

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



## THERAPY TODAY

**Editor** Catherine Jackson  
e: catherine.jackson@thinkpublishing.co.uk  
**Consultant editor** Rachel Shattock Dawson

**Reviews editor** John Daniel  
e: reviews@thinkpublishing.co.uk

**Media editor** Bina Convey  
e: media@thinkpublishing.co.uk

**Dilemmas editor** John Daniel  
e: dilemmas@thinkpublishing.co.uk

**Group art director** Jes Stanfield

**Chief sub-editor** Charles Kloet

**Production director** Justin Masters

**Account director** Rachel Walder

**Managing director** Polly Arnold

**Group advertising manager** Adam Lloyd  
d: 020 3771 7203 m: 07725 485376  
e: adam.lloyds@thinkpublishing.co.uk

**Think** *Therapy Today* is published on behalf of the British Association for Counselling and Psychotherapy by Think, Capital House, 25 Chapel Street, London NW1 5DH  
t: 020 3771 7200 w: www.thinkpublishing.co.uk

Printed by: Wyndeham Southernprint, Units 15-21, Factory Road, Upton Industrial Estate, Poole BH16 5SN  
ISSN: 1748-7846

**Subscriptions**  
Annual UK subscription £76; overseas subscription £95 (for 10 issues). Single issues £8.50 (UK) or £13.50 (overseas). All BACP members receive a hard copy free of charge as part of their membership.  
t: 01455 883300 e: bacp@bacp.co.uk

**BACP**  
BACP House, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB  
t: 01455 883300 e: bacp@bacp.co.uk  
w: www.bacp.co.uk



**Disclaimer** Views expressed in the journal and signed by a writer are the views of the writer, not necessarily those of Think, BACP or the contributor's employer, unless specifically stated. Publication in this journal does not imply endorsement of the writer's views by Think or BACP. Similarly, publication of advertisements and advertising material does not constitute endorsement by Think or BACP. Reasonable care has been taken to avoid errors, but no liability will be accepted for any errors that may occur. If you visit a website from a link in the journal, the BACP privacy policy does not apply. We recommend that you examine privacy statements of any third-party websites to understand their privacy procedures.

**Case studies** All case studies in this journal, unless otherwise stated, are permissioned, disguised, adapted or composites, to protect confidentiality.

**Copyright** Apart from fair dealing for the purposes of research or private study, or criticism or review, as permitted under the UK Copyright, Designs and Patents Act 1998, no part of this publication may be reproduced, stored or transmitted in any form by any means without the prior permission in writing of the publisher, or in accordance with the terms of licences issued by the Copyright Clearance Centre (CCC), the Copyright Licensing Agency (CLA), and other organisations authorised by the publisher to administer reprographic reproduction rights. Individual and organisational members of BACP may make photocopies for teaching purposes free of charge, provided these copies are not for resale.

© British Association for Counselling and Psychotherapy



**ABC total average net circulation: 43,903**  
(1 January–31 December 2015)