

If there's a theme this issue, it's change. As therapists, promoting and enabling change is central to what we do. It can take time, but counselling can and does change lives for the better, and this is what makes our work so fulfilling.

Last summer, a group of us gathered round a big table to talk about changing *Therapy Today*. How could it be improved? What needed refreshing? Was every page earning its keep? Was there a good balance between theory and practice, and was there something for everyone, from student to practitioner to manager to professor?

Many months later and a renewed and reinvigorated *Therapy Today* is born.

As a former editor turned therapist, I'm proud that *Therapy Today* has always stood out as a class act among its peers. We hope that you now find it more useful, engaging and thought-provoking. Of course, we'd love to hear what you think, good and bad. We'll be listening.

**Rachel Shattock Dawson**  
Consultant editor



## Editor's note

Welcome to the first issue of our redesigned, relaunched *Therapy Today*. And a warm welcome, too, to Rachel Shattock Dawson, who has joined the team as consultant editor. Rachel is an experienced women's magazine journalist and editor, and now a full-time practising psychotherapist. Her knowledge of magazine publishing and her views from the front line of clinical practice have helped shape the new journal, and will continue to do so.

*Therapy Today* last had a redesign in 2009. That design was a classic, admired and imitated widely. But, when BACP asked Think to take on the publication of the journal, it was a perfect opportunity to refresh it.

I see *Therapy Today* as the beating heart of the counselling professions - its purpose is to feed your thinking and practice with the oxygen of high-quality articles on clinical and professional issues in whatever sphere you work.

Our aim with the refresh has been to build on all that was good and highly valued about the journal - its depth and breadth of professional content, its invitations to readers to engage with the subject matter and with each other, and its balance of practice, research, politics and debate. We have sought to lighten and brighten it a bit, by introducing more illustration and offering some shorter, more accessible sections and articles that you can dip into and to which, we hope, you will contribute.

Email me your thoughts; we really do want to know what works for you and what doesn't. This is a process, not the end goal.

**Catherine Jackson**  
Editor



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