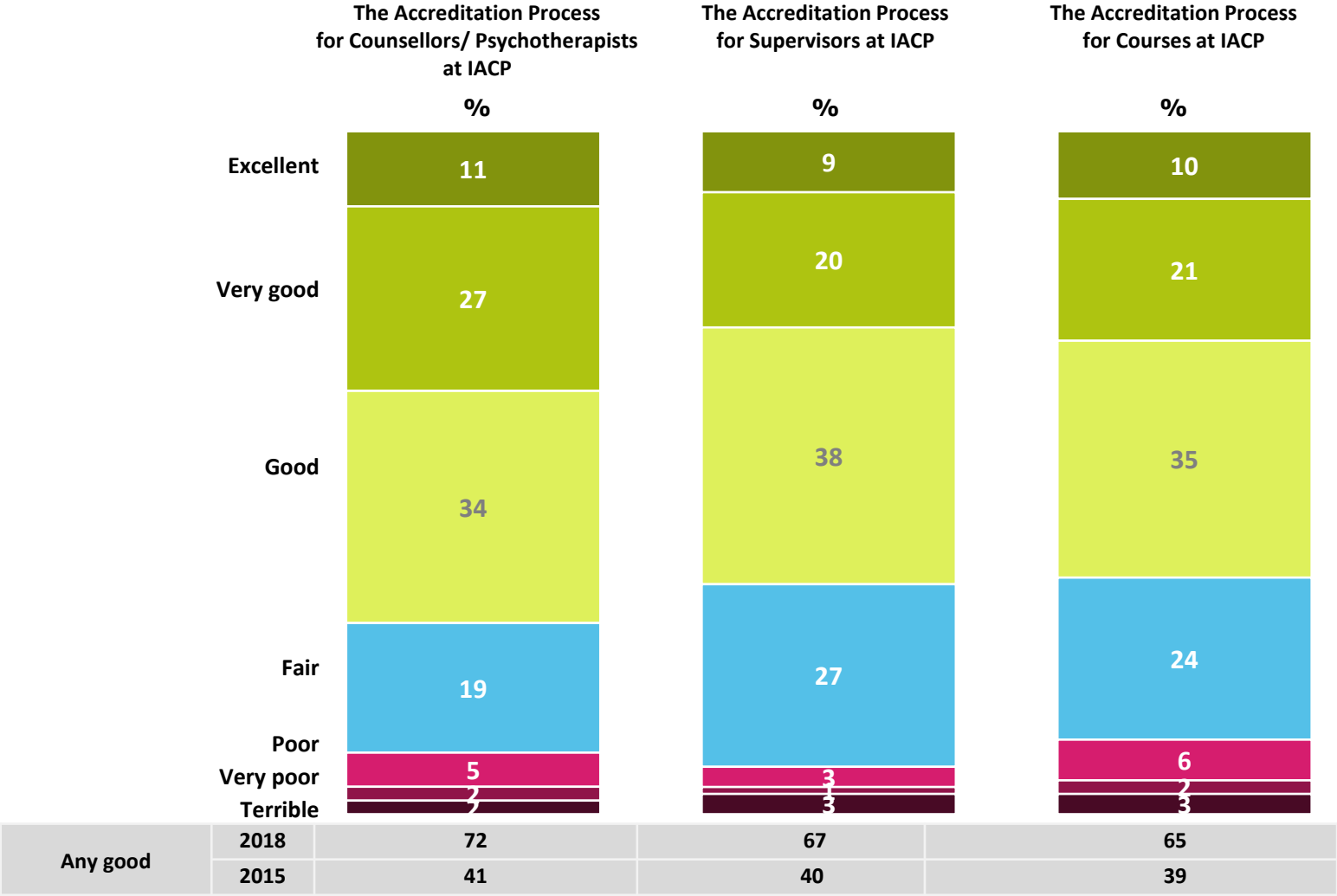


There is an overall increase in those availing of a variety of benefits. Similarly to 2015, free seminars are the most frequently availed of.

Professional Accreditation Process



Base: All members: 1076



Satisfaction with accreditation processes is apparent – and has increased very substantially since 2015.



Professional Accreditation Process



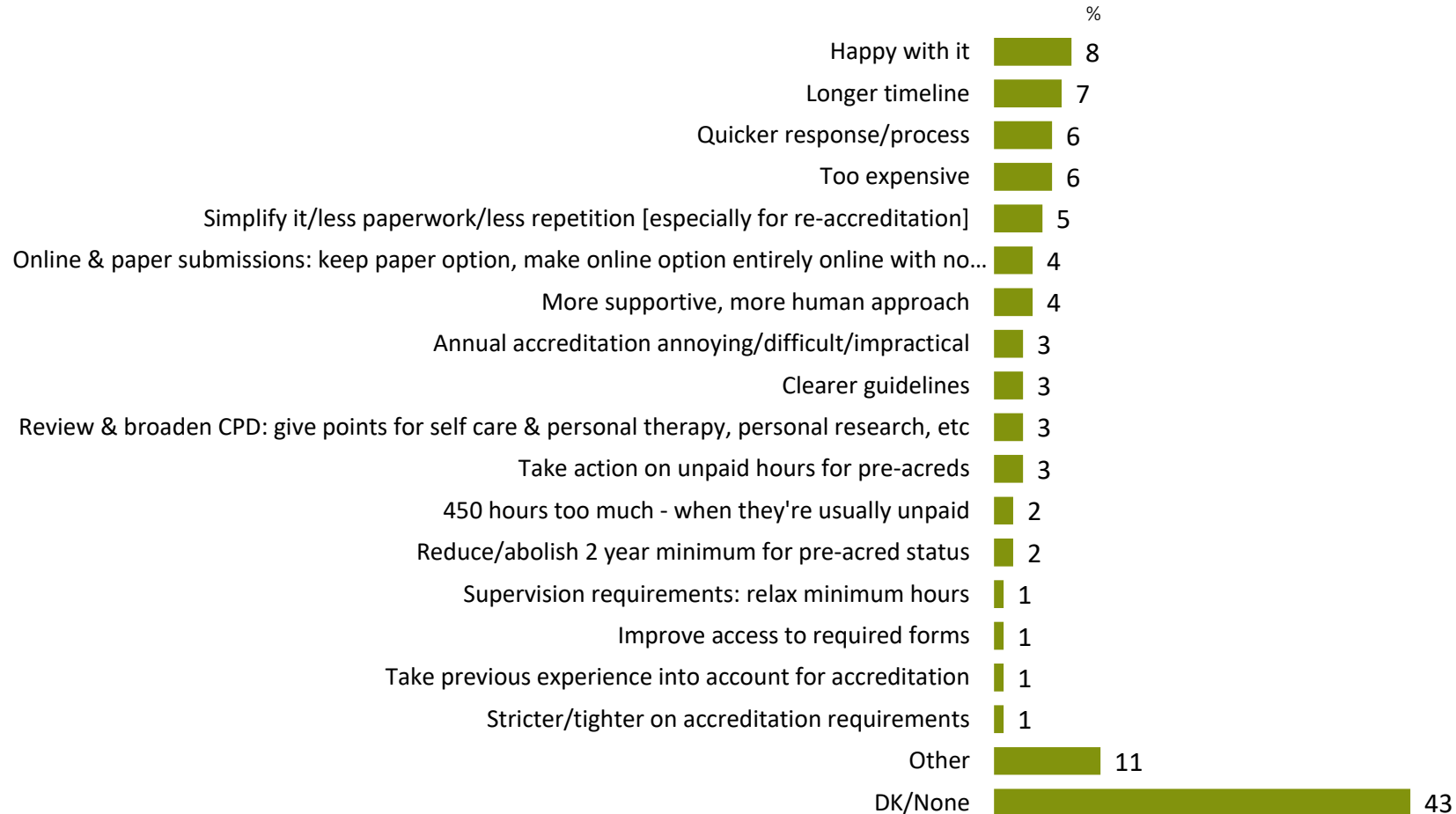
Base: All members: 1076

Any good ...	All members	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
Base:	1076	235	840	56	196	319	378	127	577	190	93	186	10	20
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The Accreditation Process for Counsellors/ Psychotherapists at IACP	72	71	73	61	65	75	74	81	78	83	63	53	50	70
The Accreditation Process for Supervisors at IACP	67	61	69	63	57	69	69	74	67	84	63	54	30	60
The Accreditation Process for Courses at IACP	65	60	67	57	57	71	66	65	68	73	63	53	50	50

Younger students and pre-accredited members are relatively less satisfied with accreditation processes.

Suggested changes to Professional Accreditation Process

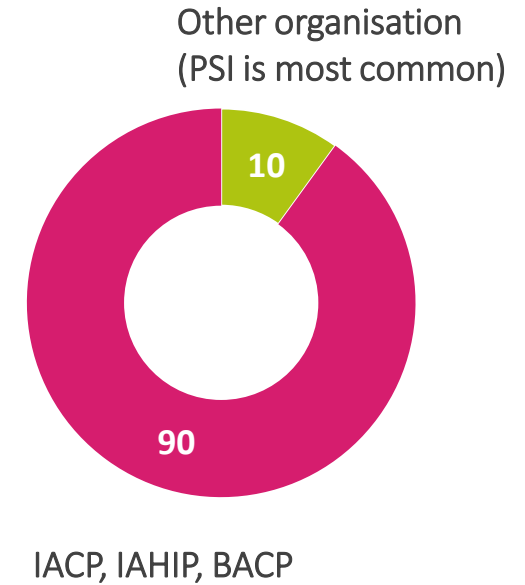
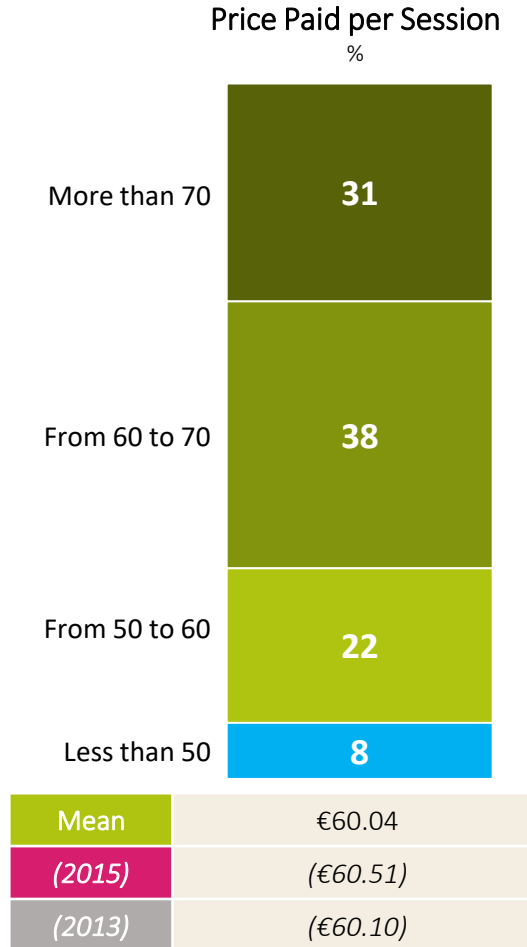
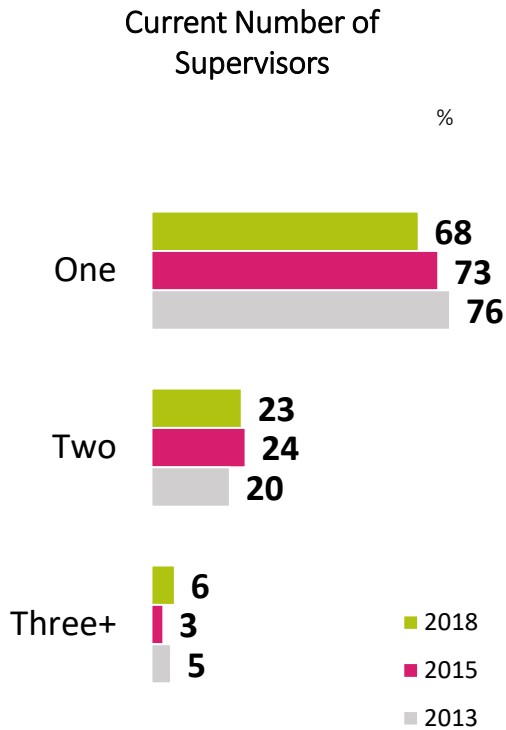
Base: All members: 1,076



Most did not make any suggested changes to accreditation, although the suggestions made centre primarily around simplification of the process.

Number of supervisors and price paid

Base: All members: 1,076



In line with 2013/2015, most members have only one supervisor. 69% of members pay €60 or more for supervision, with an overall average of €60.04 paid (equivalent to 2013/15). Members' supervisors are largely accredited with IACP, IAHIP and BACP.

Q.39 On average, what do you pay for your supervision (per session)?

Q.40 How many supervisors do you currently have?

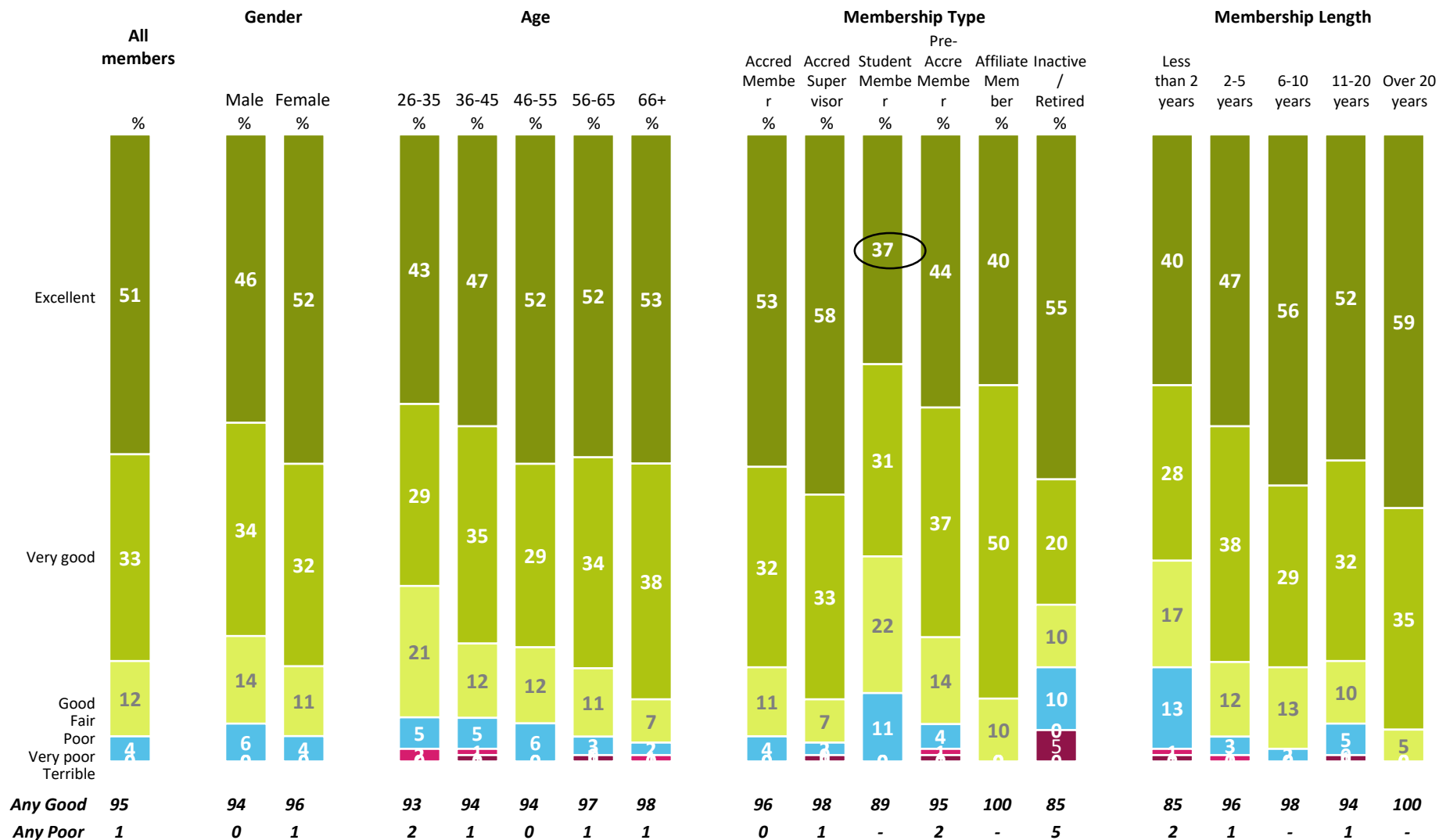
Q.41a Do you have a supervisor(s) outside of the IACP, IAHIP or BACP?

Q.41b Please specify which body this supervisor is accredited with

Satisfaction with current Supervisor



Base: All members: 1,076

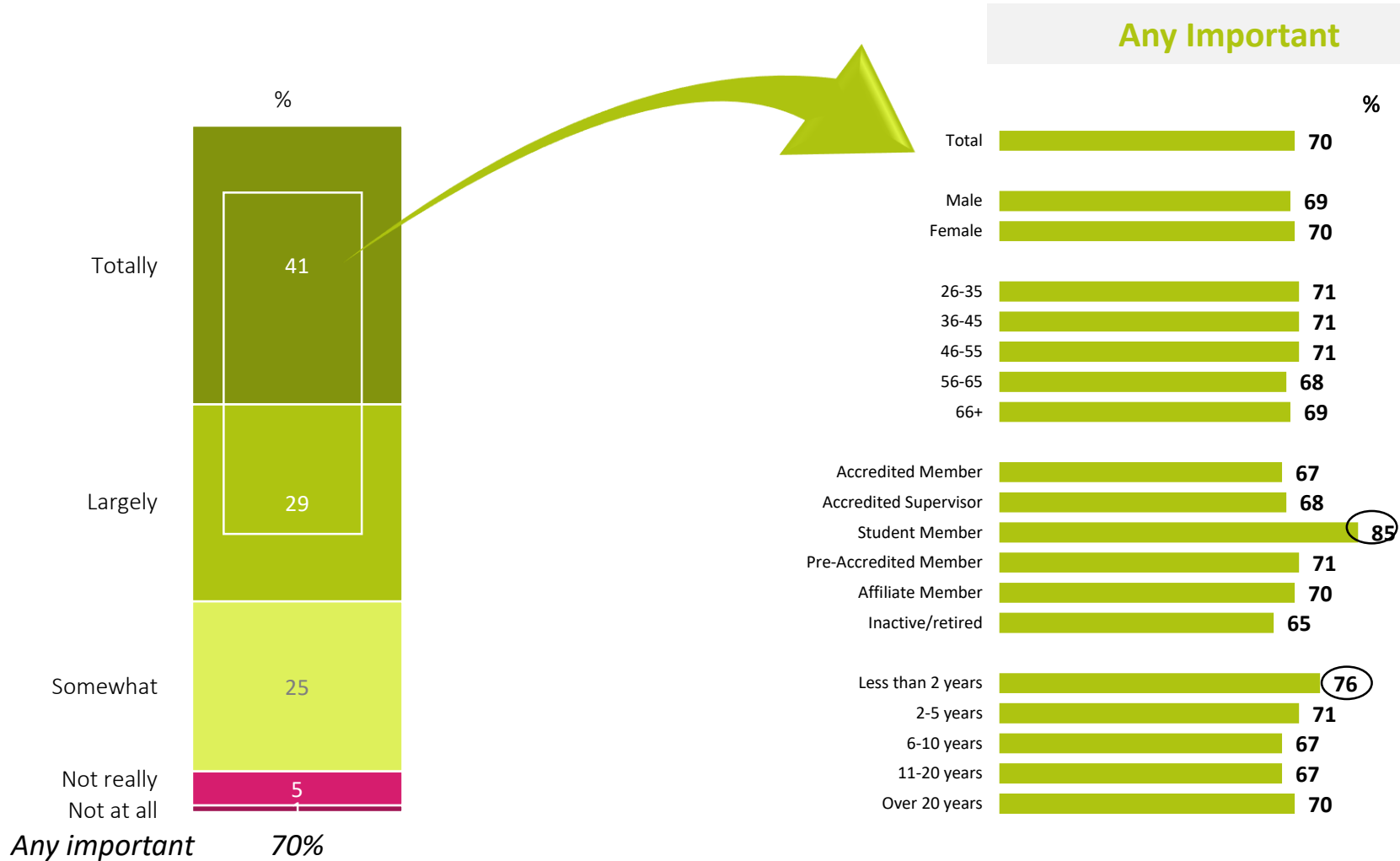


Across all groups, members are highly satisfied with the supervision they receive. Students are somewhat less likely to rate their supervision as excellent.



Importance of post training/accreditation therapy

Base: All members: 1,076



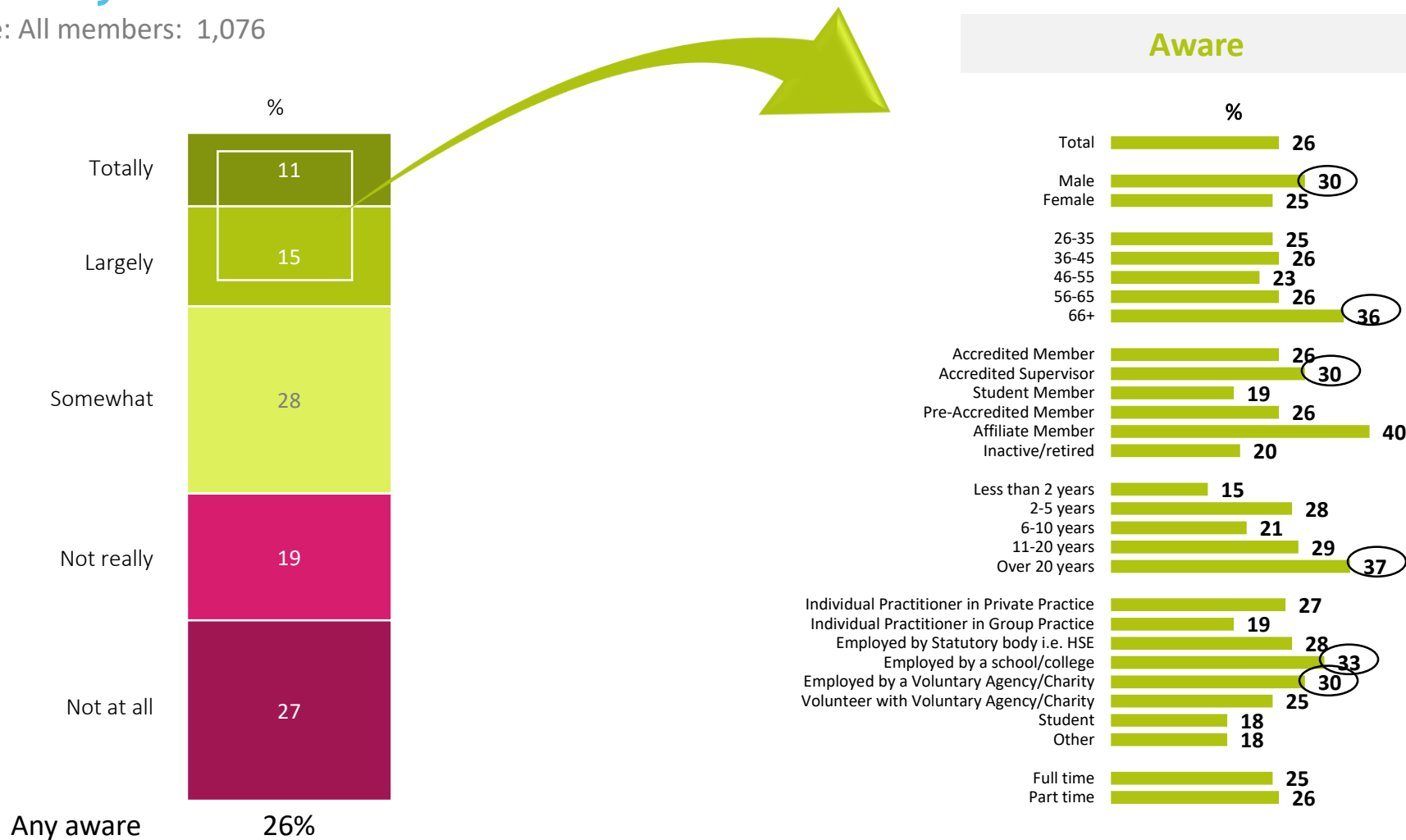
The importance of engaging in therapy post training/accreditation is valued overall – with newer, student members most likely to view it as important.



Organisational Profile, Education & Research

Awareness of IACP lobbying activity for talk therapies in primary care

Base: All members: 1,076

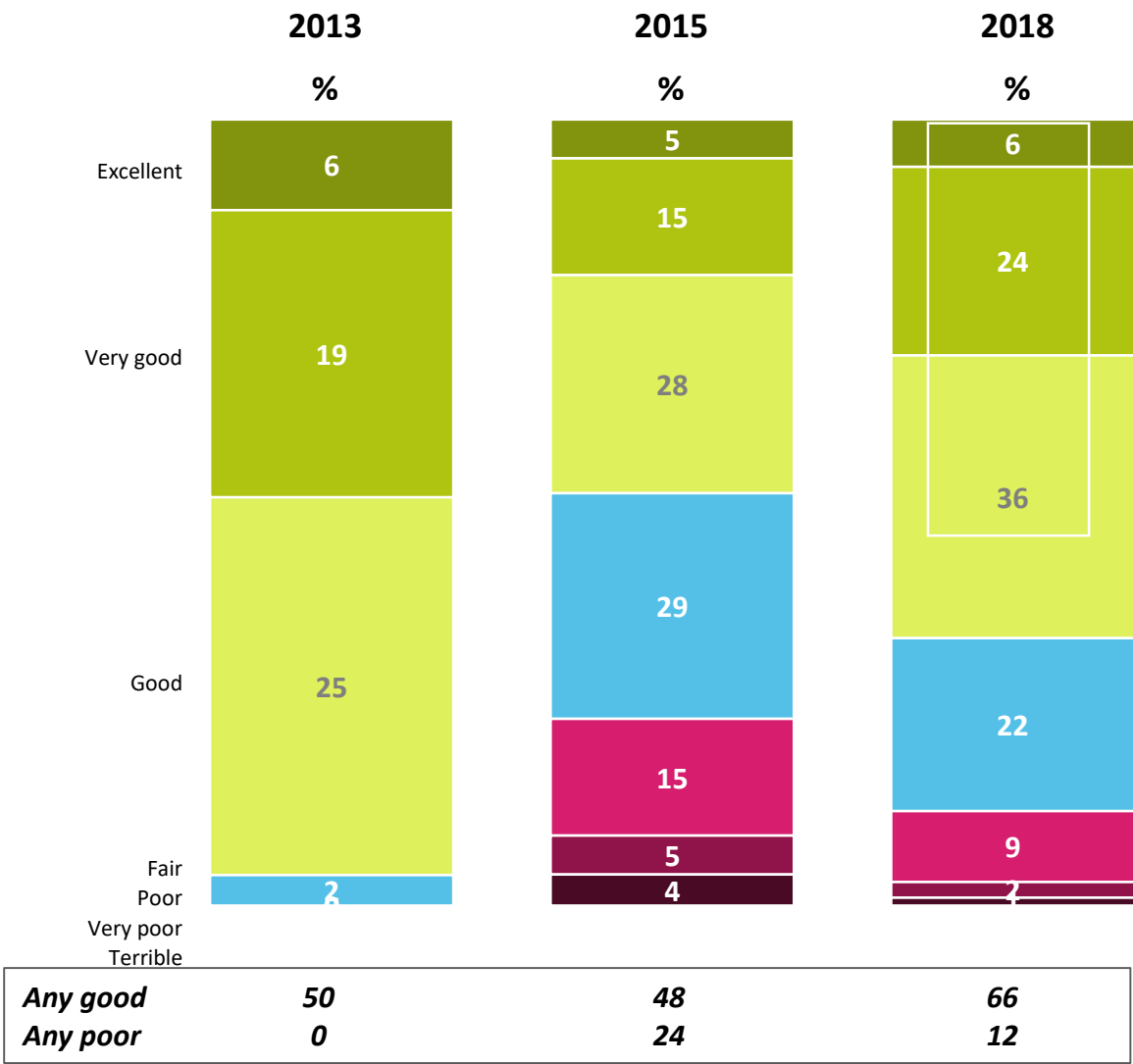


A minority of members are aware of the IACPs lobbying activity around talk therapies in primary care. Older members are the most likely overall to be aware.

Satisfaction with IACP's National profile



Base: All members: 1,076



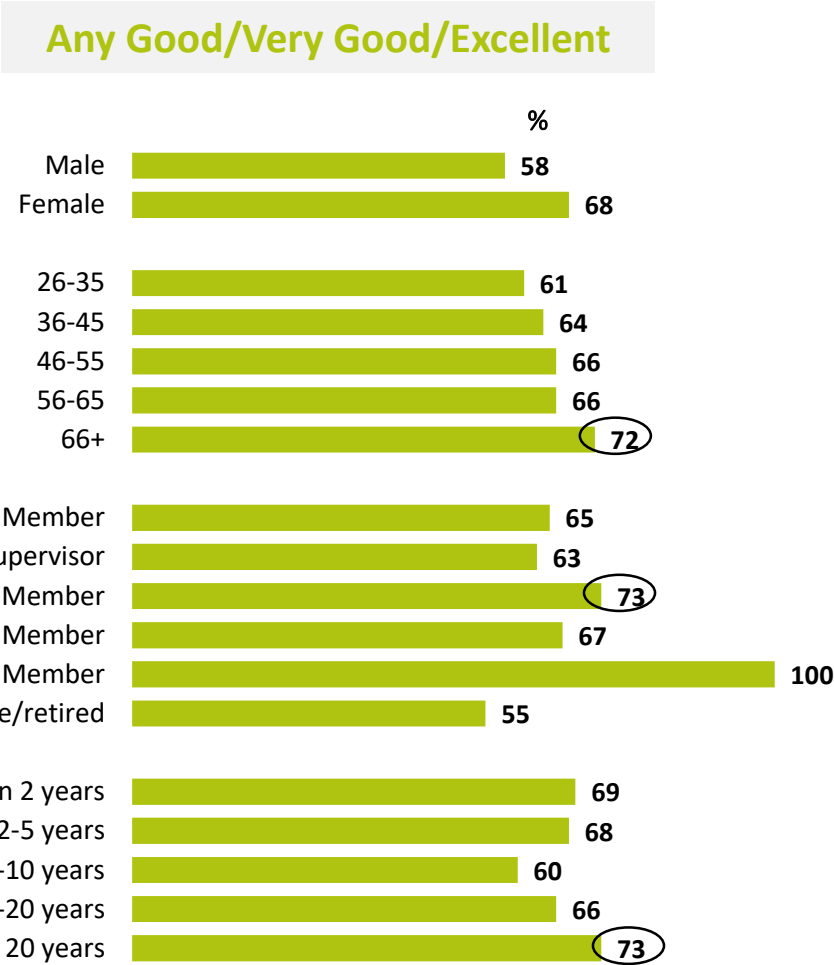
Satisfaction with the IACP's national profile is high and has increased since 2013/2015.



Satisfaction with IACP's National profile



Base: All members: 1,076

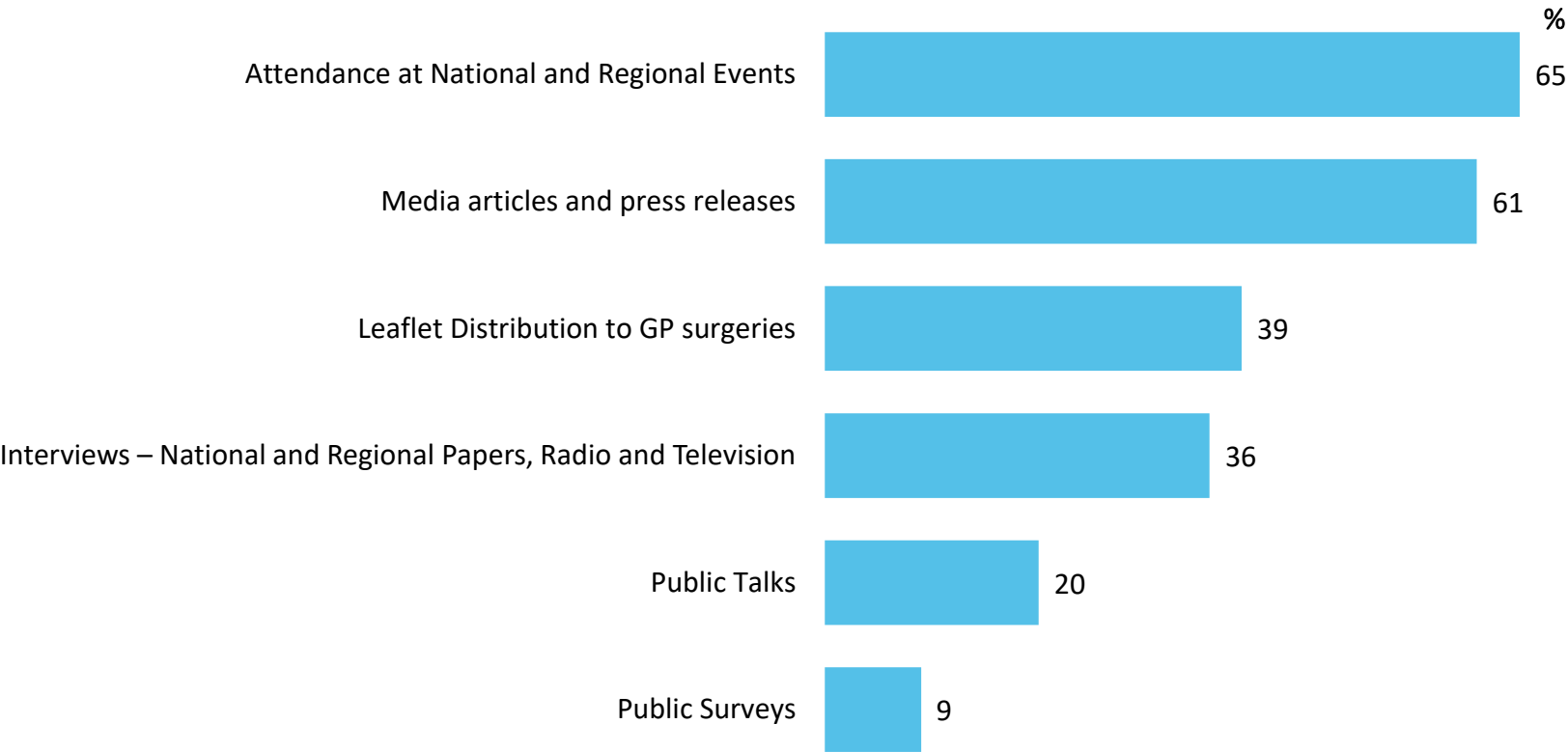


Students and older members are the most satisfied with the IACP's national profile overall. It is uniformly quite strong however.



Awareness of IACP Promotional methods

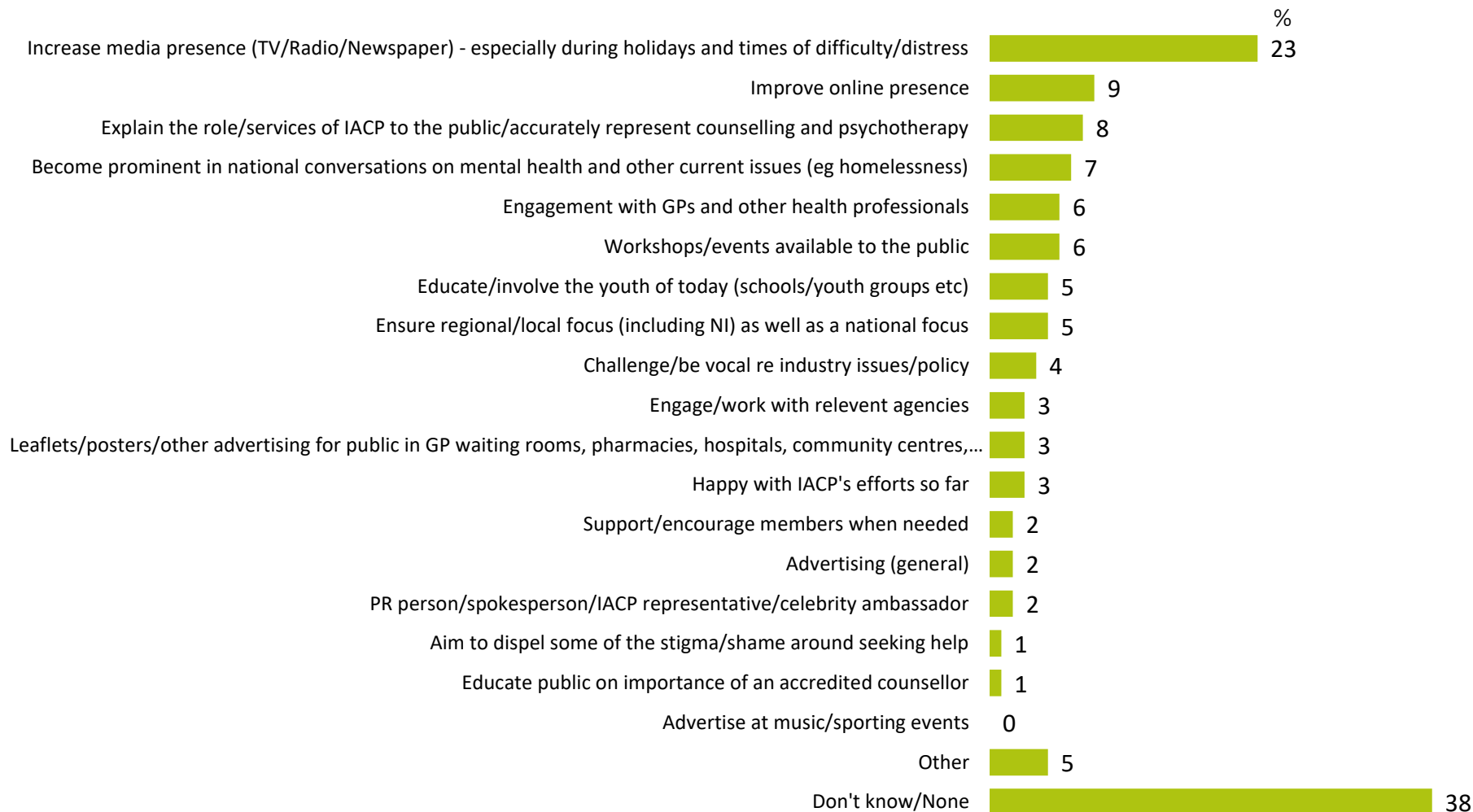
Base: All members: 1,076



Attendance at national/regional events and media articles/press releases are the most recognised of the IACP’s promotional methods.

Further suggestions for IACP promotional activity

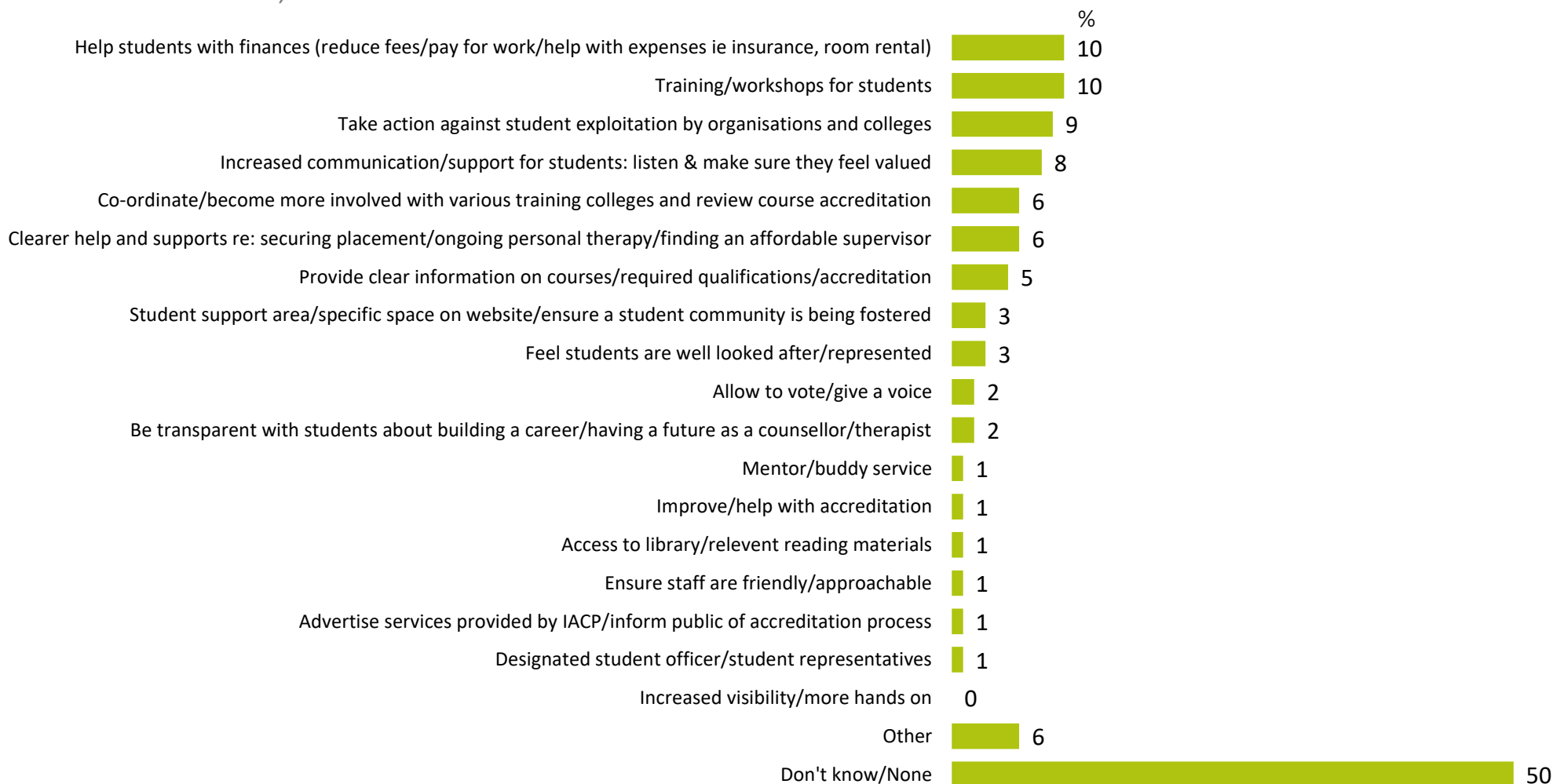
Base: All members: 1,076



The most common suggestion for further promotional activity is increased media presence, with members calling out the heightened importance of this during 'difficult times'.

Suggested improvements to student services & representation

Base: All members: 1,076



Some of the suggested improvements to student services include finance support, training, increased communication and an end to unpaid placements. Half didn't make specific suggestions.

Important areas of research focus

Base: All members: 1,076

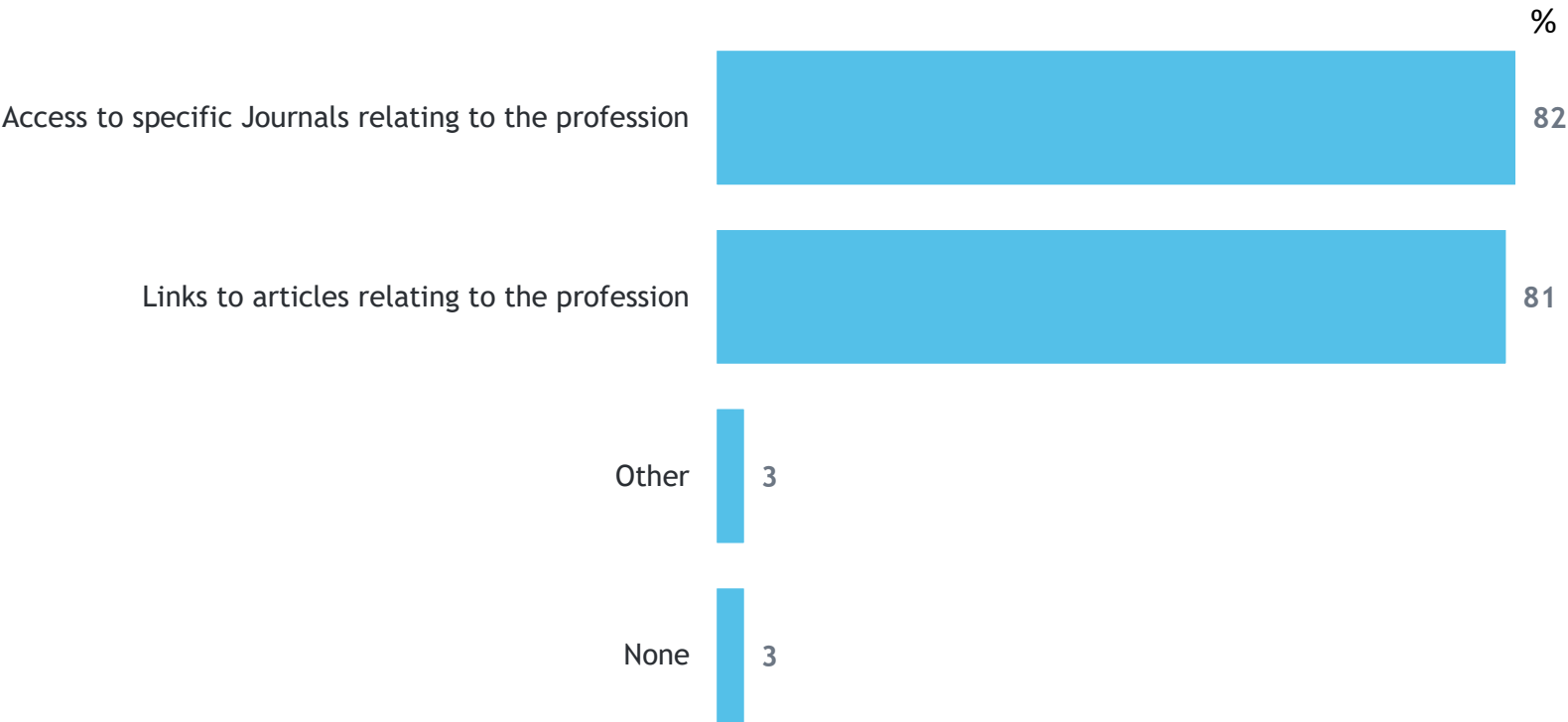
Would like IACP to be involved in:



Interest in the IACP becoming involved in more research is evident, with members making a number of suggestions for possible areas of focus.

Demand for educational materials

Base: All members: 1,076



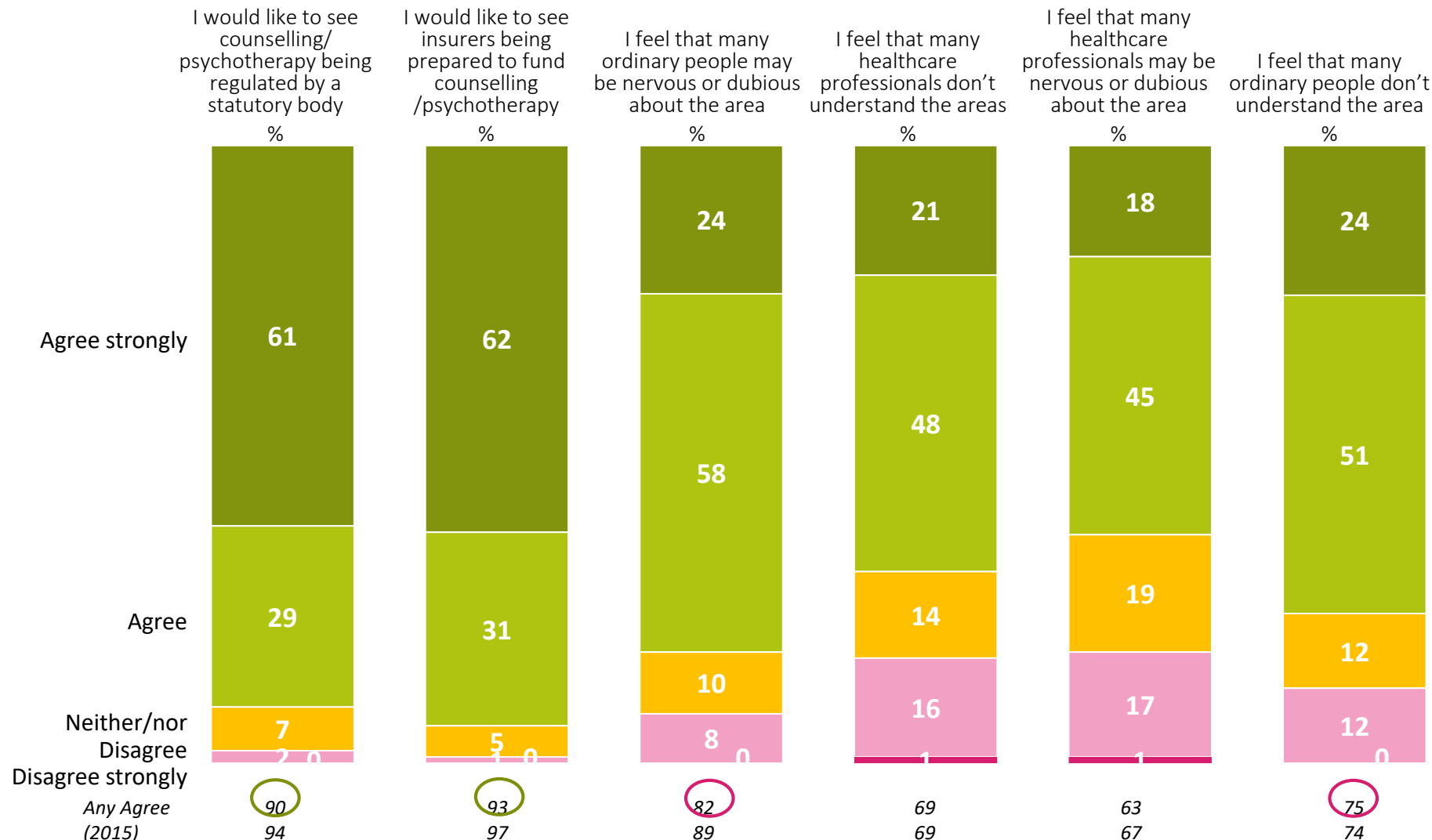
There is also clear demand for access to journals and links to articles.



Public perceptions of Counselling/Psychotherapy

Attitudes to Counselling & Psychotherapy

Base: All members: 1,076



Support for regulation by a statutory body and insurance cover is strong. The vast majority perceive there to be some lack of trust/understanding of the profession by ordinary people.

Attitudes to counselling/psychotherapy (any agree)

Base: All members: 1076

Any agree ...	All members	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
Base:	1076	235	840	56	196	319	378	127	577	190	93	186	10	20
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
I feel that many ordinary people don't understand the area	75	74	75	84	75	71	76	78	76	66	87	75	60	90
I feel that many ordinary people may be nervous or dubious about the area	82	83	82	93	80	81	81	84	81	77	95	84	50	90
I feel that many healthcare professionals don't understand the area	69	70	69	73	70	71	67	64	71	67	66	66	60	75
I feel that many healthcare professionals may be nervous or dubious about the area	63	62	64	66	61	62	64	67	66	60	62	58	40	75
I would like to see insurers being prepared to fund counselling /psychotherapy	93	93	93	93	93	93	93	92	94	91	97	90	60	100
I feel glad that counselling/psychotherapy will be regulated by a statutory body	90	88	91	91	90	92	88	91	91	88	91	88	60	100

Younger students are most likely to perceive a lack of trust/understanding of the profession by the public.

Perceptions of Counselling/Psychotherapy

Base: All members: 1,076



Some level of uncertainty is evident in terms of how Counselling/Psychotherapy is perceived – 1 in 4 don't really feel the area is represented well in the media.

Perceptions of counselling/psychotherapy (any agree)

Base: All members: 1076

Any agree ...	All members	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
Base:	1076	235	840	56	196	319	378	127	577	190	93	186	10	20
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Taken seriously	51	56	50	48	46	47	56	59	49	62	55	46	70	55
Considered a valid treatment	48	51	47	34	44	43	52	57	46	58	45	41	40	60
Well represented by and within the media	25	27	25	32	22	23	28	26	24	25	27	25	50	30
Valued by people in general	37	40	36	36	37	37	40	31	37	46	31	31	70	40

Those who are older and supervisors are more likely to be of the view that Counselling/Psychotherapy is perceived positively.



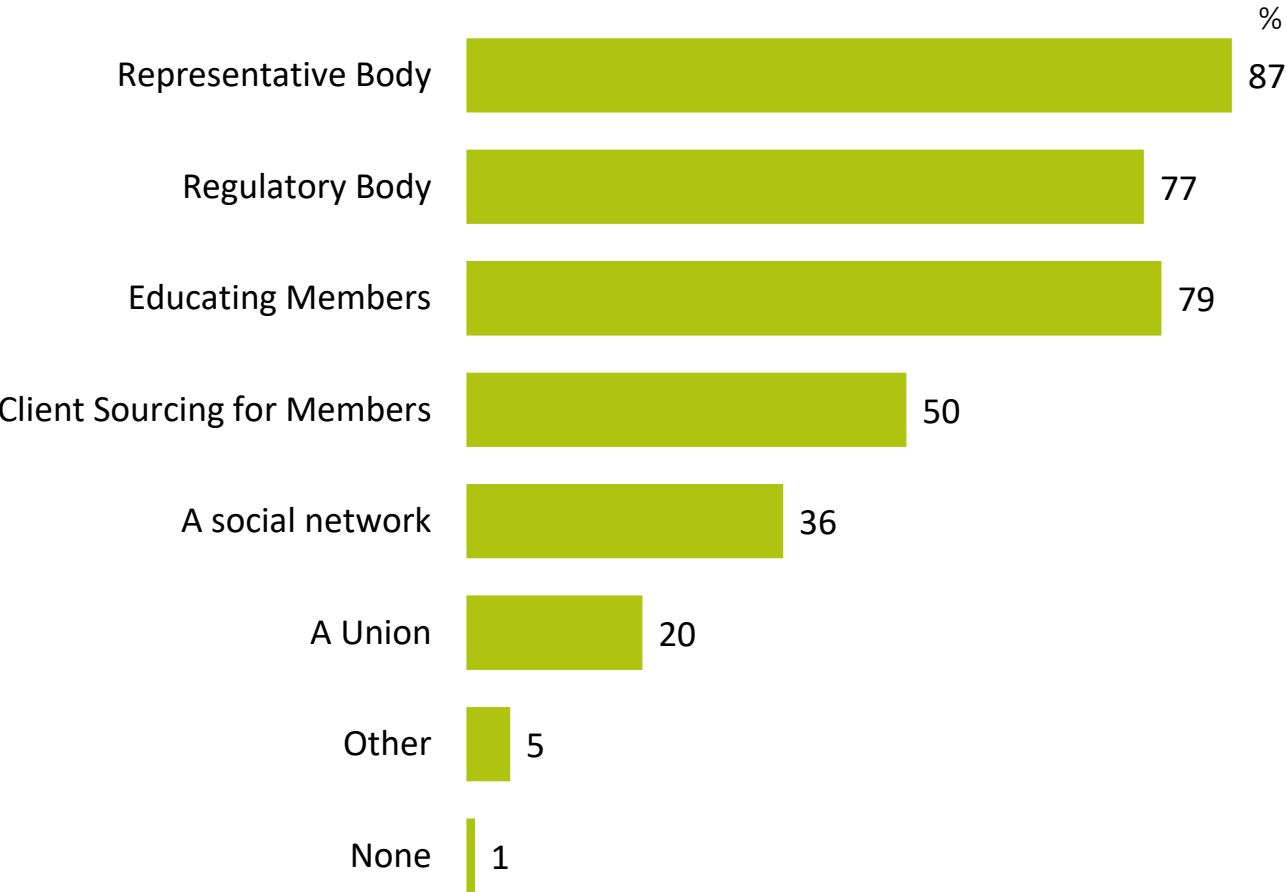
State Regulation & The Future of the IACP

Functions of the IACP



Base: All members: 1,076

Any Function

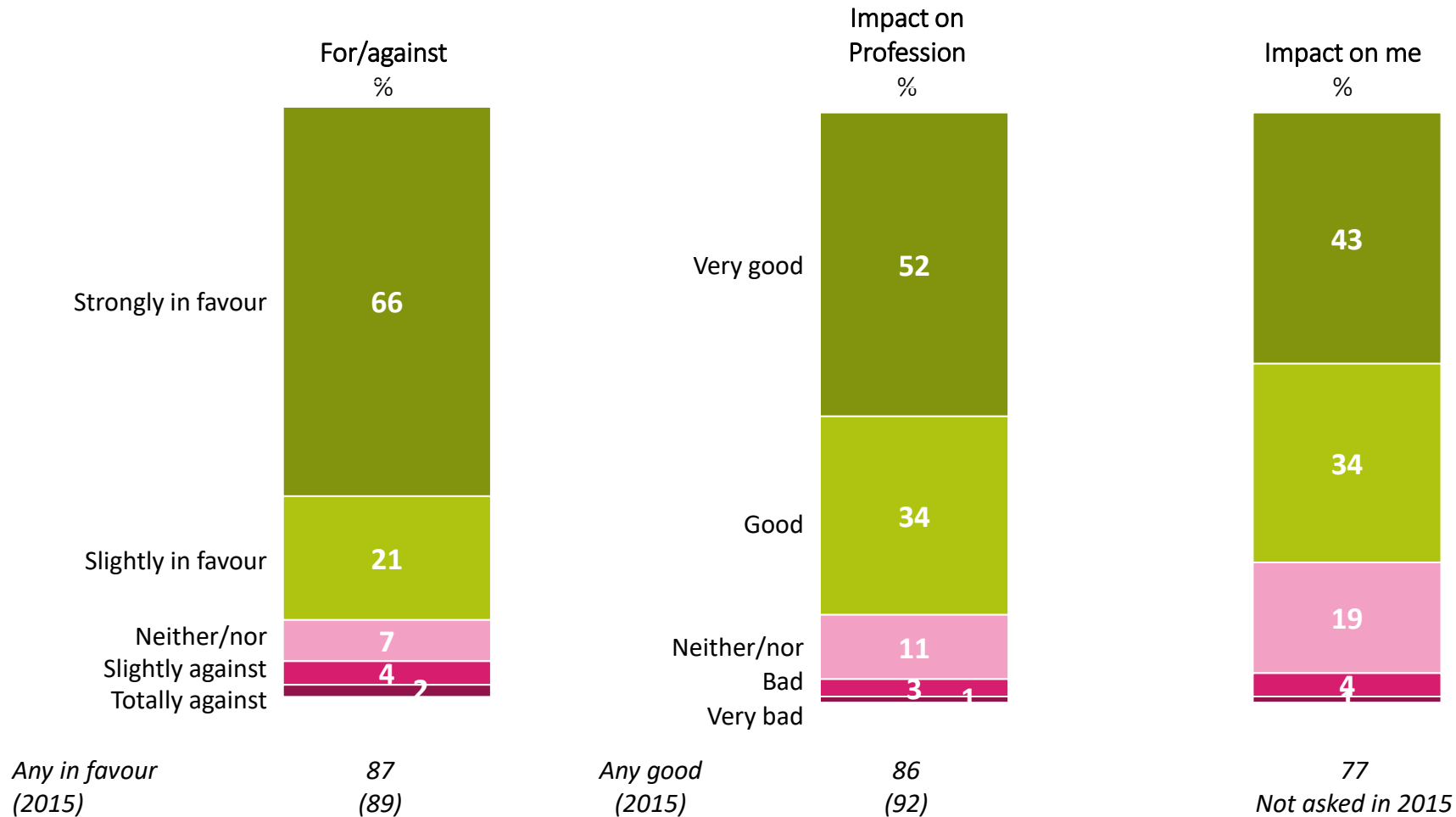


Most Important	
2018 %	2015 %
37	28
41	46
8	10
4	10
1	1
2	3
0	2
1	-

The IACP is primarily seen to function as a representative/regulatory body – the proportion of members choosing other functions as the most important is very low.

Opinions on State Regulation

Base: All members: 1,076



Members are heavily in favour of State regulation and believe it will have a positive impact on the profession as a whole, and on themselves as professionals.

Q.54 Counselling/Psychotherapy will be regulated by the State in the near future. Are you broadly in favour or opposed to this development?

Q.54b Do you think the regulation and registration by a State body will be good or bad for the status of the profession overall?

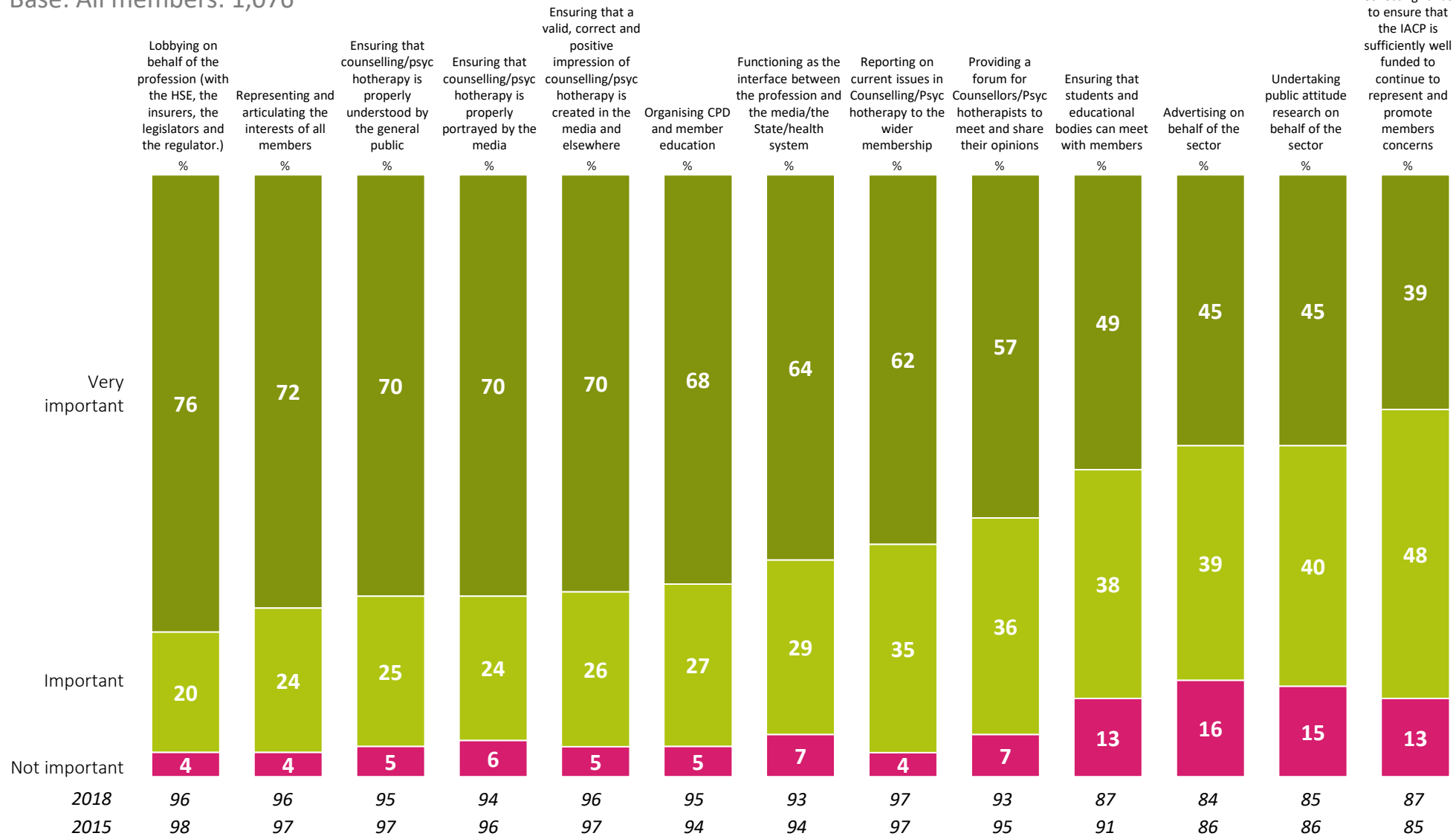
Q.54c Do you feel that the regulation and registration by a State body will be good or bad for you personally in your profession or not?

Continuing role of the IACP

Base: All members: 1,076



Collecting funds to ensure that the IACP is sufficiently well funded to continue to represent and promote members concerns

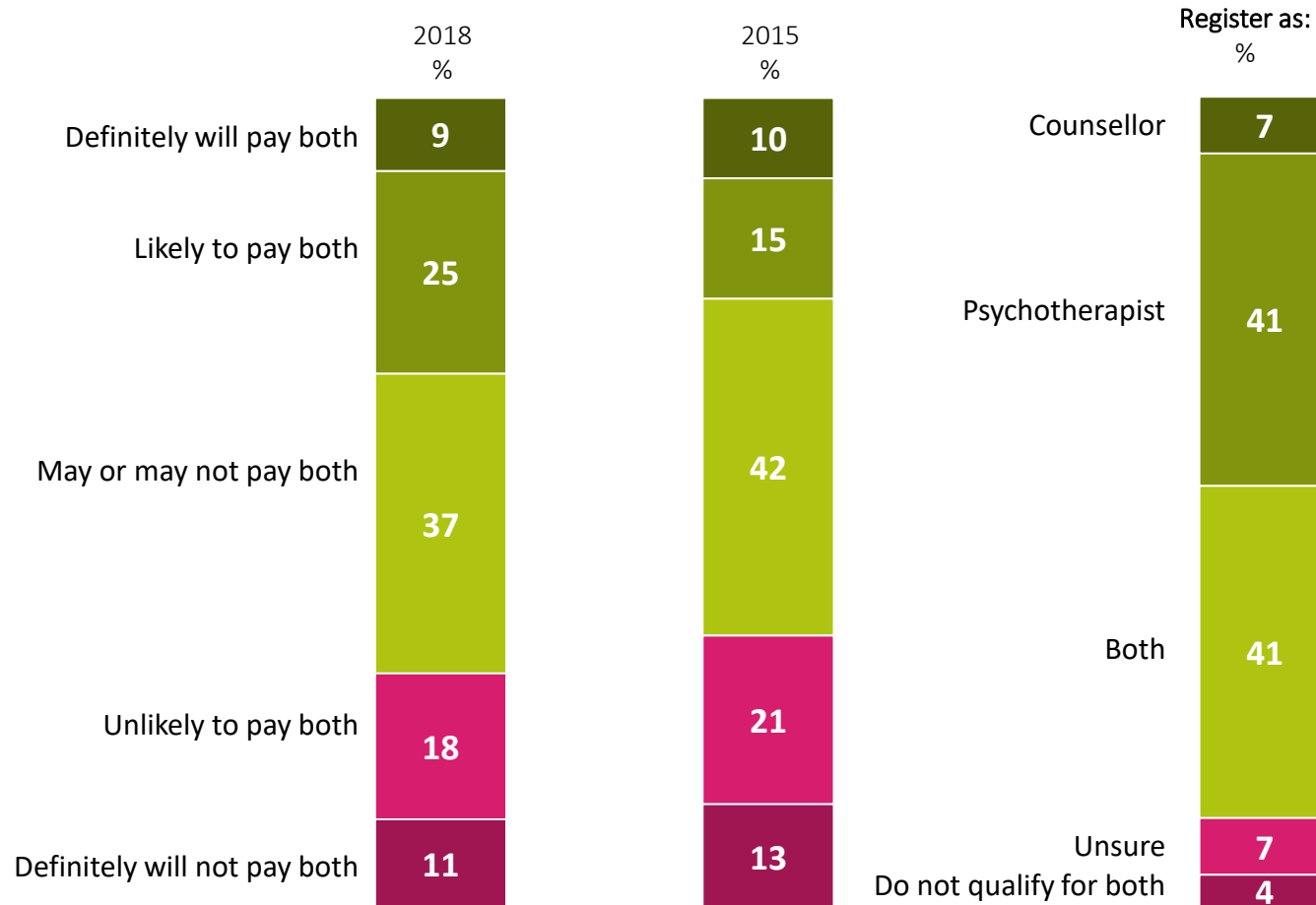


Members feel it will be important to continue in all of the current functions post State regulation – in particular its role in lobbying.



State regulation & membership/registration

Base: All members: 1,076



34% of members say they intend to pay both their IACP & state registration fees post regulation (up from 2015) – however, there is still a notable proportion who say they may or may not pay both. An equal proportion say they will register as both a counsellor and psychotherapist as those who say they will register as a psychotherapist only. A minority say they will register as a counsellor only.



Conclusions

Key Highlights

1. It is evident that the IACP has an engaged member body, with 1076 members completing this years' survey – allowing for highly representative insights.
2. A substantial majority (96%) say they find their work as a Counsellor/Psychotherapist rewarding.
3. Across all groups, members are highly satisfied with the supervision they receive.
4. A notable 90% of members have had training in suicide prevention – up from 2015/2013.
5. Most say they would ideally like to be working in private practice, and this is indeed where most members are actually working.
6. The majority of members believe they charge a reasonable rate for both clients and themselves.
7. Members who use the IACP website rate the various facilities consistently highly.
8. Satisfaction with the IACP's national profile is high and has increased since previous years.
9. Members are heavily in favour of State regulation and believe it will have a positive impact on the profession as a whole, and on themselves as professionals.
10. Satisfaction with accreditation processes is apparent – and has increased since 2015.

Key Areas for Consideration

1. More members are working in a voluntary capacity than would ideally like to be and the most commonly cited challenge of working as a counsellor/psychotherapist is making a living. The majority of members (51%) are against unpaid work when building accreditation hours.
2. There is opportunity to provide (free) CPD/training, particularly in the areas of;
 - Online counselling/psychotherapy.
 - Counselling/Psychotherapy and the law.
 - Victims of abuse, children/adolescents & couples.
 - Addiction, anxiety, anger, self-harm and family responses to suicide.
 - Trauma, body work and CBT.
 - Marketing? Although not called out by members, only 23% believe they market themselves enough.
3. Most members say they use the IACP website only now and again, which indicates a possibility to engage members with it more frequently.
4. Some members suggest that the IACP should increase their media presence, and 1 in 4 don't really feel counselling/psychotherapy is represented well in the media currently. There is also opportunity to enhance members' awareness of the IACP's lobbying activity around talk therapies in primary care – as only a minority are currently aware.
5. There is, a notable proportion of members who say they may or may not pay both their IACP and state registration fees post-regulation.
6. Younger students and pre-accredited members who are going through accreditation processes are less satisfied with them – some members suggest that simplification is required.

Thank you.

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Irish Association for Counselling and Psychotherapy