



# MEMBER SURVEY 2024

Quantitative Research

June 2024

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Survey | June 2024 | Version 1 |  
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## IACP members study background:

- This report covers the findings from the 2024 wave of the IACP members' study. The last wave was conducted in 2021 when Ireland was emerging from the COVID-19 pandemic. Where possible results have been compared to previous waves conducted.
- The survey includes more general elements, seeking feedback on areas such as Accreditation, CPD, Supervision, Communications, Research, Resources, Organisational Profile, Perceptions of Counselling/Psychotherapy and the future.
- Consistent with previous years the study was undertaken online with Ipsos B&A sending out survey links to members to complete.
- A robust sample of **n=953 members** participated in the survey, a strong **response rate of 16%**.

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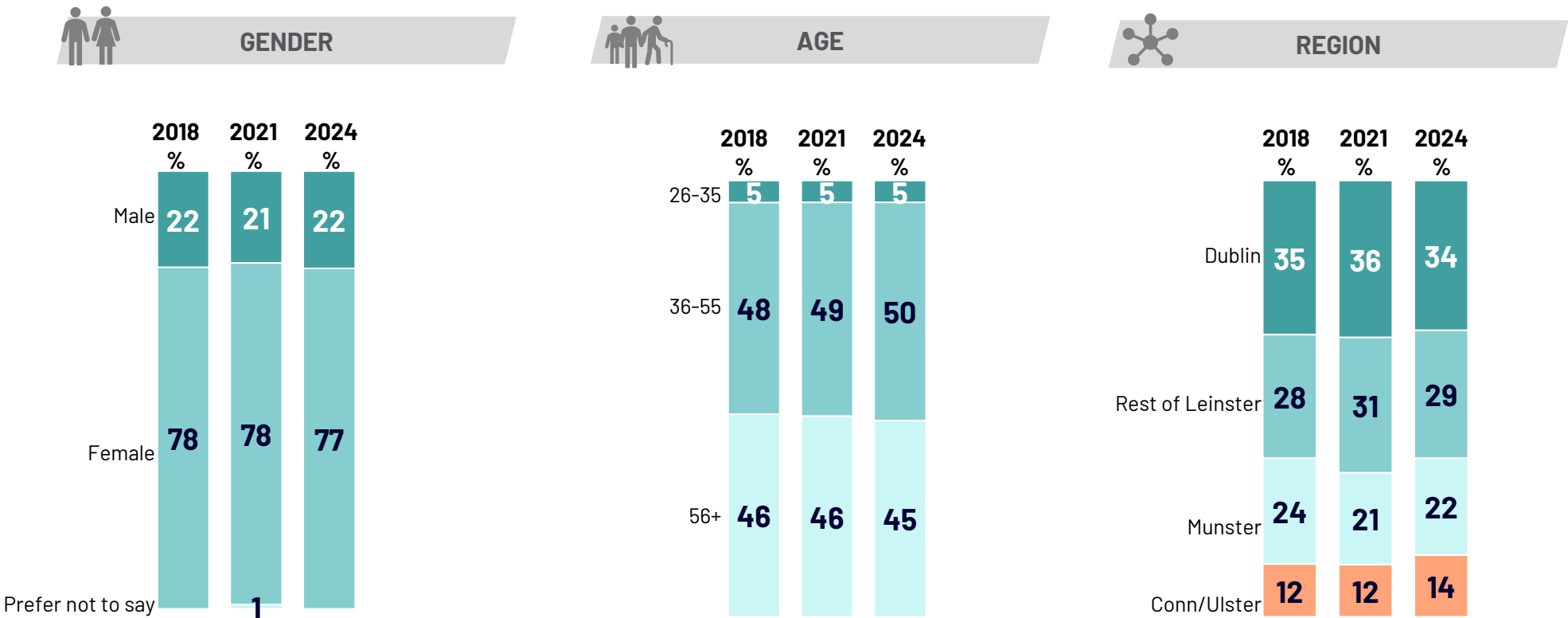
Key findings

# SAMPLE OVERVIEW



# Sample Profile: Membership remains heavily female with Dublin & Leinster over-represented

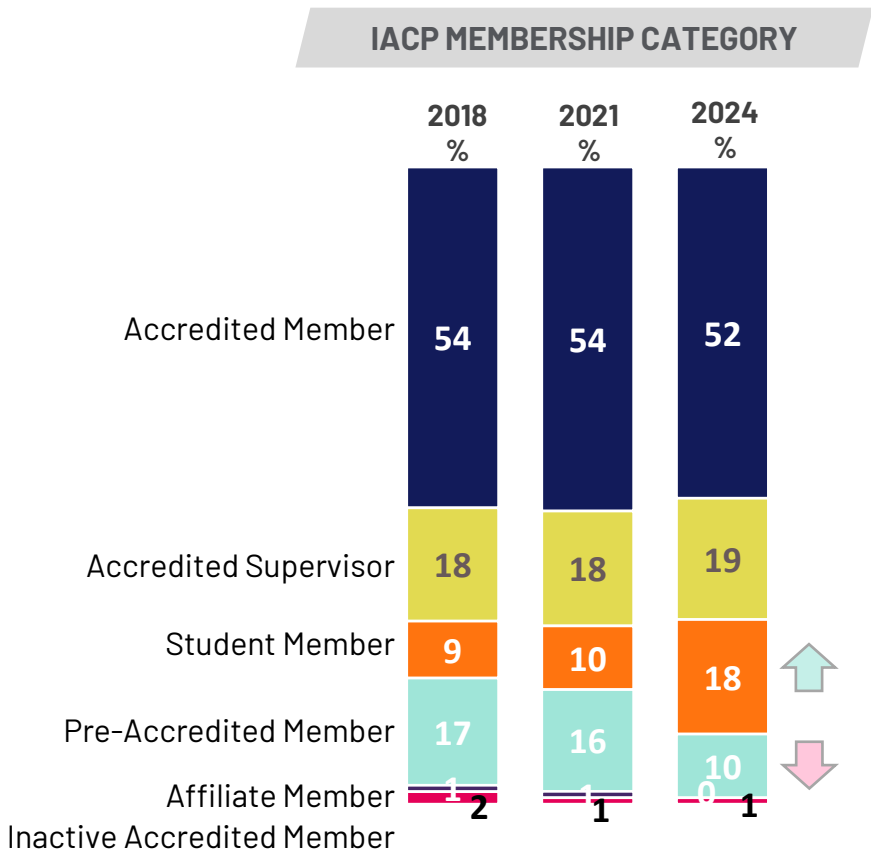
Base: All members – 953



**77% of members are female with 45% over the age of 56 years old. Dublin remains is marginally over-subscribed relative to population (29%), although members self-categorised in this regard. Munster and Connaught/Ulster may have fewer therapists. Demographic profile of members is in line with previous waves.**

# Sample Profile: just over half are *Accredited Members*

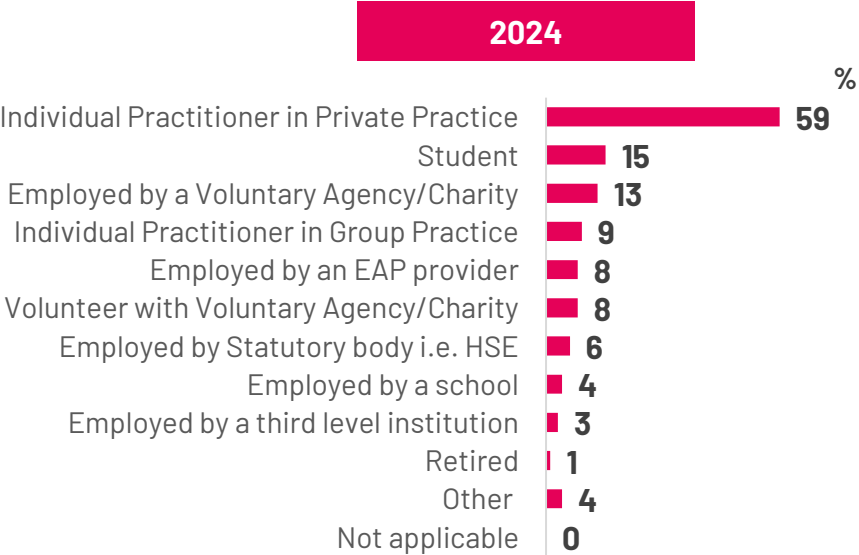
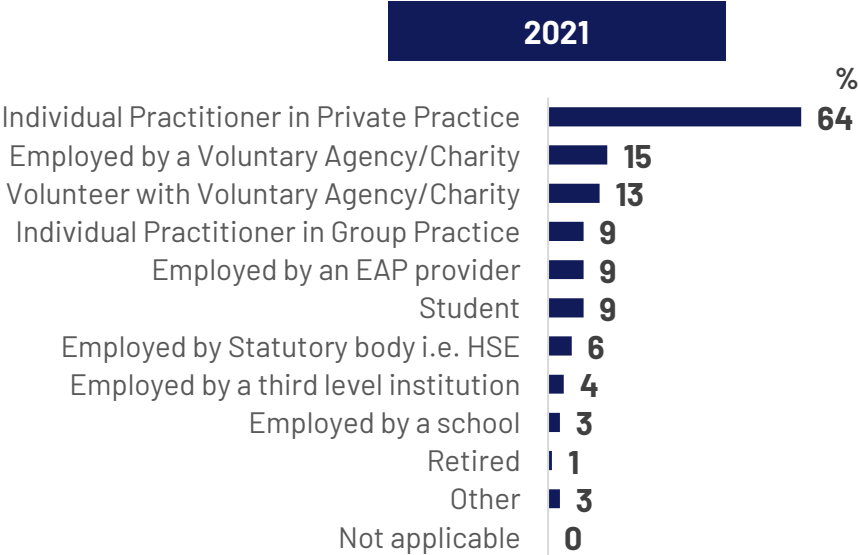
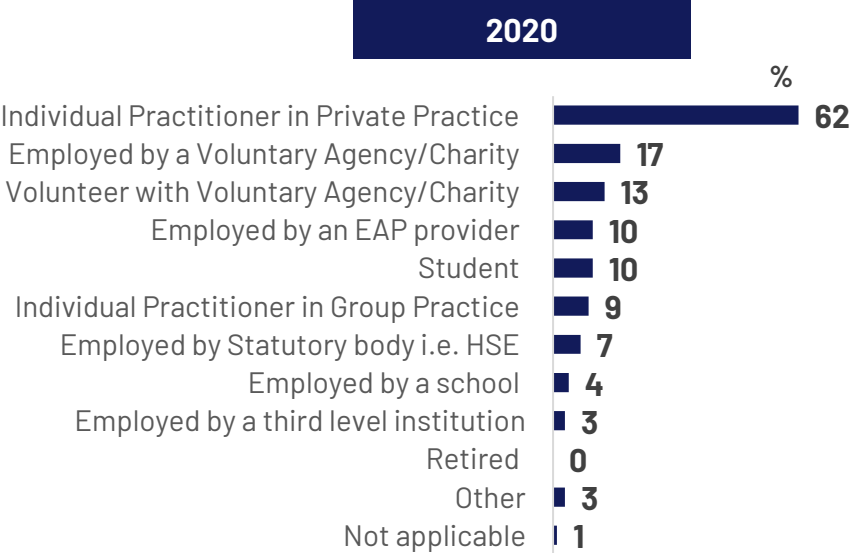
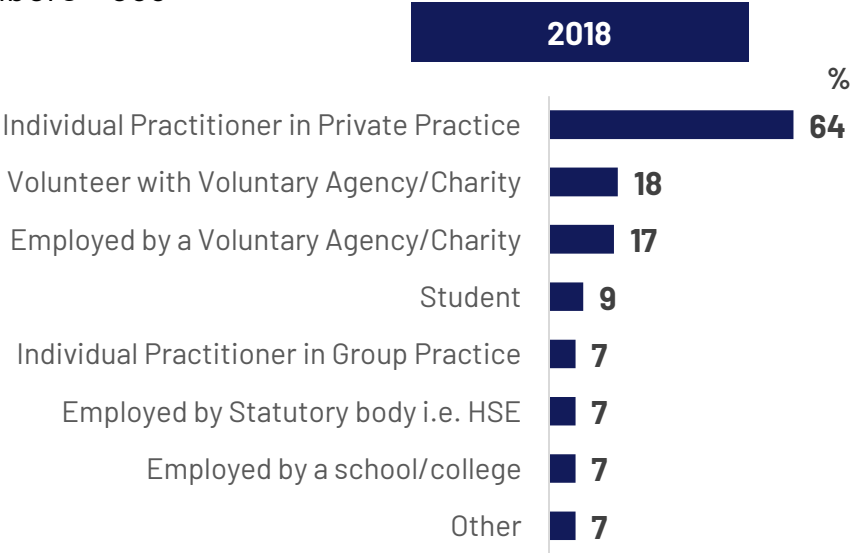
Base: All members – 953



The proportion of *Accredited Members* and *Accredited Supervisors* remains in line with 2021 with an increase in *Student Members* to 18% (+8%pts) and a decrease in *Pre-Accredited* members to 10% (-6%pts).

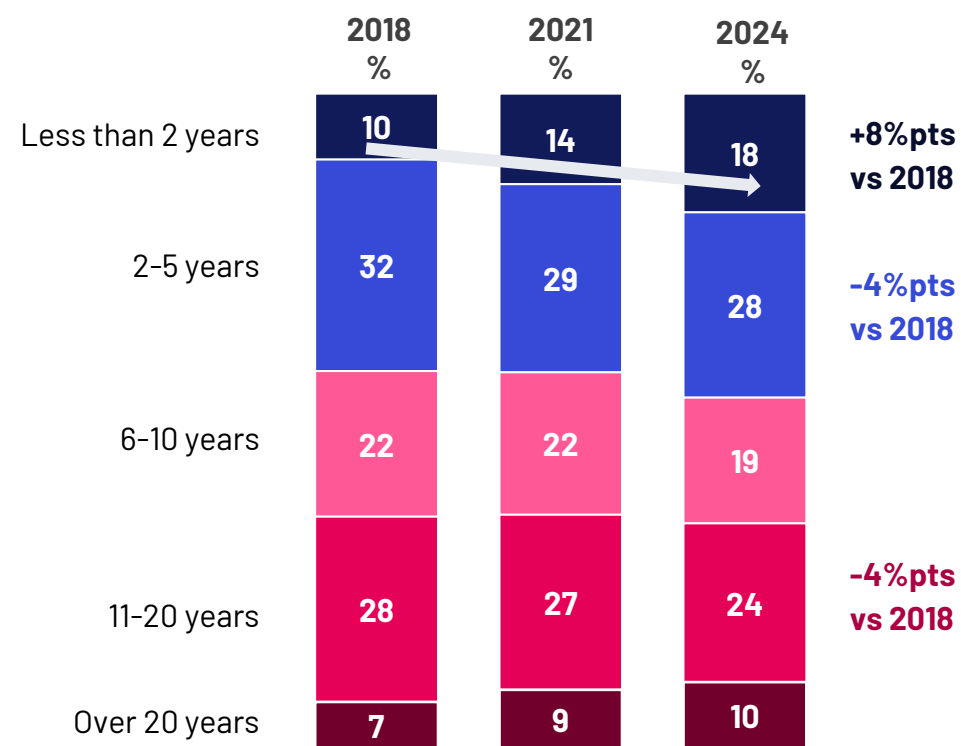
# Employment: 59% are individual practitioner in private practice

Base: All members – 953



# IACP Membership length

Base: All members – 953



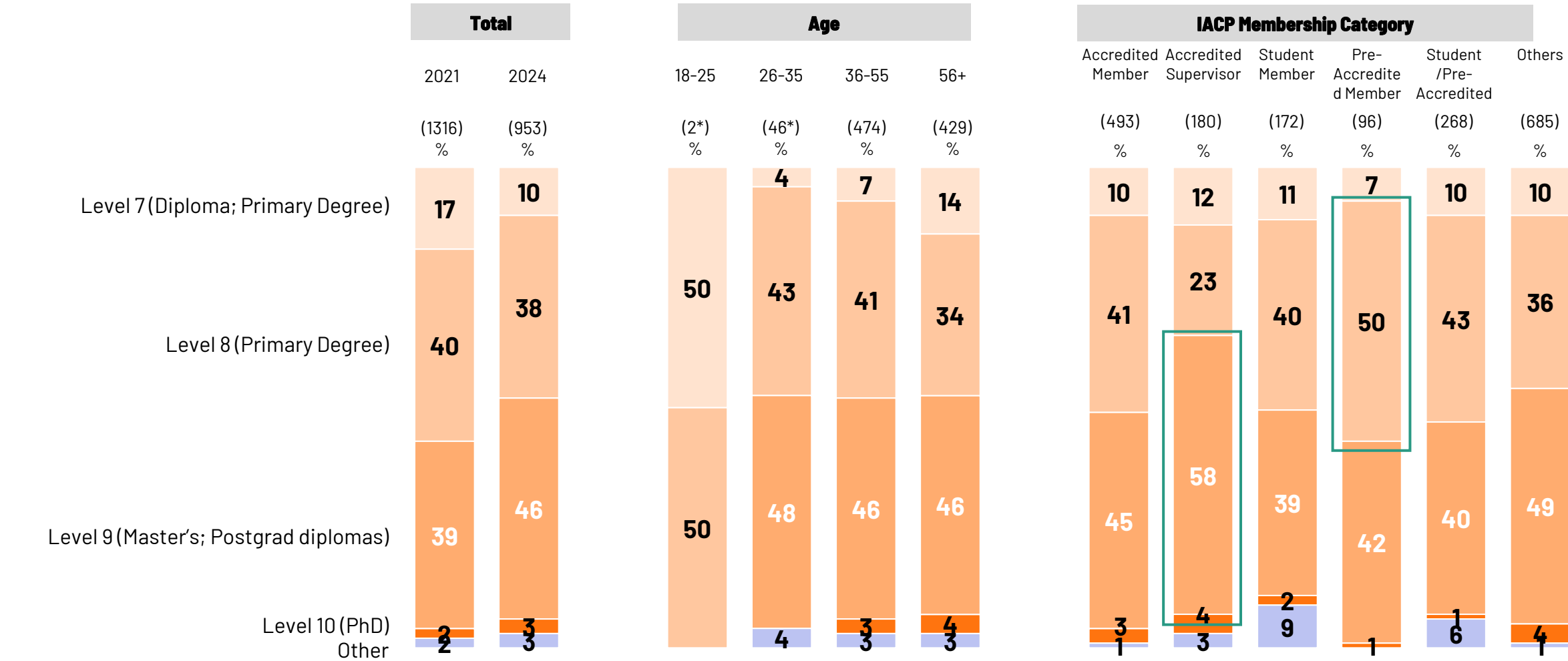
The increase in Student Members is reflected in the increase in membership of *less than 2 years*. 28% of members have been members for *2-5 years* with just over a third having been members for at least *11 years*.





# Educational Qualification

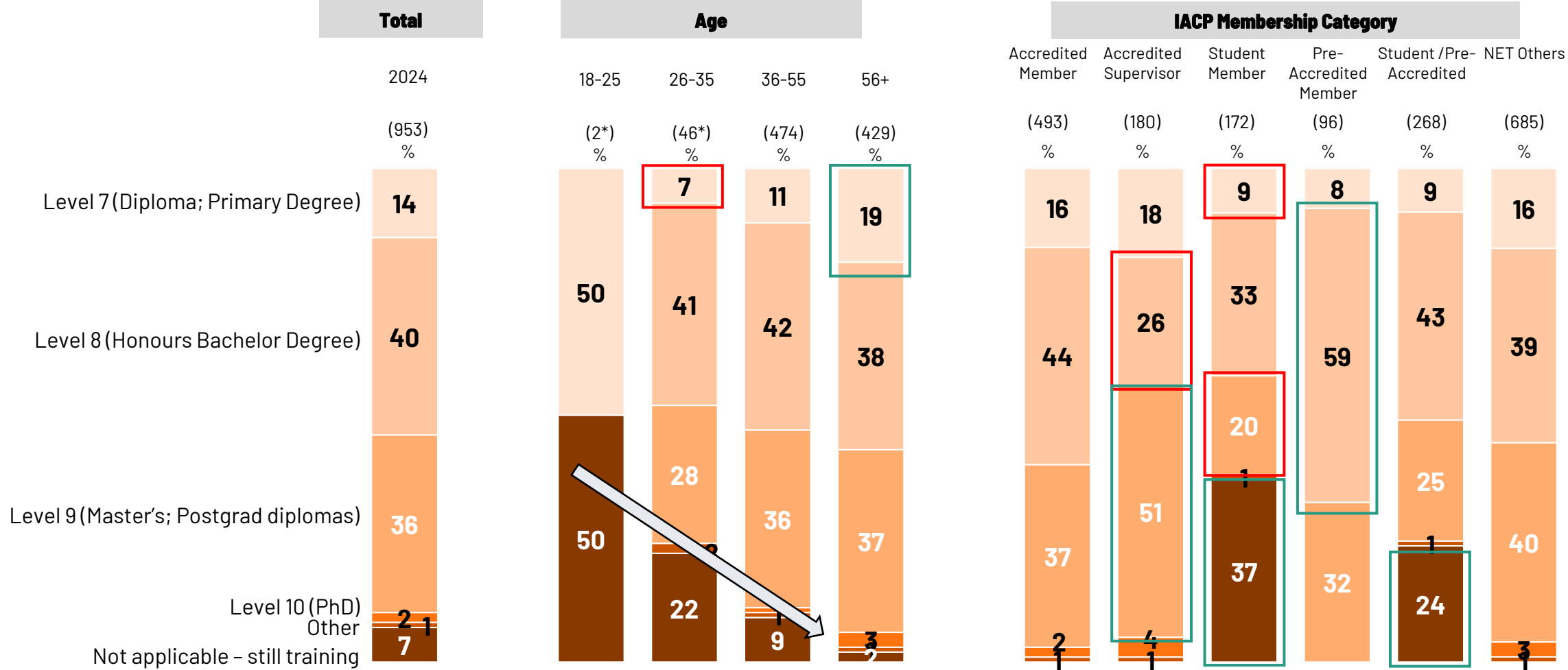
Base: All members: 953



**46% of members have a level 9 qualification with 38% having a level 8 qualification. Pre-Accredited members are more likely to be level 8 qualified while Accredited Supervisors are more likely to have a level 9 qualification (58%).**

# Highest level of qualification in Counselling/Psychotherapy training

Base: All members: 953



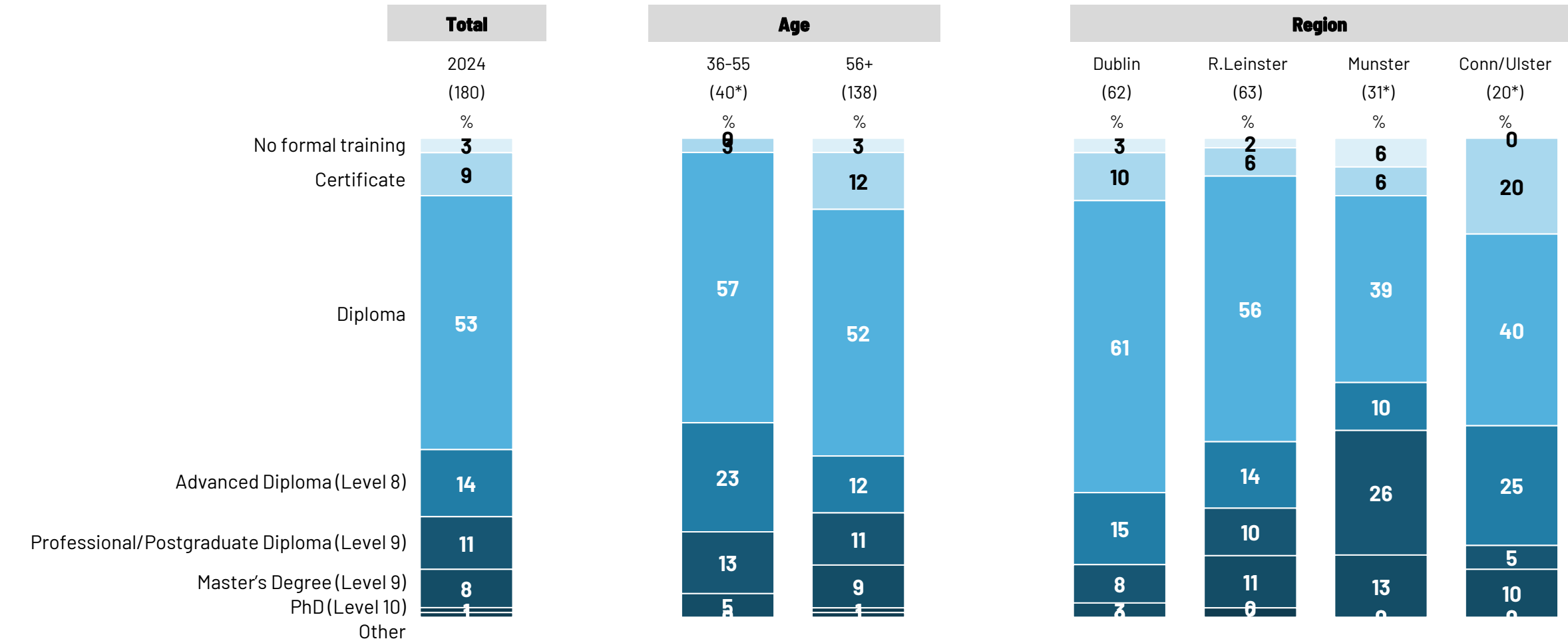
Just under four in five members have at least a Level 8 qualification in counselling/psychotherapy. Just over half of Accredited Supervisors have a Level 9 qualification with almost a third of Pre-Accredited Members having a Level 9 qualification.

Q.4b And please state your highest Level of Qualification in Counselling/Psychotherapy training?

\*caution small base

# Highest level of qualification in supervision training

Base: All accredited supervisors - 180



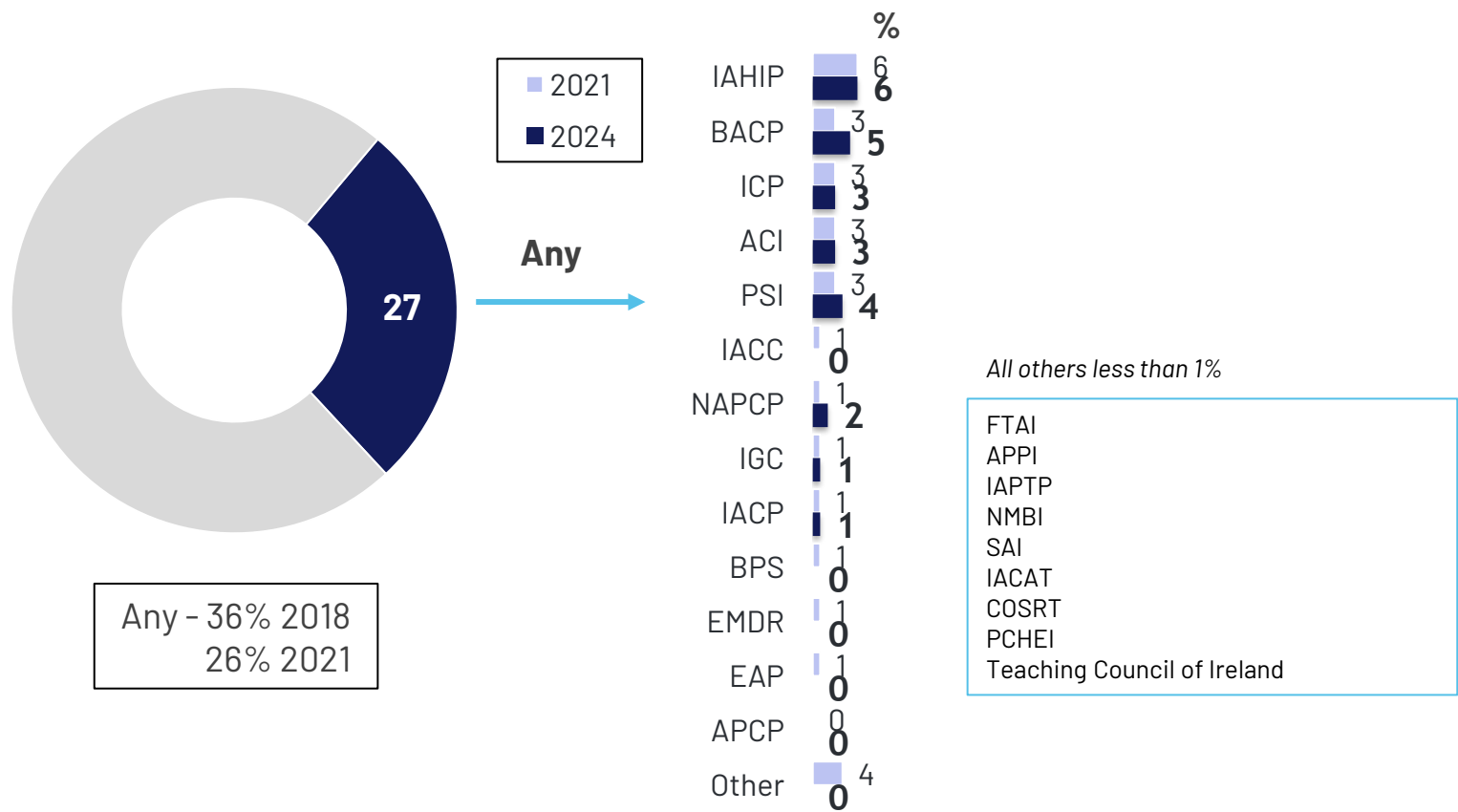
**53% of Accredited Supervisors state a diploma is their highest level of qualification in supervisor training, another quarter having an evinced or professional diploma and one in twelve a Masters degree.**

Q.4c Please state your highest Level of Qualification in Supervision training

\*caution small base

# 27% of Members are also members of other organisations

Base: All members – 953



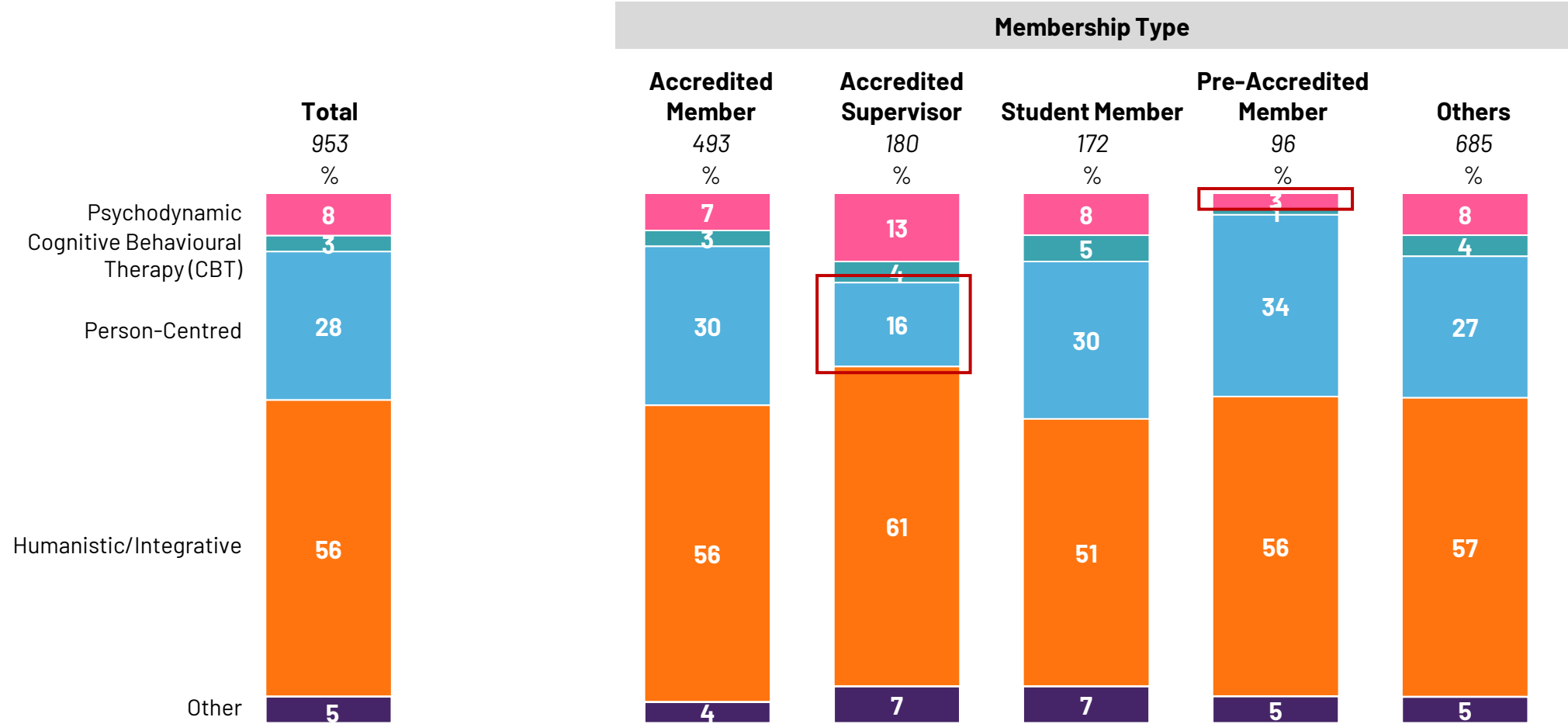
**Membership to other organisations is in line with 2021 (+1%pt). 6% are also members of IAHIP and 5% are also members of BACP.**





# Guiding theoretical model used by members

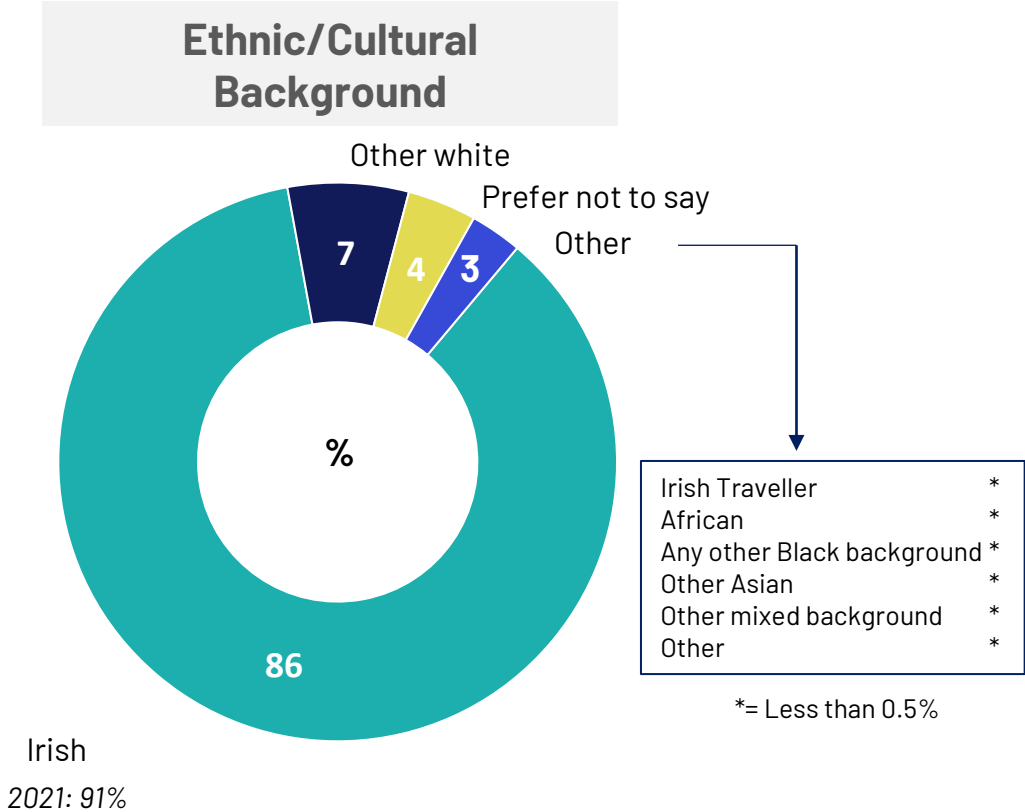
Base: All members – 953



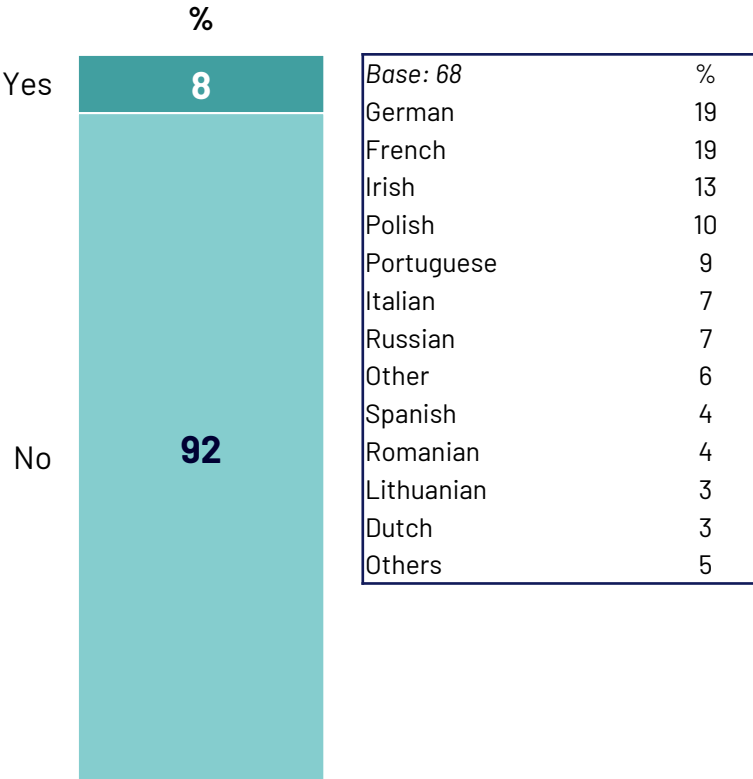
The majority of members indicate using a mainly *Humanistic/Integrative model (56%)*, with Accredited Supervisors somewhat less likely to favour a *Person-Centered* approach and Pre-Accredited Members less likely to use a *Psychodynamic* model.

# 10% of members don't identify as Irish

Base: All members – 952



## Able to offer counselling/ psychotherapy in another language



**In reality, few have the ability to work in a separate language (8%, in line with 2021).**

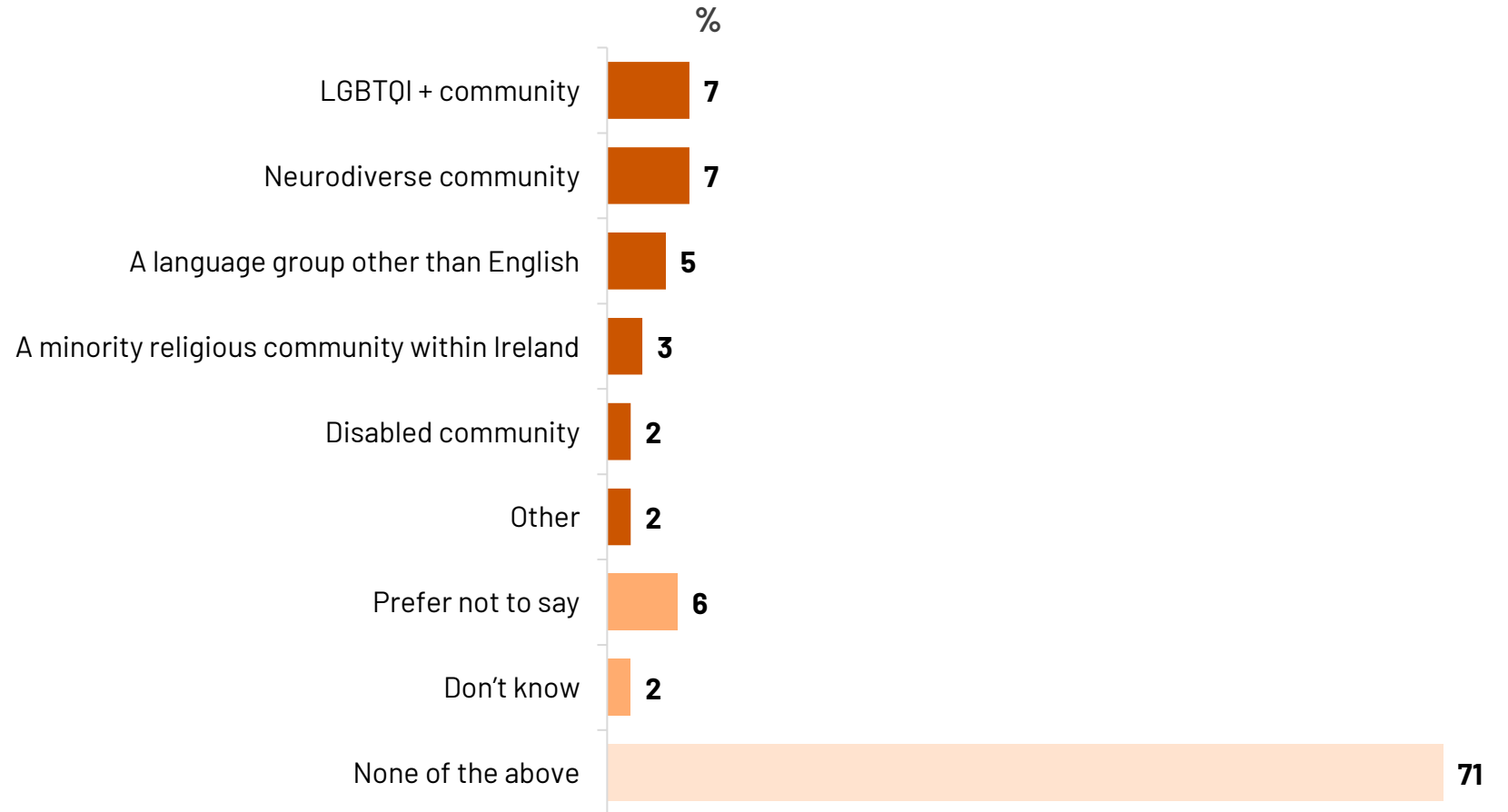
**8% of members can offer counselling/psychotherapy in a language other than English, just 3% among of Accredited Supervisors but 11% among Student members.**

**7% of members identify as part of the *LGBTQI+* community with 7% identifying as part of the *Neurodiverse* community.**

**Just over seven in ten members don't identify with any of these communities.**

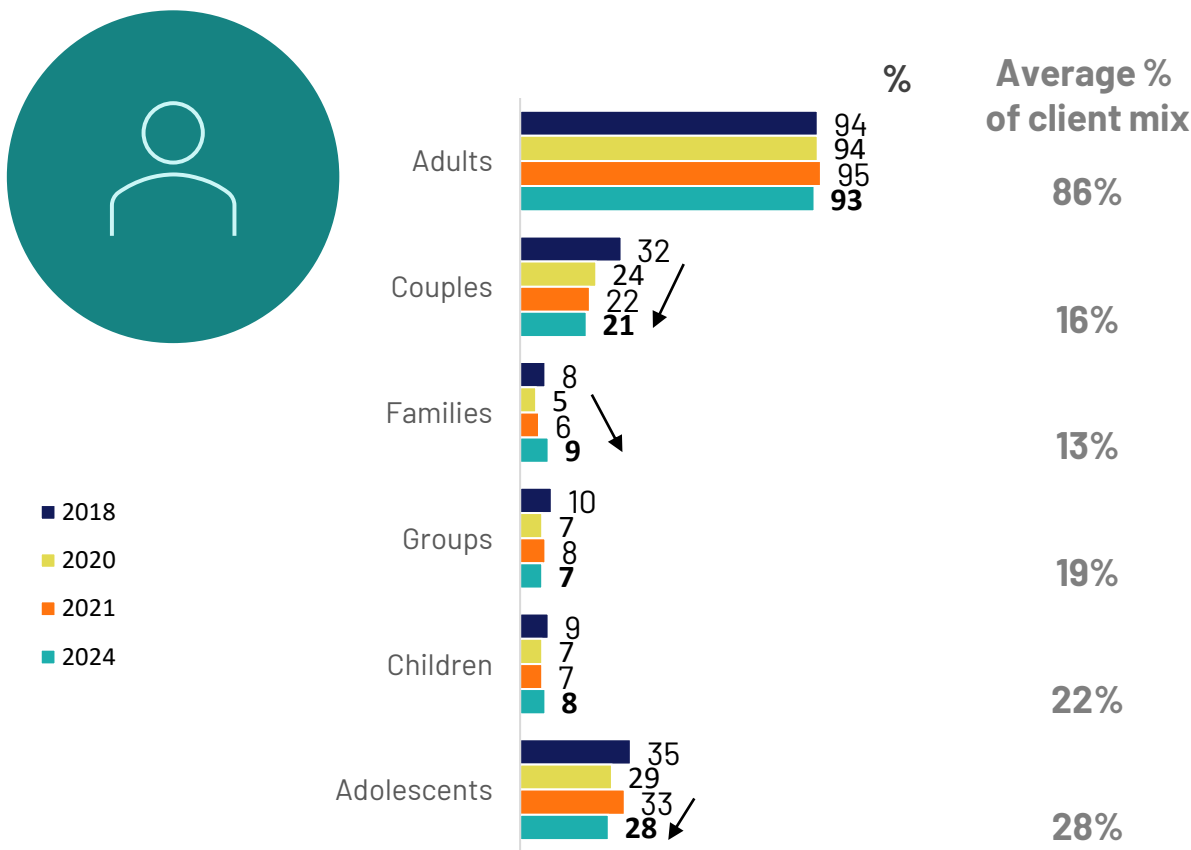
## Communities members identify with

Base: All members – 952



# Client mix served

Base: All members – 953



Most members are mainly focussed on **adults (93%)** with just **8% focused on children.**

Slight decline over time in the number of members dealing with **couples (#3)**, whereas those dealing with **families have been increasing since 2020.** Fewer members state they deal with **adolescents (still #2)** vs 2021 with the proportion now in line with 2020 levels.

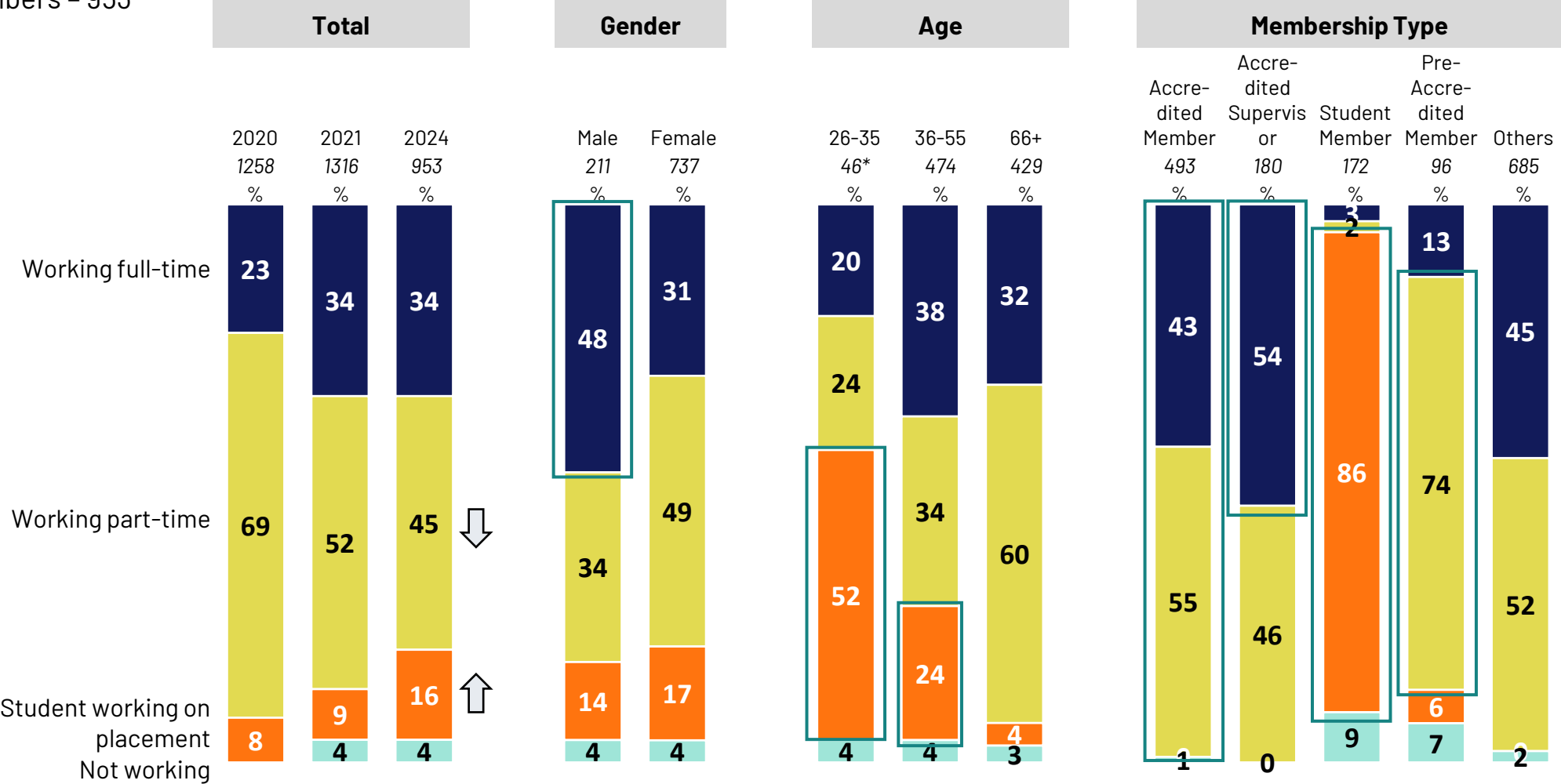
Q.20 On average, please estimate the percentage of your client load that is usually made up by each of the below client groups –



# HOW COUNSELLORS/ PSYCHOTHERAPISTS ARE WORKING

# Nature of work as a counsellor/psychotherapist

Base: All members – 953



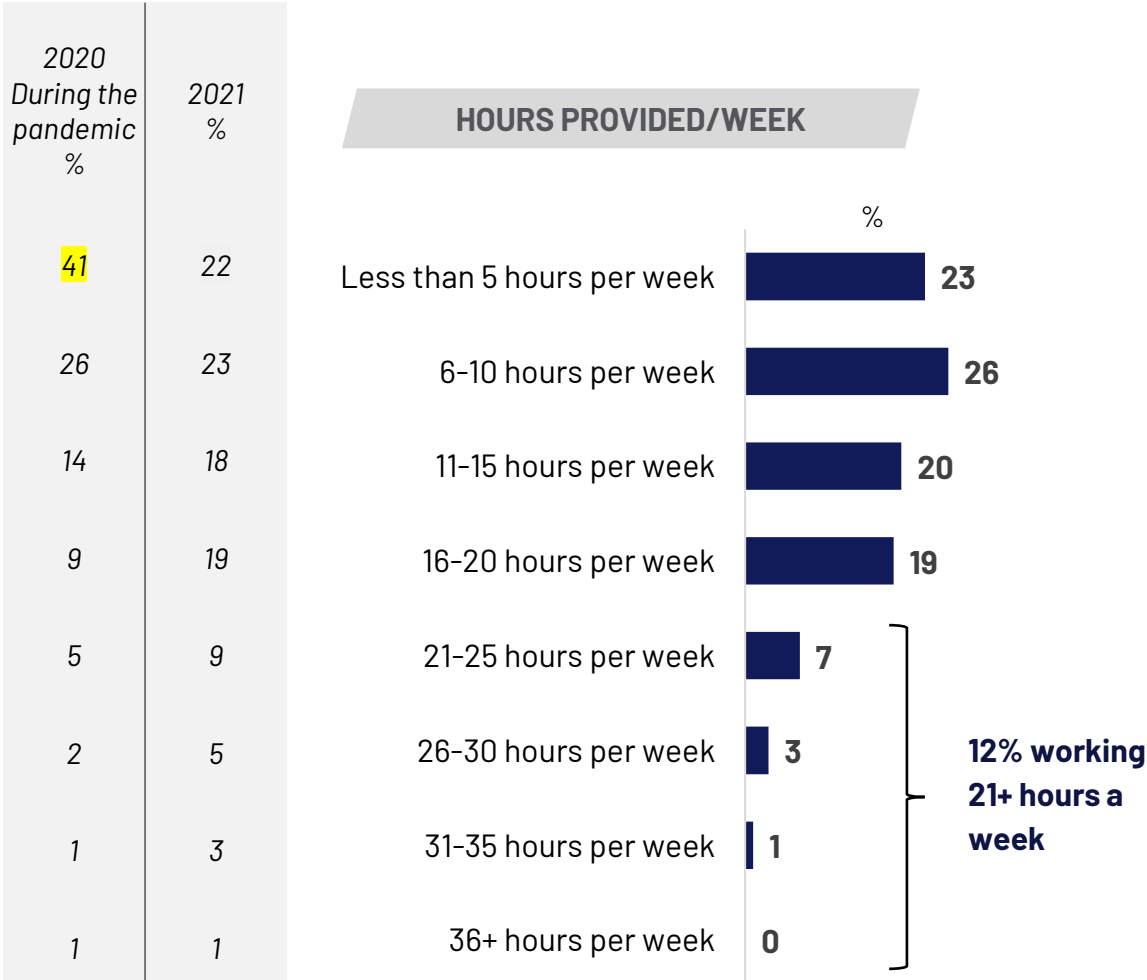
**Just over one in three members are working full-time with 45% working part-time. Along with the shift in sample, students working on placement has increased to 16% (+7%pts). Men, Accredited members and Accredited Supervisors are more likely to be working full-time while just under three in four Pre-accredited members working part-time.**

Q.11 How would you describe your current work as a Counsellor/Psychotherapist \*caution low base

# Slight decrease in working hours since 2021

Base: All actively working – 918

Statistically higher  
Statistically lower



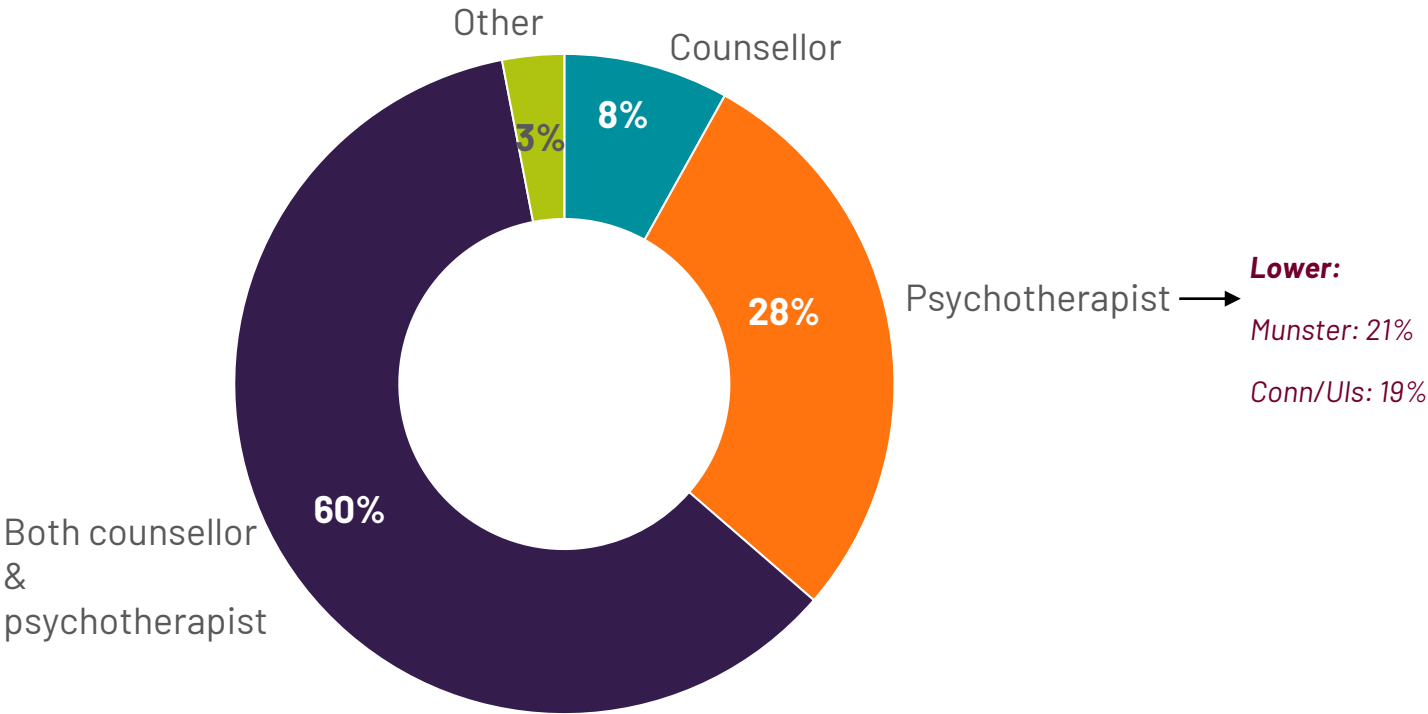
Gender		Age			Membership Type				
Male	Female	26-35	36-55	56+	Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Others
203	710	44*	456	415	486	180	157	89	672
%	%	%	%	%	%	%	%	%	%
20	24	48	30	13	10	3	81	33	9
21	27	23	20	32	28	23	11	46	27
23	19	11	17	24	26	26	1	10	26
24	17	14	19	19	23	29	1	6	24
6	7	-	7	7	8	11	-	2	9
3	2	2	3	2	3	4	1	-	3
1	1	-	1	2	1	3	1	1	1
0	0	-	0	0	0	1	-	1	0

12% members do over 21 hours of counselling or psychotherapy a week, a decrease from 18% in 2021. 46% of members do between 6-15 hours a week. Younger and Student members are more likely to do less than 5 hours per week with Accredited members and Accredited Supervisors less likely.

Q12. Approximately how many hours of counselling or psychotherapy do you currently provide per week? \*caution low base

# How they identify

Base: All actively working – 918

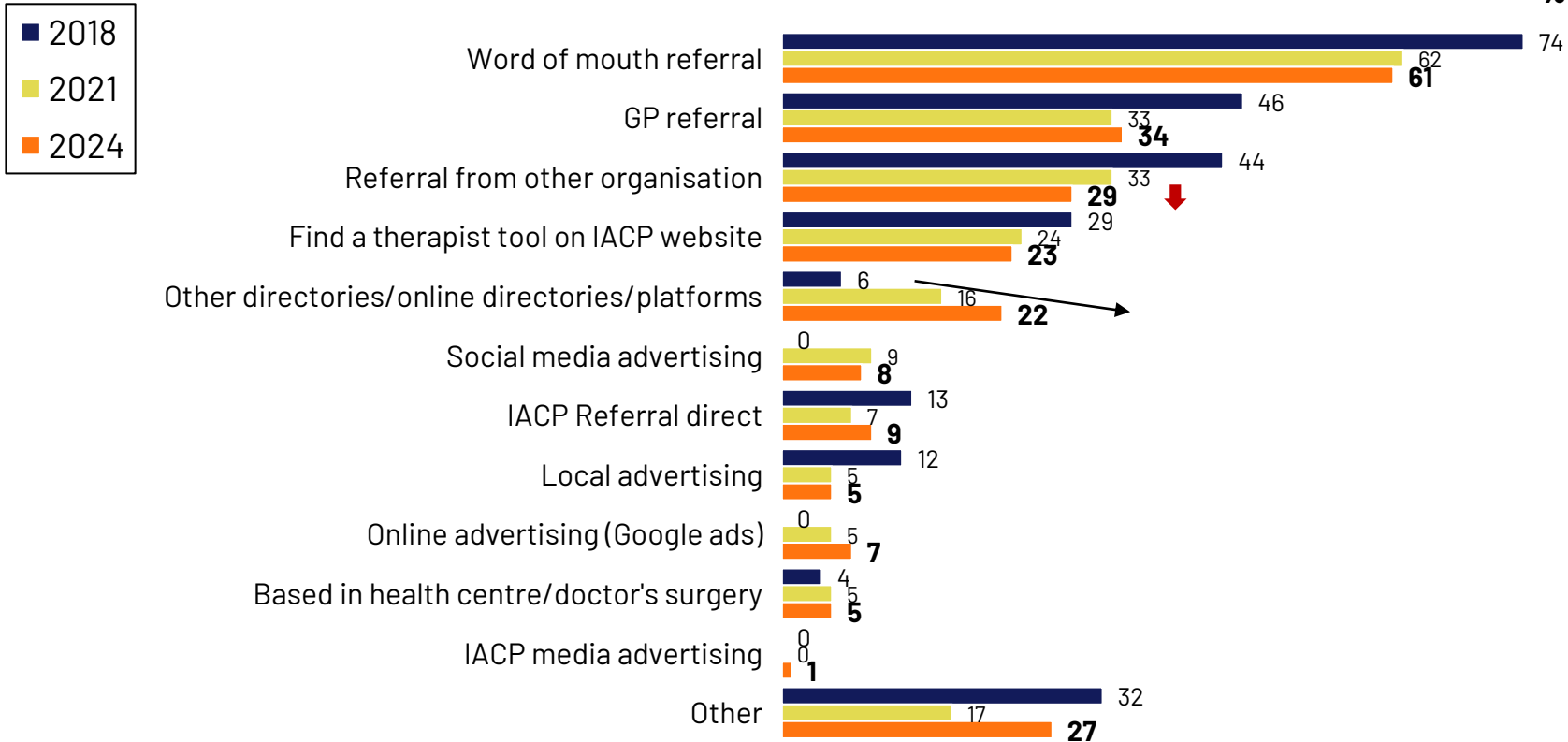


Three in five members would identify themselves at *both a counsellor & psychotherapist* with 28% identifying as *exclusively a psychotherapist*, lower among those in Munster and Connaught/Ulster.



# Most clients originate by word-of-mouth referrals

Base: All actively working – 918



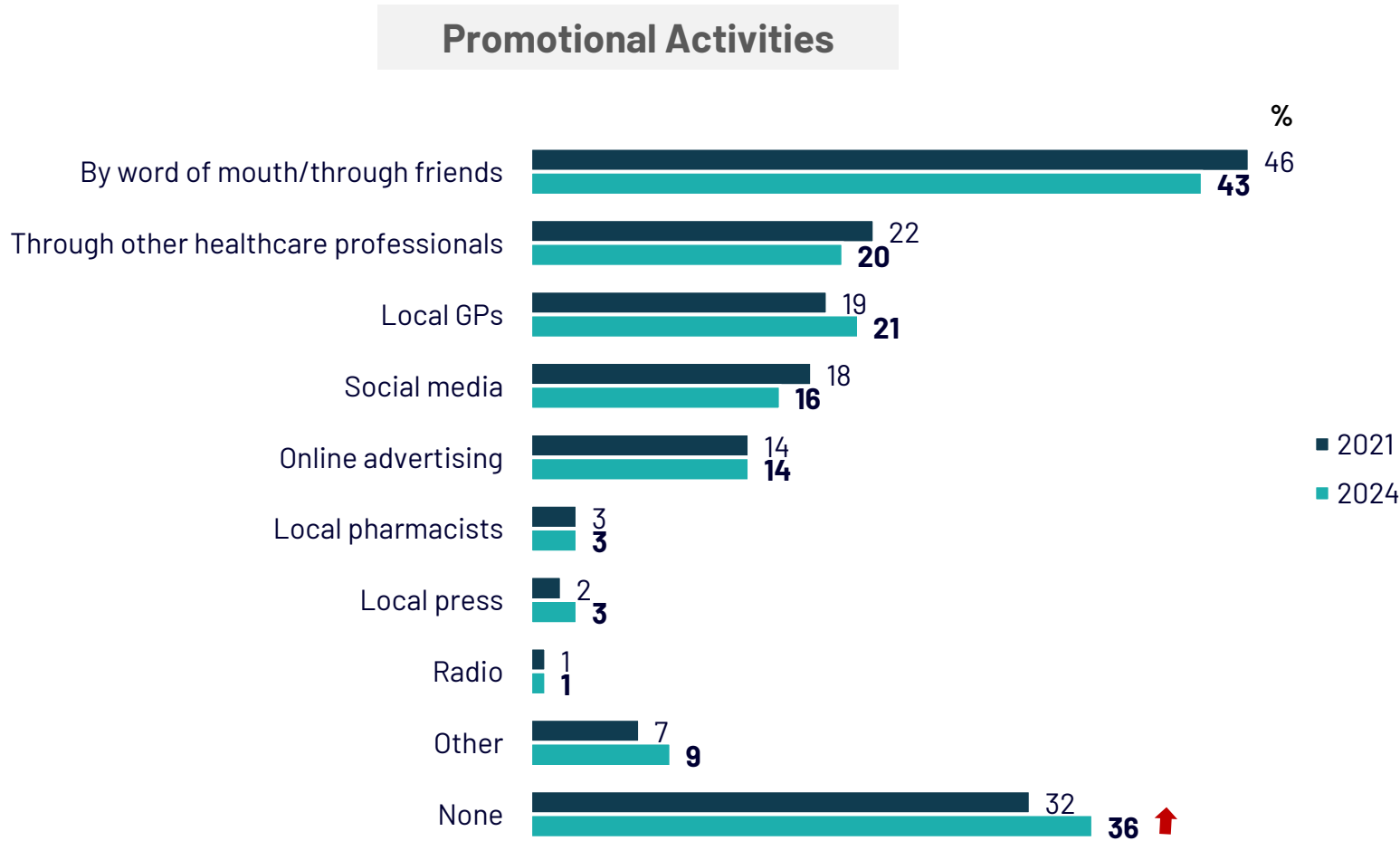
Statistically higher  
Statistically lower

Membership Type				
Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member	Others
486	180	157	89	672
%	%	%	%	%
69	87	11	51	74
41	43	8	20	41
34	26	17	35	31
-	-	-	-	-
31	34	1	1	31
28	20	6	24	26
10	6	3	9	9
10	19	1	1	12
5	2	8	8	4
8	6	3	7	7
7	3	9	7	6
0	2	-	-	1
21	18	55	28	20

Most sourced by word-of-mouth referral, GP referral or referral from other organisations. Slight decrease in referrals generated from other organisations to 29% (-4%pts). One in four state clients are sourced through the find a therapist tool on IACP website, in line with 2021 with continuing growth in other online directories/platforms.

# Formal marketing/promotional activities remain limited

Base: All actively working – 918

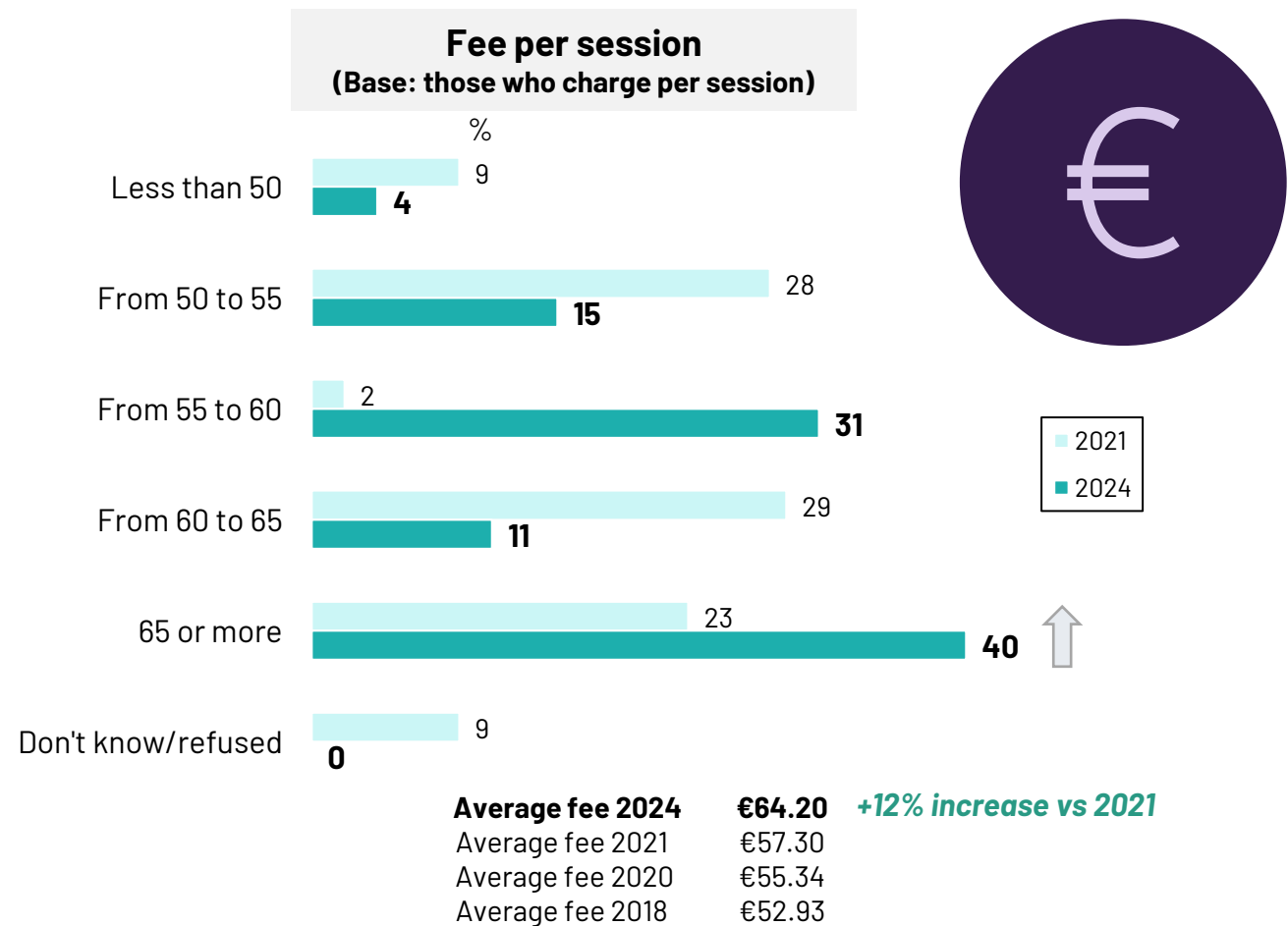
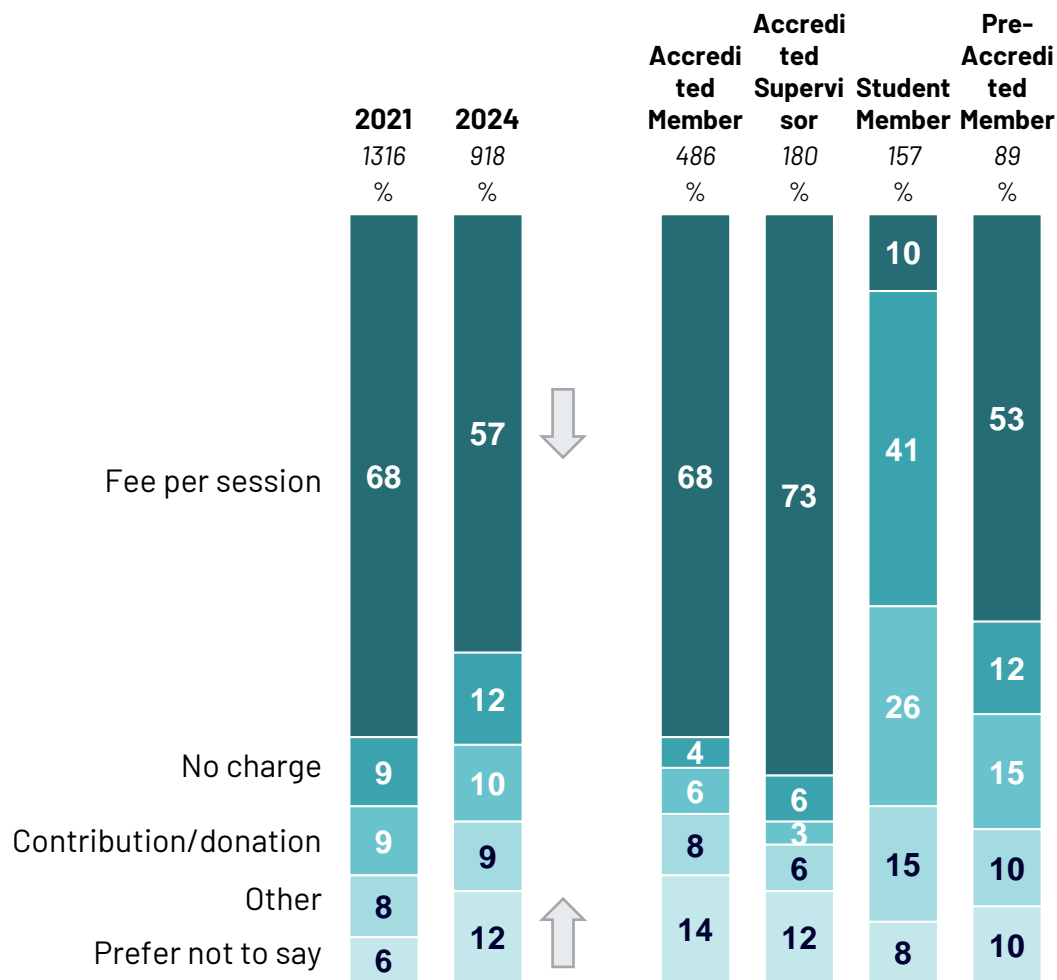


**36% of members don't actively promote themselves, +4%pts vs 2021. Word of mouth, through other healthcare professionals and local GPs are the most used channels for promotion.**



# Most members charge a fee per session with the average fee €64.20

Base: All actively working – 918

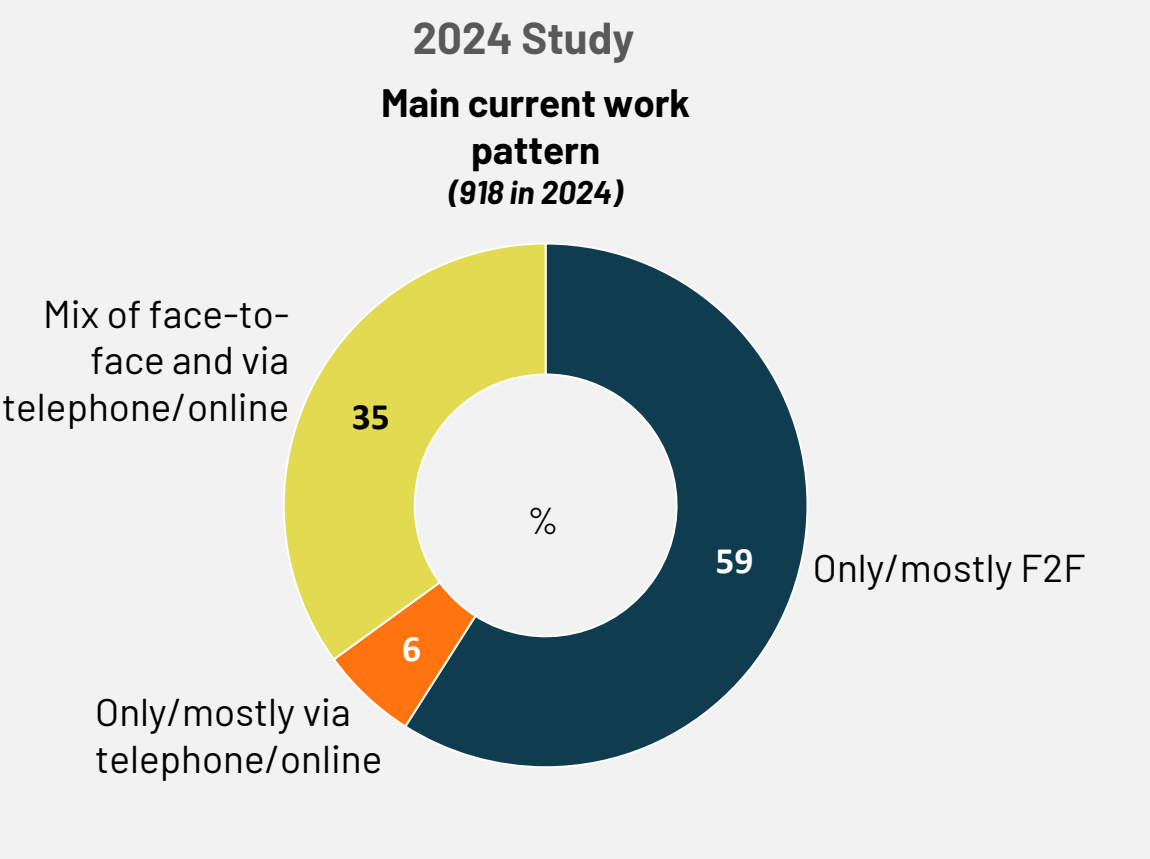
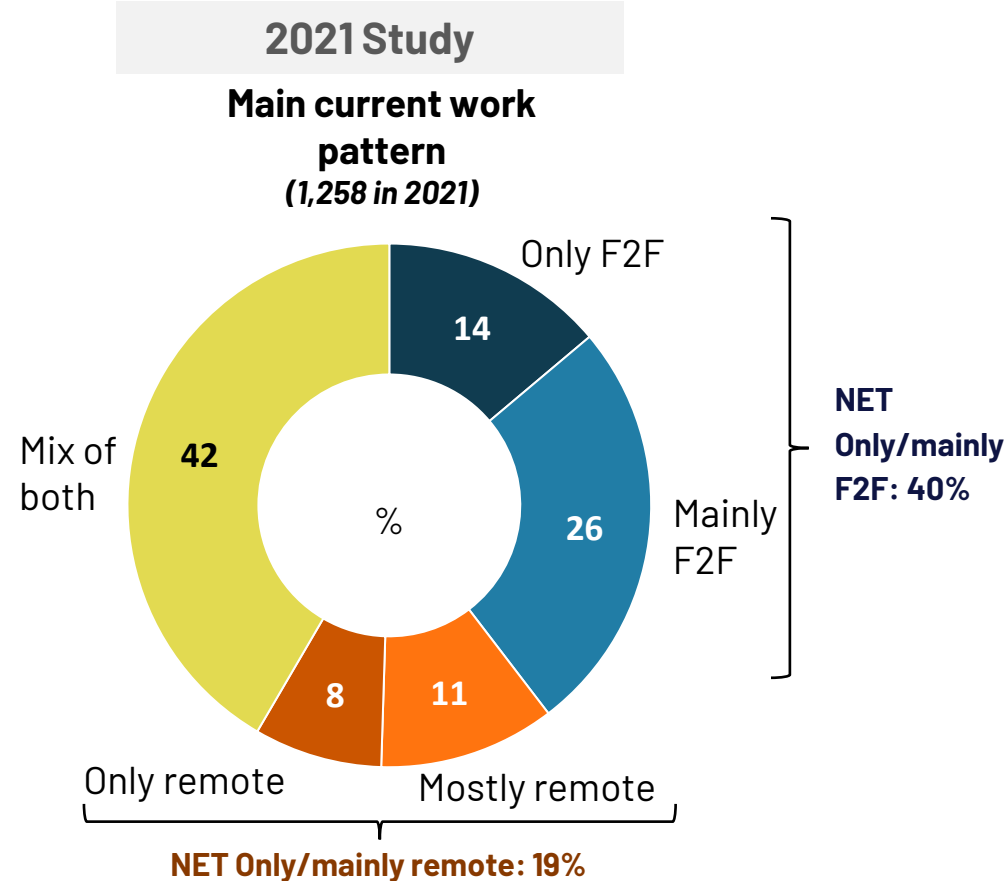


Q.14 What do you usually charge your clients per session (i.e.: 50 mins-1 hour)?

Q.14b You mentioned you have been charging your clients a fee per session. On average, what have you been charging your clients per session (50 mins/1 hour)

# Continued trend back to face-to-face counselling in 2024

Base: All actively working



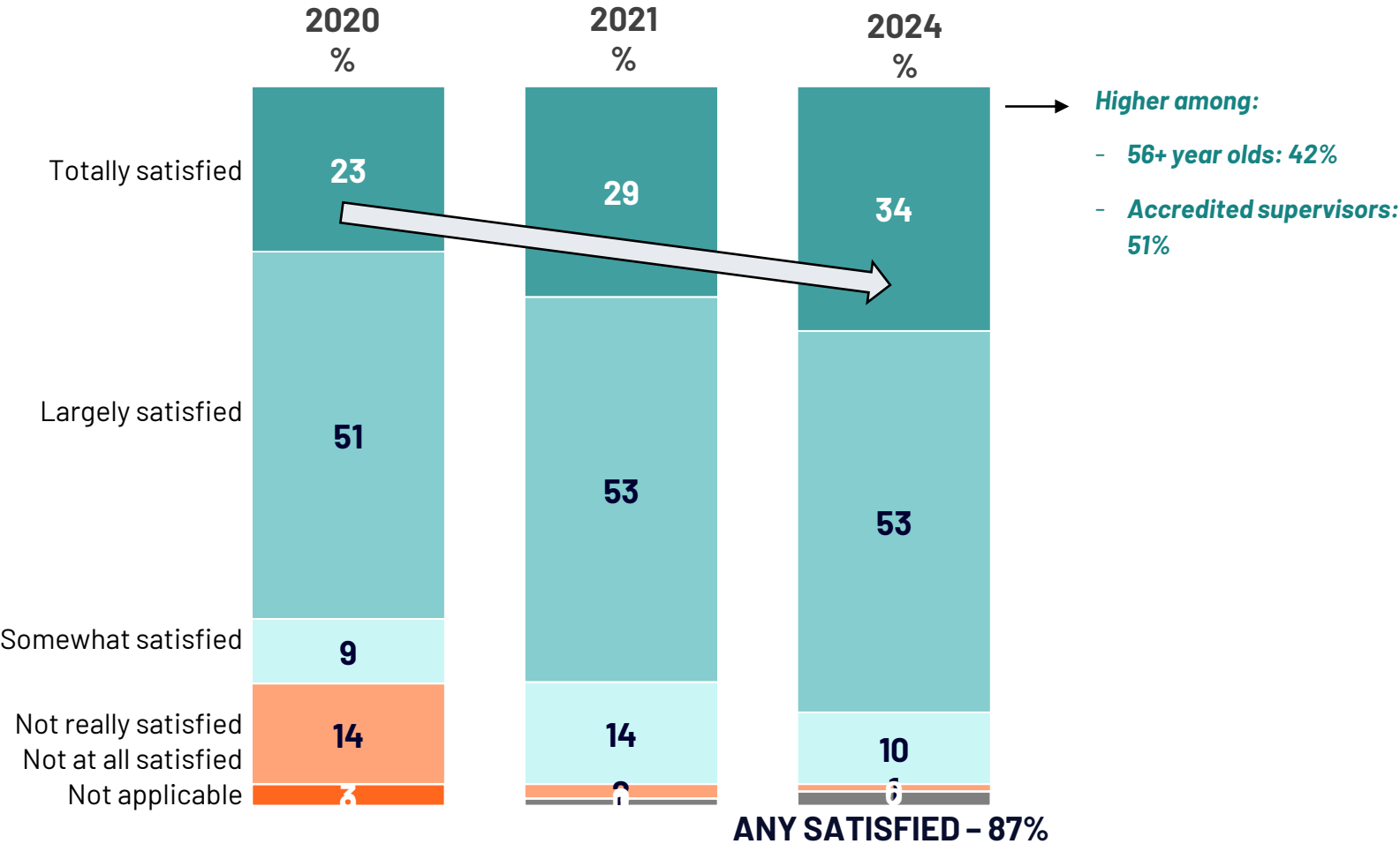
**Just under three in five members are providing counselling/psychotherapy only/mostly face to face, an increase from 40% in 2021. Only/mostly doing remote session drops -13%pts to 6% this year with 35% doing a mix of both face to face and remote sessions.**

Q.16a How do you mainly provide Counselling/Psychotherapy currently?



# Members are increasingly satisfied with how they provide counselling/psychotherapy

Base: All actively working – 918

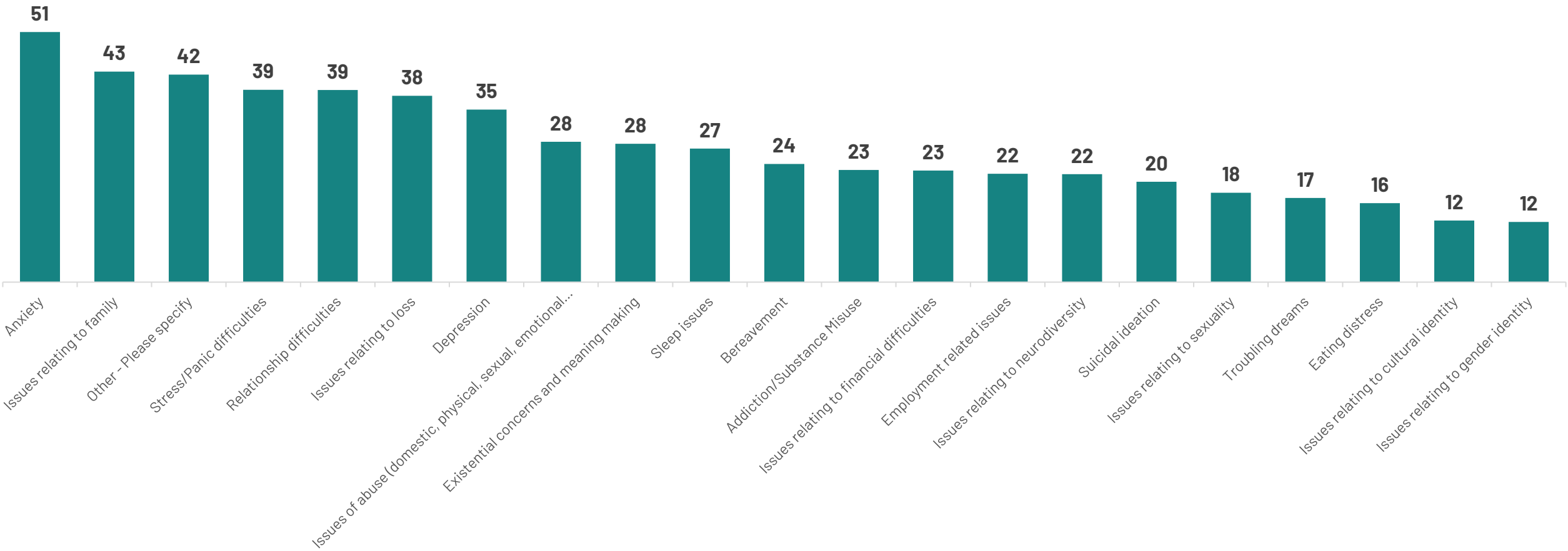


87% of members are at least *largely satisfied* with how they are providing Counselling/Psychotherapy currently increasing +5%pts vs 2021. Just over one in three state they are *totally satisfied* with dissatisfaction negligible



# Average percentage of client presenting with different conditions

Base: All members - 953



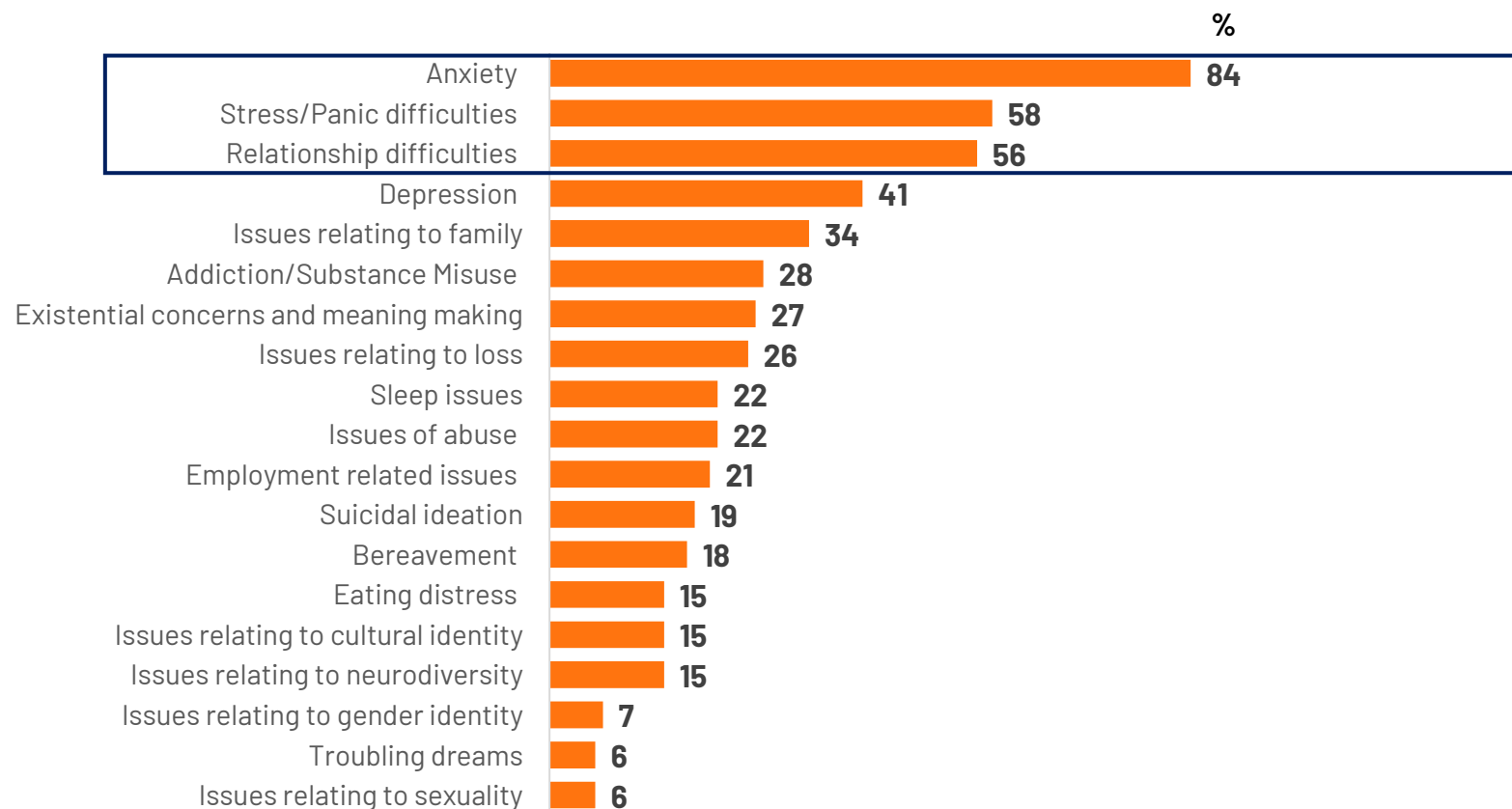
**On average members state just over half of their clients present with anxiety with just over two in five presenting with issues related to family. Lower incidence of issues relating to cultural identity and gender identity.**

Q.18a On average what percentage of your clients present with each of the following?

Over four in five feel *anxiety* has become more prevalent as a result of the Covid-19 pandemic and its impact with over half stating *stress/panic difficulties* and *relationship difficulties* have become more prevalent.

## Anxiety and relationship difficulties are more prevalent as a result of the COVID-19 pandemic

Base: All members - 953



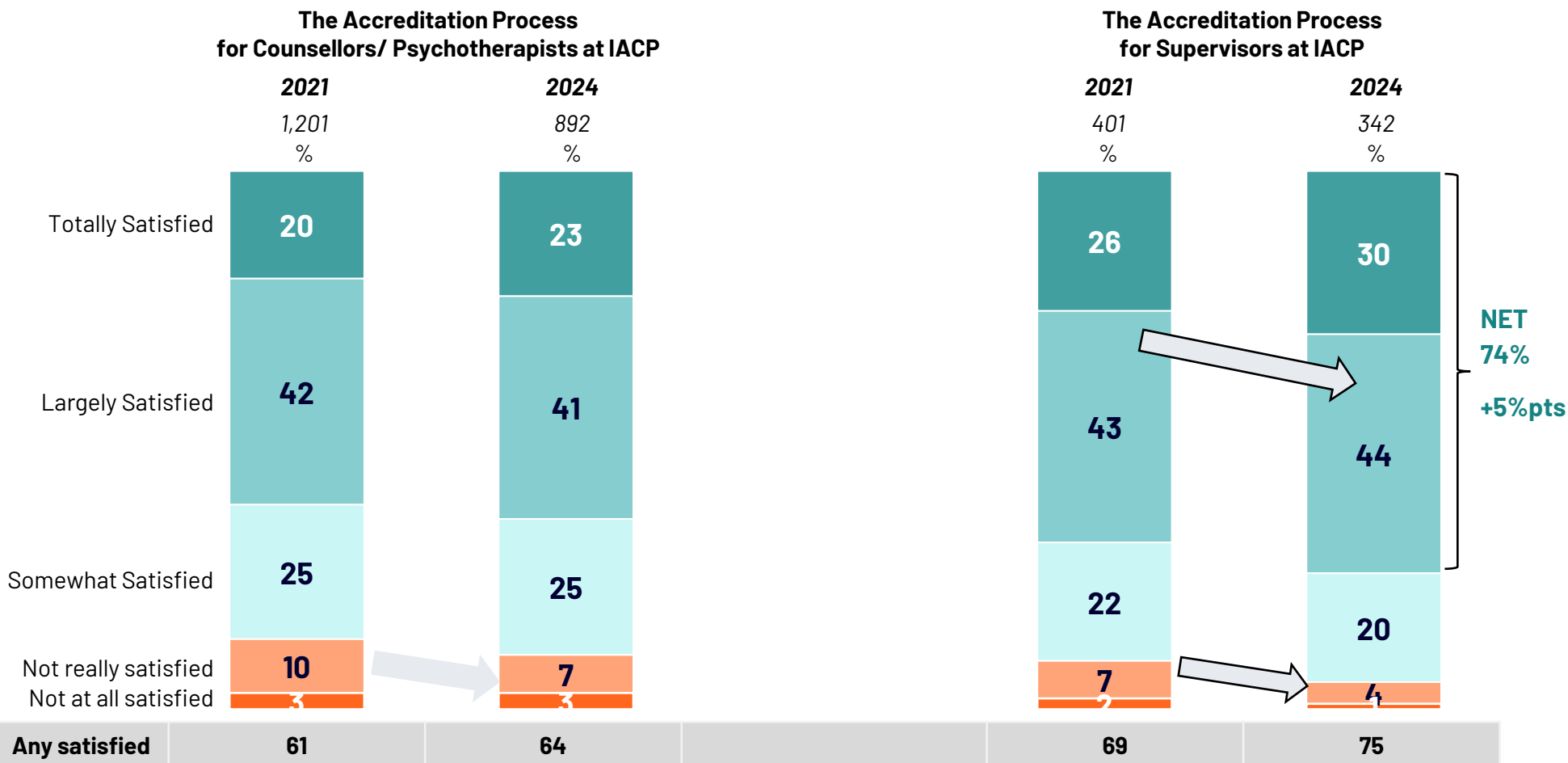
Q.18b And which, if any, of these have become more prevalent in your opinion as a result of the Covid-19 pandemic and its impact in the months and years following?

# PROFESSIONAL ACCREDITATION PROCESS & SUPERVISION



# Satisfaction with the Professional Accreditation Process

Base: All members



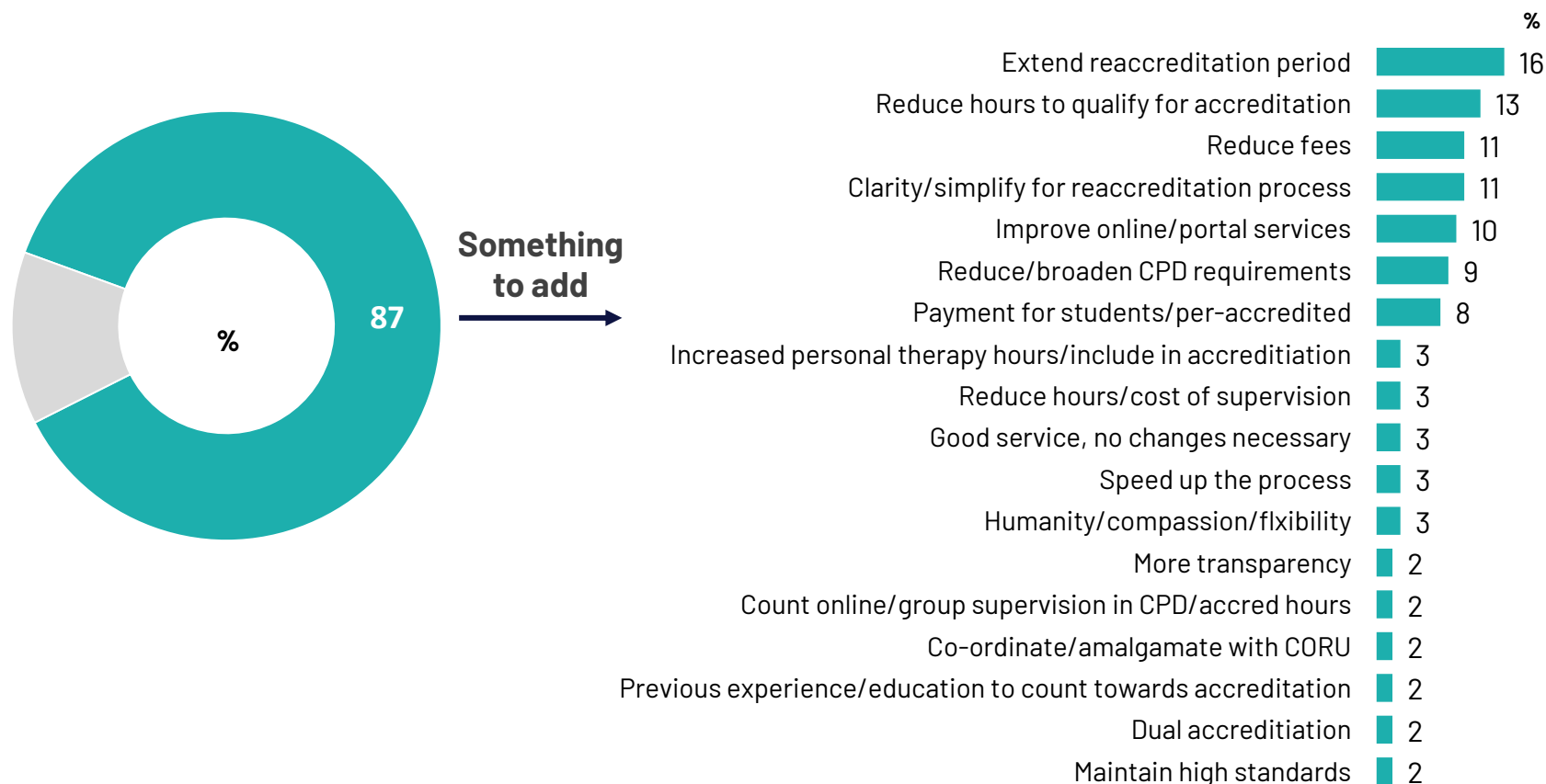
**Satisfaction with the Accreditation Process for Supervisors at IACP has increased +5%pts to 75%. Satisfaction with the Accreditation Process for Counsellors/Psychotherapists at IACP remains in line with 2021 at a high level (64%). Dissatisfaction slightly decreases with both processes.**



**87% suggest changes or improvements to the IACP's Professional Accreditation Process with extending the reaccreditation period and reducing the number of hours to qualify for accreditation most mentioned. A simpler process, reduced fees and improved online services are mentioned by one in ten members.**

## 87% suggested changes to Professional Accreditation Process

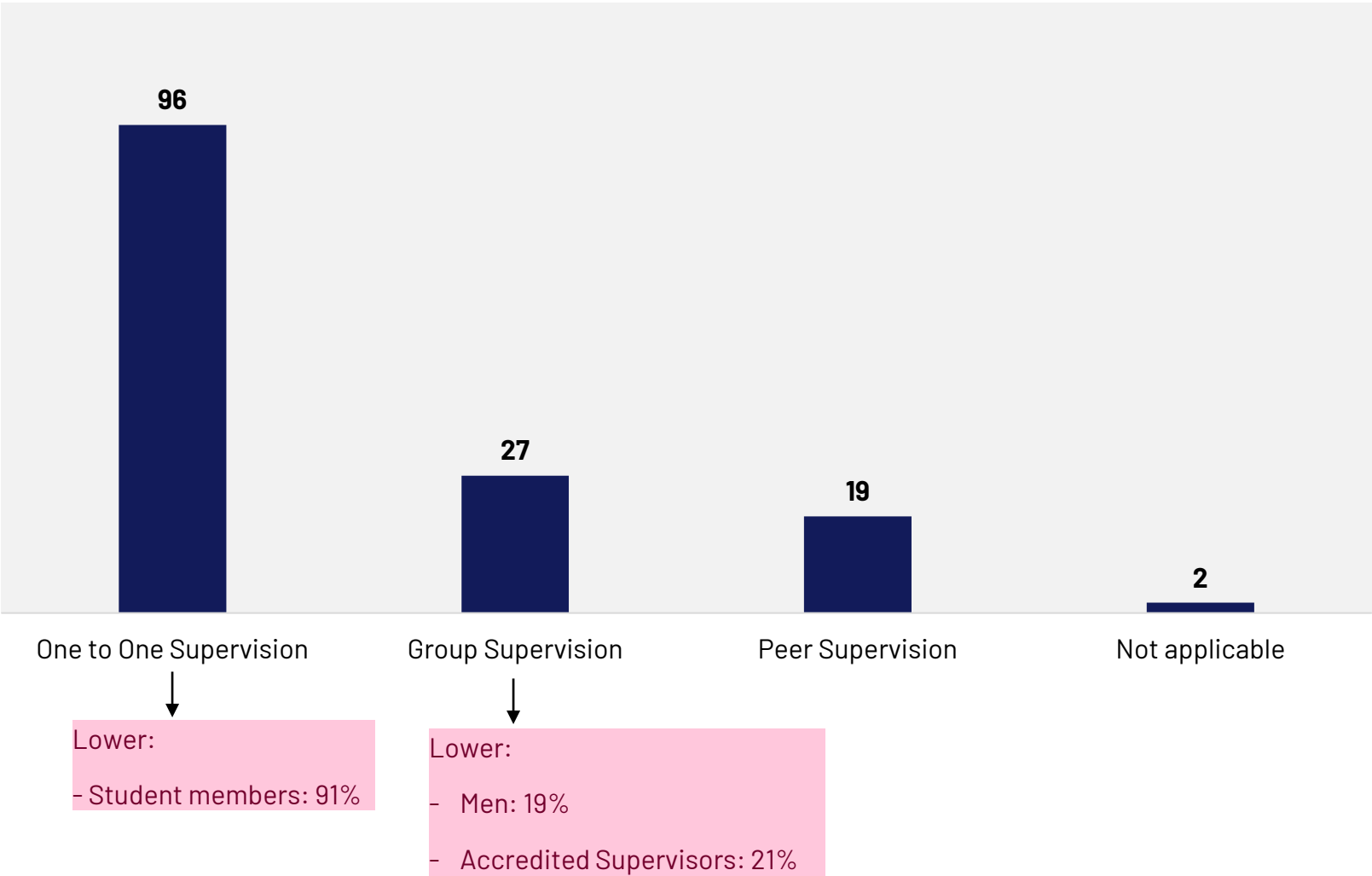
Base: All members - 953





# Types of supervision members avail of

Base: All members – 953



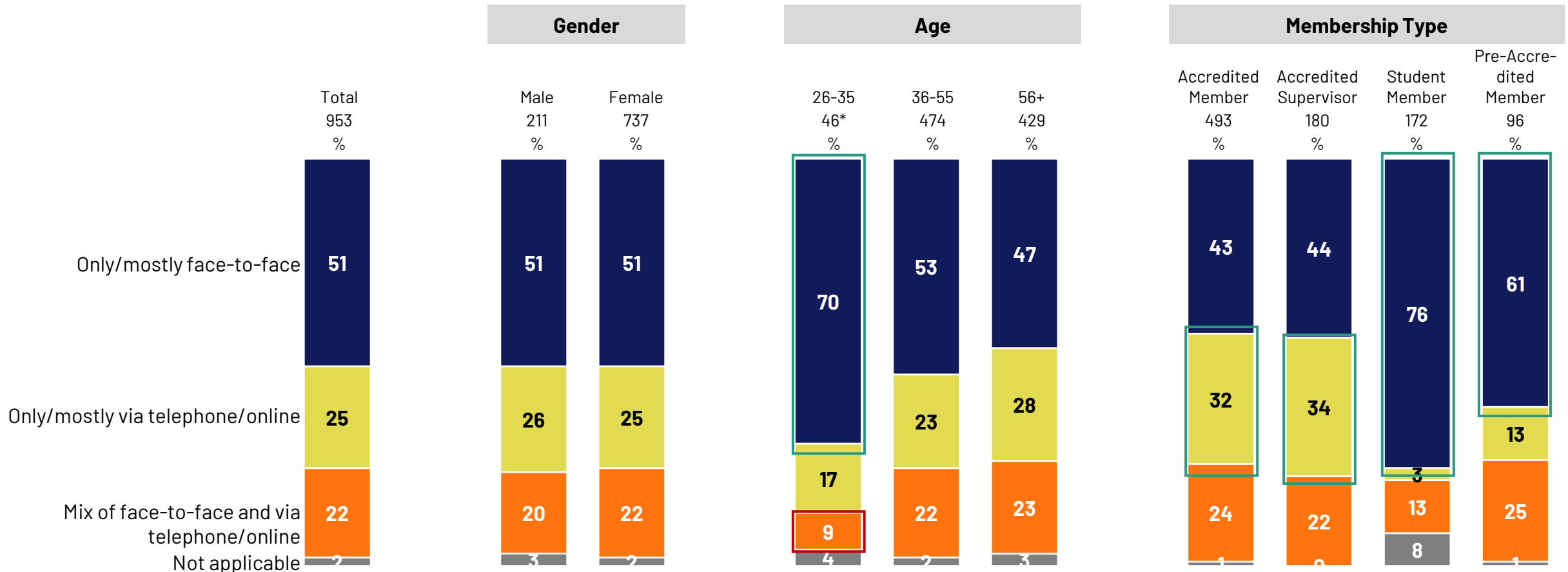
The vast majority of members indicate that they avail of *one-to-one supervision (96%)*

27% avail of *group supervision* and just under one in five avail of *peer supervision*.

Q.32a What type of Supervision do you avail of for your Counselling / Psychotherapy work?

# Just over half of members attend one-to-one supervision sessions *face-to-face*

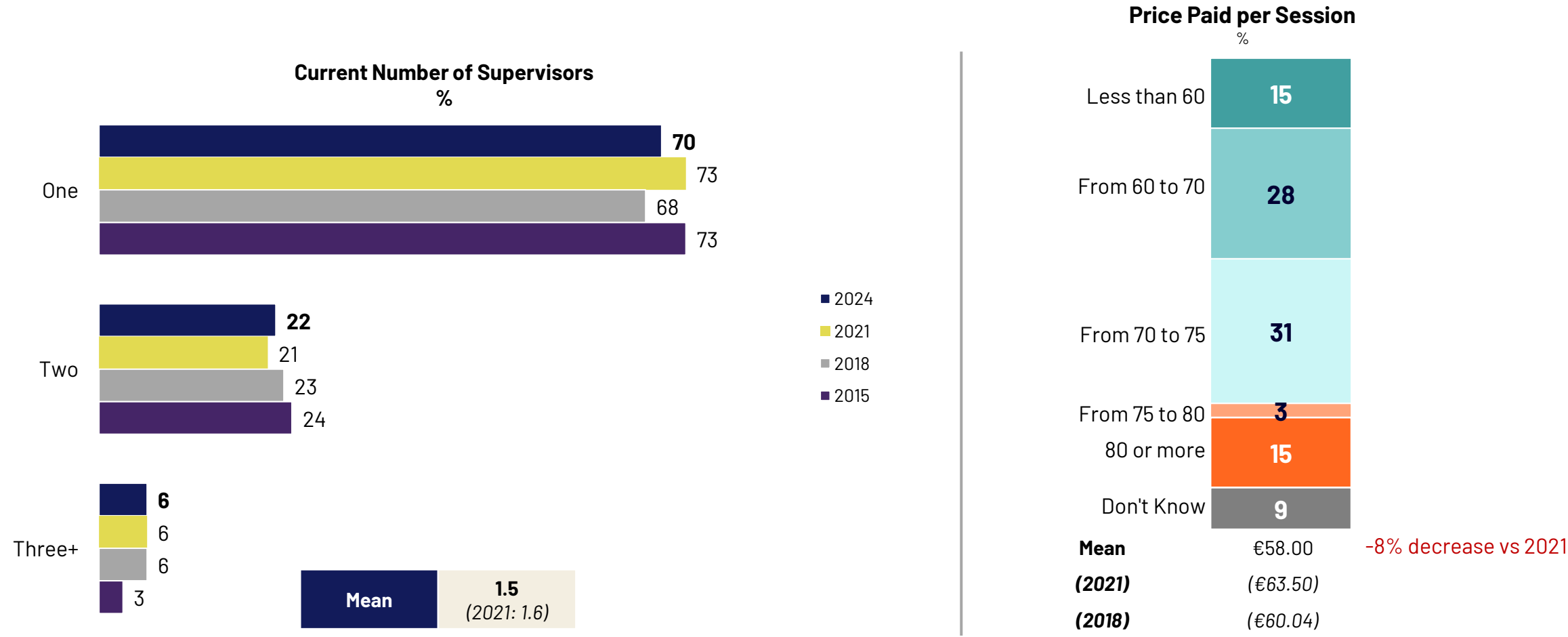
Base: All members – 953



One in four attend one-to-one supervisor sessions *only or mostly online*. Younger members, Students and Pre-accredited members are more likely to attend one-to-one supervision *only/mostly face-to-face*. Accredited members and Accredited Supervisors are more likely to attend these *online*.

# Number of supervisors and price paid per session

Base: All members - 953



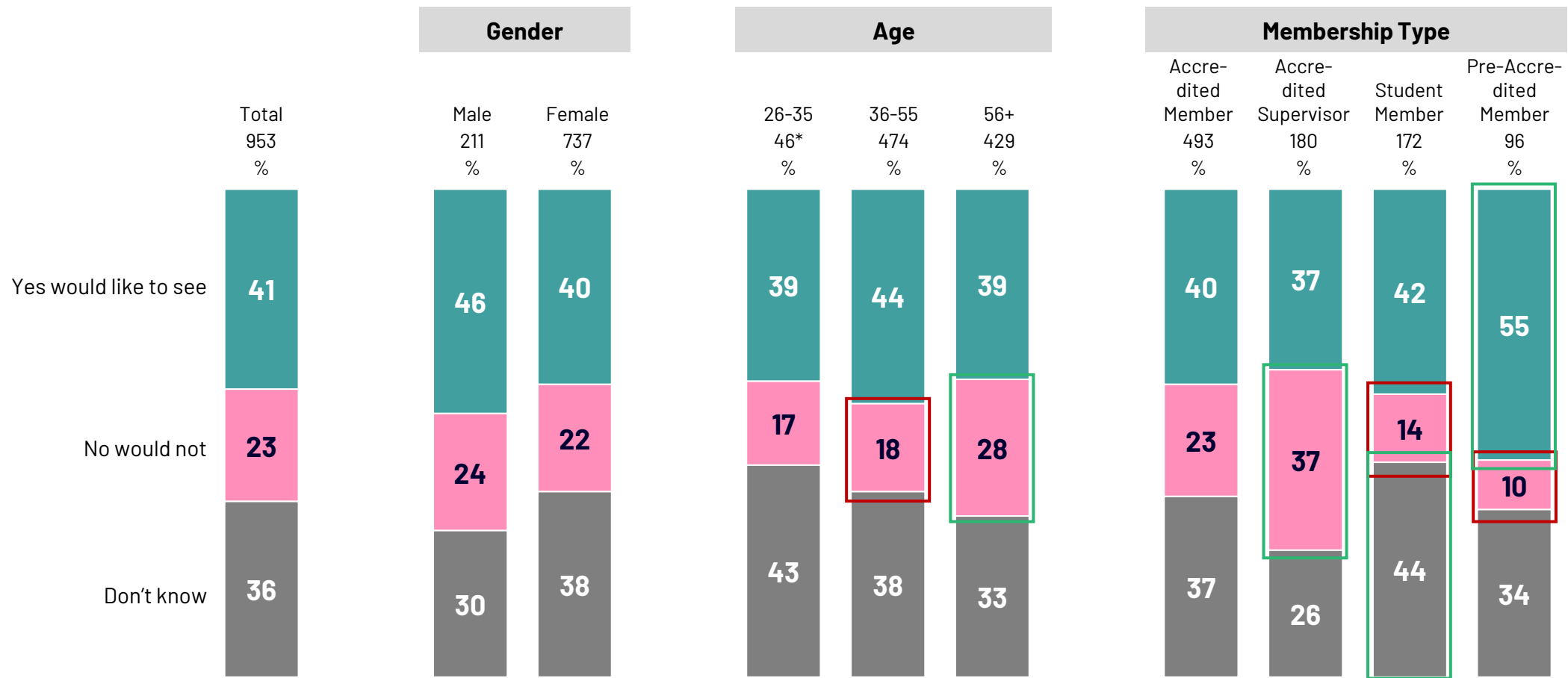
The majority of members have one supervisor (73%) with slightly more than one in four having more than one. On average members pay €58 per supervision session, a slight decrease vs 2021.

Q.33a How many supervisors do you currently have?

Q.35 On average, what do you pay for your supervision (per session)?

# Just over two in five would like to see IACP accepting a wider pool of Supervisors

Base: All members - 953



23% state they wouldn't like to see the IACP accepting a wider pool of supervisors with 36% unsure. Over 56-year-olds and Accredited Supervisors are more likely to state wouldn't like to see the pool widen while over half of Pre-Accredited members would.

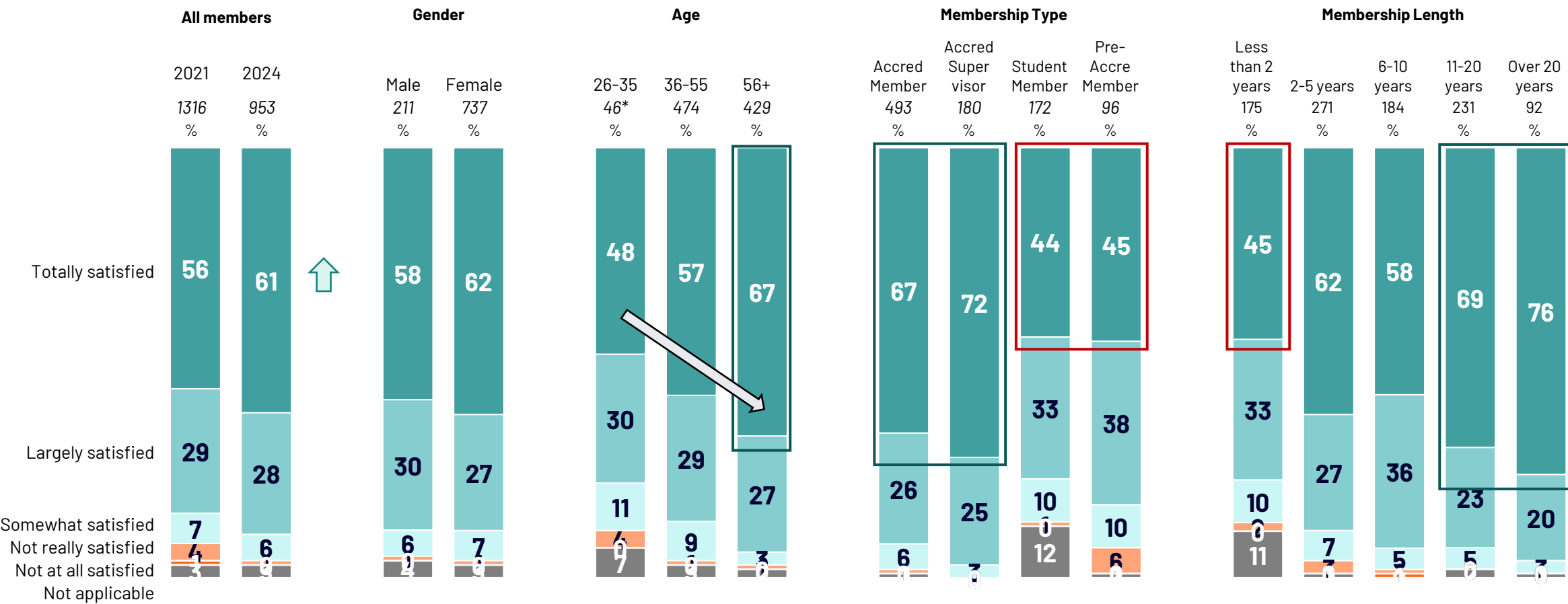
Q.33d Would you like to see IACP accepting a wider pool of Supervisors from outside of IACP, BACP and IAHIP?

\*caution low base



# Almost nine in ten (89%) are satisfied with their current Supervisor

Base: All members - 953



**+5%pts increase in members being *totally satisfied* with their current supervisor to 61%. Student members and those Pre-Accredited are less likely to state they are *totally satisfied* although the majority remain satisfied.**

Q.34 Please rate your satisfaction with the one-to-one supervision you currently receive.

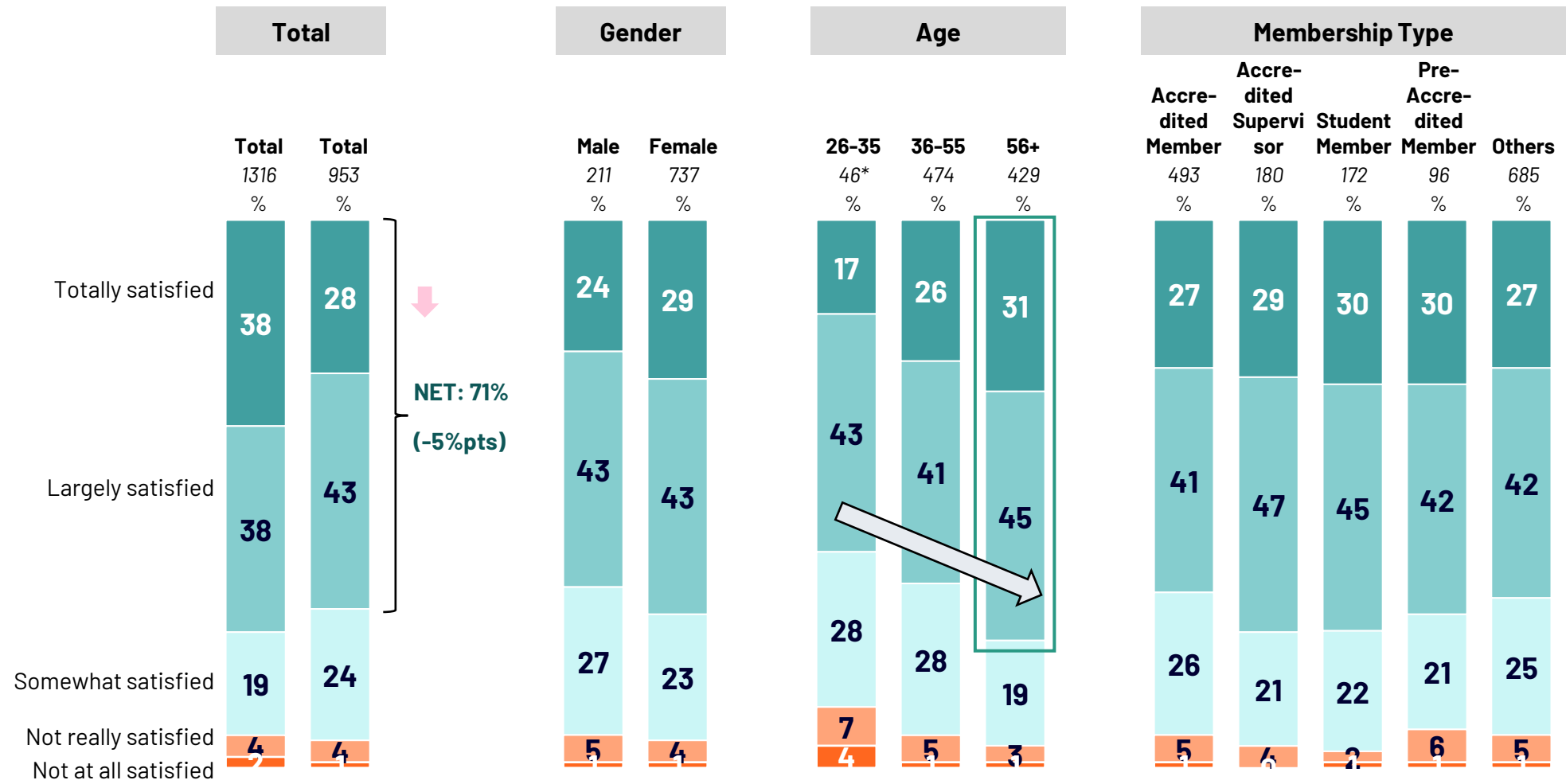
\*caution low base

# CPD & THE AGM



# Most are satisfied with the portal developed for online training

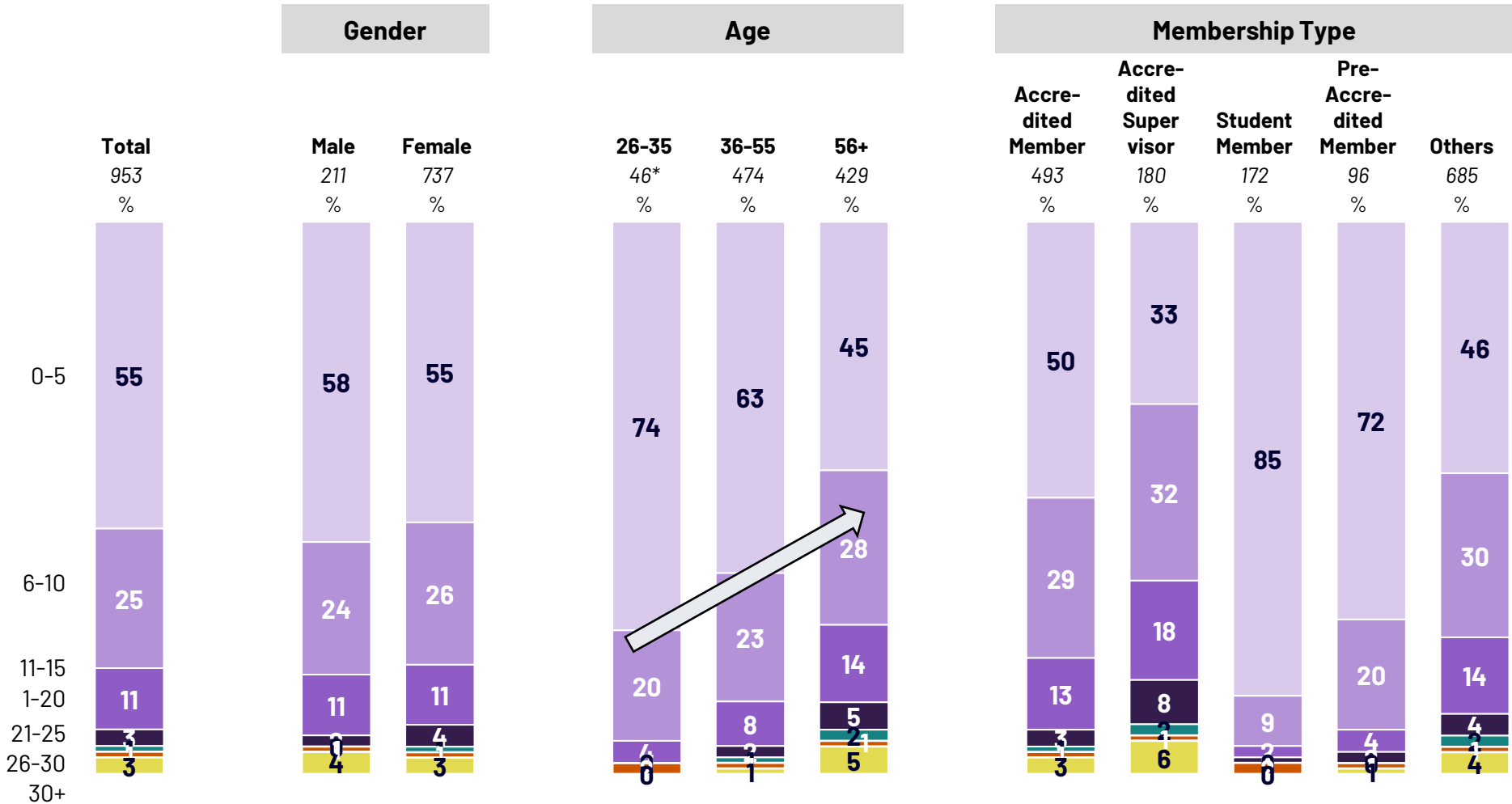
Base: All members - 953



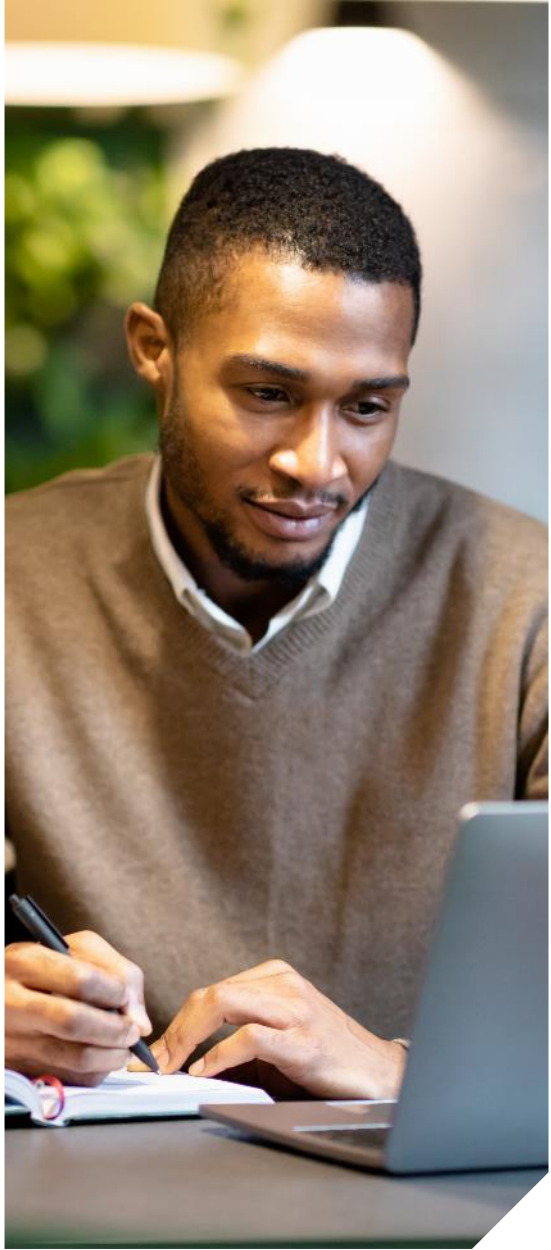
Overall satisfaction with the online portal developed for CPD remains high at 71% however decreases -5%pts vs 2021. -10%pts decrease in members stating they are *totally satisfied* with the portal to 28%. Older members more satisfied than younger members.

# 45% of member have completed 6+ courses in the portal

Base: All members - 953



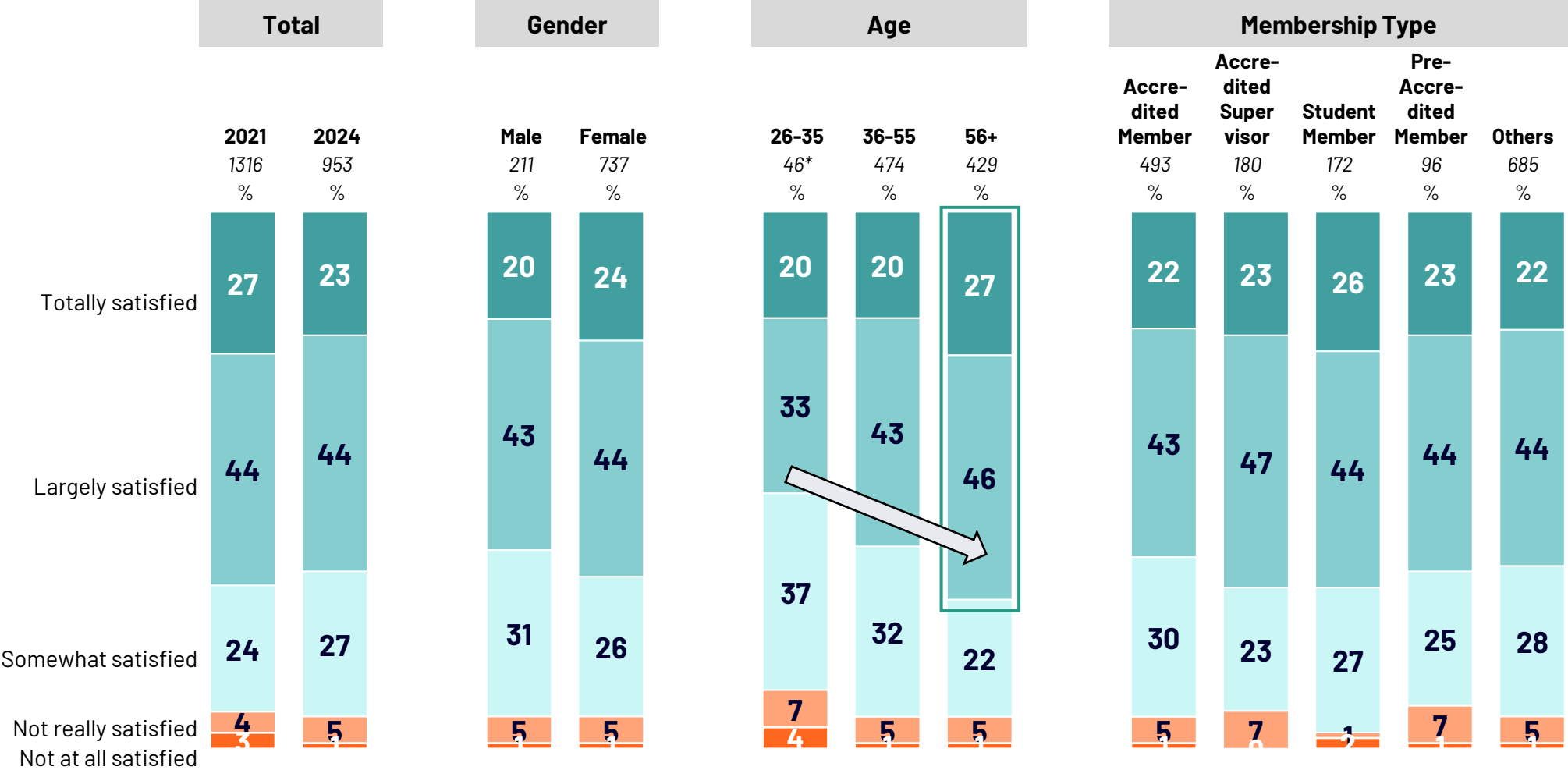
The vast majority have undertaken CPD through the portal, with more courses having been completed by older members and indeed by Accredited Supervisors.



Q.19b Please indicate the number of IACP CPD courses you have completed within the portal: \*caution low base

# Two in three are at least *largely satisfied* with online training portal content

Base: All members - 953

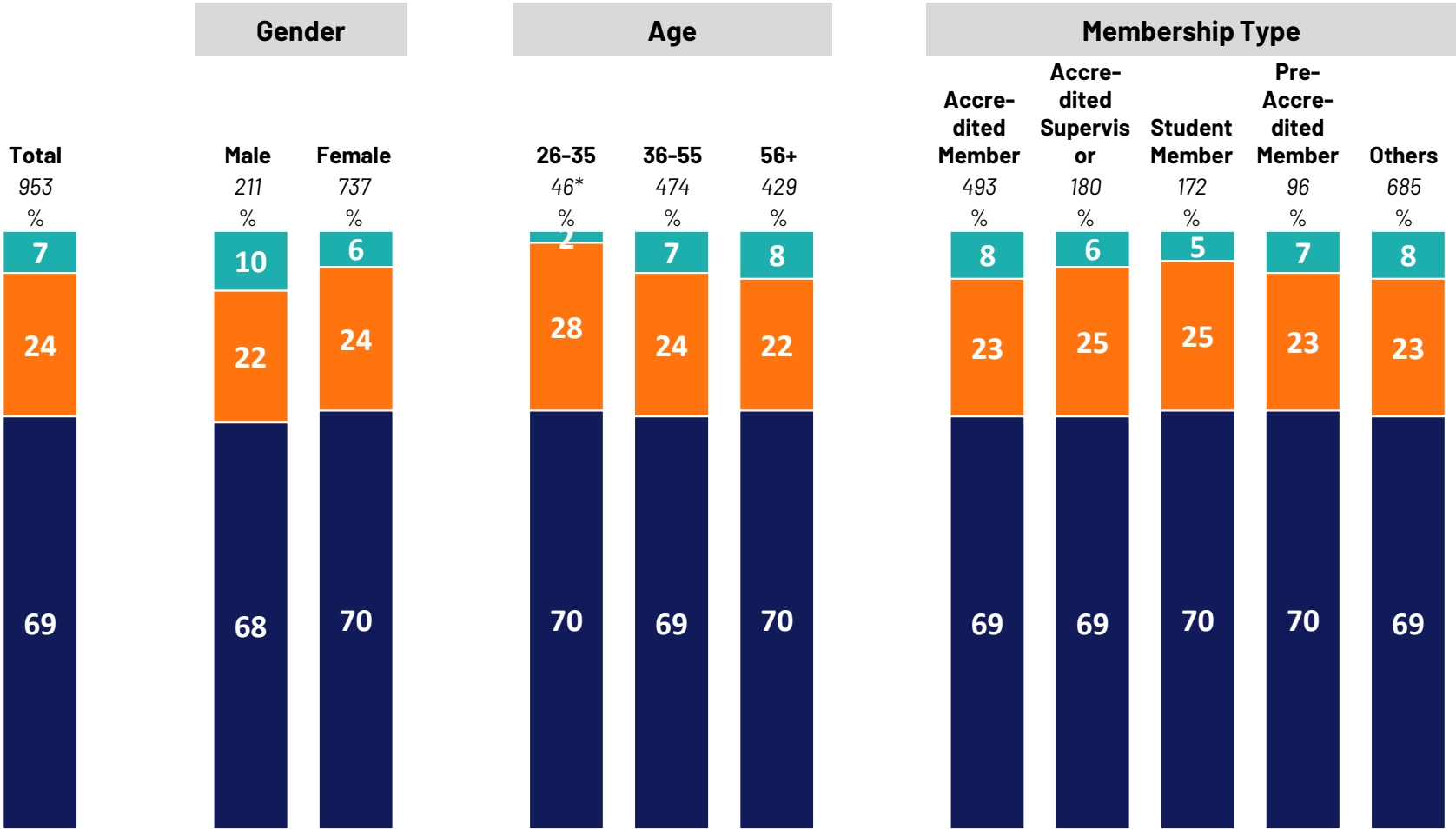
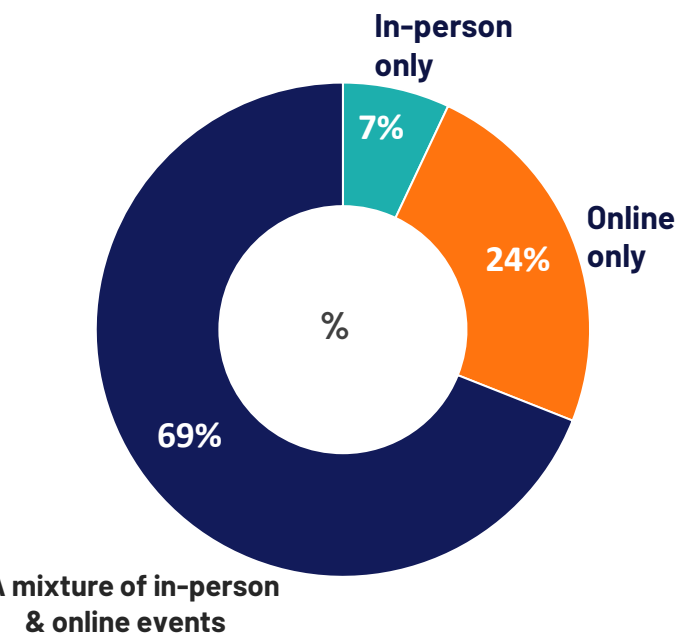
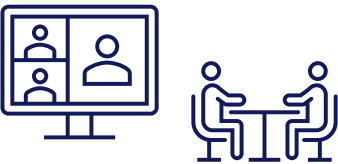


Slight decrease of -4%pts to 23% stating they are *totally satisfied* with the training content in the portal. Members who are over 56 years old are more likely to be at least *largely satisfied* with the content at 72%.

Q.19c Please rate how satisfied you are with the training content in the portal: \*caution low base

# Almost seven in ten favour a mixture of in-person & online CPD events/training

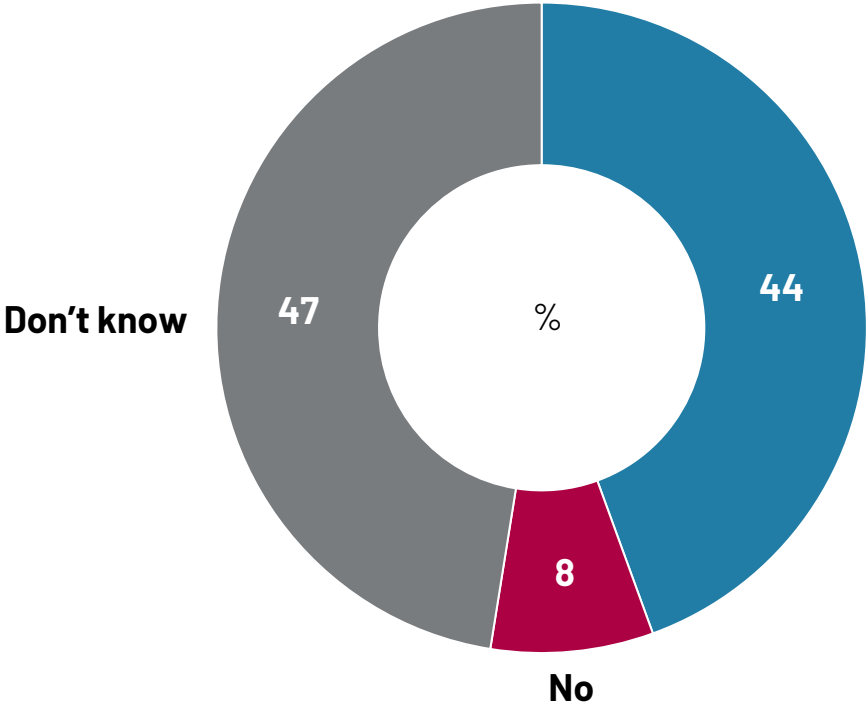
Base: All members – 953



Just under one in four members state their preference would be *only online* training with a minority favouring *only in-person* (7%). No statistically significant differences in preference by gender, age or membership type.

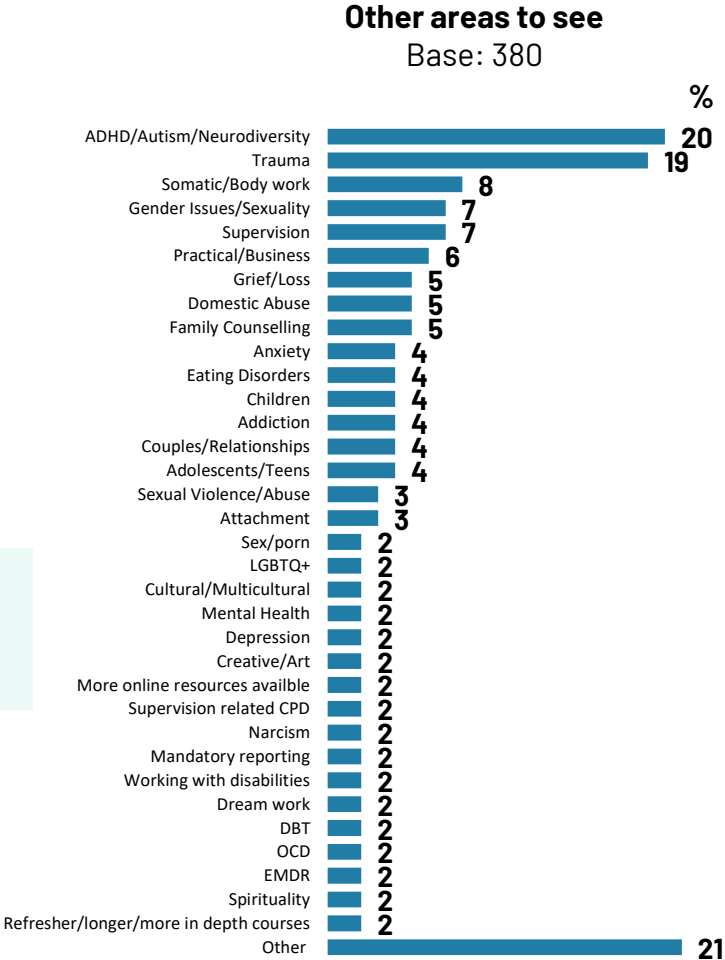
# Other areas of CPD would like to see covered

Base: All members 953



Yes

Higher among:  
- 26-35-year-olds: 63%  
- Dublin: 51%



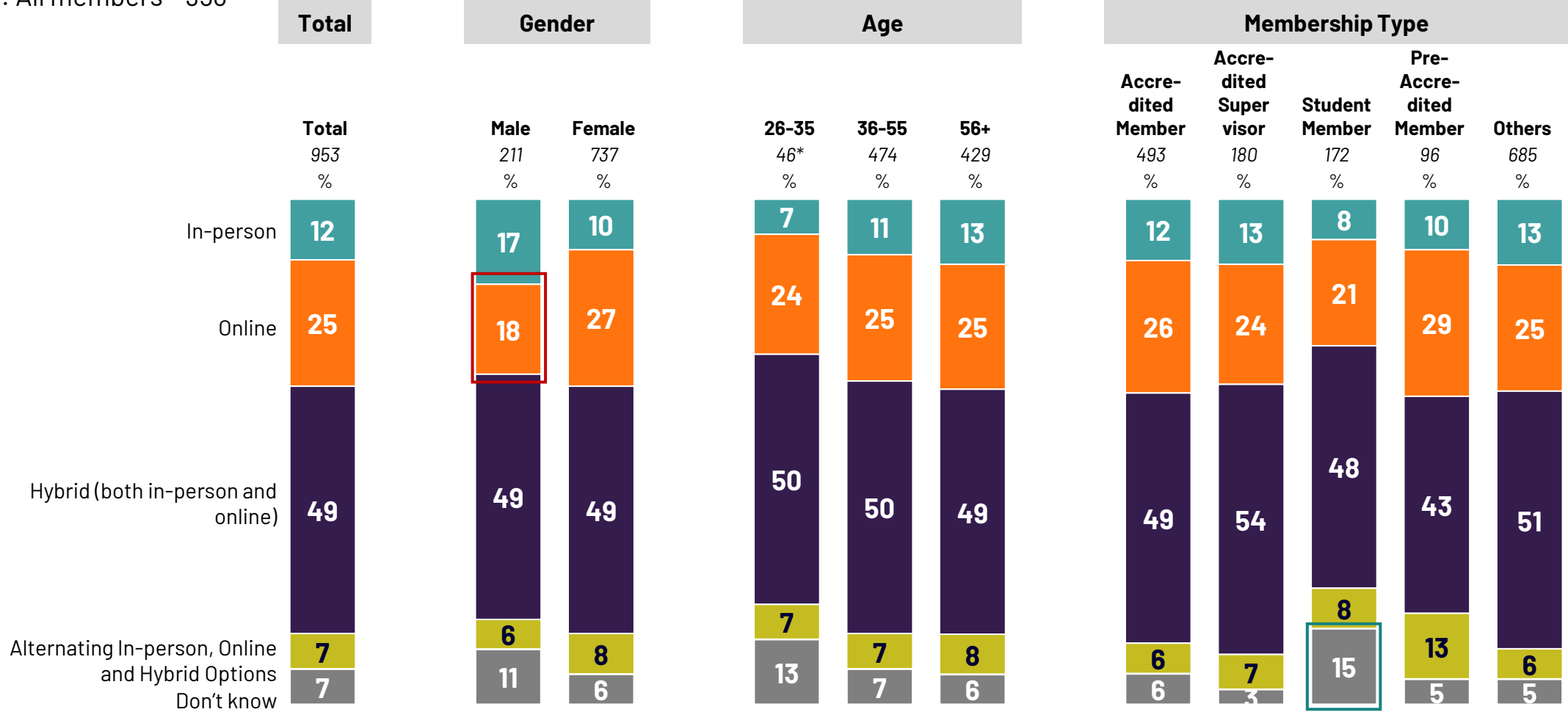
44% of members state there are other areas of CPD they would like to see covered, higher among 26-35-year-olds and those in Dublin. The two key areas members would like to see more coverage of is ADHD/Autism/Neurodiversity and Trauma.

Q.21 Are there any other areas of CPD you'd like to see being covered?

Q.21A Please indicate the other areas of CPD you'd like to see being covered?

# Almost half would like the AGM to be realised both in-person and online

Base: All members - 953



\*caution low base

One in four favour *online* with 12% stating their preference is to have the AGM *in-person*. Compared to women men are more likely to favour *in-person* and less likely to favour an *online* mode.

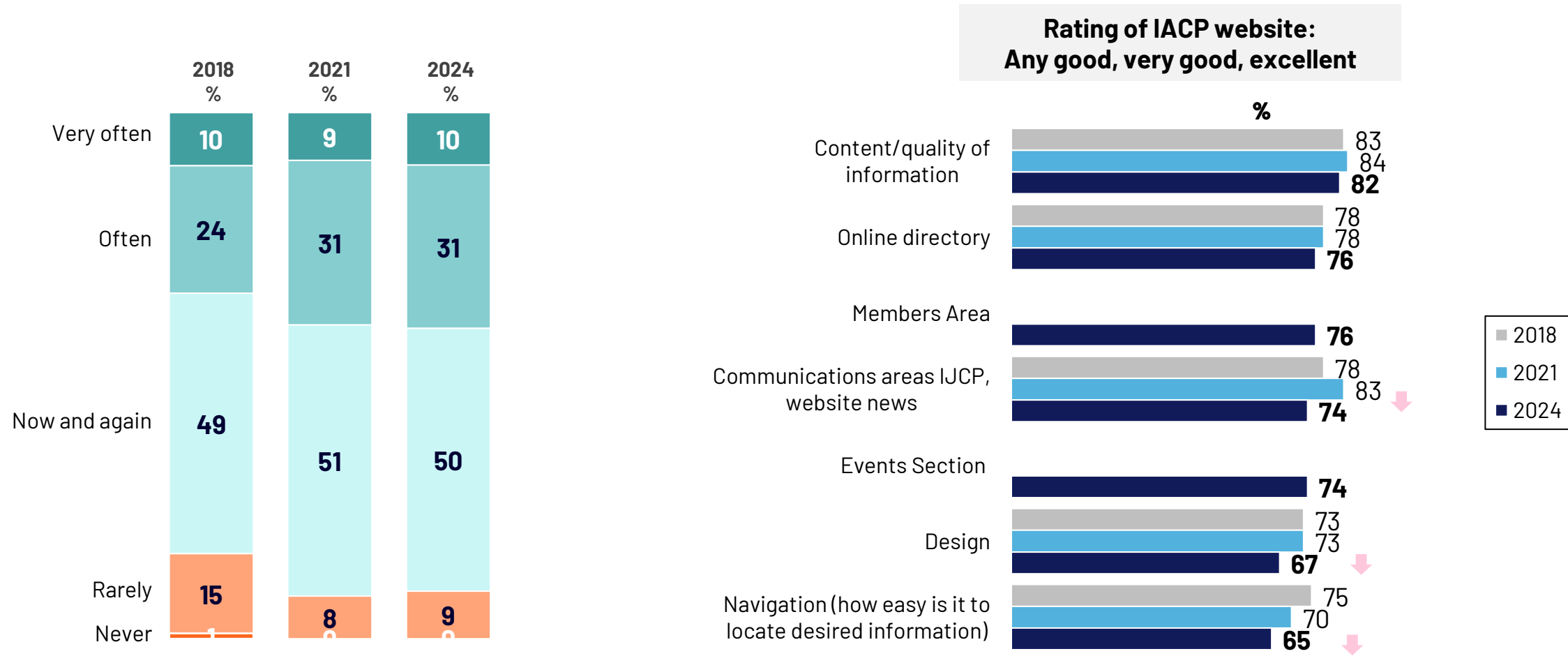


# COMMUNICATIONS, RESOURCES & BENEFITS



# Engagement with IACP website remains in line with 2021

Base: All members: 953

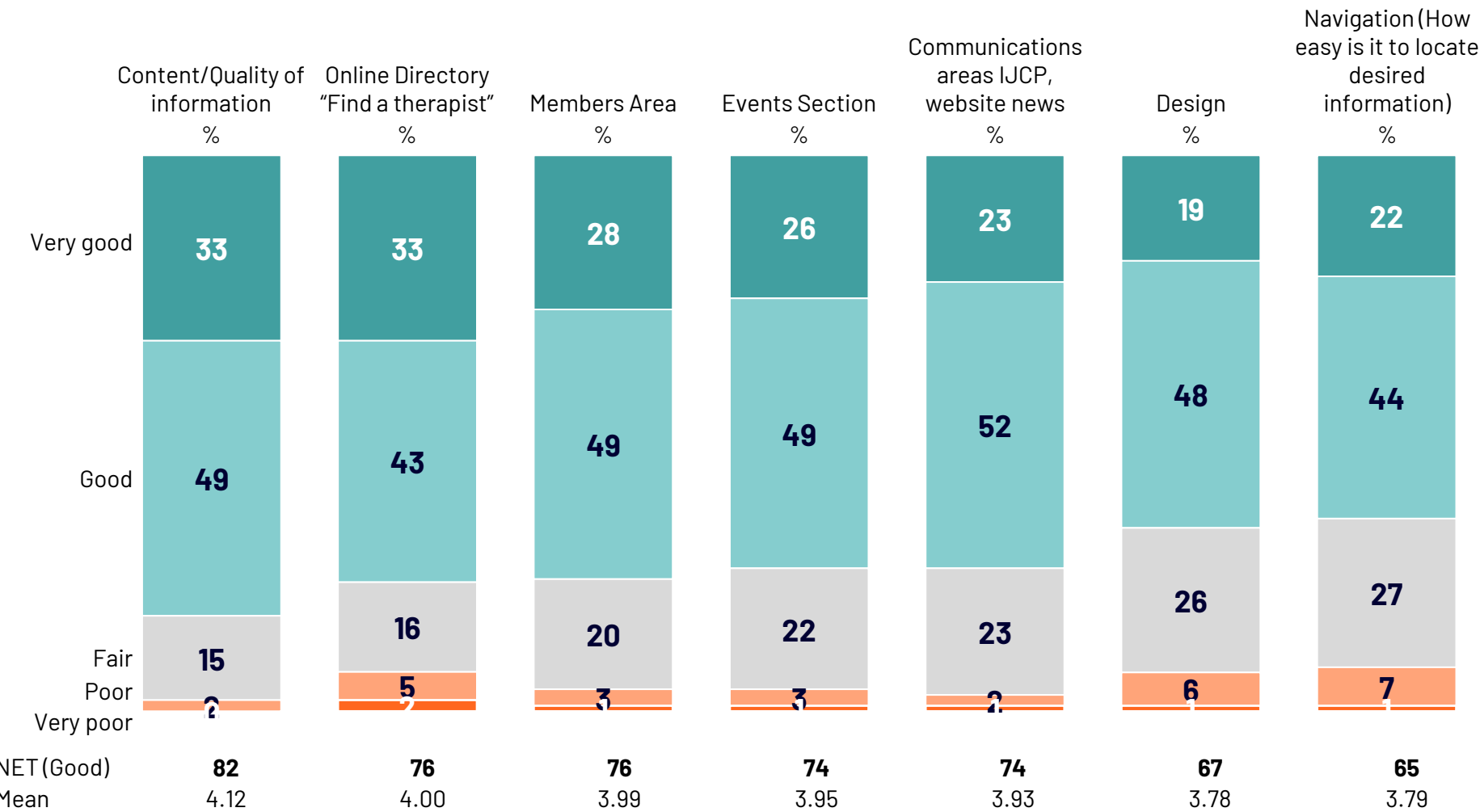


Engagement with the IACP website in in line with 2021 with 41% of members using it *very often* or *often*. The website continues to rate highly on *content/quality of information* and *online directory*. Decrease in NET good rating of *communication areas IJCP website news*, *design* and *navigation* vs 2021 however the majority rate these aspects highly.

Q.23 How often do you visit the IACP website?  
Q.24a The IACP Member survey indicated an appetite for some changes to the website which have since been implemented. How would you rate the IACP website in terms of the following?  
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# Rating of IACP website areas is broadly strong

Base: All members - 953



**Lower ratings on design and navigation compared to content/quality of information, online directory and Members Area, which are rated good by three in four.**

Q.24a The IACP Member survey indicated an appetite for some changes to the website which have since been implemented. How would you rate the IACP website in terms of the following?

# Additional improvements could be made to the IACP website

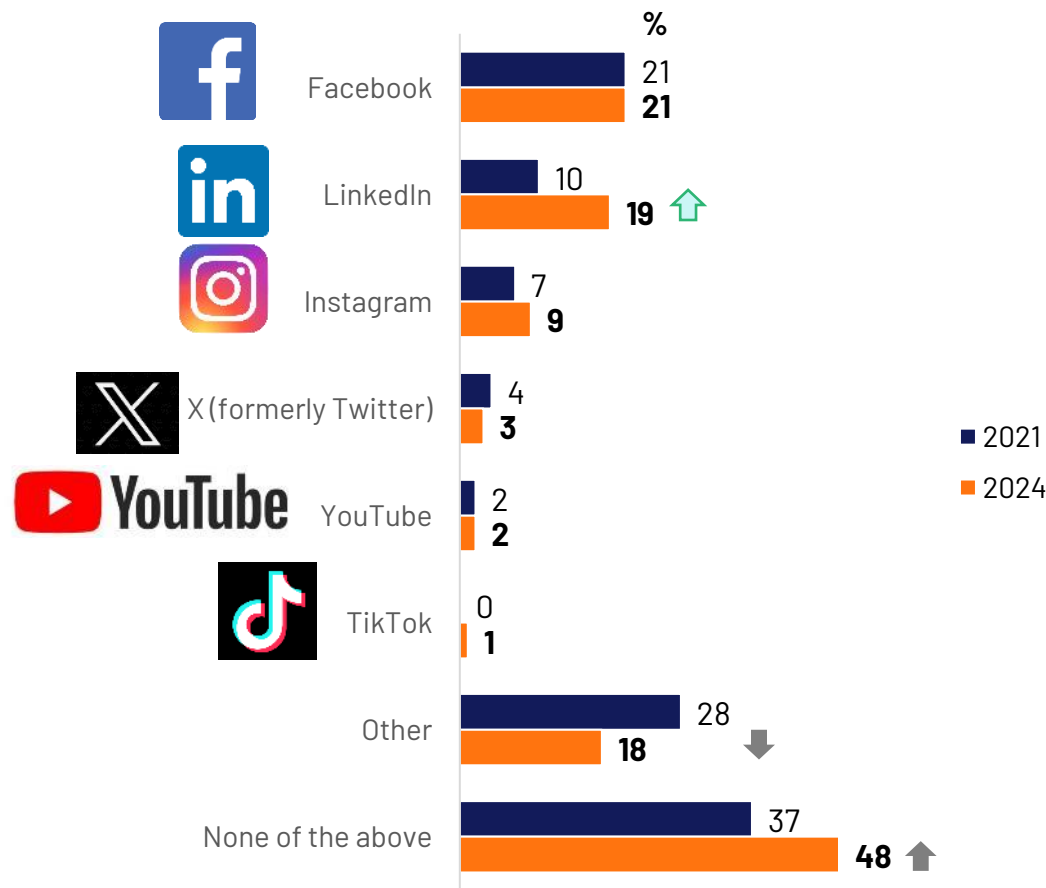
Base: 280 Members who suggest additional improvements to the website



**Of members suggesting additional improvements to the website easy of navigation/user friendly is most mentioned (18%) followed by improving/updating the Find a Therapist directory (15%) and improving the design (14%).**

# Just over half use various platforms to engage with IACP

Base: All members 953



Lower engagement with the IACP through any method vs 2021.

Engagement on LinkedIn has increased +9%pts from 2021 to 19%.

# Ipsos B&A Techscape: Growth of Tik Tok continues

Base: All Adults 16+ - 1,000

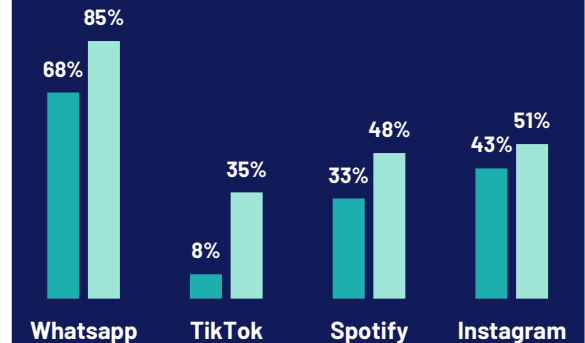
May 23

May 2024

%			Change vs May 2023	Change vs 2020
%			%	%
78	WhatsApp	85	+7	+17
66	Facebook*	70	+4	+2
55	Facebook Messenger	52	-3	n/a
55	Instagram*	51	-4	+8
45	Spotify	48	+3	+15
32	Snapchat*	29	-3	-2
30	TikTok	35	+5	+27
25	LinkedIn*	25	=	+6
21	X / Twitter*	22	+1	+4
17	Pinterest*	16	-1	=
16	Viber/ Viber Messenger	13	-3	-17
9	Sound Cloud	13	+4	+3
8	Reddit	9	+1	+6
5	Tinder	6	+1	+1
4	Bumble	2	-2	=
3	Plenty Of Fish	2	-1	=
3	Tumblr	2	-1	=
3	Twitch	4	+1	n/a
2	Signal	2	=	n/a
2	Be Real	3	+1	n/a
1	Hinge	1	=	n/a



The big movers in the last four years are Tik Tok (+27), WhatsApp (+17), Spotify (+15) and Instagram (+8).

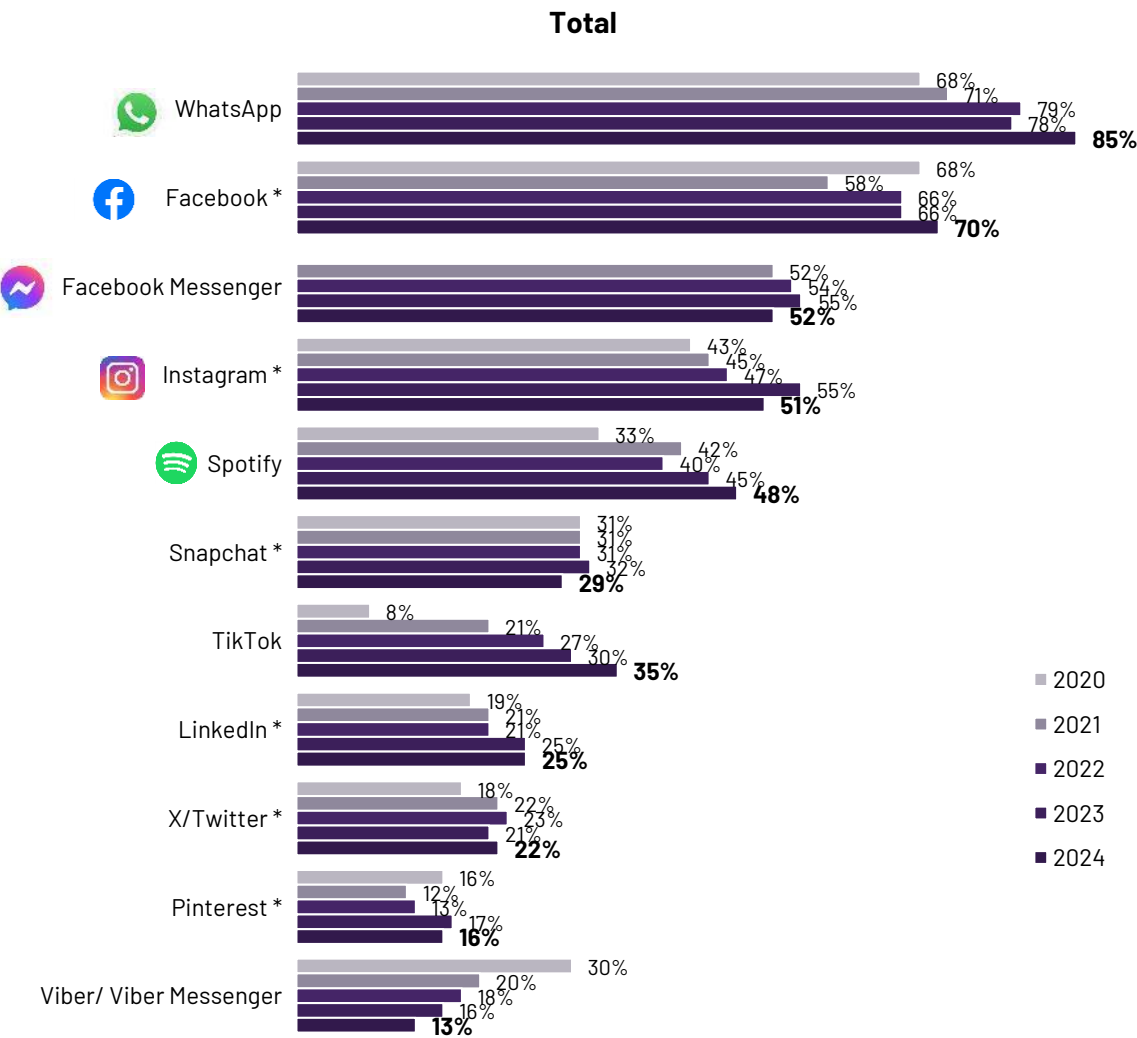


Facebook messenger added May 2021 - impacting Facebook comparison results  
Signal & Twitch also added May 2021 \* = Social media

Q.5 Which of the following, if any, do you ever use nowadays?

# Social media platforms we are using nowadays - Trended

Base: All Adults 16+ - 1,000



Q.5 Which of the following, if any, do you ever use nowadays?

Facebook messenger added May 2021 - impacting Facebook comparison results  
Signal & Twitch also added May 2021  
\* = Social media

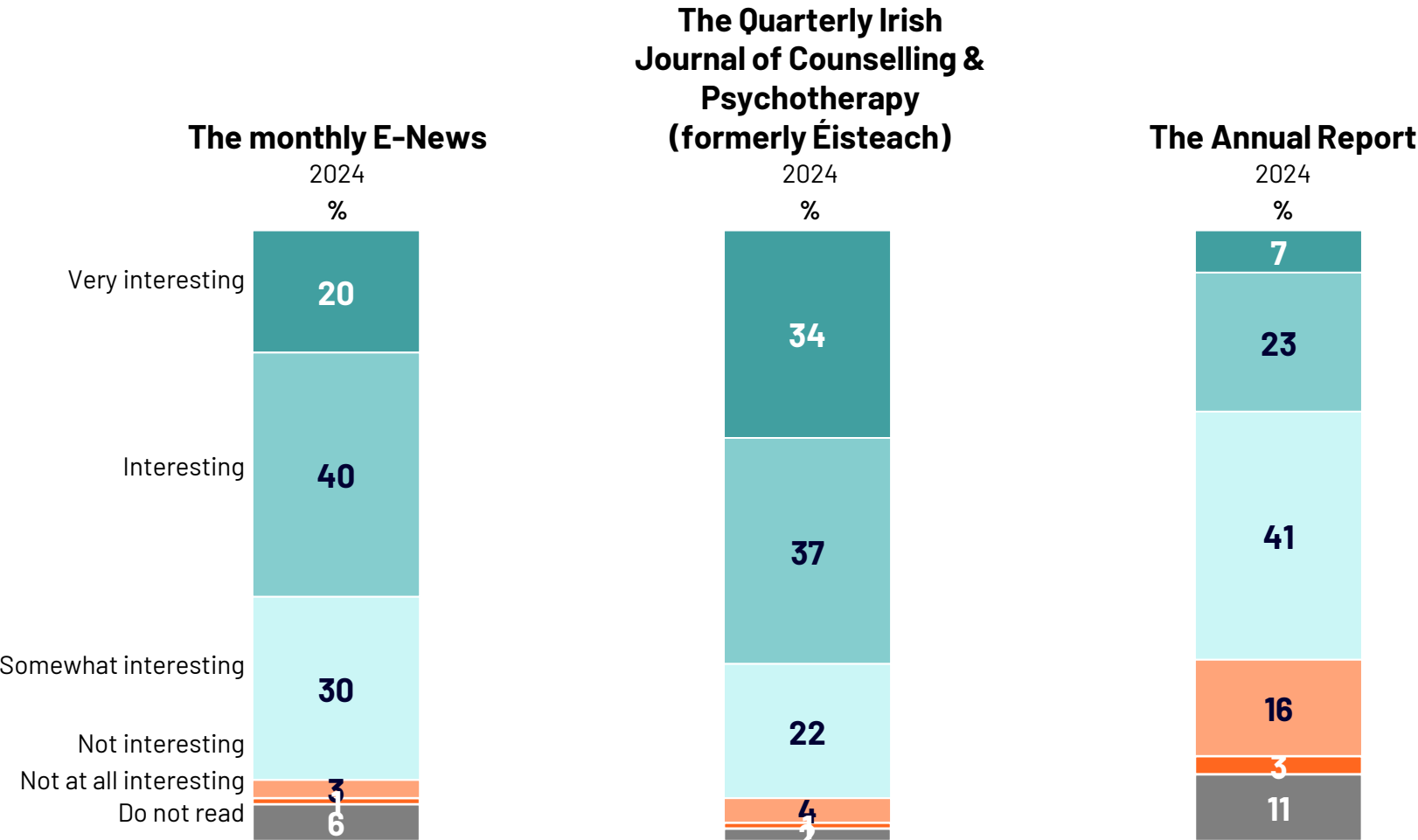


Just over one in three members state the Quarterly Irish Journal of Counselling & Psychotherapy is *very interesting*.

Three in five rate the Monthly E-News *interesting/very interesting*.

# Annual report rated as less interesting than *monthly E-News* and *Quarterly journal of Counselling & Psychotherapy*

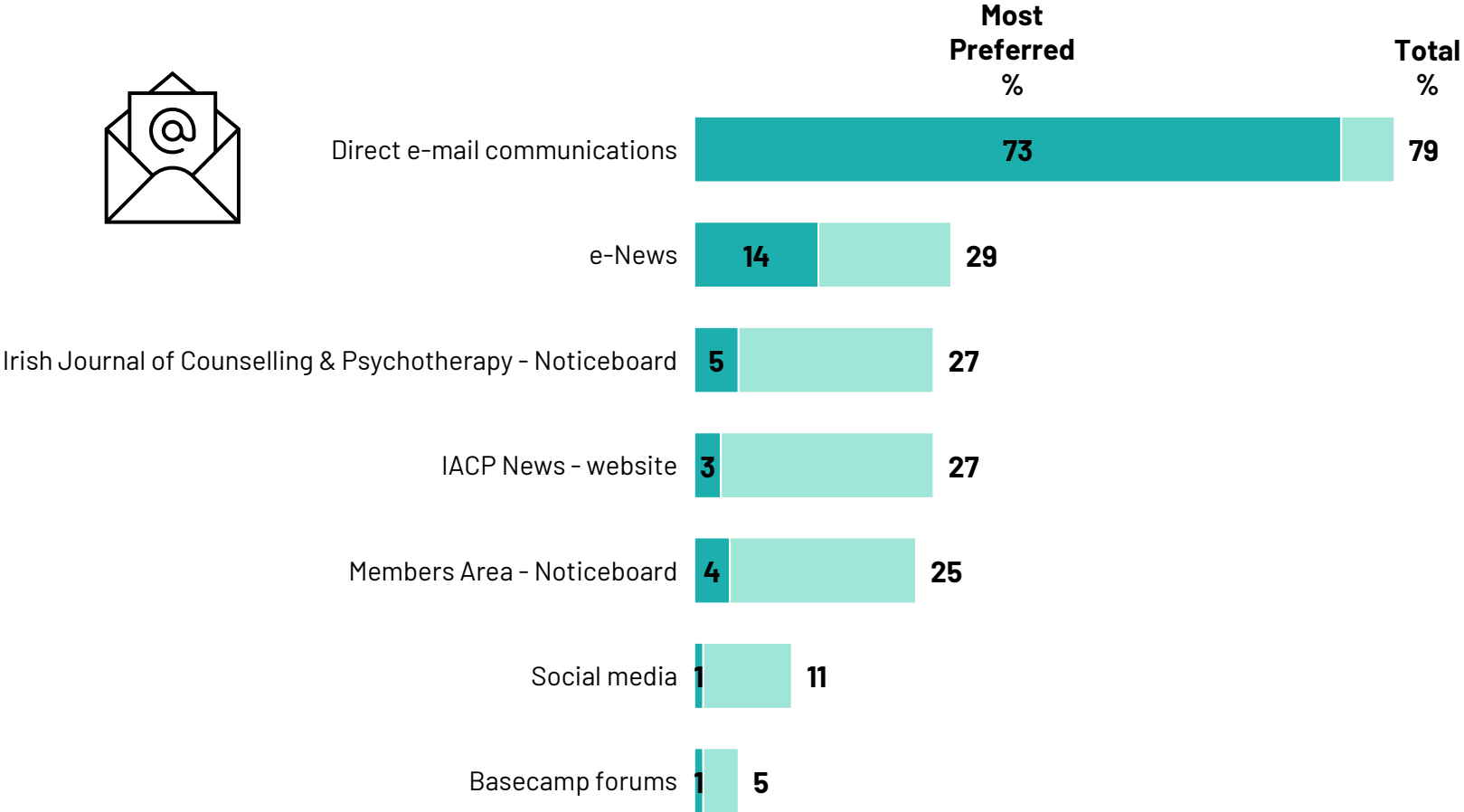
Base: All members: 953



Just under  
three in four  
members state  
*direct e-mail  
communication*  
is their most  
preferred  
method of  
communication  
from the IACP

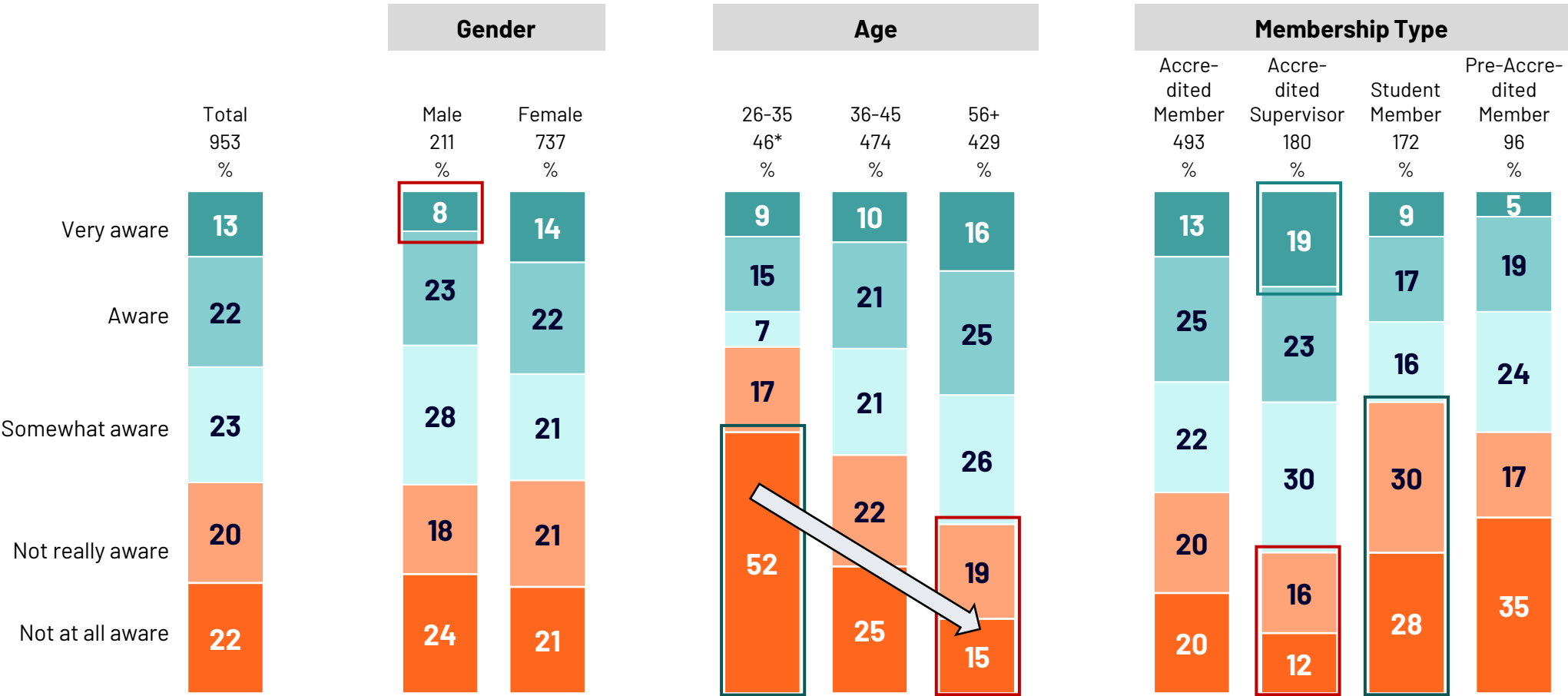
# Most preferred method of receiving updates from IACP

Base: All members - 953



# Awareness of 'Find a Therapist Tool' ad campaign

Base: All members - 953



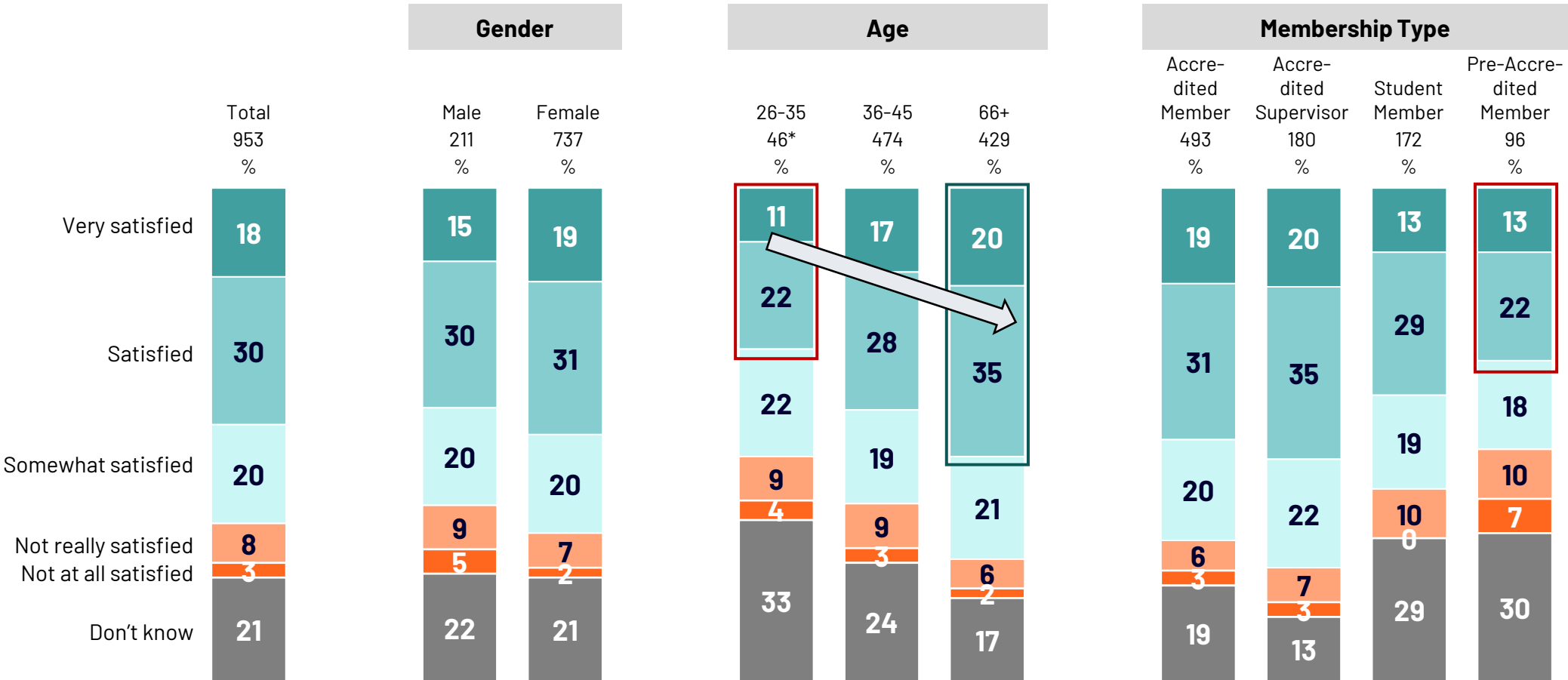
58% of members are aware of the “find a therapist tool” ad campaign to some extent. Over 56-year-olds and Accredited members are more likely to be aware, one in five Accredited Supervisors stating they are very aware of the campaign.

Q.27 a How aware are you that this media advertising campaign took place?

\*caution low base

# Satisfaction with the 'Find a Therapist Tool' ad campaign:

Base: All members - 953



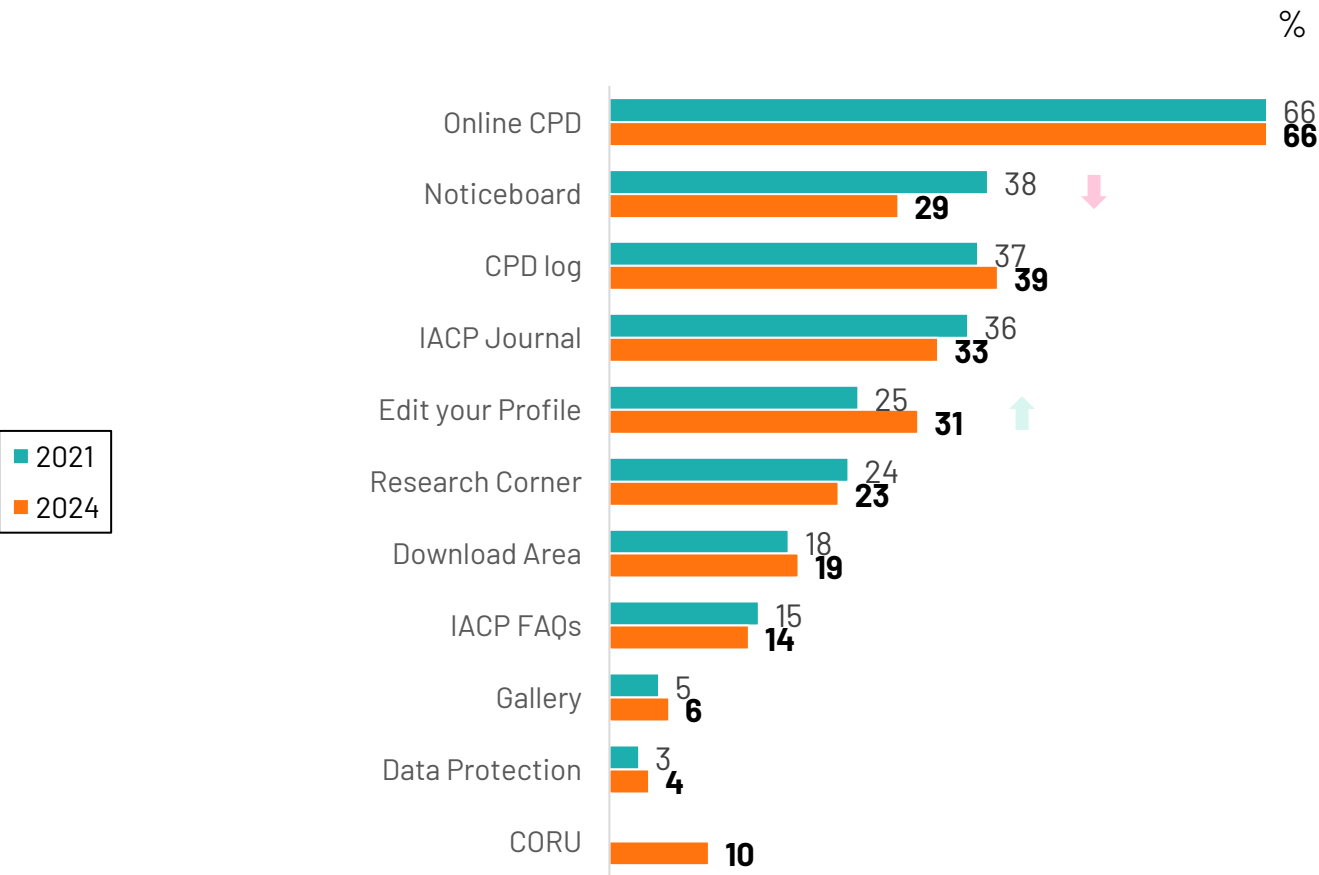
68% of members were at least *somewhat satisfied* with the campaign with one in ten unsatisfied. Satisfaction is higher among older members (who are more likely to be aware of the campaign).

Q.27b How satisfied are you that this media advertising campaign took place?

\*caution low base

# Key aspects of Members Area: CPD remains most prominent

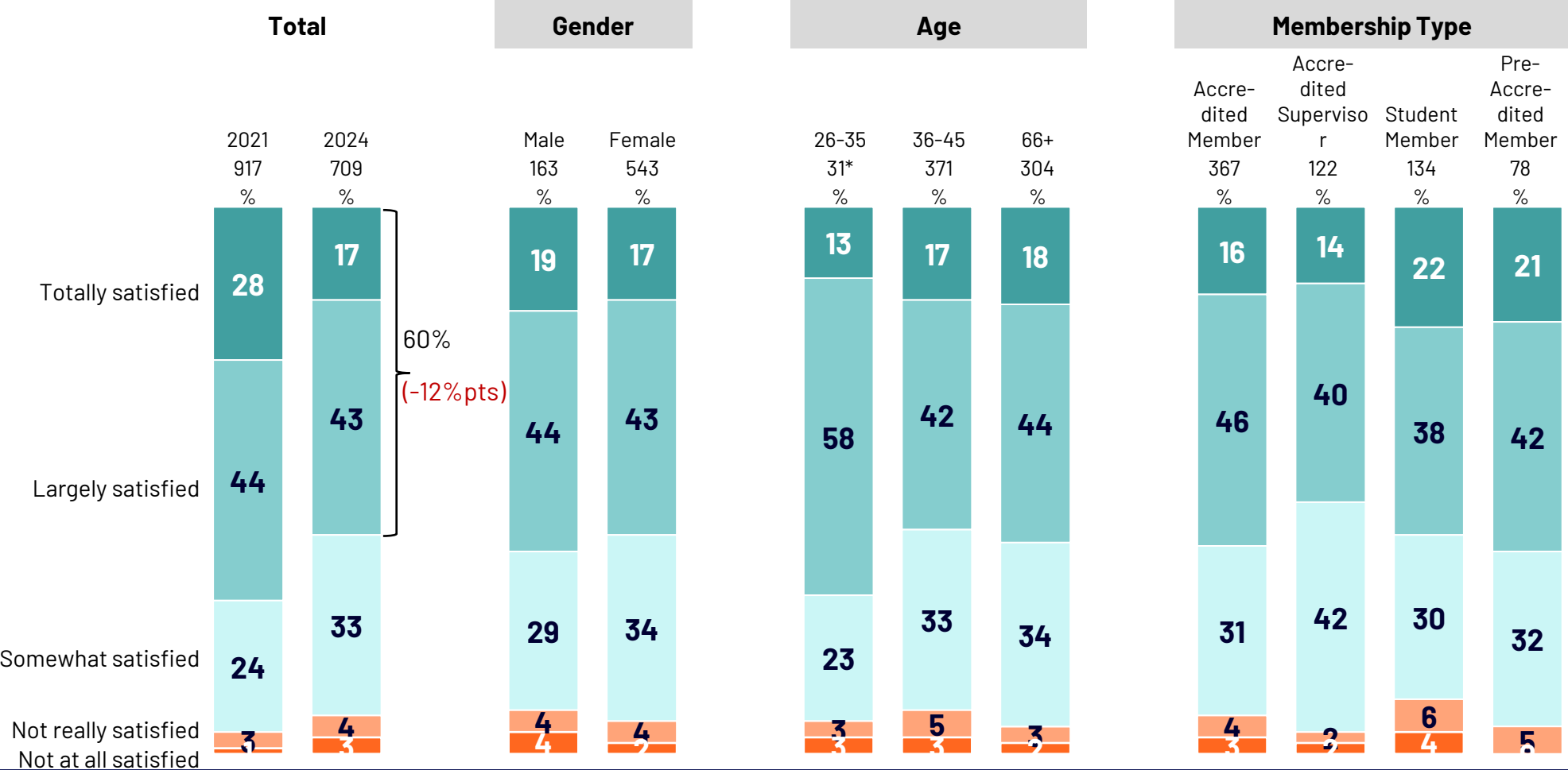
Base: All members: 953



Decrease in members finding the Noticeboard helpful (29%, – 9%pts) with more members finding edit your profile helpful this wave (31%, +6%pts).

# Satisfaction with member resource access to EBSCO research database

Base: All accessing - 709

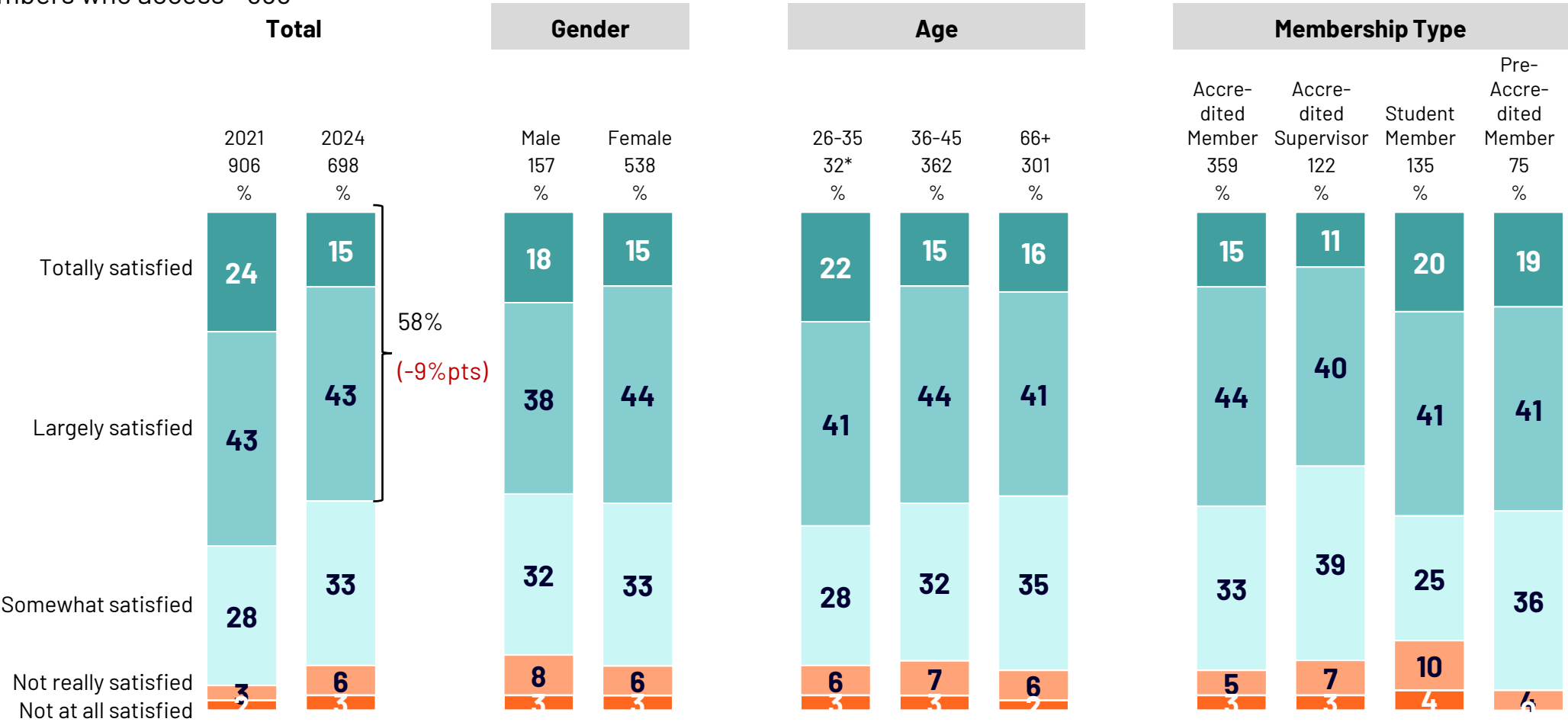


**NET largely & totally satisfied with access to EBSCO research database decreases from 72% in 2021 to 60% this wave. Importantly, dissatisfaction is low.**

Q.29a Please indicate how satisfied you are with access to EBSCO research database as an IACP member resource : \*caution low base

# Satisfaction with member resource access to EBSCO psychology e-book collection

Base: All members who access – 698



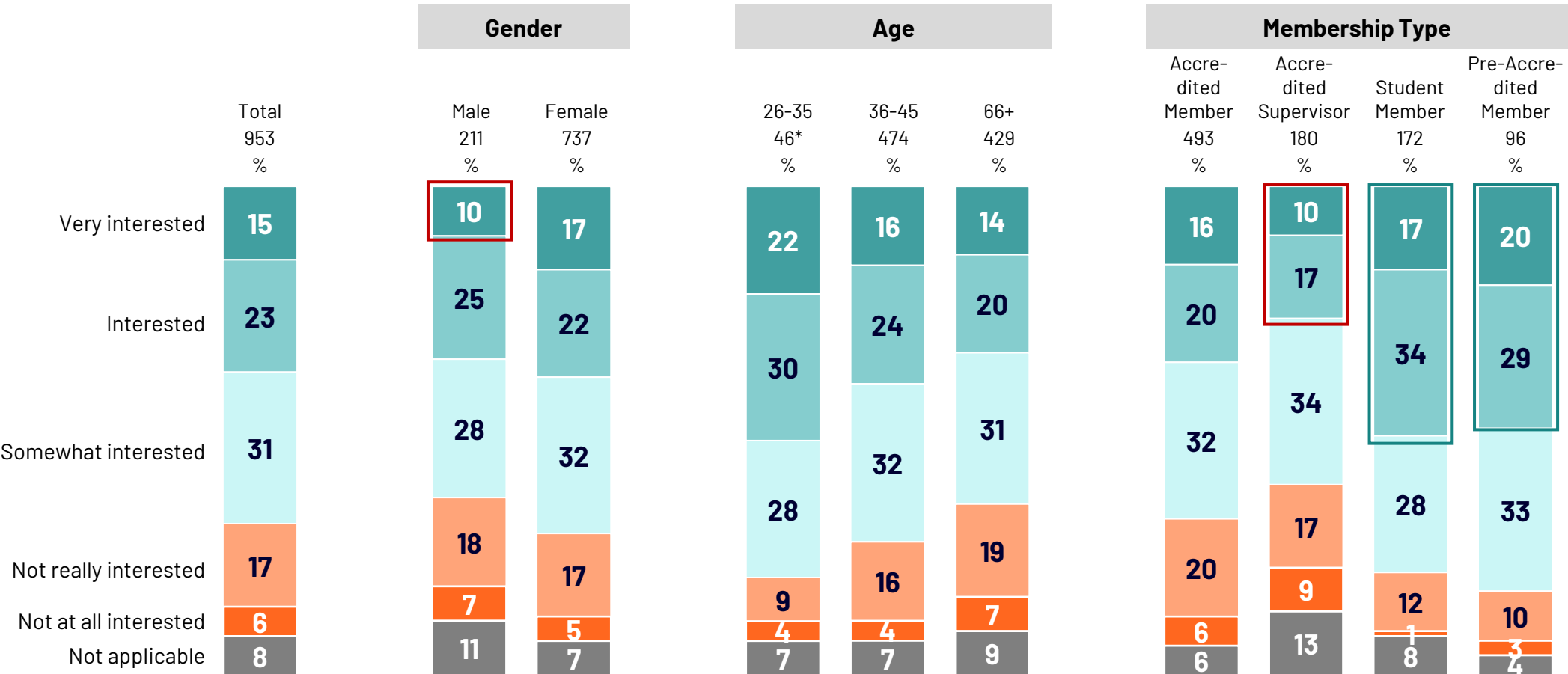
58% of members are at least largely satisfied with access to EBSCO psychology e-book, a -9%pts decrease vs 2021. Dissatisfaction is at 14% among Student members.

Q.29b Please indicate how satisfied you are with access to EBSCO psychology e-book collection as an IACP member resource \*caution low base



# Level of interest in attending research events

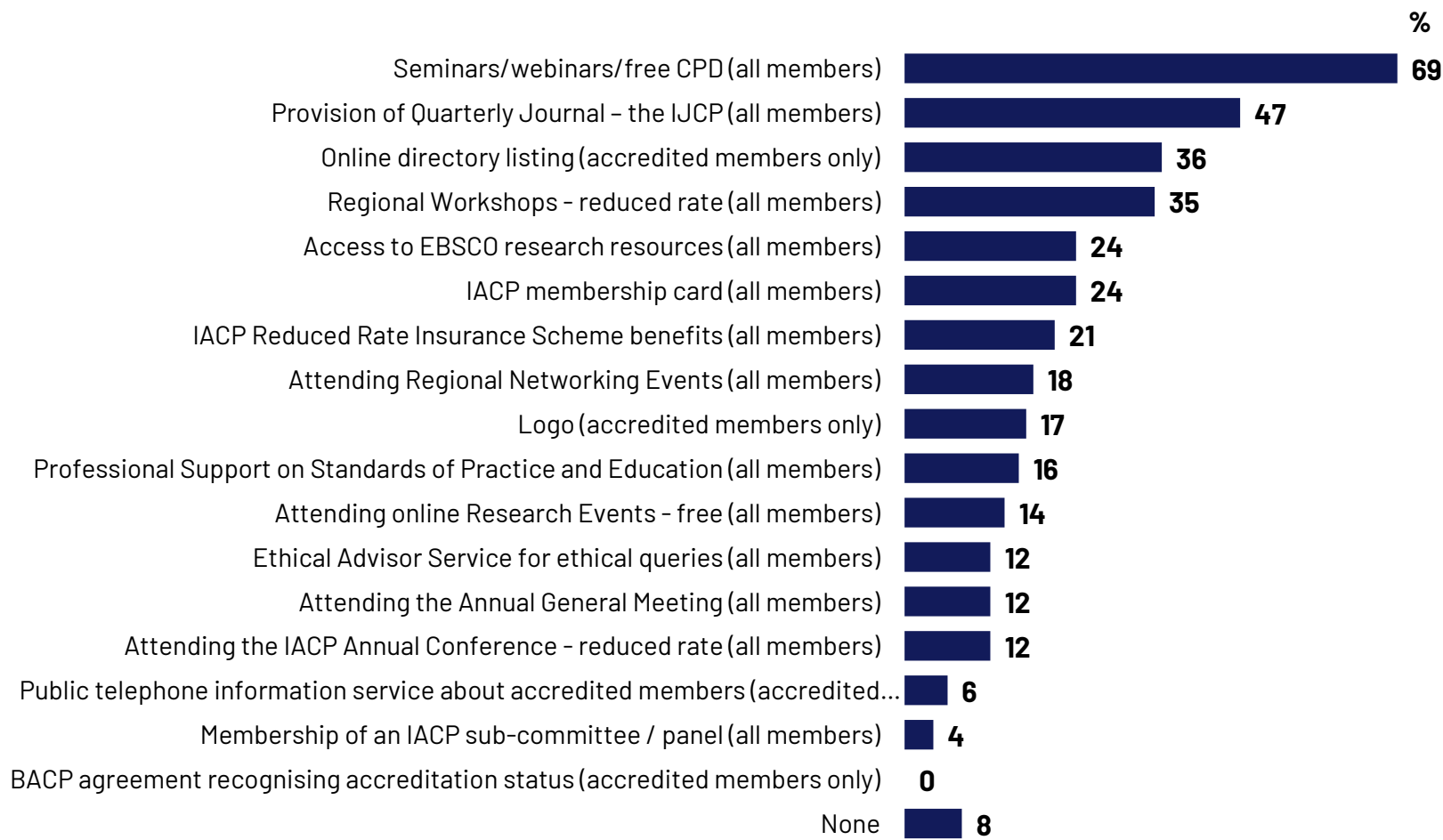
Base: All members - 953



Almost seven in ten (69%) are at least *somewhat interested* in attending research events. Interest is higher among Student members and Pre-accredited members and lower among Accredited Supervisors.

# Member benefits availed of most are *Free Seminars*

Base: All members - 953



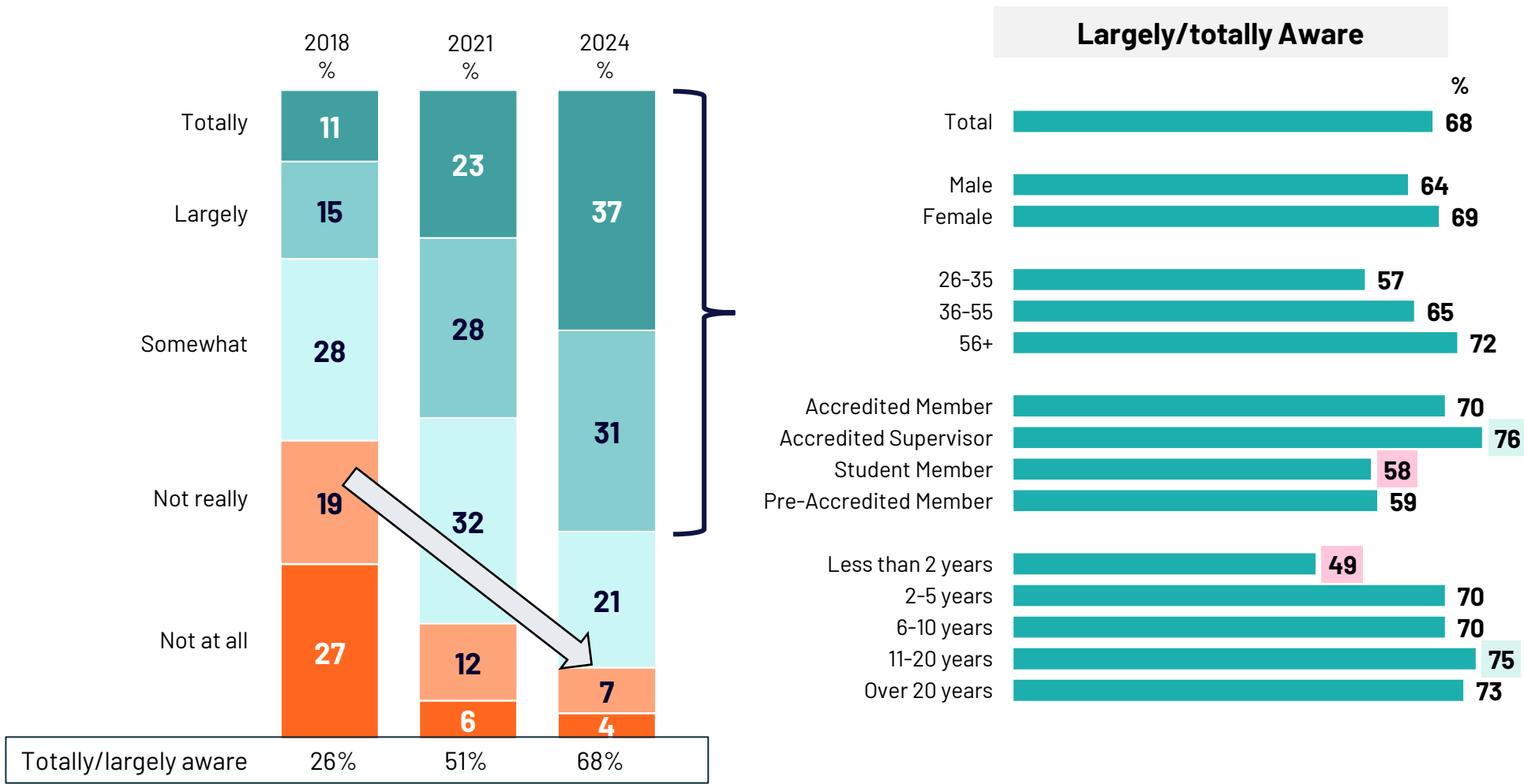
**Seminars/  
webinars/free  
CPD are most  
used member  
benefits with  
69% of members  
availing of them.**

**47% avail of  
provision the  
Quarterly Journal  
with over one in  
three availing of  
regional  
workshops at  
reduced rates.**

# ORGANISATIONAL PROFILE

# Just over two thirds of members are aware of IACP lobbying activity

Base: All members - 953

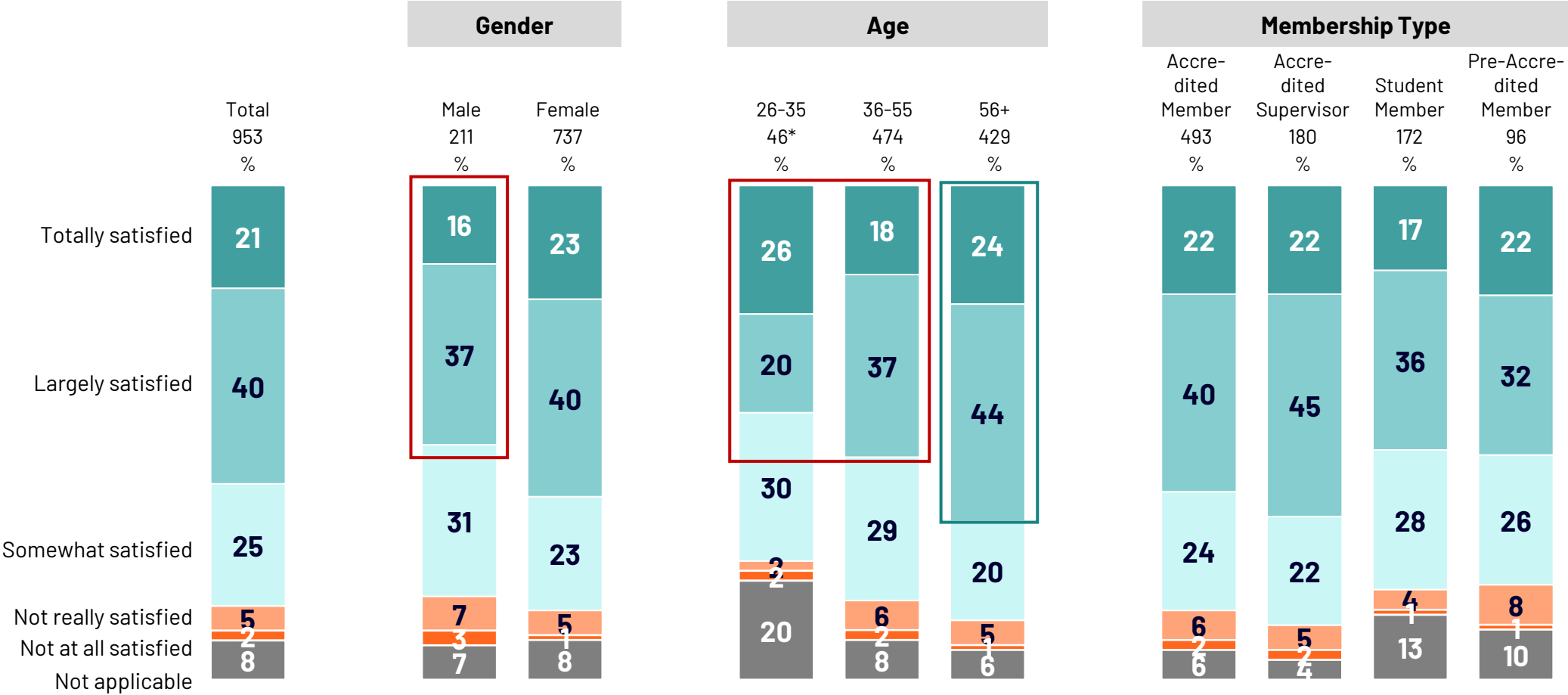


**Significant increase in awareness of the IACP lobbying activity with 68% are *largely or totally* aware (+17%pts). Awareness is higher among Accredited Supervisors and those who have been members 11-20 years.**

Q.36a Please indicate to what extent you are aware that this has been taking place.

# Satisfaction with IACP’s lobbying activity

Base: All members - 953



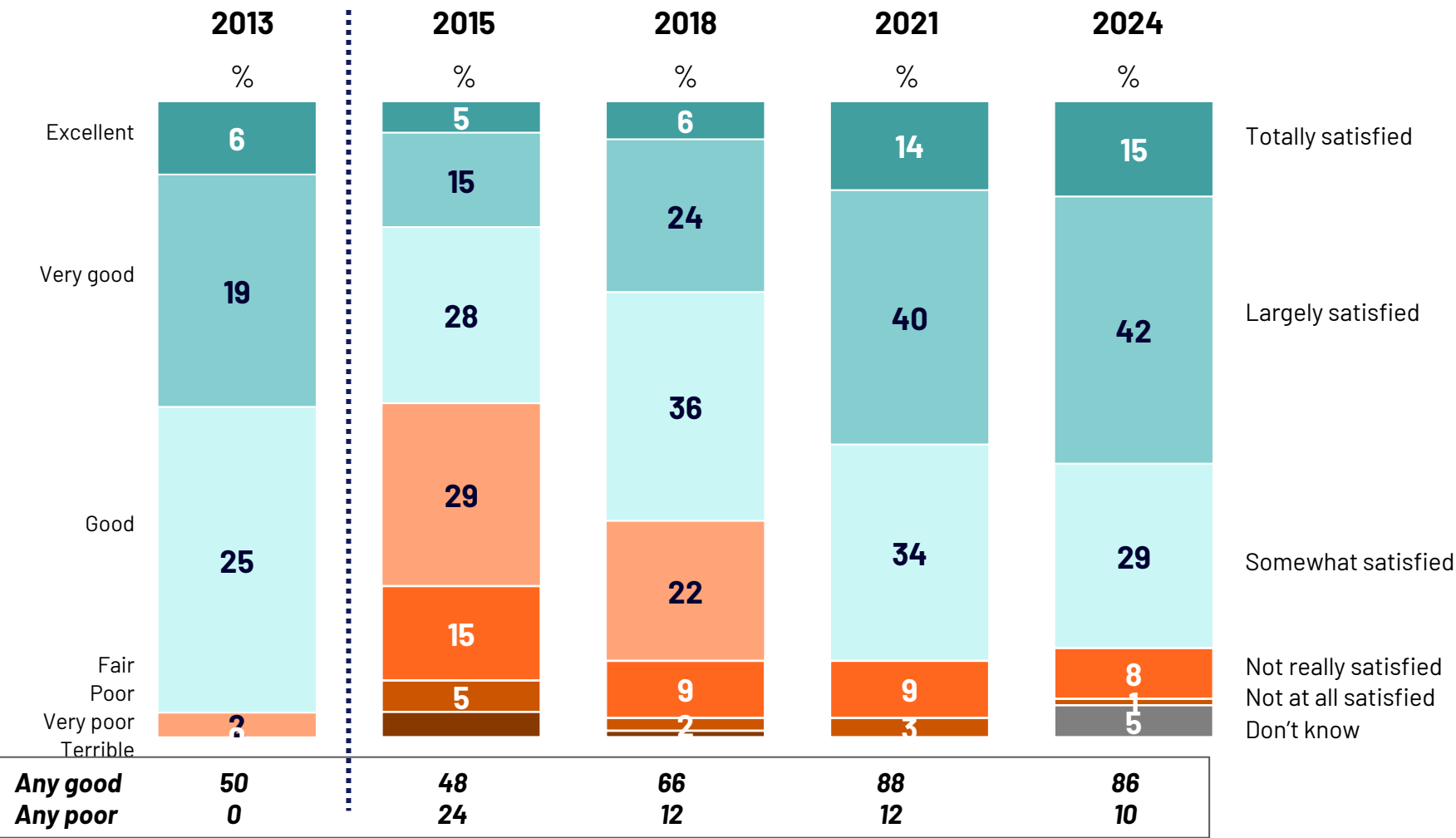
61% of members are at least *largely satisfied* with the IACP’s lobbying activity with dissatisfaction low. Men and under 45-year-olds are less likely to be at least *largely satisfied* with over 56-year-olds having higher satisfaction with this activity.

Q.36b Please indicate how satisfied you are with IACP’s lobbying activity.

\*caution low base

# Satisfaction with IACP's National profile

Base: All members - 953



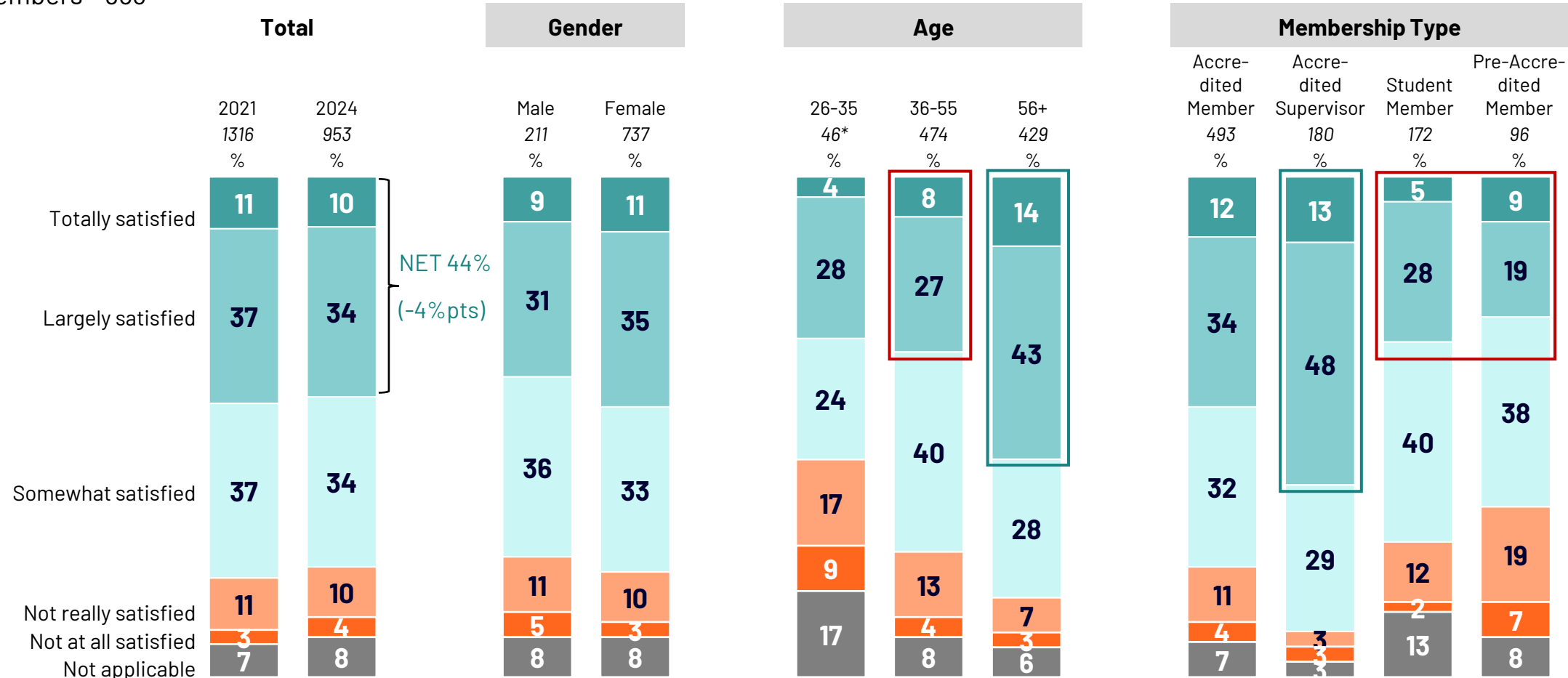
**Satisfaction with the IACP's National Profile is in line with 2021 at a high level.**

**Under one in ten members are dissatisfied with the IACP's National Profile.**

Q.37 Please indicate your satisfaction with the IACP's national profile.

# Satisfaction with IACP’s promotion/advertising of counselling/psychotherapy

Base: All members - 953

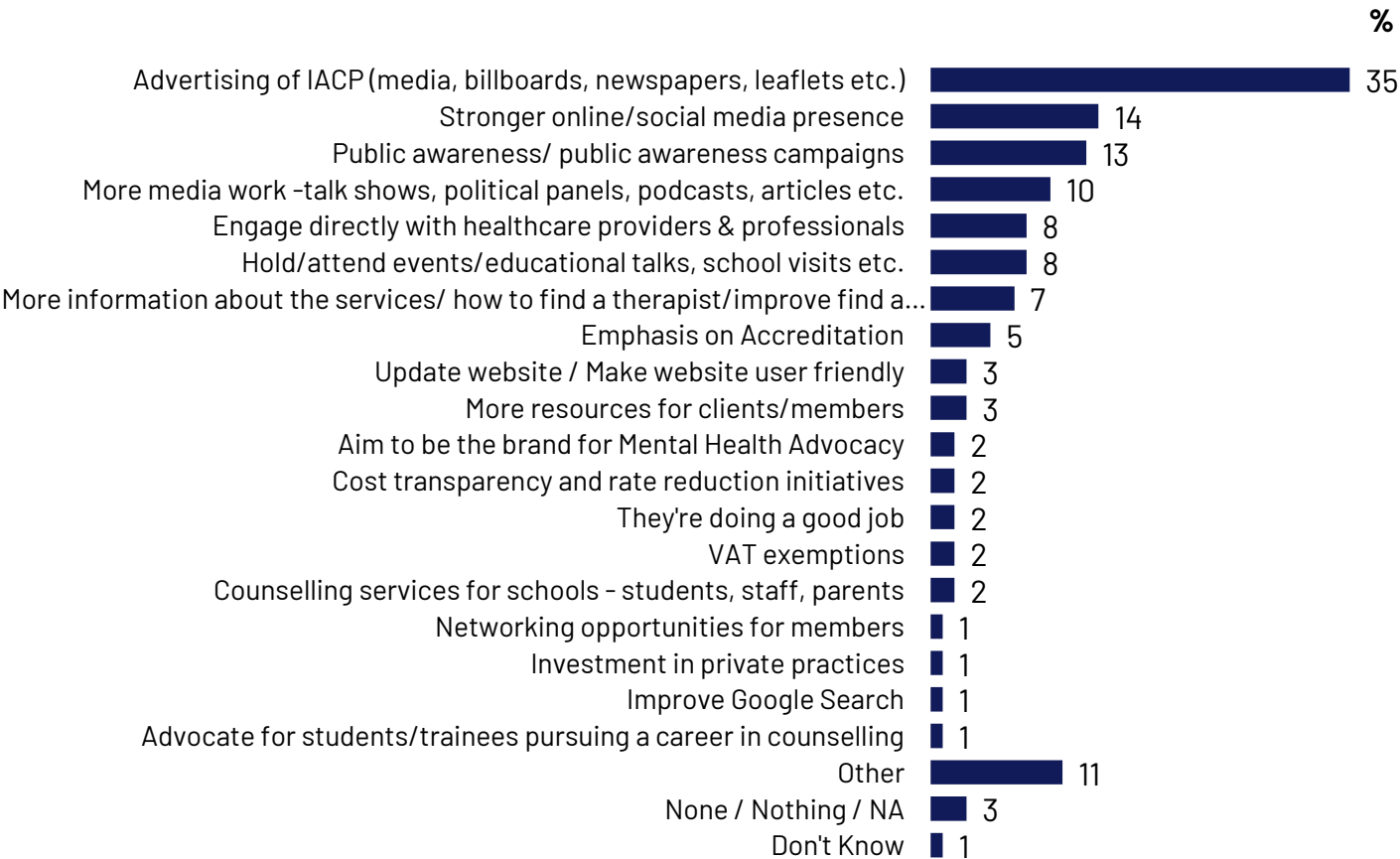


Slight decrease of -4%pts in members being at least *largely satisfied* with the IACP’s promotion/advertising of counselling/psychotherapy. 14% are unsatisfied, in line with 2021. 36–55-year-olds, Student members and Pre-Accredited members are less likely to be at least *largely satisfied* than average.



# Further suggestions for IACP promotional activity

Base: All members - 953

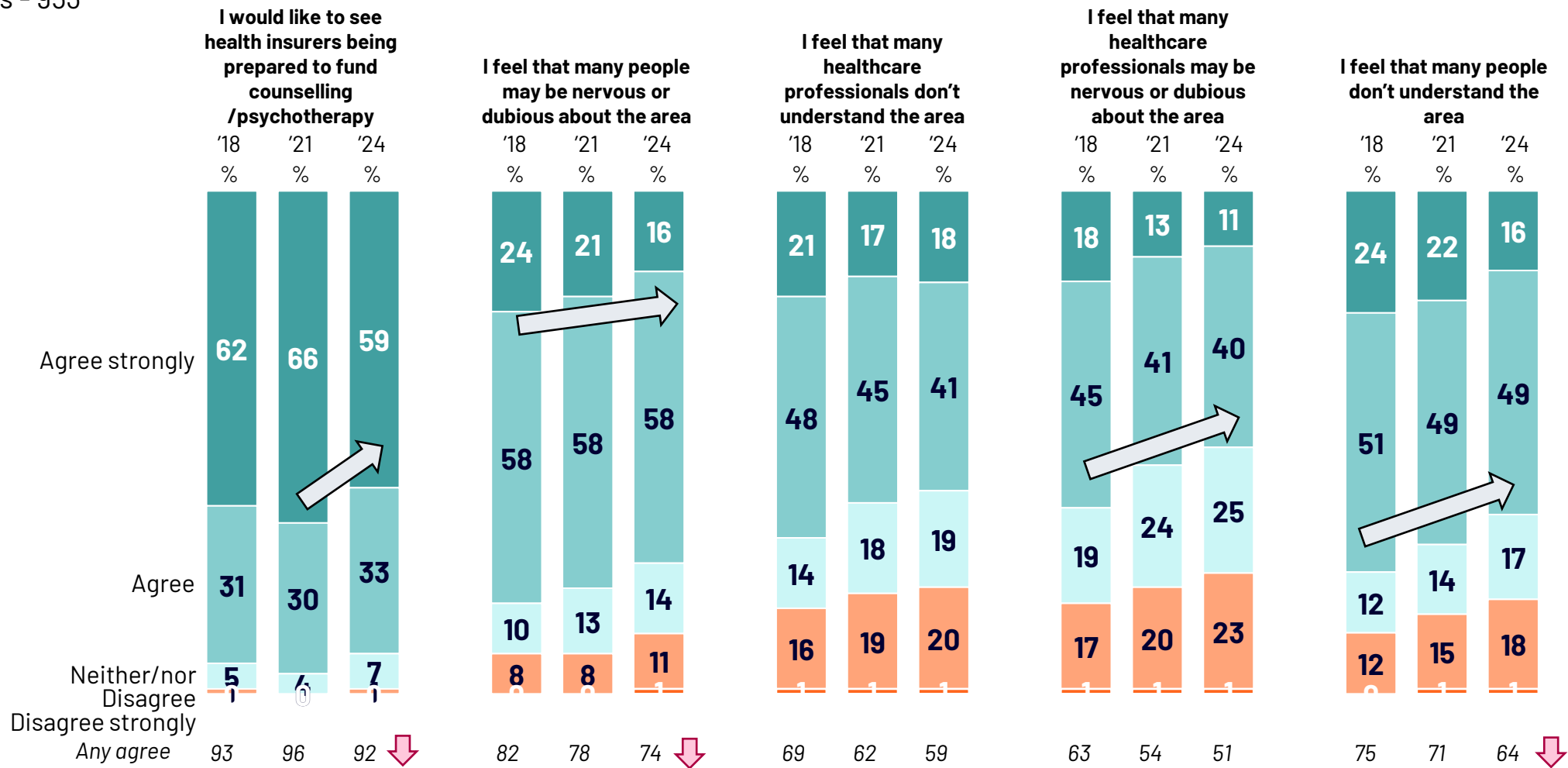


**Most members have suggestions of what the IACP can do to promote public awareness of counselling/ psychotherapy with 35% stating advertising including billboards, newsletters and leaflets.**

# PERCEPTIONS OF COUNSELLING/ PSYCHOTHERAPY & THE FUTURE

# Attitudes to Counselling & Psychotherapy

Base: All members - 953

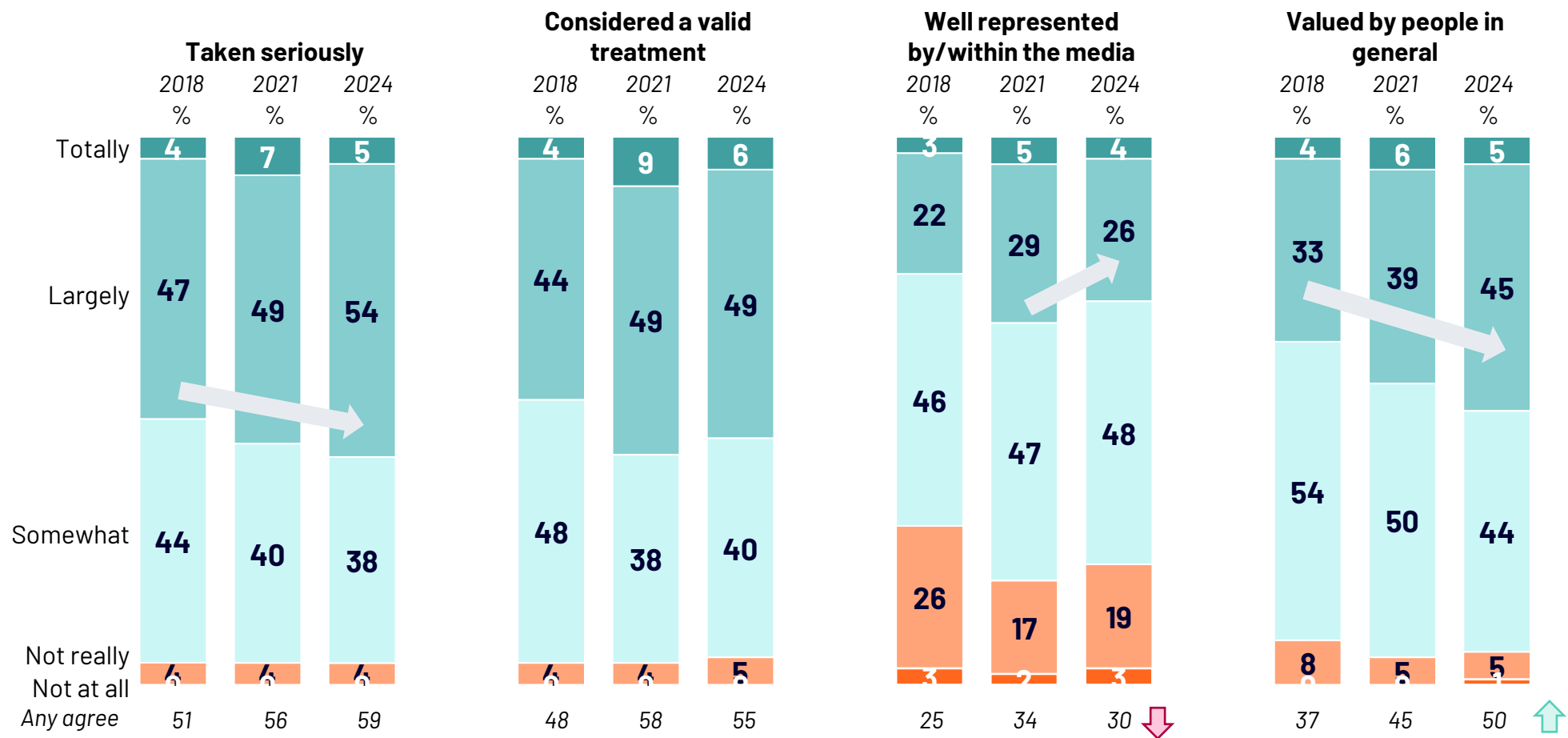


Over nine in ten members agree they would like to see health insurers being prepared to fund counselling/psychotherapy, strong agreement remaining high but decreases vs 2021. Decrease over time in agreement that many people and healthcare professionals may be nervous or dubious about the area as well as a decrease in agreement that many people don't understand the area although the majority of members still agree with these statements.

Q.40 To what extent do you agree or disagree with the following statements about counselling/psychotherapy?

# Perceptions of Counselling/Psychotherapy

Base: All members - 953

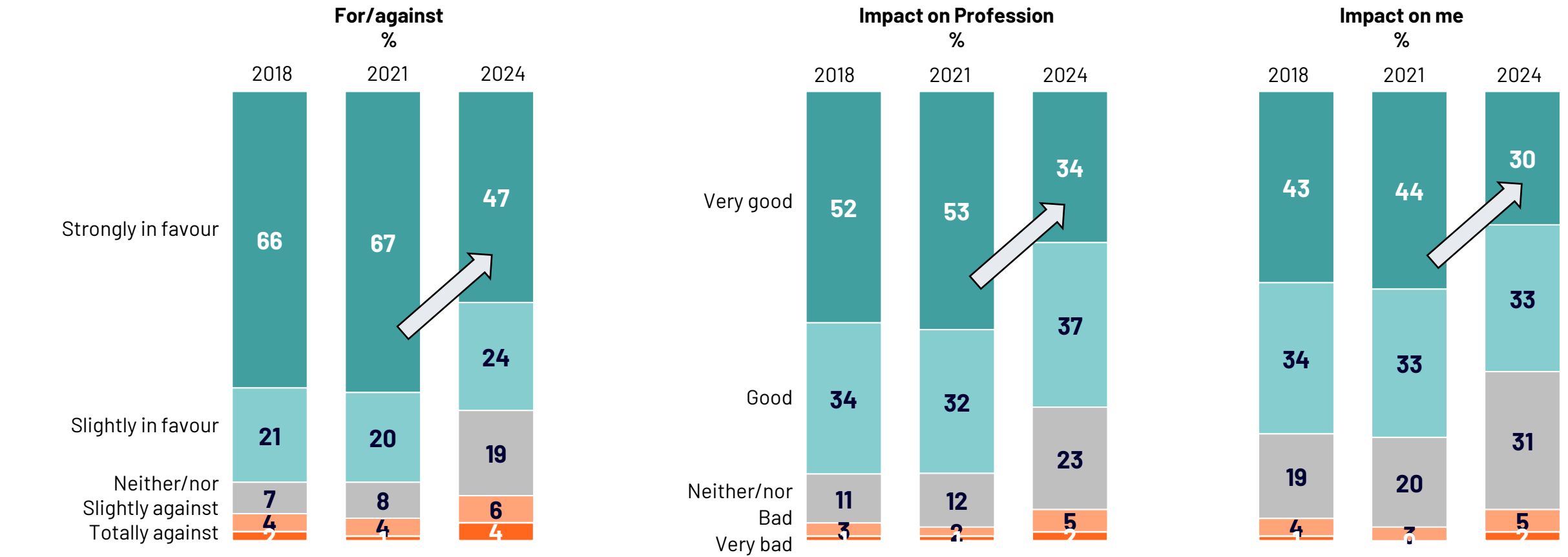


**Increase across perceptions about counselling/psychotherapy vs 2018, +12% increase in members stating the profession is valued by people in general to half of members stating this. Slight decrease (-4%pts) in members feeling the profession is well represented by/within the media.**

Q.41 And to what extent do you think that counselling/psychotherapy is generally?

# Opinions on CORU Regulation: Less positivity vs 2021

Base: All members - 953



**Decrease in members being *strongly in favour* of CORU regulation with an increase in members being *against* it (10%, +5%pts). Significant decrease in members stating CORU regulation will have a *very good* impact on the profession and on them personally although the majority remain positive towards it.**

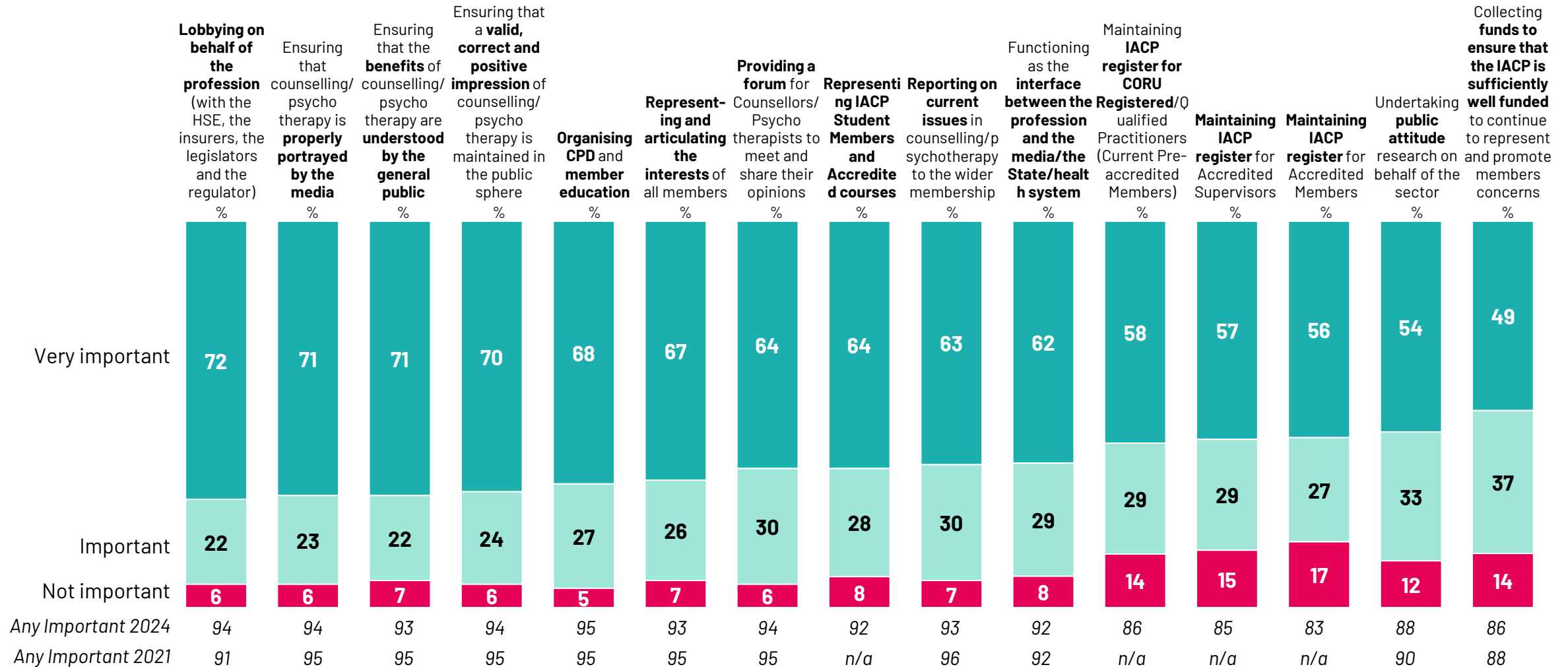
Q.42a Counselling/Psychotherapy will be regulated by CORU in the near future. Are you broadly in favour or opposed to this development?

Q.42b Do you think the regulation by CORU will be good or bad for the status of the profession overall?

Q.42c Do you feel that the regulation by CORU will be good or bad for you personally in your profession or not?

# Importance of activities for IACP to continue

Base: All members - 953



**At least eight in ten members consider each role important. 72% state *lobbying on behalf of the profession* is very important followed by *ensuring counselling/psychotherapy is properly portrayed by the media* (71%) and *ensuring that the benefits of counselling/psychotherapy are understood by the general public* (71%).**

# Importance of activities for IACP to continue

Base: All members - 953

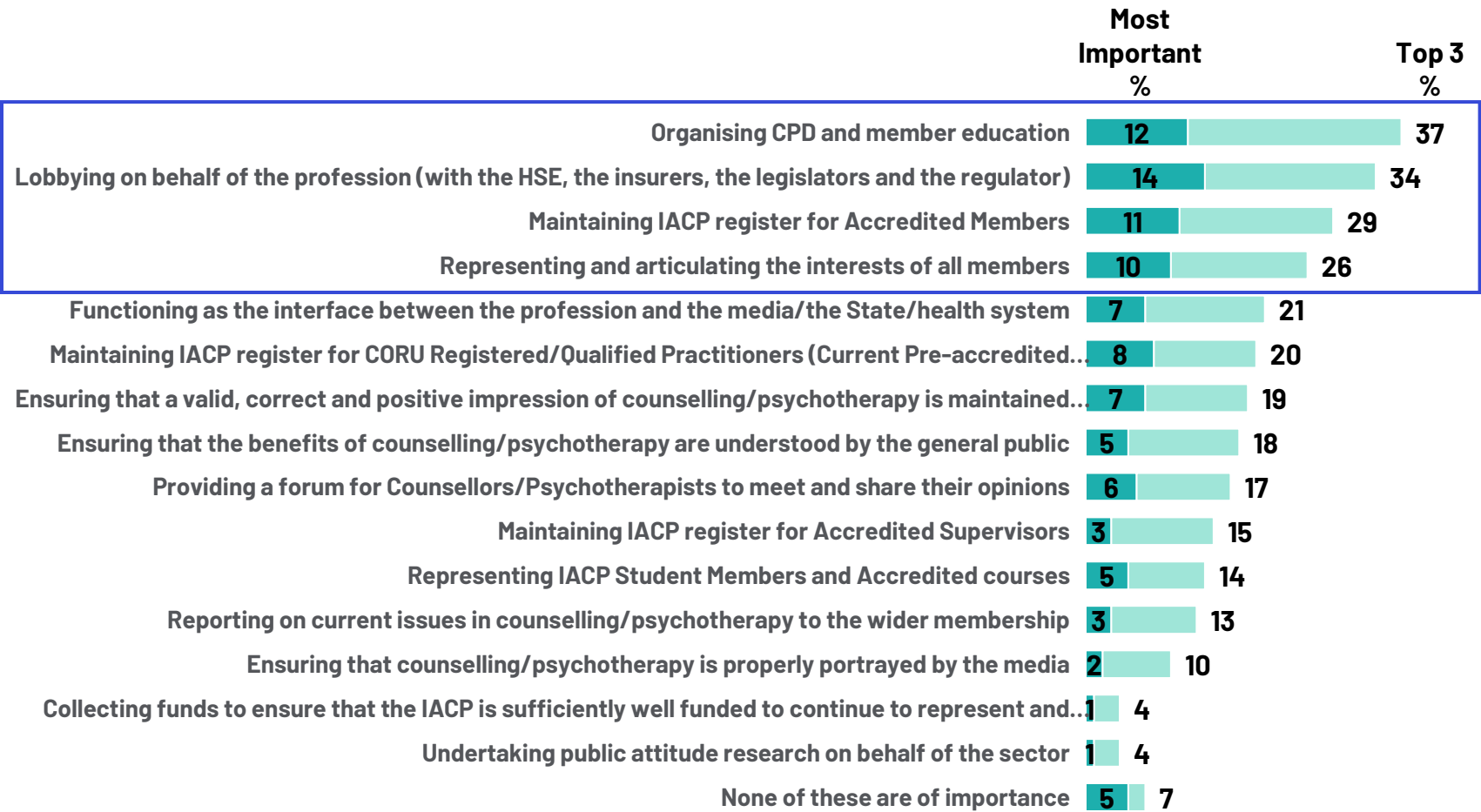
ANY IMPORTANT	All members	Gender		Age			Membership Type			
		Male	Female	26-35	36-55	56+	Accredited Member	Accredited Supervisor	Student Member	Pre-Accredited Member
Base:	953	211	737	46*	474	429	493	180	172	96
	%	%	%	%	%	%	%	%	%	%
Organising CPD and member education	95	92	96	96	95	96	95	97	97	95
Ensuring that counselling/psychotherapy is properly portrayed by the media	94	90	95	89	92	96	93	94	95	93
Ensuring that a valid, correct and positive impression of counselling/psychotherapy is maintained in the public sphere	94	90	95	91	92	96	93	94	96	92
Providing a forum for Counsellors/Psychotherapists to meet and share their opinions	94	92	95	91	94	95	94	93	97	95
Lobbying on behalf of the profession (with the HSE, the insurers, the legislators and the regulator)	94	91	95	93	93	95	93	96	97	94
Representing and articulating the interests of all members	93	89	94	93	92	94	92	92	97	94
Ensuring that the benefits of counselling/psychotherapy are understood by the general public	93	90	95	89	92	95	93	93	95	95
Reporting on current issues in counselling/psychotherapy to the wider membership	93	90	94	93	92	95	92	93	95	95
Functioning as the interface between the profession and the media/the State/health system	92	86	93	91	91	93	91	89	95	93
Representing IACP Student Members and Accredited courses	92	90	93	93	91	93	91	93	96	90
Undertaking public attitude research on behalf of the sector	88	82	89	85	86	89	87	83	92	89
Collecting funds to ensure that the IACP is sufficiently well funded to continue to represent and promote members concerns	86	84	87	83	84	89	84	88	93	84
Maintaining IACP register for CORU Registered/Qualified Practitioners (Current Pre-accredited Members)	86	84	87	83	85	88	84	85	92	89
Maintaining IACP register for Accredited Supervisors	85	82	86	76	84	88	85	88	90	77
Maintaining IACP register for Accredited Members	83	79	85	76	82	86	84	80	90	78

**Student members are more likely to state a number of aspects are important while men are less likely than average to state *functioning as the interface between the profession and the media/the state/health system* is important.**



# Most important areas for the IACP to focus on

Base: All members - 953



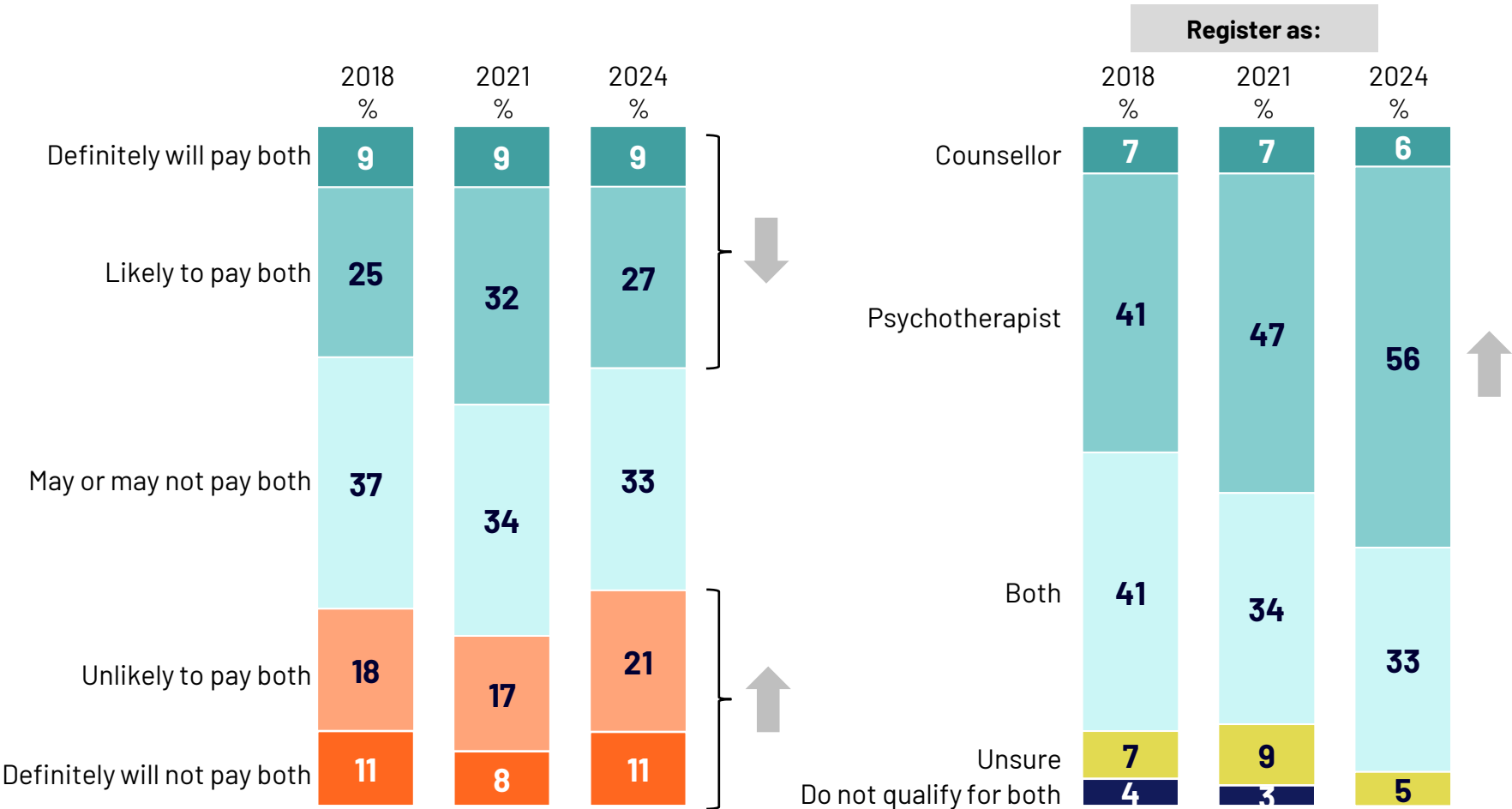
Key areas of importance for the IACP is lobbying on behalf of the profession, organising CPD and member education, maintaining the register of accredited members and representing and articulating the interest of all members.

-5%pts decrease in members being likely to pay both with 32% stating they are unlikely to pay both (+6%pts.)

Progress over time in members intending to register as a *psychotherapist* with a third likely to register as both.

After State registration fewer may pay both IACP & State fees

Base: All members - 953



Q.44 When regulation is introduced would you still be prepared to pay your IACP membership fee as well as paying your State registration fee?

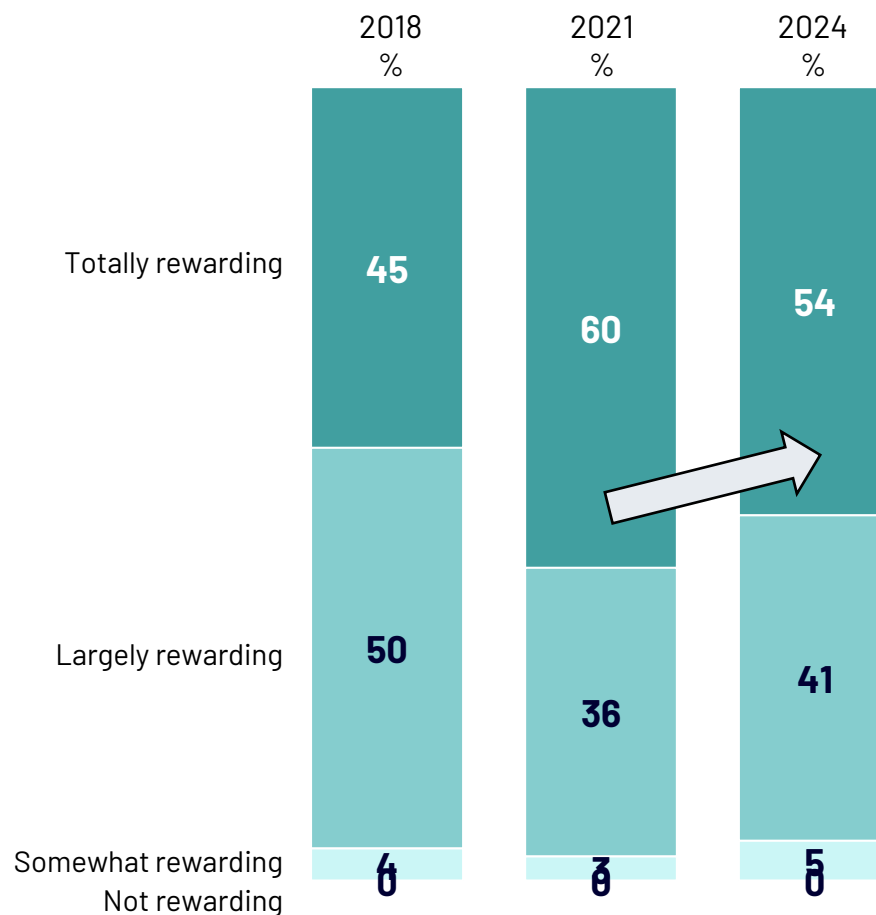
Q.45 If you qualify for both the counsellor and psychotherapist registers, which do you think you would like to register as?

**The vast majority of members find their work at least *largely* rewarding (95%).**

**-6%pts decrease in members finding their work *totally* rewarding to 54%.**

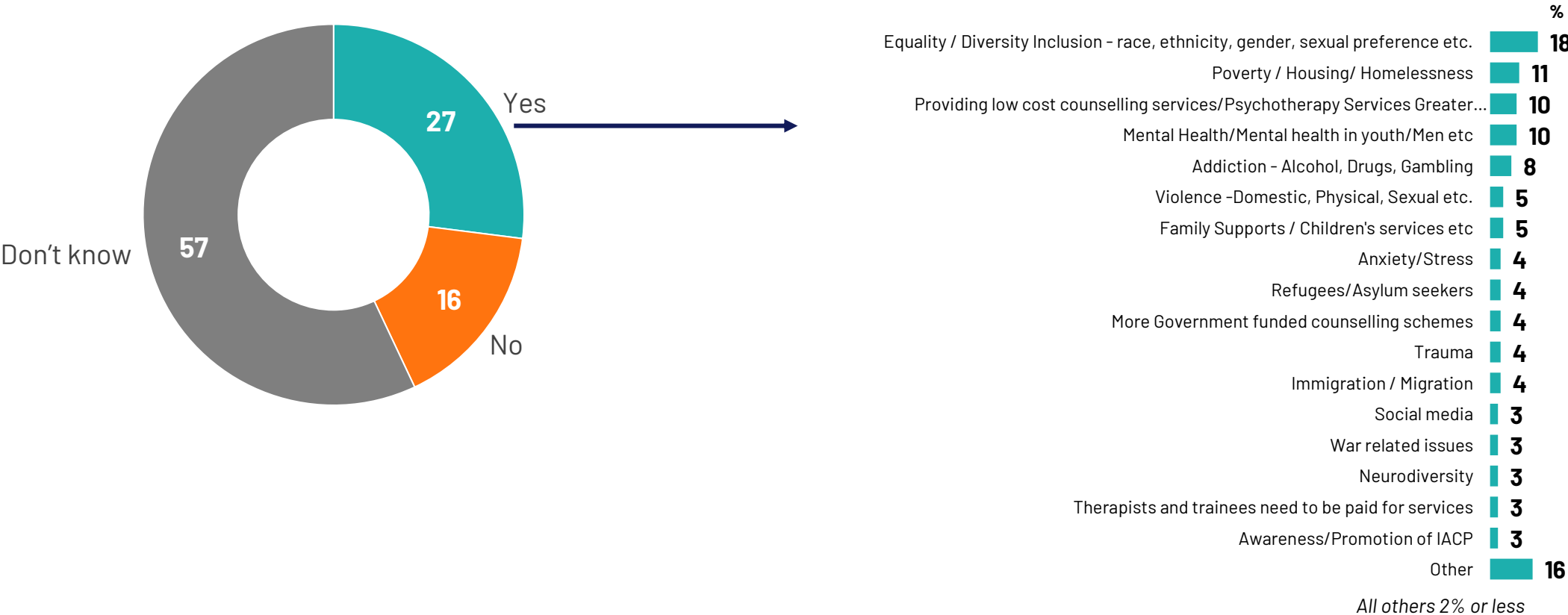
## Almost all members find counselling/psychotherapy rewarding

Base: All members - 953



# Social issues believe IACP should focus on to better serve our community and contribute to societal wellbeing

Base: All members - 953



A quarter state there are social issues that they believe the IACP should focus on/have a stance on to better serve our community and contribute to societal wellbeing with *equality/diversity and inclusion* most mentioned. One in ten mention *poverty/housing/homelessness, providing low cost counselling and mental health in young people and men.*

Q.48 Are there any social issues that you believe the IACP should focus on/have a stance on to better serve our community and contribute to societal wellbeing?

# SUMMARY OF KEY FINDINGS

# Summary of results

## Sample overview

- Member profile is more women with Dublin and Leinster over-represented. Half of members are between 36-55 years old.
- 52% are Accredited Members. Student members increased while Pre-Accredited members decrease vs 2021.
- Just over a third of members have been with the IACP for at least 11 years.
- 46% of members have a level 9 qualification with 38% having a level 8 qualification.
- The majority are using a Humanistic/Integrative theoretical model.
- 10% of members don't identify as Irish

with 8% able to offer counselling/psychotherapy in another language.

- The vast majority of members deal with adults. Slight decrease in working with couples over time; adolescents remain the second biggest cohort.

## How counsellors/psychotherapists are working

- Just over one in three members are working full-time with 45% working part-time. Slight decrease in hours worked per week evident vs 2021.
- 60% identify as both a counsellor & psychotherapist.
- Word of mouth remains the key source of clients for members (61%).

- The majority charge a fee per session with the average fee €64.20, up from €57.30 in 2021.
- Increase in only/mostly face-to-face sessions to 59%. 35% do a mix of face-to-face and via telephone/online.
- High satisfaction with how members work, 34% (+5%pts) stating they are *totally satisfied*.
- Highest proportion of clients presenting with anxiety (51%) and issues relating to family (43%).
- Over four in five feel *anxiety* has become more prevalent as a result of the Covid-19 pandemic and its impact with over half stating *stress/panic difficulties* and *relationship difficulties* have become more prevalent.



# Summary of results

## Professional accreditation process & supervision

- Majority of members are satisfied with the Accredited process for counsellors/Psychotherapists and Supervisors. Satisfaction with Supervisor process increasing to 74% (+5%pts vs 2021). Key suggestion for changes to the process being to extend the reaccreditation period (16%).
- The vast majority of members avail of one-to-one supervision with 27% availing of group supervision. 51% attend supervision sessions only/mostly face-to-face.
- Most members have one supervisor (average: 1.5) paying an average of €58.00 per session a decrease from 2021 (€63.50).
- Satisfaction with their current supervisor is high with 61% totally satisfied (+5%pts vs 2021).

## CPD & the AGM

- High satisfaction with the portal developed for

online training although total satisfaction decreased -10%pts vs 2021. Most are satisfied with the content on the portal although being totally satisfied decreased -4%pts to 23%.

- 45% of members have completed 6+ courses in the portal.
- 69% of members would like a mixture of in-person and online events for CPD events/training.
- Other areas suggested for CPD area are: ADHD/Autism/Neurodiversity and trauma.
- Just under half of members would like the AGM to be hybrid (both in-person and online).

## Communications, resources & benefits

- Engagement with the website remains in line with 2021 with 41% of members using it at least often. Rating of the communications areas, design and navigation decrease vs 2021 but remain highly rated.
- +9%pts increase in engagement on LinkedIn to 19%. 52% of members don't engage with the IACP through social platforms an increase vs 2021.

- Just over a third of members rate the Quarterly Irish Journal of Counselling & Psychotherapy very interesting, with one in five that the monthly E-news is very interesting. Lower levels of interest in the Annual report.
- Direct e-mail communication remains members preference in receiving updates from the IACP.
- Find a Therapist Tool ad campaign: 58% of members are aware of this campaign with 68% of members at least somewhat satisfied with it.
- 60% of members are at least largely satisfied with access to EBSCO research database. 58% at least largely satisfied with member resource access to EBSCO psychology e-book collection.
- 38% of members are interested in attending research events, 15% very interested – interest higher among students & Pre-Accredited members.
- Members are most likely to avail of seminars/webinars/free CPD.



# Summary of results

## Organisational profile

- Significant increase in members aware of IACP's lobbying efforts to 68% being largely or totally aware. 61% of members are at least largely satisfied with these efforts.
- 57% of members are largely satisfied with the IACP's national profile.
- Awareness is highest for IACP's activity related to media articles and press releases. Decrease in awareness of interviews, attendance at national and regional events, social media and public events and campaigns.
- 44% of members are at least largely satisfied with IACP's promotion/advertising of counselling/psychotherapy. A slight decrease vs 2021 (-4%pts).

## Perceptions of counselling/psychotherapy & The Future

- Over nine in ten agree they would like to see health insurers fund sessions. Decrease in agreement that many people and healthcare professional may be nervous about the area although the majority agree. 64% agree many people don't understand the area (-7%pts).
- Increase in members feeling the profession is valued in general however they are less likely to agree the profession is well represented in the media.
- Although most remain in favour of CORU (71%) support has decreased (-16%pts vs 2021). Members are less likely to state this regulation will have

a very good impact on the profession and them personally vs 2021.

- The most important areas for the IACP to focus on are: organising CPD and member education, lobbying on behalf of the profession, maintaining the IACP register for Accredited members and representing and articulating the interest of all members.
- Reduction in number of members who state they will pay for both once state registration is introduced to 26% (-5%pts) with an increase in members stating they are unlikely to pay both (32%, +6%pts). Increasing proportion of members stating they will register as a psychotherapist (56%, +9%pts).
- The majority of members find their work totally rewarding (54%), -6%pts vs 2021.





# THANK YOU

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