

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

England & Wales · Charity number 1058545

Details

Other names U K C P, UKCP

Status Registered

Legal form Charitable company

Company number [03258939](#)

Registered 1996-10-08

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE CHARITY'S OBJECTS (THE OBJECTS) ARE(1) TO PROMOTE THE ART AND SCIENCE OF PSYCHOTHERAPY AND PSYCHOTHERAPEUTIC COUNSELLING FOR THE PUBLIC BENEFIT;(2) TO PROMOTE RESEARCH IN PSYCHOTHERAPY AND PSYCHOTHERAPEUTIC COUNSELLING AND TO DISSEMINATE THE RESULTS OF ANY SUCH RESEARCH; AND(3) TO PROMOTE HIGH STANDARDS OF EDUCATION AND TRAINING AND PRACTICE IN PSYCHOTHERAPY AND PSYCHOTHERAPEUTIC COUNSELLING(4) TO PROMOTE THE WIDER PROVISION OF PSYCHOTHERAPY AND PSYCHOTHERAPEUTIC COUNSELLING FOR ALL SECTIONS OF THE PUBLIC

Activities: The UKCP promotes the art and science of psychotherapy for the public benefit; it promotes research and education in psychotherapy and disseminate the results of any such research. It also promotes high standards of training and practice in psychotherapy and the wider provision of psychotherapy for the public benefit.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Northern Ireland
- Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£3,006,581	£2,907,319	£737,207	31
2023-09-30	£2,734,580	£2,809,172	£583,267	32
2022-09-30	£2,558,516	£2,690,189	£646,649	26
2021-09-30	£2,560,115	£2,563,213	£822,720	29
2020-09-30	£2,480,102	£2,681,899	£764,655	29

Trustees

Name	Role	Appointed
Akash Manhar Patel		2025-02-03
Helen Marsh		2026-03-20
Matthew Graham White		2024-02-22
Michelle Briggs MSc UKCP		2023-02-06
Nishaant Kumar		2026-03-20
Peter William Gregory		2023-02-06
Phillipa Mary Donovan		2022-09-16
Rosanna Duncan		2026-03-26
William Adlard		2025-03-03
William Daniel-Braham		2021-03-08

Accounts

Registered number: 03258939
Charity number: 1058545

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

Trustees	Philippa Donovan, co-opted trustee (appointed interim chair 5 July 2024, appointed chair 3 March 2025) William Adlard (appointed 3 March 2025) Michelle Briggs, trustee William Daniel-Braham, trustee Peter Gregory, trustee Akash Patel, chair of Finance, Risk & Audit Committee (appointed 3 February 2025) Matthew White, lay trustee (appointed 22 February 2024) Frederick Young, trustee Christian Buckland, chair (resigned 13 June 2024) Jennifer Ayling, vice chair (appointed 4 March 2024, resigned 17 July 2024) David FitzGerald, treasurer (resigned 8 May 2024) John Loughrey, lay trustee (ended the maximum eight-year term of office on 10 February 2024)
Company registered number	03258939
Charity registered number	1058545
Registered office and operational address	(until 16 June 2024) 2nd Floor, America House 2 America Square London EC3N 2LU (from 17 June 2024) York House 221 Pentonville Road London United Kingdom N1 9UZ
Key management personnel	Jonathan Levett, chief executive Emily Bridges, strategic projects lead (head of content and engagement until 30 September 2024) Victoria Calais, chief operating officer James Pickering, registrar Helen Willingham, head of content and engagement (on parental leave until 30 September 2024)
Independent auditor	Peters Elworthy & Moore Chartered Accountants Statutory Auditors Salisbury House Station Road Cambridge CB1 2LA

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Bankers	CAF Bank Ltd Kings Hill West Malling Kent ME19 4TA
	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG
Solicitors	Fieldfisher Riverbank House 2 Swan Lane London EC4R 3TT

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2024

A message from the Board of Trustees

This report outlines UKCP's achievements and the impact of our work in the 2023/24 financial year (1 October 2023 – 30 September 2024).

The year under review presented numerous significant events and challenges for UKCP. It included a successfully defended petition for removal of the board of trustees following the withdrawal from the MoU on conversion therapy. Despite this, work began to engage with members to develop an ambitious new UKCP strategy that was launched in 2024.

There have been changes on the board with four trustees finishing in 2024: Dr Christian Buckland, Jennifer Ayling, David Fitzgerald and John Loughrey. We express our gratitude for their dedicated service and commitment to UKCP. We also welcomed a new lay trustee, Matthew White, and appointed a new interim chair. Elections for vacant trustee positions and chair took place in early 2025.

As is detailed in our report, many streams of work took place and there are great successes to be acknowledged from the 2023/24 year. Key achievements included the following:

- Moved office premises with the aim to save £150,000 per year.
- 121 pieces of media coverage, 60% of which was in the national press.
- 170% increase in Find a Therapist profile views.
- 51 bursary payments awarded towards student and trainee fees.
- 30% reduction in recruitment costs.
- 498% increase in percentage of calls answered during our renewal period, with over 1,100 calls handled.

This is just a brief overview of some of the areas of work and the report below gives details of much more. We extend our sincere appreciation to all individuals who have contributed to the efforts of UKCP including colleges, volunteers, members, staff and colleagues in other organisations.

Trustees' annual report

The trustees present their annual report together with the audited financial statements of the Company for the year 1 October 2023 to 30 September 2024. The annual report serves the purposes of both a trustees' report and a directors' report under company law. The trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities from 2023/24

The trustees review UKCP's aims, objectives and activities each year. This report looks at what UKCP has achieved and the outcomes of its work within the past 12 months in pursuit of the previous strategic objectives. The trustees report the success of each key activity and the benefits UKCP has brought to the people it is set up to help. The report also helps the trustees ensure UKCP's aims, objectives and activities remain in line with its stated purposes. Next year's annual report will detail achievements that support the refreshed strategic objectives for 2024-27.

UKCP's vision (2023/24)

A world in which emotional and mental wellness is a human right.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

UKCP's purpose

To transform lives by unlocking potential.

UKCP's mission

Alongside professional support for its members, it is the leading research, innovation, educational and regulatory body working to advance psychotherapies for the benefit of all.

Strategic objectives (2023/24)

Improving access to psychotherapy

To make sure that high-quality psychotherapy and psychotherapeutic counselling in both private and public sectors are available to everyone, no matter who they are.

Engaging better

To improve the way UKCP engages with individual and organisational members and provide services and benefits which are valued by all.

Maintaining standards of excellence

To protect the public by making sure everyone on the UKCP register meets the organisation's professional standards, at the same time making sure the register meets national accreditation requirements. To continue setting high standards in the way UKCP governs and organises itself.

Collaborating for success

To develop existing external collaborations and actively seek new ones to achieve a more powerful voice to promote psychotherapy and psychotherapeutic counselling.

Research

To carry out appropriate research and use findings to promote psychotherapy and psychotherapeutic counselling and inform its members' training and development for the benefit of all.

Our Charitable objectives

UKCP's charitable objectives, as set out in its articles of association, provide a framework to achieve its strategic aims. They are to promote:

- the art and science of psychotherapy and psychotherapeutic counselling for the benefit of the public
- research into psychotherapy and psychotherapeutic counselling and to disseminate the results of any such research
- high standards of education, training and practice in psychotherapy and psychotherapeutic counselling
- the wider provision of psychotherapy and psychotherapeutic counselling for all sections of the public.

Public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

UKCP's achievements and performance

Improving access to psychotherapy

UKCP wants to make sure high-quality psychotherapy and psychotherapeutic counselling in both private and public sectors are available to everyone, no matter who they are.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Promoting national policies in an election year

UKCP urged key policymakers to promote and protect the provision of psychotherapy both before and after the UK general election in July 2024.

In October 2023, the UKCP policy team attended fringe events at the Labour Party Conference. This was a good opportunity to speak to influential decision-makers about UKCP's key issues and asks. The policy team also responded to several government consultations, highlighting the benefits of psychotherapy and the views of the psychotherapy profession. These included the Welsh mental health and wellbeing strategy consultation and the Labour mental health review consultation.

UKCP sent letters to key members of the new Labour government, welcoming them, emphasising the crucial role psychotherapy plays, introducing them to UKCP and setting out the organisation's policy priorities. UKCP also signed a letter to political leaders urging them to support mental health in education. This initiative was led by Nurture UK and included many sector partners.

Enhancing our website's Find a Therapist tool

UKCP's online Find a Therapist tool provides individuals with efficient and straightforward access to the necessary psychotherapy support. Thanks to a programme of improvements to the tool and a search engine optimisation strategy, website page views for Find a Therapist rose by 170%. This made it the highest-ranking page on the UKCP website in 2023-24.

Increasing the profile of psychotherapy and UKCP in the media

In 2024, UKCP secured 121 pieces of media coverage. These included pieces in the national press (60 per cent of the total coverage), such as The Guardian, iNews, The Daily Telegraph, Yahoo and The Independent. Topics included raising awareness of high-quality psychotherapy and the impact that social and technological developments might have on mental health.

Promoting careers in psychotherapy

UKCP also aims to attract people to join the psychotherapy profession. The My Psychotherapy Career podcast series, which ended in April 2024, sought to attract listeners interested in discovering the possible career paths that psychotherapy offers and how to get there.

From October 2023 to September 2024, the series had 10,895 listens. The highest-performing episode had 833 listens.

Engaging better

UKCP is seeking to improve the way it engages with its individual and organisational members and to provide services and benefits valued by all.

Offering high-quality resources and events

An important area of UKCP's work is providing psychotherapists with the tools they need for excellent practice, so they can make the biggest difference possible to their clients' lives. In 2023-24, UKCP:

- transformed its member magazine, New Psychotherapist. Following last year's readers' survey, UKCP worked with new editor Emma Ledger and a member focus group to make the tone and balance of content more relevant and engaging. UKCP also appointed a new publishing partner, who worked with the new editor and member focus group to give the magazine a new look and feel. UKCP has now recruited an editorial board, composed of members, to inform and guide New Psychotherapist going forward.
- developed a new welcome pack to support new student and trainee members joining UKCP and the profession. The pack offers clear information about what being a member of UKCP means, how the organisation is structured and what benefits and resources it offers.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

- ran events on topics including learning from complaints, research and UKCP's new strategy. The team recorded many of these and put them online as password-protected webinars, increasing the continuing professional development (CPD) materials exclusively available to members.

UKCP's members forum serves as a platform for members to engage in discussions and address significant issues pertaining to psychotherapy and UKCP. Members forum ran well-attended and lively events in October 2023 and March 2024, including a hybrid meeting in Edinburgh.

Working with members on UKCP's new strategy

During 2024, UKCP began to build its new strategy to guide the work of the whole organisation over the next three years. The strategy was launched at the UKCP Conference in November 2024.

UKCP engaged members extensively in developing the strategy to make sure it truly reflects what they want and need from their organisation. This included New Psychotherapist magazine articles, commissioned think pieces, email updates and surveys, plus a series of webinars on the strategy's four pillars (quality, membership, voice and organisation). Each of these online events included a panel discussion, question and answer session with attendees and follow-up survey. Consultation was also carried out with the members forum and UKCP colleges and committees.

Through this engagement, members said they wanted better regulatory processes, more events and CPD opportunities, enhanced member support and a stronger public and policy presence for UKCP.

The new strategy will reflect the collective voice of UKCP's members to the greatest extent possible, focusing on areas such as statutory regulation, carrying out a governance review, improving member services and increasing UKCP's visibility and advocacy efforts.

Championing equity, diversity and inclusion

Equity, diversity and inclusion (EDI) is at the core of UKCP's work. Its key aims in this area include making the psychotherapy profession more diverse, embedding EDI in UKCP itself and ensuring psychotherapy is available and accessible to everyone who needs it.

UKCP's Equity, Diversity and Inclusion – Belonging, Intersectionality, Inclusion, Diversity, Equity (EDI-BIIDE) Committee guides the EDI agenda across UKCP. Since its inception, the committee has focused on progressing the organisation's EDI-BIIDE Action Plan and ensuring that EDI considerations are embedded in the four strategic pillars of the new UKCP strategy. The committee welcomed new chair Dr Zahid Nawaz in September 2024.

The Professional Standards Authority (PSA) confirmed that UKCP is complying with its new EDI Standard too. UKCP also successfully passed its annual overall review with the PSA, confirming the organisation is meeting the PSA's high standards.

Collecting data on diversity to improve UKCP services

To best serve and support UKCP members and to meet its public sector equality duties, the organisation needs to know what its membership looks like. This is why UKCP conducted the first of what will be an annual data collection of essential metrics from members in 2023. UKCP will track this information on a yearly basis to better understand the make-up of its membership.

Key highlights from the 2023 report include that:

- 75 per cent of UKCP members were aged 45 and older
- 91 per cent of members lived in England
- 74 per cent were women
- 13 per cent reported having a disability
- 75 per cent of members were white

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FOR THE YEAR ENDED 30 SEPTEMBER 2024

- 3.7 per cent were Asian/Asian British
- 3.1 per cent were mixed/multiple ethnic groups
- 2.8 per cent were black
- 1.9 per cent were from another ethnic group.

Improving customer service

UKCP's membership team continued to work hard to improve customer services with regular monitoring of call responses and email communications to ensure effective and efficient member support. There was a 498% increase in percentage of calls answered during our renewal period, with over 1,100 calls handled.

Bursary funding for students and trainees

Training to be a psychotherapist or psychotherapeutic counsellor is costly. UKCP bursaries help people who need support to join the profession because of their personal circumstances and/or because they come from underrepresented groups. In 2024, UKCP received 129 applications for its annual bursary and made 51 awards each worth £750.

Maintaining standards of excellence

UKCP's goal is to protect the public by making sure everyone on its register meets its professional standards, at the same time making sure its register meets national accreditation requirements. UKCP also wants to continue setting high standards in the way it governs and organises itself.

Making sure UKCP members offer the highest quality psychotherapy

To ensure members provide excellent standards of psychotherapy and psychotherapeutic counselling, UKCP ran a variety of quality assurance processes in 2023-24.

These included auditing 225 individual psychotherapists on the national register, chosen at random, in 2024. UKCP also reviewed 16 of its organisational members, two new training programmes and three applicant organisations in the 2023-24 financial year to ensure they were working to the highest standards.

Managing complaints effectively

A crucial part of UKCP's work is responding to and learning from complaints about psychotherapists and psychotherapeutic counsellors on its register. This helps protect the public and maintain confidence in the psychotherapeutic profession.

In 2023-24, UKCP received and managed 58 formal complaints against its members through its complaints and conduct process (out of 9,116 therapists on its register, on average). It held eight interim suspension order hearings concerning seven registrants. It also convened nine adjudication panel hearings in relation to seven registrants and one appeal hearing. Most hearings continued to take place online as it is more cost-effective and efficient.

The Learning from Complaints webinar event, organized by UKCP, was reinstated in June 2024. It aimed to support UKCP members to learn more about the UKCP complaints process, and how to maintain good practice and avoid complaints.

Reviewing standards of training

UKCP's Education, Training and Practice Committee (ETPC) continued to review and standardise the organisation's Standards of Education and Training (SETs). These SETs outline the minimum requirements all psychotherapists and psychotherapeutic counsellors must meet to be a member of UKCP, helping maintain excellent standards in the profession.

For example, the ETPC has been working on revising UKCP's supervision statement and standards in 2023-24, so they more clearly articulate the process and responsibilities around supervision. These are likely to be published in 2024-25.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Making UKCP a great place to work and saving on costs

The COVID-19 pandemic changed working culture and practices throughout the UK. In 2023-24, UKCP implemented changes to ensure that staff remain motivated, content, healthy, and productive.

UKCP has now fully embedded flexible working across the organisation. By prioritising mental health and wellbeing in its culture, the organisation has created a healthier workplace with better work-life balance and different ways of working to support team productivity.

With changes in working and management practices, UKCP retained more staff – and their experience – compared to last year. The organisation is committed to developing and retaining an experienced team to ensure continuity and expertise. Regular team, project and all-staff meetings are held in person to share knowledge, connect with colleagues and foster collaboration across departments.

In June 2024, following a consultation period with staff and committee members, UKCP moved to a new office on Pentonville Road near King's Cross, which is smaller to accommodate more hybrid ways of working. Robust project governance and strong leadership ensured that the project was delivered on time and realised cost savings on our accommodation expenses.

All this work is helping UKCP save on costs, so members' fees are used as efficiently as possible for their and the public benefit. By downsizing the office to premises more suitable for the organisation's needs, UKCP is aiming to save £150,000 per year. After appointing an HR manager in October 2023, UKCP also streamlined its recruitment processes, saving over 30% in recruitment costs.

Withdrawal from MoU on Conversion Therapy in the UK

The UKCP Board of Trustees reached a decision to withdraw from the MoU on Conversion Therapy. A full statement on the reasons for withdrawal was published on the UKCP website.

Board of Trustees removal election

UKCP's articles of association state that a removal election can be held following a petition from two percent of the members. A petition was organised by Therapists Against Conversion Therapy and Transphobia (TACTT) in response to the Board of Trustees' decision to withdraw UKCP's signature from the Memorandum of Understanding on Conversion Therapy in the UK v2 (MoU) and its membership of the Coalition Against Conversion Therapy.

In the election, 79.29% of votes were cast in favour of retaining the current Board. The UKCP Board of Trustees will continue in their positions following the conclusion of the removal election.

Collaborating for success

UKCP aims to develop existing external collaborations and actively seek new ones to achieve a more powerful voice to promote psychotherapy and psychotherapeutic counselling.

Taking part in coalitions as the voice of psychotherapy

Working together with other organisations means UKCP can amplify its messages and have a greater impact. Through several coalitions and working groups, UKCP continued to collaborate with other organisations as the voice of psychotherapy.

In 2023-24, UKCP was part of coalitions including:

- the All-Party Parliamentary Group for Prescribed Drug Dependency
- the Artificial Intelligence Coalition
- the Children and Young People's Mental Health Coalition

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FOR THE YEAR ENDED 30 SEPTEMBER 2024

- the Climate Minds Coalition
- the Coalition for Inclusion and Anti-Opressive Practice
- the Memorandum of Understanding on Conversion Therapy (until 5 April 2024)
- the Mental Health Alliance
- the National Psychological Professions Stakeholder Working Group
- the Psychedelics Coalition
- the Scottish Mental Health Partnership
- and the Talking Therapies Taskforce.

We also attended the in-person annual report of the Health Devolution Commission in September 2024. We heard from Andrew Gwynne, Minister for Public Health, on the new government's plans for how local-level services can support the larger goal of improving health and reducing inequalities. Attending in-person parliamentary events allows the policy team to network with policymakers and sector partners, as well as engage in topics relevant to improving mental health across the UK.

Collaborating to promote high standards

UKCP is committed to working on first-class standards for the psychotherapy profession, for the benefit of the public. Since 2016, it has been working with sector partners who also operate registers for professionals in the psychotherapy and counselling field, on a shared, evidence-based competence framework detailing the core competences and practice standards for counsellors and psychotherapists who work with adults. Last year the Scope of Practice and Education for the Counselling and Psychotherapy Professions (SCoPEd) framework was adopted by all partners involved.

In 2024, UKCP and its SCoPEd partners worked to update the partnership's governance structures. This included forming a CEO Board, which now leads the strategic direction of the partnership and ensures the framework continues to evolve in alignment with the needs of the profession and the public. Dedicated delivery and communications groups were also set up to oversee the framework's implementation and outreach.

Leading on quality assurance for the NHS

UKCP also promoted excellent standards in psychotherapy through its work with the NHS Talking Therapies for Anxiety and Depression three-year pilot scheme. The scheme provides fully funded training for students to qualify as psychotherapeutic counsellors while training in NHS talking therapies services across the country.

Working in collaboration with the Partnership of Counselling and Psychotherapy Bodies, UKCP is the scheme's lead accrediting body, and has put in place a rigorous assessment framework detailing standards training courses must meet.

In 2024, UKCP carried out its second annual full review of the scheme. Its assessment teams attended two-day, in-person visits to each of the three training providers. The assessment teams then created reports detailing areas of good practice, and requirements and recommendations for improvement.

One of the pilot's aims is to diversify the psychotherapy and counselling workforce. In May 2024, UKCP published a demographic report looking at whether this was the case. Findings suggested that those taking part in the pilot were more diverse in terms of age and ethnicity than UKCP's current membership and the NHS talking therapies workforce. There was also feedback that the programme offered the opportunities to people that would not otherwise have been able to enrol on psychotherapeutic counselling training.

Developing new regulatory guidelines on conversion practices

UKCP continued its efforts to end the unethical and harmful practice of conversion therapy – trying to change a person's sexual orientation or suppress their gender identity.

UKCP started work on developing new regulatory guidance on conversion practices. Working closely with our partners in the psychotherapy and counselling sectors, UKCP is striving to create guidelines for practitioners. This will help make sure all practitioners are informed about ethical practices for all.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Research

UKCP aims to carry out appropriate research and use the findings to promote psychotherapy and psychotherapeutic counselling, and inform its members' training and development for the benefit of all.

Carrying out original research

UKCP's research team carried out and published several pieces of original research in 2023-24 with the aim of educating and influencing key decision-makers. These included:

- A paper summarising the results of a focus group conducted to track the experiences and expectations of trainee therapists taking part in the NHS Talking Therapies pilot project.
- A policy briefing on the evidence base for psychotherapy with children and young people, including results from a member survey. This highlighted evidence of psychodynamic psychotherapy, interpersonal therapy and systemic therapy effectively working with children and young people on a multitude of issues. It also included high-quality studies on music therapy and group therapy, specifically for children and adolescents who have been subjected to sexual abuse with externalising disorders.
- A literature review on practitioners' attitudes to working online, authored by several psychotherapy researchers including UKCP members and Ellen Dunn, UKCP's policy and research manager. An examination of existing research identified four key areas of concern for providing therapy online: therapeutic practice; technical concerns; perceptions of client benefits and challenges when working online; and therapist challenges.
- A policy briefing on key evidence for the effectiveness of major psychotherapeutic modalities. Aimed at giving policymakers an introductory understanding of the breadth and strength of the psychotherapy evidence base, it covered key studies including on body-somatic therapy, cognitive-analytic therapy, creative therapies, couples therapy, existential therapy, gestalt therapy, person-centred experiential counselling, interpersonal therapy, psychodynamic psychoanalytic therapy, systemic therapy and transactional analysis.

Sharing knowledge at the UKCP annual research conference

UKCP held its annual research conference in June 2024. Members presented their research, held workshops on different research themes and topics, and the UKCP research team shared their current projects.

At the conference, UKCP member Jessica Mann received the UKCP rising research award, while member Divine Charura received the UKCP outstanding research award. These awards aim to highlight remarkable researchers who are contributing to the psychotherapy evidence base.

Collaborating with the European Journal of Psychotherapy and Counselling

UKCP continued its affiliation with the European Journal of Psychotherapy and Counselling (EJPC) in 2023-24. Alongside providing UKCP members with free access to the journal and a chance to write and review articles, EJPC and UKCP collaborated on a special issue on 'The Individual and Society'.

UKCP and EJPC also worked together to launch a new trainee/student essay prize, giving trainees, students and newly qualified practitioners an exceptional opportunity to have their dissertations, coursework or essays published in the journal.

Collaborative research with York St John University

UKCP collaborated on a research project with York St John University (YSJ) to examine routine outcome measures in talking therapies. UKCP is honoured to have contributed to the project's foundational stages and anticipates the progression of the research as YSJ and the British Association for Counselling and Psychotherapy (BACP) lead it into subsequent phases.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Plans for the future

Developing new work

2024-25 will see an exciting programme of new and pivotal initiatives as the new three-year UKCP strategy launches. These include:

- a General Meeting which was held at the UKCP Conference in November 2024, and gave members the chance to engage with UKCP and to make their voices heard
- the launch of a governance review to make sure UKCP's structures and processes are fit-for-purpose and support its strategic goals
- a series of ethics events to engage members in critical discussions and further embed ethical practices across the profession
- exploring the potential for UKCP to attain chartered status, which would enhance its standing and credibility in the field
- building and strengthening UKCP's brand and voice, ensuring the organisation continues to be recognised as a leader in psychotherapy and counselling
- working with partners to establish an All-Party Parliamentary Group on Talking Therapies to enhance UKCP's advocacy efforts and influence public policy in areas relevant to the psychotherapy profession.
- developing and implementing new regulatory guidelines on conversion practices
- strengthening UKCP's commitment to ensuring psychotherapy is accessible to all communities in the UK.

Policy manifesto

The general election and change in government has been a crucial opportunity for UKCP to engage with new policymakers and highlight top policy priorities. The priorities were developed by consulting with members through a survey and webinar, to ensure the priorities are advocating on what matters to them.

Supporting new members

Following the launch of student and trainee welcome packs this year, UKCP is now aiming to create and deliver a welcome pack for full clinical members and a version for members who become direct members.

Improving our social media strategy

UKCP aims to complete a full review of its social media in 2024/2025. The review is examining what opportunities the organisation could explore on its social media platforms and what audiences it is looking to target and engage.

Continuing collecting member diversity data

UKCP collected data about the diversity of its membership for the first time in 2023, and again in 2024, helping the organisation understand who its members are and what they need. UKCP will publish a report with the results, including comparisons to the previous year.

Organising the first in-person UKCP Conference since 2019

UKCP has organised its first in-person conference since 2019. In November 2024, attendees enjoyed a full day of clinical content exploring the theme of Psychotherapy in a Changing World and what this means for psychotherapy practice.

Campaigning to update the NICE guideline on anxiety for adults

UKCP has been conducting research to inform a campaign for the National Institute for Health and Care Excellence (NICE) to update its guideline on generalised anxiety disorder and panic disorder in adults.

Currently, these guidelines do not recommend any high-intensity therapies other than cognitive behavioural therapy and relaxation therapy. UKCP strongly advocates for patient choice and improved access to evidenced-based therapies in the NHS. As part of this, it plans to work with policymakers and sector partners in 2024/2025 to encourage an update of these guidelines.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Implementing a governance review

In August 2024, UKCP asked its lawyers to give legal advice on its articles of association, byelaws and standing orders. The organisation will begin a consultation with members on possible changes to its constitutional documents in 2025.

Financial reports

Financial review

The attached Statement of Financial Activities and Balance Sheet provide the results of our operations for the 12 months from 1 October 2023 to 30 September 2024. Income for the year to September 2024 was £3,007k (up 10%) compared to £2,735k in 2023. Total expenditure was £2,907k (up 3.5%) compared to £2,809k in 2023.

The majority of the charity's income is from membership fees (£2,909k in 2024 and £2,648k in 2023). The trustees recognise that the charity's reliance on this sole source of income makes the charity vulnerable to unforeseen fluctuations in membership. As a consequence, the trustees have tasked the management team with exploring non-membership fee sources of revenue. The trustees take this factor into account in setting levels of reserves to be held and in putting appropriate strategic priority to maintaining and growing membership.

The Complaints and Conduct Process (CCP) is a Designated Fund. The number of cases heard each year fluctuates; cases planned for the following year are taken into account in the budget-setting model. Costs are monitored closely and managed accordingly; there continue to be savings as a result of hearings being held online. Processes are under constant review to ensure we contain costs as far as practicable. A provision is made for the potential cost of cases accepted but not heard at year end.

Two new designated funds have been created.

The Membership Engagement Fund has been established to enhance the overall member experience, including focusing on the creation of an improved website, development of a dedicated members' area and a review of our customer relationship management (CRM) system to improve its efficiency. These enhancements are intended to improve engagement, streamline interactions and provide an enhanced, more personalised experience for members and the public. An initial amount of £100k has been transferred to the fund.

The Innovation Fund has been established to support the creation of non-membership income initiatives, the development of continuing professional development (CPD) opportunities and the exploration of obtaining Chartered status for UKCP. An initial amount of £50k has been transferred to the fund.

It is a challenge to depict expenditure by activity as UKCP engages and collaborates with volunteers. Their work on committees, standards, registration, regulation and quality assurance are highly valued, but are not captured in the columns of figures in the financial statements. The Board of Trustees takes this opportunity to thank all those who have given time to UKCP for the advancement of psychotherapy and psychotherapeutic counselling.

Some volunteers are paid a token amount in recognition of the time they spend on UKCP business, including but not limited to, chairing and attending meetings and reviewing or writing documents and procedures. These amounts are in no way meant to reimburse them at market rates.

All trustees give their time voluntarily, with the exception of the chair as explained in note 12; out of pocket expenses of £7,203 were reclaimed from the charity this year.

Our balance sheet continues to reflect our stability with cash reserves in excess of our target. Current liabilities include deferred income of £2,254k (2023 £1,683k). This is membership income received in advance of the 2024/25 financial year; renewals were processed in September 2024 in order to provide members with their certificates on 1 October 2024.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Investment policy and performance

The trustees' investment policy was put in place to ensure that UKCP's cash is invested in the most effective and secure manner.

The policy states that the objectives of investments are:

- To produce the best financial return within an acceptable level of risk
- To produce a total return in excess of inflation for medium term investments
- To preserve the capital value with a minimum level of risk for short term investments

The policy also details the trustees' position on risk, ethical investments and liquidity.

The investment is held with Columbia Threadneedle Fund Management Limited. The investments paid out dividends of £5k during the year, a yield of 1.4%. The investments have been increasing in value over the years, with an unrealised gain of £55k in the current year.

Reserves policy and going concern

The key threat to our income is a drop in membership renewals and/or a reduction in new members joining. Membership renewals at 1 October 2023 achieved the target of 95% retention, and the number of new members joining during the year exceeded the target. This is positive for renewals in future years.

The trustees are, therefore, reasonably confident that income is secure. Much of UKCP's expenditure is within the Board's control. The Board is satisfied that there are no material uncertainties of which it is aware. The Board has a reasonable expectation that the charity will remain a going concern for at least 12 months from approving these accounts.

The charity's income and expenditure are both highly predictable in timing and amounts. Reserves are calculated by reference to the risks the charity faces and the costs of aligning expenses with income if required, or to meet the risks of unplanned costs.

The trustees set reserves targets at the beginning of the financial year and monitor the actual results at each board meeting. The current reserves target for the general fund has been reduced to £351k (from £402k) as UKCP is no longer renting office space at 2 America Square. The target ensures funds are available to cover any outstanding licence fees and operational costs as well as ensuring staff are adequately remunerated should UKCP have to cease operations.

The free reserves at 30 September 2024 are £711k (2023: £565k) (general unrestricted funds less net book value of tangible fixed assets). The Board has created two designated funds with an initial transfer of £150k from the general reserve. The excess free reserves are being carried forward to the 2024/25 financial year. Management is working on plans to utilise these funds in the most effective way.

There were no restricted funds at year end (2023: nil).

The target for the Complaints and Conduct Process fund was increased to £74k (from £62k) as there is now an excess in the case of a judicial review. This is set taking account of potential litigation or risk and insurances held against these. Expenditure, other than operational costs, is dependent on the number of cases accepted and this varies from year to year. The budget setting process takes the number of cases accepted but not heard into account so reserves at the end of a financial year may be higher than the target to make allowance for expected future legal costs.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Related parties and relationships with other organisations

The charity is a membership organisation and has, in the ordinary course of its activities, transactions with its members individually and with groups of members in the colleges. Colleges are not separate legal entities, however they facilitate engagement and involvement with members.

Remuneration policy

The charity sets the pay of its staff and key management personnel using industry benchmarks, performance reviews and appraisals. UKCP has a Remuneration, Appointments and Performance Management Committee (RAPMC) which is responsible for reevaluating decisions to remunerate trustees, committee chairs and college personnel on an annual basis and report their findings to the UKCP Board of Trustees. The RAPMC is currently reviewing all contracts for services to ensure they are compliant with current legislation. The Board approves any annual increases and changes to the Chief Executive's remuneration package, on recommendation of the RAPMC.

Fundraising

UKCP does not engage in public fundraising and does not use professional fundraisers or commercial participators. The charity nevertheless observes the relevant fundraising regulations and codes. During the year there was no non-compliance with these regulations and codes and the charity received no complaints relating to its fundraising practice.

Structure, governance and management

Constitution

The organisation is a charitable company limited by guarantee, incorporated on 30 September 1996 and registered as a charity on 8 October 1996.

The company was established under a memorandum of association which established the objects (see page 4) and powers of the charitable company and is governed under its articles of association.

Organisational structure and decision making

The Board of Trustees, which is responsible to UKCP members and the Charity Commission, oversees the fulfilment of our charitable objectives. A number of committees report to the Board.

On appointment, each trustee is asked to declare any conflicts of interest. They are also asked to update this declaration annually and at the start of each board meeting.

Trustees are given an induction pack outlining the roles and responsibilities of being a trustee as well as the Charity Commission's 'Charity trustee: what is involved' (CC3a) and 'The essential trustee: what you need to know' (CC3). Any training needs for new trustees are actioned to help them carry out their role.

Risk management

Our Board reviews the risks facing UKCP on a biannual basis via a Risk Register. The register covers strategic, operational, financial, human resources, technological and reputational risks. The risks that have been identified are prioritised in terms of potential impact and likelihood of occurrence and the trustees confirm that systems or procedures are in place to mitigate significant risks. Risks are reviewed regularly by the Finance, Risk and Audit Committee with the support of the Senior Management Team, with a focus on strategic risks which may have the most impact on UKCP.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Risks that were closely monitored during the year were:

- Integrity of the Register – UKCP prides itself on maintaining, and taking measures to keep, an up-to-date list of registrants. The team regularly carries out checks and audits on data as well as data cleansing exercises.
- Data breach – Data security is a priority area for UKCP. As well as moving data and information to the cloud, the team has embedded introductory and regular cyber security training into staff and volunteering operations.
- Governance – UKCP is committed to reviewing its constitutional arrangements as part of the new strategic plan.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

Statement of responsibilities of the trustees

The trustees (who are also directors of the United Kingdom Council for Psychotherapy for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by order of the members of the board of Trustees and signed on their behalf by:

Philippa Donovan

Philippa Donovan
Chair

Date: 14 March 2025

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

OPINION

We have audited the financial statements of The United Kingdom Council for Psychotherapy (the 'charity') for the year ended 30 September 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

OTHER INFORMATION

The other information comprises the information included in the Annual Report other than the financial statements and our Auditor's Report thereon. The Trustees are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINION ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the Charity, including the Companies Act 2006, Charities Act 2011, and taxation legislation as well as those laws and regulations relating to the Charity's operations such as data protection, anti-bribery, employment, and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the Charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we;

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions; and
- we evaluated the assumptions and judgements used by management within significant accounting estimates and assessed whether these indicated evidence of management bias.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation; and
- enquiring of management as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditor's Report.

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Hewett (Senior Statutory Auditor)

for and on behalf of

Peters Elworthy & Moore

Chartered Accountants

Statutory Auditors

Salisbury House

Station Road

Cambridge

CB1 2LA

Date: 14 March 2025

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
INCOME FROM:					
Donations	4	-	736	736	1,753
Charitable activities:	5				
Registration fees and subscriptions		2,909,380	-	2,909,380	2,648,387
Other trading activities	6	45,747	-	45,747	37,829
Investments	7	24,828	-	24,828	17,990
Other income	8	25,890	-	25,890	28,621
TOTAL INCOME		3,005,845	736	3,006,581	2,734,580
EXPENDITURE ON:					
Charitable activities:	10				
Improving access		377,233	736	377,969	363,915
Engaging better		417,731	-	417,731	375,484
Maintain standards of excellence		1,738,898	-	1,738,898	1,679,555
Collaborating for success		250,678	-	250,678	239,804
Research		122,043	-	122,043	150,414
TOTAL EXPENDITURE		2,906,583	736	2,907,319	2,809,172
NET INCOME/(EXPENDITURE) BEFORE NET GAINS ON INVESTMENTS					
		99,262	-	99,262	(74,592)
Net gains on investments		54,678	-	54,678	11,210
NET MOVEMENT IN FUNDS		153,940	-	153,940	(63,382)
RECONCILIATION OF FUNDS:					
Total funds brought forward		583,267	-	583,267	646,649
Net movement in funds		153,940	-	153,940	(63,382)
TOTAL FUNDS CARRIED FORWARD		737,207	-	737,207	583,267

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 24 to 45 form part of these financial statements.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03258939

BALANCE SHEET
AS AT 30 SEPTEMBER 2024

	Note	2024 £	2023 £
FIXED ASSETS			
Tangible assets	18	26,537	18,298
Investments	19	356,504	301,826
		383,041	320,124
CURRENT ASSETS			
Debtors	20	235,447	220,757
Cash at bank and in hand		2,654,468	2,114,317
		2,889,915	2,335,074
Creditors: amounts falling due within one year	21	(2,443,609)	(1,898,231)
NET CURRENT ASSETS		446,306	436,843
TOTAL ASSETS LESS CURRENT LIABILITIES		829,347	756,967
Provisions for liabilities	22	(92,140)	(173,700)
TOTAL NET ASSETS		737,207	583,267
CHARITY FUNDS			
Unrestricted funds	23	737,207	583,267
TOTAL FUNDS		737,207	583,267

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Philippa Donovan

Philippa Donovan
Chair

Date: 14 March 2025

The notes on pages 24 to 45 form part of these financial statements.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Note	2024 £	2023 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash provided by operating activities	25	541,051	1,420,263
CASH FLOWS FROM INVESTING ACTIVITIES			
Dividends, interests and rents from investments		24,828	17,990
Purchase of tangible fixed assets		(25,728)	-
NET CASH (USED IN)/PROVIDED BY INVESTING ACTIVITIES		(900)	17,990
CHANGE IN CASH AND CASH EQUIVALENTS IN THE YEAR		540,151	1,438,253
Cash and cash equivalents at the beginning of the year		2,114,317	676,064
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	26	2,654,468	2,114,317

The notes on pages 24 to 45 form part of these financial statements

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

1. GENERAL INFORMATION

The United Kingdom Council for Psychotherapy is a charitable company limited by guarantee and is incorporated in the United Kingdom. The liability of each member in the event of winding up is limited to £1.

The registered office address and principal place of business is York House, 221 Pentonville Road, London, N1 9UZ.

The presentational and functional currency of the Charity is GBP.

2. ACCOUNTING POLICIES

2.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The United Kingdom Council for Psychotherapy meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

In applying the financial reporting framework, the Trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

2.2 GOING CONCERN

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Further information is included in the Trustees' Annual Report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

2. ACCOUNTING POLICIES (CONTINUED)

2.3 INCOME

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from registration fees and subscriptions is recognised evenly over the registration year.

Income received in advance for the following year's fee is deferred.

Income from other trading activities is recognised as the advert is placed or event takes place.

Other income is recognised as the activity has occurred and the costs are recharged.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.4 INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.5 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes.

2.6 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.
- Other expenditure represents those items not falling into any other heading

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

2. ACCOUNTING POLICIES (CONTINUED)

2.6 EXPENDITURE (CONTINUED)

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

Other expenditure represents those items not falling into any other heading

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

2.7 ALLOCATION OF SUPPORT AND GOVERNANCE COSTS

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the Charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

	2024 %	2023 %
Improving access	12	12
Engaging better	13	12
Maintain standards of excellence	54	54
Collaborating for success	8	8
Research	4	5
Governance costs	9	9
	<u>100</u>	<u>100</u>

Governance costs are the costs associated with the governance arrangements of the Charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities. These are apportioned over each area of activity in proportion of the total costs of that activity.

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2. ACCOUNTING POLICIES (CONTINUED)

2.8 TANGIBLE FIXED ASSETS AND DEPRECIATION

Items of equipment are capitalised where the purchase price exceeds £1,500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the Balance Sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

Depreciation is provided on the following bases:

Short-term leasehold property	- Over life of the lease
Furniture and fittings	- 25% pa reducing balance
Furniture and fittings held under finance leases	- Term of the lease
Office equipment	- 25% pa reducing balance
Computer equipment	- 20 - 25% pa straight line

2.9 INVESTMENTS

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the Balance Sheet date using the closing quoted market price. Any change in fair value will be recognised in the Statement of Financial Activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the Statement of Financial Activities. The Charity does not acquire put options, derivatives or other complex financial instruments.

2.10 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.11 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

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2. ACCOUNTING POLICIES (CONTINUED)

2.12 LIABILITIES AND PROVISIONS

Liabilities and provisions are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.13 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.14 PENSIONS

The Charity contributes to personal pension plans of its employees. The pension charge represents the amounts payable by the Charity to such plans in the financial year.

3. CRITICAL ACCOUNTING ESTIMATES AND AREAS OF JUDGEMENT

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are as follows:

- Valuation of investments - The investments are measured at fair value for financial reporting purposes. Information about the valuation technique is included in accounting policy 2.9.
- Deferred income - relates to membership income which is time apportioned
- Complaints and Conduct Process case costs - provision for future cases

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

4. INCOME FROM DONATIONS

	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
UKCP Bursary Fund	736	736	1,753
	<u>736</u>	<u>736</u>	
TOTAL 2023	<u>1,753</u>	<u>1,753</u>	

5. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Registration fees and subscriptions	2,909,380	2,909,380	2,648,387
	<u>2,909,380</u>	<u>2,909,380</u>	
TOTAL 2023	<u>2,648,387</u>	<u>2,648,387</u>	

6. INCOME FROM OTHER TRADING ACTIVITIES

Income from charitable trading activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Advertising income	37,228	-	37,228	35,651
Conferences and events	6,423	-	6,423	1,228
Other income	196	-	196	950
Proceeds on sale of fixed assets	1,900	-	1,900	-
	<u>45,747</u>	<u>-</u>	<u>45,747</u>	<u>37,829</u>
TOTAL 2023	<u>36,601</u>	<u>1,228</u>	<u>37,829</u>	

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

7. INVESTMENT INCOME

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Investment income	5,362	5,362	5,132
Interest income	19,466	19,466	12,858
	<u>24,828</u>	<u>24,828</u>	<u>17,990</u>
TOTAL 2023	<u>17,990</u>	<u>17,990</u>	

8. OTHER INCOMING RESOURCES

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Recovery of partnership expenses	25,890	25,890	28,621
	<u>28,621</u>	<u>28,621</u>	
TOTAL 2023	<u>28,621</u>	<u>28,621</u>	

9. ANALYSIS OF GRANTS

	Grants to Individuals 2024 £	Total funds 2024 £	Total funds 2023 £
Bursaries	37,500	37,500	36,000
	<u>36,000</u>	<u>36,000</u>	
TOTAL 2023	<u>36,000</u>	<u>36,000</u>	

Bursaries represents 50 (2023 48) grants to individuals of £750 each.

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10. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by fund type

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Improving access	377,233	736	377,969	363,915
Engaging better	417,731	-	417,731	375,484
Maintain standards of excellence	1,738,898	-	1,738,898	1,679,555
Collaborating for success	250,678	-	250,678	239,804
Research	122,043	-	122,043	150,414
	<u>2,906,583</u>	<u>736</u>	<u>2,907,319</u>	<u>2,809,172</u>
TOTAL 2023	<u>2,806,191</u>	<u>2,981</u>	<u>2,809,172</u>	

11. ANALYSIS OF EXPENDITURE BY ACTIVITIES

	Activities undertaken directly 2024 £	Grant funding of activities 2024 £	Support (including governance) costs 2024 £	Total funds 2024 £	Total funds 2023 £
Improving access	304,929	37,500	35,540	377,969	363,915
Engaging better	378,452	-	39,279	417,731	375,484
Maintain standards of excellence	1,575,388	-	163,510	1,738,898	1,679,555
Collaborating for success	227,107	-	23,571	250,678	239,804
Research	110,567	-	11,476	122,043	150,414
	<u>2,596,443</u>	<u>37,500</u>	<u>273,376</u>	<u>2,907,319</u>	<u>2,809,172</u>
TOTAL 2023	<u>2,516,491</u>	<u>36,000</u>	<u>256,681</u>	<u>2,809,172</u>	

Grant funding activities for 2023 have been reclassified from activities undertaken directly.

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FOR THE YEAR ENDED 30 SEPTEMBER 2024

ANALYSIS OF DIRECT COSTS

	Improving access 2024 £	Engaging better 2024 £	Maintain standards of excellence 2024 £	Collaborating for success 2024 £	Research 2024 £	Total funds 2024 £	Total funds 2023 £
Operational staff costs (excl. CCP staff costs)	144,383	186,713	608,261	130,892	61,596	1,131,844	1,022,902
Premises and other operational costs	65,900	85,230	277,657	59,749	28,117	516,653	511,041
Committees and Board of Trustees	2,345	2,345	14,070	2,345	1,172	22,277	11,646
Governance and membership administration	31,257	31,257	109,398	15,628	-	187,540	169,403
Colleges	1,395	1,395	8,372	698	698	12,558	4,285
Research	-	-	-	-	7,121	7,121	19,865
Complaints and conduct process (incl. staff costs)	29,991	29,991	539,835	-	-	599,817	615,707
Communications	29,991	41,521	17,795	17,795	11,863	118,632	161,642
	<u>304,929</u>	<u>378,452</u>	<u>1,575,388</u>	<u>227,107</u>	<u>110,567</u>	<u>2,596,443</u>	<u>2,516,491</u>
	<u>292,901</u>	<u>341,446</u>	<u>1,527,300</u>	<u>218,066</u>	<u>136,778</u>	<u>2,516,491</u>	

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ANALYSIS OF SUPPORT COSTS

	Improving access 2024 £	Engaging better 2024 £	Maintain standards of excellence 2024 £	Collaborating for success 2024 £	Research 2024 £	Total funds 2024 £	Total funds 2023 £
Operational staff costs (excl. CCP staff costs)	13,013	14,382	59,867	8,630	4,202	100,094	93,646
Premises and other operational costs	5,940	6,565	27,328	3,940	1,918	45,690	49,011
Committees and Board of Trustees	152	168	701	101	49	1,172	613
Governance and membership administration	16,254	17,964	74,780	10,780	5,248	125,027	112,934
Colleges	181	200	834	120	59	1,395	477
	<u>35,014</u>	<u>34,038</u>	<u>152,255</u>	<u>21,738</u>	<u>13,636</u>	<u>272,378</u>	<u>256,681</u>
	<u>35,014</u>	<u>34,038</u>	<u>152,255</u>	<u>21,738</u>	<u>13,636</u>	<u>256,681</u>	

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NOTES TO THE FINANCIAL STATEMENTS
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12. NET INCOME/(EXPENDITURE) FOR THE YEAR

	2024 £	2023 £
Depreciation (owned by the charity)	6,470	8,278
Operating lease rentals	211,903	199,702
Fees payable to the charity's auditor in respect of: Preparation of statutory financial statements	2,000	1,650
Audit of the charity's annual accounts (excluding VAT)	16,500	11,250

13. TRUSTEES' REMUNERATION AND EXPENSES

During the year, honoraria were paid to the following Trustees of the Charity:

	2024 £	2023 £
Syed Azmatullah	-	667
Christian Buckland	5,618	5,491
Joanna Lucas	-	2,000

Payment of the chair's honorarium had previously been agreed by the Charity Commission. No further honorariums are to be paid without prior agreement with the Charity Commission.

Members and Trustees receive reimbursement for travel expenditure whilst on Charity business which are all part of the normal course of business. During the year ended 30 September 2024, expenses totalling £7,203 were reimbursed or paid directly to 7 Trustees (2023 - £3,472 to 8 Trustees).

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14. ANALYSIS OF STAFF COSTS AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	1,294,563	1,233,195
Social security costs	144,405	121,961
Employer pension contributions	112,785	113,393
Temporary staff costs	-	3,696
	<u>1,551,753</u>	<u>1,472,245</u>

Of the £1,551,753 staff costs (2023: £1,468,549), £439,006 (2023: £432,731) relates to the Complaints and Conduct Process Designated Fund.

During the year, termination payments amounting to £2,574 were paid to one employee (2023: none).

The following number of employees received employee benefits in excess of £60,000 (excluding employer national insurance and employer pension contributions) during the year between:

	2024	2023
£60,000 - £69,999	2	1
£70,000 - £79,999	1	1
£90,000 - £99,999	1	-
	<u>1</u>	<u>2</u>

The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel (as listed on page 1) were £398,567 (2023: £299,659).

15. STAFF NUMBERS

The average number of employees (headcount based on number of staff employed) during the year was as follows:

	2024	2023
	£	£
Professional and other services	29	30
Administration	2	2
	<u>31</u>	<u>32</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

16. RELATED PARTY TRANSACTIONS

During the year, honorarium payments were made to one Trustee of the Charity. This is disclosed in note 13 to these accounts.

Some members are paid a token amount for specific pieces of work undertaken on behalf of the Charity, although these amounts are in no way meant to reimburse them at market rates. There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

During the year, C Young did not receive speaker fees (2023: £75).

17. TAXATION

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

18. TANGIBLE FIXED ASSETS

	Short-term leasehold property £	Furniture, fittings and equipment £	Computer equipment £	Total £
COST OR VALUATION				
At 1 October 2023	181,980	99,284	39,396	320,660
Additions	-	25,728	-	25,728
Disposals	(181,980)	(99,284)	(24,335)	(305,599)
At 30 September 2024	-	25,728	15,061	40,789
DEPRECIATION				
At 1 October 2023	181,980	84,593	35,789	302,362
Charge for the year	-	4,746	1,724	6,470
On disposals	(181,980)	(88,265)	(24,335)	(294,580)
At 30 September 2024	-	1,074	13,178	14,252
NET BOOK VALUE				
At 30 September 2024	-	24,654	1,883	26,537
At 30 September 2023	-	14,691	3,607	18,298

All of the above assets are used for charitable purposes.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

19. FIXED ASSET INVESTMENTS

	Listed investments £
VALUATION	
At 1 October 2023	301,826
Revaluations	54,678
AT 30 SEPTEMBER 2024	356,504

Investments comprise:

	2024 £	2023 £
UK common investment funds	356,504	301,826
	2024 £	2023 £
Historic cost	200,000	200,000

20. DEBTORS

	2024 £	2023 £
Trade debtors	2,461	24,156
Other debtors	39,236	18,558
Prepayments and accrued income	193,750	178,043
	235,447	220,757

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21. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	61,354	90,784
Other taxation and social security	37,270	36,173
Other creditors	19,553	28,447
Accruals and deferred income	2,325,432	1,742,827
	2,443,609	1,898,231
	2024	2023
	£	£
Deferred income at 1 October 2023	1,683,091	118,433
Income deferred during the year	2,254,029	1,683,091
Amounts released from previous periods	(1,683,091)	(118,433)
	2,254,029	1,683,091

Deferred income relates to 2024/25 membership income received in advance and conference income relating to 24/25 (£3,725).

22. PROVISIONS

	Dilapidations	Legal costs	Total
	£	£	£
At 1 October 2023	75,000	98,700	173,700
Amounts used	(75,000)	-	(75,000)
Amounts reversed	-	(6,560)	(6,560)
	-	92,140	92,140

The provision for dilapidations represented the Trustees' best estimate of the costs required to put 2nd Floor (East), 2 America Square, London, EC3 into the physical state required by the covenants and obligations contained within the lease. All obligations under the lease were settled during the year.

The provision for legal costs represents the potential case costs in respect of dealing with complaints.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024**

23. STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 October 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 September 2024 £
UNRESTRICTED FUNDS						
DESIGNATED FUNDS						
UKCP Bursary Fund	1,753	-	(36,780)	36,000	-	973
Complaints and Conduct Process	62,905	-	(599,817)	645,000	-	108,088
Membership engagement fund	-	-	-	100,000	-	100,000
Innovation fund	-	-	-	50,000	-	50,000
	<u>64,658</u>	<u>-</u>	<u>(636,597)</u>	<u>831,000</u>	<u>-</u>	<u>259,061</u>
GENERAL FUNDS						
General Fund	518,609	3,005,845	(2,269,986)	(831,000)	54,678	478,146
TOTAL UNRESTRICTED FUNDS	<u>583,267</u>	<u>3,005,845</u>	<u>(2,906,583)</u>	<u>-</u>	<u>54,678</u>	<u>737,207</u>
RESTRICTED FUNDS						
UKCP Bursary Fund	-	736	(736)	-	-	-
TOTAL FUNDS	<u>583,267</u>	<u>3,006,581</u>	<u>(2,907,319)</u>	<u>-</u>	<u>54,678</u>	<u>737,207</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2024

23. STATEMENT OF FUNDS (CONTINUED)

Purposes of restricted funds

The UKCP Bursary is a fund created to support those studying and training to be psychotherapists and psychotherapeutic counsellors and who may need financial assistance. Donations have been received from members and the general public. Direct costs are attributed to the fund.

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from membership subscriptions and the general fund. The fund is used to cover the costs of operating the Complaints and Conduct department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

The UKCP Bursary is a fund created to support those studying and training to be psychotherapists and psychotherapeutic counsellors and who may need financial assistance. Funds not awarded are carried forward to future years.

The Membership Engagement Fund has been established to enhance the overall member experience, including focusing on the creation of an improved website, development of a dedicated members' area and a review of our customer relationship management (CRM) system to improve its efficiency. These enhancements are intended to improve engagement, streamline interactions and provide an enhanced, more personalised experience for members and the public.

The Innovation Fund has been established to support the creation of non-membership income initiatives, the development of continuing professional development (CPD) opportunities and the exploration of obtaining Chartered status for UKCP.

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**NOTES TO THE FINANCIAL STATEMENTS
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23. STATEMENT OF FUNDS (CONTINUED)

STATEMENT OF FUNDS - PRIOR YEAR

	Balance at 1 October 2022 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 September 2023 £
UNRESTRICTED FUNDS						
DESIGNATED FUNDS						
UKCP Bursary Fund	-	-	(34,247)	36,000	-	1,753
Complaints and Conduct Process	74,612	604,000	(615,707)	-	-	62,905
	<u>74,612</u>	<u>604,000</u>	<u>(649,954)</u>	<u>36,000</u>	<u>-</u>	<u>64,658</u>
GENERAL FUNDS						
General Fund	572,037	2,127,599	(2,156,237)	(36,000)	11,210	518,609
TOTAL UNRESTRICTED FUNDS	<u>646,649</u>	<u>2,731,599</u>	<u>(2,806,191)</u>	<u>-</u>	<u>11,210</u>	<u>583,267</u>
RESTRICTED FUNDS						
UKCP Bursary Fund	<u>-</u>	<u>2,981</u>	<u>(2,981)</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u><u>646,649</u></u>	<u><u>2,734,580</u></u>	<u><u>(2,809,172)</u></u>	<u><u>-</u></u>	<u><u>11,210</u></u>	<u><u>583,267</u></u>

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**NOTES TO THE FINANCIAL STATEMENTS
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24. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT PERIOD

	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	26,537	26,537
Fixed asset investments	356,504	356,504
Current assets	2,889,915	2,889,915
Creditors due within one year	(2,443,609)	(2,443,609)
Provisions for liabilities and charges	(92,140)	(92,140)
TOTAL	737,207	737,207

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR PERIOD

	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	18,298	18,298
Fixed asset investments	301,826	301,826
Current assets	2,335,074	2,335,074
Creditors due within one year	(1,898,231)	(1,898,231)
Provisions for liabilities and charges	(173,700)	(173,700)
TOTAL	583,267	583,267

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NOTES TO THE FINANCIAL STATEMENTS
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25. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net income/(expenditure) for the year (as per Statement of Financial Activities)	153,940	(63,382)
ADJUSTMENTS FOR:		
Depreciation charges	6,470	8,278
Gains on investments	(54,678)	(11,210)
Dividends, interests and rents from investments	(24,828)	(17,990)
Loss on the sale of fixed assets	11,019	-
Increase in debtors	(14,690)	(67,423)
Increase in creditors	545,378	1,588,790
Decrease in provisions	(81,560)	(16,800)
NET CASH PROVIDED BY OPERATING ACTIVITIES	541,051	1,420,263

26. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	2023 £
Cash in hand	2,654,468	2,114,317

27. ANALYSIS OF CHANGES IN NET DEBT

	At 1 October 2023 £	Cash flows £	At 30 September 2024 £
Cash at bank and in hand	2,114,317	540,151	2,654,468
	2,114,317	540,151	2,654,468

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NOTES TO THE FINANCIAL STATEMENTS
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28. OPERATING LEASE COMMITMENTS

At 30 September 2024 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024 £	2023 £
Land and buildings		
Not later than 1 year	112,710	176,564
Other		
Not later than 1 year	462	1,837
Later than 1 year and not later than 5 years	1,848	-
	<u>2,310</u>	<u>1,837</u>
TOTAL OPERATING LEASE COMMITMENTS	<u><u>115,020</u></u>	<u><u>178,401</u></u>

Accounts

Registered number: 03258939
Charity number: 1058545

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

Trustees	Christian Buckland, chair (appointed 23 January 2023, resigned 13 June 2024) Syed Azmatullah, ex-chair 17 March 2022 to 1 November 2022 (resigned 1 November 2022) Joanna Lucas, acting chair 2 November 2022 to 22 January 2023, vice chair (resigned 15 September 2023) David FitzGerald, treasurer (resigned 8 May 2024) William Daniel-Braham Phillipa Donovan, Co-opted John Loughrey, Lay (resigned 10 February 2024) Michelle Briggs (appointed 6 February 2023) Peter Gregory (appointed 6 February 2023) Frederick Young (appointed 6 February 2023) Jacqueline McCouat (resigned 8 February 2023) Juliet Rosenfeld (resigned 4 November 2022) Andrew Cottom, ex-vice chair to 4 November 2022 (resigned 4 November 2022) Jennifer Ayling (appointed 4 March 2024) Matthew White (appointed 22 February 2024)
Company registered number	03258939
Charity registered number	1058545
Registered office	York House 221 Pentonville Road London United Kingdom N1 9UZ
Key management personnel	Jonathan Levett (CEO from 17 April 2023) Sarah Niblock, CEO (resigned 30 November 2022) Victoria Calais (Joint acting CEO from 30 November 2022 to 17 April 2023 and COO) Helen Willingham (Joint acting CEO from 30 November 2022 to 17 April 2023 and Head of Content and Engagement) maternity leave from 1 October 2023 Emily Bridges (Head of Content and Engagement, maternity cover from 11 September 2023) James Pickering, registrar (from 23 January 2023)
Independent auditors	Peters Elworthy & Moore Chartered Accountants Statutory Auditors Salisbury House Station Road Cambridge CB1 2LA

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Bankers	CAF Bank Ltd Kings Hill West Malling Kent ME19 4TA
	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG
Solicitors	Fieldfisher Riverbank House 2 Swan Lane London EC4R 3TT

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2023

A MESSAGE FROM THE BOARD

This report outlines UKCP's achievements and the impact of our work in the 2022/23 financial year (1 October 2022 – 30 September 2023).

The year under review was an eventful, even turbulent, one for UKCP.

Following the Extraordinary General Meeting in October 2023, Chair Syed Azmatullah resigned. His commitment to UKCP is appreciated and best wishes are extended for his future. Vice-Chair Andy Cottom and Trustee Juliet Rosenfield also resigned, and their service is acknowledged with gratitude.

Jo Lucas, as acting Chair, successfully navigated UKCP through this challenging period and has now stepped down. Her leadership is appreciated and our best wishes are extended to her. CEO Prof. Sarah Niblock also resigned prior to the EGM and we wish her all the best for the future.

We also want to acknowledge the work of the staff during this period, especially Viki Calais and Helen Willingham who stood up and became acting joint CEOs.

Dr Jon Levett joined UKCP as our new CEO in April 2023. We very much welcome Jon and look forward to working with him over the coming years.

One of UKCP's great successes is that so many of our members are passionate about our work and have strong views about how UKCP is run. Leading an organisation with this level of engagement is a huge privilege, but it can be very challenging. It should be no surprise that fundamental disagreements and splits sometimes occur. Trustees have attended, with Jon, Members Forum meetings. These meetings are important events, and have greatly helped Jon and the board gauge the mood of our members. There was a strong message from the Members Forum of the need for a period of reflection, listening and healing. What is important is how we learn and move on from difficult moments.

This has certainly been at the forefront of our minds as we discuss how we approach the change agenda which lies ahead. As you will see from the 'plans for the future' section of this report, we will be putting in place a new strategy for UKCP and will tackle once again changes to our governance. Getting the pace and level of consultation right on these important matters will be key in the year ahead.

If reflection, listening and healing have been an important feature of the year, that does not mean we have been simply 'treading water'. Just look at some of the metrics in this report:

- 130 pieces of media coverage, including from ITV News, The Guardian, The Daily Telegraph and The New Scientist.
- 14,490 listens of our My Psychotherapy Career podcasts, an increase of 30% on last year.
- A random audit of 214 individual psychotherapists to check they are meeting UKCP requirements.
- 14 organisational member reviews undertaken to check they are delivering to UKCP's high standards.
- 87 formal complaints dealt with through our complaints and conduct process, including 14 adjudication panel hearings.
- 164 applications to our bursary scheme processed, with 49 bursaries awarded to support trainee psychotherapists.

There have also been some important new ventures, such as UKCP being the lead accrediting body for the NHS Talking Therapies for Anxiety and Depression pilot scheme. This has put UKCP centre stage in NHS England's project to increase fully funded training for psychotherapeutic counsellors working in NHS services across England.

It is impossible for us, in a short introductory piece such as this, to do justice to the range of achievements this report covers. We hope you enjoy reading it. And thank you to all the dedicated people – colleges, volunteers,

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

staff and colleagues in other organisations – who have worked together this year to make UKCP such a special organisation.

Board of Trustees

TRUSTEES' ANNUAL REPORT

The Trustees present their annual report together with the audited financial statements of the Company for the year 1 October 2022 to 30 September 2023. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

The trustees review UKCP's aims, objectives and activities each year. This report looks at what UKCP has achieved and the outcome of our work within the past 12 months. The trustees report the success of each key activity and the benefits we have brought to the people we are set up to help. The report also helps our trustees ensure our aims, objectives and activities remain in line with our stated purposes.

Our vision

We want a world in which emotional and mental wellness is a human right.

Our purpose

To transform lives by unlocking potential.

Our mission

Alongside professional support for our members, we are the leading research, innovation, educational and regulatory body working to advance psychotherapies for the benefit of all.

Our strategic objectives

Improving access to psychotherapy

To make sure that high-quality psychotherapy and psychotherapeutic counselling in both private and public sectors is available to everyone, no matter who they are.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Engaging better

To improve the way we engage with our individual and organisational members and provide services and benefits which are valued by all.

Maintaining standards of excellence

To protect the public by making sure everyone on our register meets our professional standards, at the same time making sure our register meets national accreditation requirements. To continue setting high standards in the way we govern and organise ourselves.

Collaborating for success

To develop existing external collaborations and actively seek new ones to achieve a more powerful voice to promote psychotherapy and psychotherapeutic counselling.

Research

To carry out appropriate research and use the findings to promote psychotherapy and psychotherapeutic counselling and inform our members' training and development for the benefit of all.

Our charitable objectives

Our charitable objectives, as set out in our articles of association, provide a framework to achieve our strategic aims. Our charitable objectives are to promote:

- the art and science of psychotherapy and psychotherapeutic counselling for the benefit of the public
- the importance of extensive research into psychotherapy and psychotherapeutic counselling methods, and the timely, widespread dissemination of relevant findings
- the highest standards of education, training and practice in psychotherapy and psychotherapeutic counselling
- the wider provision of psychotherapy and psychotherapeutic counselling for all sections of the public.

Public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Our achievements and performance

Improving access to psychotherapy

We are committed to raising the profile of psychotherapy and UKCP so the public, people seeking or receiving therapy, the media, policy makers, professionals and partners fully understand the profession, act in its best interests and think of us as its 'go to' expert body. As part of this work, we target diverse audiences to encourage them to join the profession or feel more open to seeking psychotherapy.

Helping people find the right psychotherapeutic support

It can be difficult and overwhelming for someone considering starting psychotherapy to research the many options, assess what is available and know what is best for them. For people with limited money, accessing the right psychotherapeutic support can be particularly hard.

This year we created an online guide to help people through this journey. It gives them a full view of the different services available and offers realistic advice on their availability. Since we published the guide in spring 2023, it has received almost 2,000 views.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Shining a light on UKCP and psychotherapy through the media

We continued working with the media to raise the profile of psychotherapy and UKCP among the public and policy makers in 2022/23. We want to demystify psychotherapy and make it socially acceptable to talk about therapy and mental wellbeing, encouraging people to seek support.

We secured 130 pieces of media coverage, which included many high profile publications. Our coverage included:

- a good level of broadcast featuring interviews with our members. ITV News interviewed Joanne Hipplewith on the lack of access to parks for disabled children, and Hendrix Hammond about vaping in schools. BBC Radio Sussex spoke to Mark Vahrmeyer for Time to Talk Day, while BBC Look North interviewed Erene Hadjiioannou about the trauma of scarring
- UKCP members regularly contributing to Annalisa Barbieri's reader's dilemma column in The Guardian, for example Erene Hadjiioannou on an abusive relationship, Nicholas Rose on COVID fears and Lisa Bruton on an obsessive mother-in-law
- several pieces in iNews featuring Noel Bell, Ali Ross and Sue Smith discussing topics including rape, grief, stress and anxiety, and phone addiction
- Lisa Bruton discussing the challenges of the midlife male depression crisis with The Daily Telegraph
- being mentioned in The New Scientist as part of a feature on the rise of therapy
- Patient.info coming to us for several features, including how to look after your mental health when returning to work after maternity leave, the best mindfulness apps, insomnia and maladaptive daydreaming
- stories in The Independent, The Times, Yahoo News and Evening Standard on a poll we commissioned with YouGov asking 2,000 people in the UK how the cost-of-living crisis was impacting their mental health.

We also sent out digital copies of our New Psychotherapist member magazine to major media outlets including the BBC, The Guardian and The Times to draw their attention to research and developments in psychotherapy and to showcase UKCP members' expertise.

Influencing government policy

We worked hard this year to make our voice heard with key decision makers, aiming to persuade them to promote and protect the provision of psychotherapy in the UK.

We hosted a joint event at the Labour Party conference in Liverpool, partnering with the British Association for Counselling and Psychotherapy, British Psychoanalytic Council and the Institute for Public Policy Research. It was a great opportunity to engage with Dr Rosena Allin-Khan, then Labour's Shadow Minister for Mental Health, who spoke at the event.

The event culminated in a productive discussion about the huge social and economic value of investing in mental health. Attendees also discussed the critical role psychotherapy plays in improving mental health, and the need to replicate the lessons learned from the therapeutic space across wider social settings. It was encouraging to see our event partners in agreement over these issues – we hope our collective voice will be too loud for policy makers to ignore.

Our policy team met with several other MPs this year too, including Dr Lisa Cameron MP and Helen Hayes MP, the Shadow Minister for Education. We also responded to the government's mental health and wellbeing plan, the major conditions strategy and the Spring Budget 2023, giving perspectives on behalf of the psychotherapy profession.

Engaging better

We are committed to providing the very best resources, representation and experience for our members to support them in their high standards of practice. We work hard to attract new – and retain existing – members by improving and promoting what we offer.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Supporting our members with first-class resources

Giving psychotherapists the tools they need for excellent practice that makes a real difference to their clients' lives is a key part of our work. This year we developed a number of innovative, useful resources to support not only practitioners, but also psychotherapy training providers.

- We worked on a new toolkit to meet one of our key aims – improving the diversity of psychotherapists and psychotherapeutic counsellors, and ensuring they have the knowledge and skills to work well with clients from all backgrounds. We helped develop this as part of the Coalition for Inclusion and Anti-Oppressive Practice, which brings together organisations committed to improving diversity in the psychotherapy and counselling professions.

The toolkit has sections for training providers, tutors and programme leaders, giving them advice and guidance on embedding anti-racism, diversity and inclusion in psychotherapy training. Entitled *Race is Complicated: A toolkit for psychological therapies training*, the publication launched in October 2023.

- We released 12 episodes of our *My Psychotherapy Career* podcast over the year, which showcases our members' career paths to inspire others and raise awareness of the range of settings psychotherapists can work in. With 14,490 listens, our podcast audience increased by 30% compared to last year.
- We published three issues of our magazine, *New Psychotherapist*. The magazine continues to provide valuable updates for members, including interesting features on hot topics in the profession, and useful advice for psychotherapists and psychotherapeutic counsellors to enhance how they practise. Some highlights included an issue looking at how research contributes to our understanding of psychotherapy and demonstrates its effectiveness, and an issue that put ageing under the lens.
- We began offering our members free access to the *European Journal for Psychotherapy and Counselling*, where they can read high-quality articles about research in the sector to improve their own practice. It also provides a potential pathway for members to disseminate their own research. This partnership is part of our ongoing commitment to promote research in psychotherapy and psychotherapeutic counselling while supporting our members' continuous professional development.

Holding inspiring events

Events are another way for us to offer our members useful updates, information and advice they can use to enhance their practice.

This year we held an event for members and the public on psychotherapy and social justice. Touching on the subject of his latest book, Professor Mick Cooper explored the many ways psychotherapy training, practice and delivery can incorporate social justice values. He also looked at the ways psychotherapy can contribute to the development of progressive social change policies and practices.

Our Members Forum – a debating chamber where any member can speak and discuss important issues related to psychotherapy and UKCP – continued this year too, with online meetings in December 2022 and April 2023, and its first in-person meeting in over three years in July 2023.

We also held two Volunteer Induction Days, offering the experts by experience who generously give their time to sit on our committees and help run our colleges the chance to meet other volunteers and staff and learn about UKCP.

Making our processes quicker and easier

We worked hard in 2022/23 to make the process of joining UKCP and renewing memberships more efficient.

Each year, our members fill in a membership renewal declaration. In the past, some members have faced technical challenges while doing this. We decided the best way to help was to phone any member having

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

problems, rather than going back and forth over email. This worked well, resolving problems quickly and efficiently. Without exception, members commented how delighted they were that we had picked up the phone to speak with them personally.

Our membership team also made joining UKCP quicker and easier, implementing a 24- to 48-hour turnaround for new applications. The team vastly improved the speed it collects payments for these subscriptions too. Members have commented positively on the improvement in response time.

Another key way we made our members' lives easier was through our new knowledge hub – a tool packed with key information for new and existing staff to use to answer members' queries. Staff are now more knowledgeable and can tackle queries more confidently, quickly, accurately and consistently.

Funding students and trainees

Training to be a psychotherapist or psychotherapeutic counsellor can be expensive. Our bursaries help people who need support to join the profession because of their personal circumstances and/or because they come from underrepresented groups. In 2023, we received 164 applications (30 more than last year) and awarded 49 bursaries each worth £750.

Increasing the frequency of college communications

UKCP has 10 colleges made up of collections of members each with their own psychotherapeutic approaches while sharing a philosophy of psychotherapy. This year we supported five of them – up from three last year – with their communications, improving content for members, unifying communication efforts and strengthening the relationship between colleges and their members.

Maintaining standards of excellence

To achieve the most for our members and the psychotherapy profession, we are committed to improving the way we govern ourselves and regulate our members. We continually review structures across our organisation.

Making sure our members offer the highest quality psychotherapy

We continued to ensure our members are providing an excellent standard of psychotherapy and psychotherapeutic counselling for their clients by running a variety of quality assurance processes this year.

These included auditing 214 individual psychotherapists on our register, chosen at random, in 2023. We also reviewed 14 of our organisational members, two new training programmes and one applicant organisation in the 2022/23 financial year to make sure they were working to the highest standards.

We strove to improve all our quality assurance processes by listening to feedback from members, assessors and colleges. We review our processes each year to make sure they are efficient, consistent and fit-for-purpose to protect the public and our members.

Responding to and learning from complaints

Effectively managing complaints about psychotherapists and psychotherapeutic counsellors on our register is a vital part of UKCP's role in protecting the public and maintaining confidence in the psychotherapeutic profession.

In 2022/23, we received and managed 87 formal complaints against our members (out of 8,600 therapists on our register, on average). We held five interim suspension order hearings concerning four registrants, convened 14 adjudication panel hearings in relation to 10 registrants and one appeal hearing. We continued to hold most hearings online as it is more cost-effective, environmentally friendly and efficient.

To support UKCP members to learn more about our complaints process, and how to maintain good practice and avoid complaints, we organised a webinar in June 2023. It looked at the work of adjudication panels and our Professional Conduct Committee, how we consider decisions another body/regulator has made, breaches of professional boundaries and communications within therapy. We recorded the webinar and made it available for

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

members to watch online when convenient for them.

We were delighted that the Professional Standards Authority awarded us their Confidence award for our 2022 Learning from Complaints event. They noted our good practice in being open about complaints and sharing our learning from complaints with others. The British Association for Counselling and Psychotherapy, who attended the event, kindly nominated us for this prestigious award.

Improving equity, diversity and inclusion

We want equity, diversity and inclusion (EDI) to be at the heart of UKCP, from ensuring it is embedded in our own organisation, to striving to make the psychotherapy profession more diverse. We also want to make sure psychotherapy is available and accessible to everyone who needs it.

This year we established a new EDI committee which has a commitment to belonging, intersectionality, inclusion, diversity and equity. Our committee advises on EDI across UKCP, and oversees implementation and monitors progress of our Equity, Diversity and Inclusion Action Plan. Its aim is to make UKCP an exemplar organisation when it comes to EDI.

We also improved how we gather information about the diversity of our membership. For the first time we asked members to fill in a diversity monitoring form to help us identify barriers to the profession and give training organisations advice on recruitment strategies; identify areas where we may need to make reasonable adjustments for people with disabilities; and report on the make-up of the psychotherapy profession.

Improving our data gathering

Making sure we have up-to-date information about each of our members is important – it ensures they receive our communications and gives us data we can use to plan our work, supporting members in the areas they need most. This year we gave members the chance to update their details as part of their annual membership declaration, alongside filling in our diversity monitoring form and taking part in a membership survey.

We also redesigned the template we send to our organisational members annually to review their data, improving its format, data protection and sending it earlier in the year. This improved the accuracy of the data we received and made the process more efficient for both members and UKCP.

Investing in the future of our website

Our website is a vital tool to communicate with our members and promote psychotherapy – so we constantly focus on keeping it running as efficiently as possible. This year we commissioned the build of a new website server that can handle the ever-growing volume of data we are adding to our Find a Therapist tool. Other website improvements included making it easier to search our site, making it more user-friendly for members to give us their contact details, and making uploading images easier.

Collaborating for success

To best support our members and advocate for and promote the psychotherapy profession, we are committed to brokering new, and developing existing, collaborations with professional bodies, people seeking and receiving psychotherapy, the media and those in research and the private sector. We develop relationships with those representing minority groups to help us achieve mutual diversity aims.

Collaborating to amplify the voice of psychotherapy

We continue to represent the voice of psychotherapy in a variety of coalitions and working groups, collaborating with other organisations to share knowledge to improve everyone's work, and influence policy.

This year just some of the coalitions we were part of included the National Psychological Professions Stakeholder Working Group, the Memorandum of Understanding on Conversion Therapy, the Climate Minds Coalition, the All-Party Parliamentary Group for Prescribed Drug Dependency, the Mental Health Alliance, the Scottish Mental Health Partnership, the Talking Therapies Taskforce and the Coalition for Inclusion and Anti-

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Oppressive Practice.

Working together for excellent standards

We want to bring clarity to our profession, to the public and to commissioning services. That is why we continued to work with five other organisations that operate registers for professionals in the psychotherapy field on the scope of practice and education for the counselling and psychotherapy professions (SCoPEd).

SCoPEd is a shared, evidence-based competence framework detailing the core training requirements, competences and practice standards for counsellors and psychotherapists who work with adults. This year we and our five partners formally adopted the SCoPEd framework, demonstrating a commitment to work together on first-class standards in the psychotherapy profession, for the benefit of the public. Work of the SCoPEd partnership is now focusing on implementation of the framework.

Bringing quality assurance to an NHS pilot

Another way we promoted excellent standards in psychotherapy this year was through our work with the NHS Talking Therapies for Anxiety and Depression pilot scheme. The scheme provides fully funded training for students to qualify as psychotherapeutic counsellors while training in NHS talking therapy services across the country.

We were appointed as the lead accrediting body, representing our SCoPEd partners, in November 2022, taking responsibility for putting in place a rigorous assessment framework detailing standards trainees must meet. NHS England approved our Quality Assurance and Accreditation Framework in February 2023.

Our assessment teams also assessed then wrote reports for each of the three training providers involved with the pilot, highlighting areas of good practice, plus requirements and recommendations for improvement.

We are now doing research into how well the pilot is working, running several focus groups. We are planning to distribute an annual survey to help us better track the experience of the trainees in delivering therapy in the NHS.

Research

We are committed to delivering research to promote psychotherapy and psychotherapeutic counselling, and to inform our members' training and development. We aim to undertake research to identify issues around diversity facing the profession and the mental health sector.

Spreading knowledge through research events

We put on a two-day online research conference in June 2023, where researchers presented papers on everything from working with autistic adolescents to the experiences of trainee therapists of colour, learning from each other to improve their practice. 40 people attended on the first day and 37 on the second. We also hosted a webinar on phenomenological research by Dr Rupert King in December 2022, watched by 187 people.

Listening to and connecting our members interested in research

Our Research Working Group held meetings each month in 2022/23 to assess and support UKCP's overarching research goals, providing valuable input on high-level research priorities. Our Practitioner Research Network also met regularly to allow members interested in research to network, spark collaboration and learn from each other.

Supporting our members' research

To support our members with their research, we published and promoted several introductory research guides on our website this year. They cover referencing, critically evaluating research articles, practice-based evidence and routine outcome measures, research ethics, how to write a journal article and qualitative research. We also launched a research noticeboard where members can post looking for participants in their studies or collaborators for their research.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Working with the University of Sheffield to promote the effectiveness of psychotherapy

Our research team met with Professor Michael Barkham and Dr Dave Saxon, researchers at the University of Sheffield working on a non-inferiority analysis of the effectiveness of different types of therapy. Initial results show that psychotherapy is not inferior to NICE-recommended interventions for anxiety (such as cognitive behavioural therapy). They are turning the analysis into a publication and the preliminary results will be used in a report aimed at policy makers.

Plans for the future

Developing our strategy

A key and critical activity in 2023/24 will be to review our overarching strategy for the next three years, to be launched in October 2024. The sectors within which we operate are changing, and we want to ensure that UKCP is positioned purposefully, ensuring we remain synonymous with high-quality training and standards of practice for the protection of the public, remain relevant to the key issues in society with strong brand recognition and continue to develop our membership offer. We will work with members to develop the strategy and ensure we articulate its aims effectively.

Strengthening our governance

We plan to review our governance to ensure greater clarity around decision-making and that it is fit for purpose in delivering the new strategy.

Optimising our office space

We aim to continuously deliver excellent value for members and demonstrate good stewardship of charitable resources. We are reviewing our office space to ensure it meets future needs, including optimising flexible working practices that benefit the whole organisation and members.

Organising regional Members Forum meetings

Our Members Forums are continuing in 2023/24, ensuring our members can meet and have their voices heard on important issues for UKCP and the psychotherapy profession. We held a meeting in Edinburgh in October 2023 and hope to hold further meetings in other regions and nations of the UK as the year progresses.

Supporting the induction of new members

We will develop a new welcome pack to support new student and trainee members joining UKCP and the profession. It will offer clear information about what being a member of UKCP means and the structure of our organisation to support both individual and organisational members in their work.

Reviewing standards of training

Our Education, Training and Practice Committee is reviewing and standardising our Standards of Education and Training. These outline the minimum requirements all psychotherapists and psychotherapeutic counsellors must meet to be a member of UKCP, helping us maintain excellent standards in the profession.

Improving New Psychotherapist magazine

We will act on members' views of our magazine, changing the tone and balance of content to reach a wider readership and remain relevant. A huge thank you to Catherine Arnold, who has successfully steered us through the last two years and has decided to move on to fulfil other publishing commitments. We appointed a new editor to begin working with us in autumn 2023.

Reviewing our social media strategy

The social media sphere has seen significant changes this year, which makes it a good time to look again at our strategy. Next year, we are planning a full review, considering the changes to social media, what they mean for us and our audiences, and focusing on how we optimise the platforms for the benefit of psychotherapy and UKCP.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Developing our podcast series

We have begun looking at producing a new podcast series. It will build on our current successful My Psychotherapy Career podcast, which offers inspiration and support to those considering a career in psychotherapy.

Financial reports

Financial review

The attached Statement of Financial Activities and Balance Sheet provide the results of our operations for the 12 months from 1 October 2022 to 30 September 2023.

Income for the year to September 2023 was £2,735k (up 7%) compared to £2,559k in 2022. Total expenditure was £2,809k (up 4%) compared to £2,690k in 2022.

The majority of the charity's income is from membership fees (£2,648k in 2023 and £2,506k in 2022). The trustees recognise that the charity's reliance on this sole source of income makes the charity vulnerable to unforeseen fluctuations in membership. As a consequence, the trustees have tasked the management team with exploring non-membership fee sources of revenue. The trustees take this factor into account in setting levels of reserves to be held and in putting appropriate strategic priority to maintaining and growing membership.

The Complaints and Conduct Process is a Designated Fund. The number of cases heard each year fluctuates; cases planned for the following year are taken into account in the budget-setting model and will continue to be monitored. Costs are monitored closely and managed to the best of our ability; there has been a considerable saving as a result of hearings being held online. Processes are under constant review to ensure we contain costs as far as we are able.

In an organisation so heavily dependent on voluntary effort, any analysis of expenditure by activity gives a distorted picture of the charity's costs. The charity continues to employ a small staff team, so most of our programmes rely on the commitment of very hard-working volunteers. The many hours of work on UKCP committees, standards, registration, regulation and quality assurance are not reflected in the columns of figures in the financial statements. The Board of Trustees takes this opportunity to thank all those who have given time to UKCP for the advancement of psychotherapy and psychotherapeutic counselling.

Some volunteers are paid a token amount in recognition of the time they spend on UKCP business, including but not limited to, chairing and attending meetings and reviewing or writing documents and procedures. These amounts are in no way meant to reimburse them at market rates.

All trustees give their time voluntarily, with the exception of the chair as explained in note 12; out of pocket expenses of £3,472 were reclaimed from the charity this year.

Our balance sheet continues to reflect our stability with cash reserves in excess of our target. Current liabilities include deferred income of £1,683k (2022 £118k). This is membership income received in advance of the 2023/24 financial year; the increase is a result of the renewals being processed in September 2023 in order to provide members with their certificates on 1 October 2023.

Investment policy and performance

The trustees' investment policy was put in place to ensure that UKCP's cash is invested in the most effective and secure manner.

The policy states that the objectives of investments are:

- To produce the best financial return within an acceptable level of risk
- To produce a total return in excess of inflation for medium term investments

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

- To preserve the capital value with a minimum level of risk for short term investments

The policy also details the trustees' position on risk, ethical investments and liquidity.

The investment is held with Columbia Threadneedle Fund Management Limited. The investments paid out dividends of £5k during the year, a yield of 1.7%. The investments have been increasing in value over the years, however the value fell sharply in September 2022 resulting in an unrealised loss of £44k. The value has recovered by £10k in the current year.

The Finance Risk and Audit Committee has instituted a complete review of utilisation of all financial assets.

Reserves policy and going concern

The key threat to our income is a drop in membership renewals and/or a reduction in new members joining. Membership renewals at 1 October 2022 fell short of our target of 95% retention, resulting in income from renewals falling short of the budget, however this was offset in part by new members joining in the year. While the renewal income was less than budget the increase in new members is positive for renewals in future years.

We are, therefore, reasonably confident that our income is secure. Much of our expenditure is within our control. The Board is satisfied that there are no material uncertainties of which they are aware. The Board has a reasonable expectation that the charity will remain a going concern for at least 12 months from approving these accounts.

The charity's income and expenditure are both highly predictable in timing and amounts. Reserves are calculated by reference to the risks the charity faces and the costs of aligning expenses with income if required, or to meet the risks of unplanned costs.

The trustees set reserves targets at the beginning of the financial year and monitor the actual results at each board meeting. The current reserves target for the general fund has remained at £402k. The target ensures funds are available to cover any outstanding rent and operational costs as well as ensuring staff are adequately remunerated should we have to cease operations.

The free reserves at 30 September 2023 are £500k (2022: £545k) (general unrestricted funds less net book value of tangible fixed assets). The excess free reserves of £98k are being carried forward to the 2023/24 financial year. Management is working on plans to utilise these funds in the most effective way.

There were no restricted funds at year end (2022: nil).

The target for the Complaints and Conduct Process fund is £62k. This is set taking account of potential litigation or risk and insurances held against these. Expenditure, other than operational costs, is dependent on the number of cases accepted and this varies from year to year. The budget setting process takes the number of cases accepted but not heard into account so reserves at the end of a financial year may be higher than the target to make allowance for expected future legal costs.

Related parties and relationships with other organisations

The charity is a membership organisation and has, in the ordinary course of its activities, transactions with its members individually and with groups of members in the colleges. Colleges are not separate legal entities and facilitate engagement and involvement with members.

Remuneration policy

The charity sets the pay of its staff and key management personnel using industry benchmarks, performance reviews and appraisals. UKCP has a Remuneration, Appointments and Performance Management Committee

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

(RAPMC) which is responsible for re-evaluating decisions to remunerate trustees, committee chairs and college personnel on an annual basis and reports their findings to the UKCP Board of Trustees. The RAPMC is currently reviewing all contracts for services to ensure they are compliant with current legislation. The Board approves any annual increases and changes to the Chief Executive's remuneration package, on recommendation of the RAPMC.

Fundraising

The United Kingdom Council for Psychotherapy does not engage in public fundraising and does not use professional fundraisers or commercial participators. The Charity nevertheless observes the relevant fundraising regulations and codes. During the year there was no non-compliance with these regulations and codes and the Charity received no complaints relating to its fundraising practice.

Structure, governance and management

Constitution

The organisation is a charitable company limited by guarantee, incorporated on 30 September 1996 and registered as a charity on 8 October 1996.

The company was established under a memorandum of association which established the objects (see page 4) and powers of the charitable company and is governed under its articles of association.

Organisational structure and decision making

The Board of Trustees, which is responsible to UKCP members and the Charity Commission, oversees the fulfilment of our charitable objectives. A number of committees report to the Board.

On appointment, each trustee is asked to declare any conflicts of interest. They are also asked annually to declare any interests. Trustees are also asked at the start of each Board meeting to declare any interests.

We give our new trustees an induction pack outlining the roles and responsibilities of being a trustee as well as the Charity Commission's 'Charity trustee: what is involved' (CC3a) and 'The essential trustee: what you need to know' (CC3). We also aim to meet any training needs for new trustees that will help them carry out their role.

Risk management

Our Board reviews the risks facing UKCP on an annual basis via a Risk Register. The register covers strategic, operational, financial, human resources, technological and reputational risks. The risks we have identified are prioritised in terms of potential impact and likelihood of occurrence and the trustees confirm that systems or procedures are in place to mitigate significant risks. Risks are reviewed regularly by the Finance, Risk and Audit Committee with the support of the Senior Management Team, with a focus on strategic risks which would have the most impact on UKCP.

Risks that were closely monitored during the year were:

- Integrity of the Register – UKCP prides itself on maintaining, and taking measures to keep, an up-to-date list of registrants. The team regularly carries out checks and audits on data as well as data cleansing exercises.
- Data breach – Data security is a priority area for UKCP. As well as moving data and information to the cloud, the team has embedded introductory and regular cyber security training into staff and volunteering operations.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

Statement of responsibilities of the trustees

The trustees (who are also directors of the United Kingdom Council for Psychotherapy for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by order of the members of the board of trustees and signed on their behalf by:

Jennifer Ayling

Jennifer Ayling
Trustee

Date: 05 July 2024

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

OPINION

We have audited the financial statements of The United Kingdom Council for Psychotherapy (the 'charity') for the year ended 30 September 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

OTHER INFORMATION

The other information comprises the information included in the Annual Report other than the financial statements and our Auditors' Report thereon. The trustees are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINION ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the Trustees' Responsibilities Statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

AUDITORS' RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the Charity, including the Companies Act 2006, Charities Act 2011, and taxation legislation as well as those laws and regulations relating to the Charity's operations such as data protection, anti-bribery, employment, and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the Charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

To address the risk of fraud through management bias and override of controls, we;

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions; and
- we evaluated the assumptions and judgements used by management within significant accounting estimates and assessed whether these indicated evidence of management bias.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation; and
- enquiring of management as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' Report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR
PSYCHOTHERAPY (CONTINUED)**

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Hewett (Senior Statutory Auditor)

for and on behalf of

Peters Elworthy & Moore

Chartered Accountants

Statutory Auditors

Salisbury House

Station Road

Cambridge

CB1 2LA

Date: 08 July 2024

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
INCOME FROM:					
Donations	4	-	1,753	1,753	1,008
Charitable activities:	5				
Registration fees and subscriptions		2,648,387	-	2,648,387	2,506,255
Other trading activities	6	36,601	1,228	37,829	45,209
Investments	7	17,990	-	17,990	6,044
Other income	8	28,621	-	28,621	-
TOTAL INCOME		2,731,599	2,981	2,734,580	2,558,516
EXPENDITURE ON:					
Charitable activities:	9,10				
Improving access		363,915	-	363,915	351,417
Engaging better		375,484	-	375,484	377,882
Maintain standards of excellence		1,676,574	2,981	1,679,555	1,614,067
Collaborating for success		239,804	-	239,804	215,041
Research		150,414	-	150,414	131,782
TOTAL EXPENDITURE		2,806,191	2,981	2,809,172	2,690,189
NET EXPENDITURE BEFORE NET GAINS/(LOSSES) ON INVESTMENTS		(74,592)	-	(74,592)	(131,673)
Net gains/(losses) on investments	18	11,210	-	11,210	(44,398)
NET MOVEMENT IN FUNDS		(63,382)	-	(63,382)	(176,071)
RECONCILIATION OF FUNDS:					
Total funds brought forward	22	646,649	-	646,649	822,720
Net movement in funds		(63,382)	-	(63,382)	(176,071)
TOTAL FUNDS CARRIED FORWARD		583,267	-	583,267	646,649

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 24 to 45 form part of these financial statements.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03258939

BALANCE SHEET
AS AT 30 SEPTEMBER 2023

	Note	2023 £	2022 £
FIXED ASSETS			
Tangible assets	17	18,298	26,576
Investments	18	301,826	290,616
		<u>320,124</u>	<u>317,192</u>
CURRENT ASSETS			
Debtors	19	220,757	153,334
Cash at bank and in hand		2,114,317	676,064
		<u>2,335,074</u>	<u>829,398</u>
Creditors: amounts falling due within one year	20	(1,898,231)	(309,441)
		<u>436,843</u>	<u>519,957</u>
NET CURRENT ASSETS			
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>756,967</u>	<u>837,149</u>
Provisions for liabilities	21	(173,700)	(190,500)
TOTAL NET ASSETS		<u><u>583,267</u></u>	<u><u>646,649</u></u>
CHARITY FUNDS			
Unrestricted funds	22	583,267	646,649
TOTAL FUNDS		<u><u>583,267</u></u>	<u><u>646,649</u></u>

The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the trustees and signed on their behalf by:

Jennifer Ayling

Jennifer Ayling
Trustee

Date: 05 July 2024

The notes on pages 24 to 45 form part of these financial statements.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Note	2023 £	2022 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash provided by (used in) operating activities	24	1,420,263	(56,188)
CASH FLOWS FROM INVESTING ACTIVITIES			
Dividends, interests and rents from investments		17,990	6,044
Purchase of tangible fixed assets		-	(5,196)
NET CASH PROVIDED BY INVESTING ACTIVITIES		17,990	848
CHANGE IN CASH AND CASH EQUIVALENTS IN THE YEAR		1,438,253	(55,340)
Cash and cash equivalents at the beginning of the year		676,064	731,404
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	25	2,114,317	676,064

The notes on pages 24 to 43 form part of these financial statements

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

1. GENERAL INFORMATION

The United Kingdom Council for Psychotherapy is a charitable company limited by guarantee and is incorporated in the United Kingdom. The liability of each member in the event of winding up is limited to £1.

The registered office address and principal place of business is America House, 2 America Square, London, EC3N 2LU.

The presentational and functional currency of the Charity is GBP.

2. ACCOUNTING POLICIES

2.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The United Kingdom Council for Psychotherapy meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

2.2 GOING CONCERN

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Further information is included in the trustees' annual report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

2. ACCOUNTING POLICIES (CONTINUED)

2.3 INCOME

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from registration fees and subscriptions is recognised evenly over the registration year.

Income received in advance for the following year's fee is deferred.

Income from other trading activities is recognised as the advert is placed or event takes place.

Other income is recognised as the activity has occurred and the costs are recharged.

2.4 INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.5 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

2.6 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any associated support costs.
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

2. ACCOUNTING POLICIES (CONTINUED)

2.7 ALLOCATION OF SUPPORT AND GOVERNANCE COSTS

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

	2023 %	2022 %
Improving access	12	12
Engaging better	12	13
Maintain standards of excellence	54	55
Collaborating for success	8	7
Research	5	4
Governance costs	9	9
	100	100

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities. These are apportioned over each area of activity in proportion of the total costs of that activity.

2.8 TANGIBLE FIXED ASSETS AND DEPRECIATION

Items of equipment are capitalised where the purchase price exceeds £1,500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

2. ACCOUNTING POLICIES (CONTINUED)

2.8 TANGIBLE FIXED ASSETS AND DEPRECIATION (CONTINUED)

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

Depreciation is provided on the following bases:

Short-term leasehold property	- Over life of the lease
Furniture and fittings	- 25% pa reducing balance
Furniture and fittings held under finance leases	- Term of the lease
Office equipment	- 25% pa reducing balance
Computer equipment	- 20 - 25% pa straight line

2.9 INVESTMENTS

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

2.10 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.11 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.12 LIABILITIES AND PROVISIONS

Liabilities and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

2. ACCOUNTING POLICIES (CONTINUED)

2.13 FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.14 PENSIONS

The charity contributes to personal pension plans of its employees. The pension charge represents the amounts payable by the charity to such plans in the financial year.

3. CRITICAL ACCOUNTING ESTIMATES AND AREAS OF JUDGMENT

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are as follows:

- Valuation of investments - The investments are measured at fair value for financial reporting purposes. Information about the valuation technique is included in accounting policy 2.9.
- Deferred income - relates to membership income which is time apportioned
- Complaints and Conduct Process case costs - provision for future cases
- Dilapidation provision - costs anticipated to make good the current premises in 2024.

4. INCOME FROM DONATIONS

	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
UKCP Bursary Fund	1,753	1,753	1,008
TOTAL 2022	1,008	1,008	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

5. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Registration fees and subscriptions	2,648,387	2,648,387	2,506,255
	<u>2,506,255</u>	<u>2,506,255</u>	
TOTAL 2022	<u>2,506,255</u>	<u>2,506,255</u>	

6. INCOME FROM OTHER TRADING ACTIVITIES

Income from charitable trading activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Advertising income	35,651	-	35,651	34,989
Conferences and events	-	1,228	1,228	2,228
Other income	950	-	950	7,992
	<u>36,601</u>	<u>1,228</u>	<u>37,829</u>	<u>45,209</u>
TOTAL 2022	<u>42,981</u>	<u>2,228</u>	<u>45,209</u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

7. INVESTMENT INCOME

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Investment income	5,132	5,132	4,552
Interest income	12,858	12,858	1,492
	<u>17,990</u>	<u>17,990</u>	<u>6,044</u>
TOTAL 2022	<u>6,044</u>	<u>6,044</u>	

8. OTHER INCOMING RESOURCES

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Recovery of partnership expenses	28,621	28,621	-

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

9. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by fund type

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Improving access	363,915	-	363,915	351,417
Engaging better	375,484	-	375,484	377,882
Maintain standards of excellence	1,676,574	2,981	1,679,555	1,614,067
Collaborating for success	239,804	-	239,804	215,041
Research	150,414	-	150,414	131,782
	<u>2,806,191</u>	<u>2,981</u>	<u>2,809,172</u>	<u>2,690,189</u>
TOTAL 2022	<u><u>2,686,953</u></u>	<u><u>3,236</u></u>	<u><u>2,690,189</u></u>	

10. ANALYSIS OF EXPENDITURE BY ACTIVITIES

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	Total funds 2022 £
Improving access	328,901	35,014	363,915	351,417
Engaging better	341,446	34,038	375,484	377,882
Maintain standards of excellence	1,527,300	152,255	1,679,555	1,614,067
Collaborating for success	218,066	21,738	239,804	215,041
Research	136,778	13,636	150,414	131,782
	<u>2,552,491</u>	<u>256,681</u>	<u>2,809,172</u>	<u>2,690,189</u>
TOTAL 2022	<u><u>2,455,833</u></u>	<u><u>234,356</u></u>	<u><u>2,690,189</u></u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

ANALYSIS OF DIRECT COSTS

	Improving access 2023 £	Engaging better 2023 £	Maintain standards of excellence 2023 £	Collaborating for success 2023 £	Research 2023 £	Total funds 2023 £	Total funds 2022 £
Operational staff costs (excl. CCP staff costs)	127,864	149,473	560,074	118,858	66,633	1,022,902	906,918
Premises and other operational costs	63,880	74,677	279,813	59,381	33,290	511,041	542,959
Committees and Board of Trustees	1,226	1,226	7,355	1,226	613	11,646	12,823
Governance and membership administration	28,234	28,234	98,818	14,117	-	169,403	171,060
Colleges	476	476	2,857	238	238	4,285	5,598
Research	-	-	-	-	19,840	19,840	23,399
Complaints and conduct process (incl. staff costs)	30,785	30,785	554,137	-	-	615,707	576,364
Bursaries	36,025	-	-	-	-	36,025	42,000
Communications	40,411	56,575	24,246	24,246	16,164	161,642	174,712
	<u>328,901</u>	<u>341,446</u>	<u>1,527,300</u>	<u>218,066</u>	<u>136,778</u>	<u>2,552,491</u>	<u>2,455,833</u>
	<u>320,803</u>	<u>344,963</u>	<u>1,473,457</u>	<u>196,308</u>	<u>120,302</u>	<u>2,455,833</u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

ANALYSIS OF SUPPORT COSTS

	Improving access 2023 £	Engaging better 2023 £	Maintain standards of excellence 2023 £	Collaborating for success 2023 £	Research 2023 £	Total funds 2023 £	Total funds 2022 £
Operational staff costs (excl. CCP staff costs)	12,067	12,527	56,034	8,000	5,018	93,646	74,448
Premises and other operational costs	8,255	6,258	27,994	3,997	2,507	49,011	44,571
Committees and Board of Trustees	79	82	367	52	33	613	675
Governance and membership administration	14,552	15,107	67,575	9,648	6,052	112,934	114,040
Colleges	61	64	285	41	26	477	622
	<u>35,014</u>	<u>34,038</u>	<u>152,255</u>	<u>21,738</u>	<u>13,636</u>	<u>256,681</u>	<u>234,356</u>
	<u>30,614</u>	<u>32,919</u>	<u>140,610</u>	<u>18,733</u>	<u>11,480</u>	<u>234,356</u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

11. NET INCOME/(EXPENDITURE) FOR THE YEAR

	2023	2022
	£	£
Depreciation (owned by the charity)	8,278	68,496
Operating lease rentals	199,702	150,962
Fees payable to the charity's auditor in respect of:		
Preparation of statutory financial statements	1,650	1,500
Audit of the charity's annual accounts (excluding VAT)	11,250	9,000
	<u> </u>	<u> </u>

12. TRUSTEES' REMUNERATION AND EXPENSES

During the year, honoraria were paid to the following trustees of the Charity:

	2023	2022
	£	£
Martin Pollecoff	-	3,644
Syed Azmatullah	667	4,356
Christian Buckland	5,491	-
Joanna Lucas	2,000	-

Payment of the chair's honorarium has been agreed by the Charity Commission.

Members and trustees receive reimbursement for travel expenditure whilst on charity business which are all part of the normal course of business. During the year ended 30 September 2023, expenses totalling £3,472 were reimbursed or paid directly to 8 trustees (2022 - £1,154 to 6 trustees).

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

13. ANALYSIS OF STAFF COSTS AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	1,233,195	1,049,365
Social security costs	121,961	106,125
Employer pension contributions	113,393	82,434
Temporary staff costs	3,696	46,728
	<u>1,472,245</u>	<u>1,284,652</u>

Of the £1,468,549 staff costs (2022: £1,284,652), £432,731 (2022: £336,842) relates to the Complaints and Conduct Process Designated Fund.

The following number of employees received employee benefits in excess of £60,000 (excluding employer national insurance and employer pension contributions) during the year between:

	2023	2022
£60,000 - £69,999	1	-
£70,000 - £79,999	1	-
£90,000 - £99,999	-	1
	<u>-</u>	<u>1</u>

The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel (as listed on page 1) were £299,659 (2022: £278,807).

14. STAFF NUMBERS

The average number of employees (headcount based on number of staff employed) during the year was as follows:

	2023 £	2022 £
Professional and other services	30	25
Administration	2	1
	<u>32</u>	<u>26</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

15. RELATED PARTY TRANSACTIONS

During the year, honorarium payments were made to four trustees of the charity. This is disclosed in note 12 to these accounts.

Some members are paid a token amount for specific pieces of work undertaken on behalf of the charity, although these amounts are in no way meant to reimburse them at market rates. There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

During the year, C Young was paid speaker fees amounting to £75 (2022: £nil). No speaker fees were paid to M Pollecoff during 2023 (2022: £750). No adjudication fees were paid to J Lucas in 2023 (2022: £200 (before being appointed a trustee)).

16. TAXATION

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

17. TANGIBLE FIXED ASSETS

	Short-term leasehold property £	Furniture, fittings and equipment £	Computer equipment £	Total £
COST OR VALUATION				
At 1 October 2022	181,980	99,284	39,396	320,660
At 30 September 2023	181,980	99,284	39,396	320,660
DEPRECIATION				
At 1 October 2022	181,980	79,571	32,533	294,084
Charge for the year	-	5,022	3,256	8,278
At 30 September 2023	181,980	84,593	35,789	302,362
NET BOOK VALUE				
At 30 September 2023	-	14,691	3,607	18,298
At 30 September 2022	-	19,713	6,863	26,576

All of the above assets are used for charitable purposes.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

18. FIXED ASSET INVESTMENTS

	Listed investments £
VALUATION	
At 1 October 2022	290,616
Revaluations	11,210
AT 30 SEPTEMBER 2023	<u>301,826</u>

Investments comprise:

	2023 £	2022 £
UK common investment funds	<u>301,826</u>	<u>290,616</u>
	2023 £	2022 £
Historic cost	<u>200,000</u>	<u>200,000</u>

19. DEBTORS

	2023 £	2022 £
Trade debtors	24,156	7,481
Other debtors	18,558	453
Prepayments and accrued income	178,043	145,400
	<u>220,757</u>	<u>153,334</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

20. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	90,784	75,155
Other taxation and social security	36,173	26,867
Other creditors	28,447	34,349
Accruals and deferred income	1,742,827	173,070
	1,898,231	309,441
	2023	2022
	£	£
Deferred income at 1 October 2022	118,433	141,007
Resources deferred during the year	1,683,091	118,433
Amounts released from previous periods	(118,433)	(141,007)
	1,683,091	118,433

Deferred income relates to 2023/24 membership income received in advance.

21. PROVISIONS

	Dilapidations	Legal costs	Total
	£	£	£
At 1 October 2022	75,000	115,500	190,500
Amounts reversed	-	(16,800)	(16,800)
	75,000	98,700	173,700

The provision for dilapidations represents the trustees' best estimate of the costs required to put 2nd Floor (East), 2 America Square, London, EC3 into the physical state required by the covenants and obligations contained within the lease.

The provision for legal costs represents the potential case costs in respect of dealing with complaints.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

22. STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 October 2022 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 September 2023 £
UNRESTRICTED FUNDS						
DESIGNATED FUNDS						
UKCP Bursary Fund	-	-	(34,247)	36,000	-	1,753
Complaints and Conduct Process	74,612	604,000	(615,707)	-	-	62,905
	<u>74,612</u>	<u>604,000</u>	<u>(649,954)</u>	<u>36,000</u>	<u>-</u>	<u>64,658</u>
GENERAL FUNDS						
General Fund	572,037	2,127,599	(2,156,237)	(36,000)	11,210	518,609
TOTAL UNRESTRICTED FUNDS	<u>646,649</u>	<u>2,731,599</u>	<u>(2,806,191)</u>	<u>-</u>	<u>11,210</u>	<u>583,267</u>
RESTRICTED FUNDS						
UKCP Bursary Fund	-	2,981	(2,981)	-	-	-
TOTAL FUNDS	<u>646,649</u>	<u>2,734,580</u>	<u>(2,809,172)</u>	<u>-</u>	<u>11,210</u>	<u>583,267</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

22. STATEMENT OF FUNDS (CONTINUED)

Purposes of restricted funds

The UKCP Bursary Fund was created to award bursaries to UKCP trainees in their final years of training. Donations have been received from members and the general public. Direct costs are attributed to the fund.

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from the general fund. The fund is used to cover the costs of operating the Complaints and Conduct Process department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

The UKCP Bursary Fund was created to award bursaries to UKCP trainees in their final years of training. £36,000 from general funds was transferred to the designated fund during the year. Funds not awarded are carried forward to future years.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

22. STATEMENT OF FUNDS (CONTINUED)

STATEMENT OF FUNDS - PRIOR YEAR

	Balance at 1 October 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 September 2022 £
UNRESTRICTED FUNDS						
DESIGNATED FUNDS						
UKCP Bursary Fund	1,121	-	(38,764)	37,643	-	-
Complaints and Conduct Process	100,976	550,000	(576,364)	-	-	74,612
	<u>102,097</u>	<u>550,000</u>	<u>(615,128)</u>	<u>37,643</u>	<u>-</u>	<u>74,612</u>
GENERAL FUNDS						
General Fund	<u>720,623</u>	<u>2,005,280</u>	<u>(2,071,825)</u>	<u>(37,643)</u>	<u>(44,398)</u>	<u>572,037</u>
TOTAL UNRESTRICTED FUNDS	<u>822,720</u>	<u>2,555,280</u>	<u>(2,686,953)</u>	<u>-</u>	<u>(44,398)</u>	<u>646,649</u>
RESTRICTED FUNDS						
UKCP Bursary Fund	<u>-</u>	<u>3,236</u>	<u>(3,236)</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u><u>822,720</u></u>	<u><u>2,558,516</u></u>	<u><u>(2,690,189)</u></u>	<u><u>-</u></u>	<u><u>(44,398)</u></u>	<u><u>646,649</u></u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

23. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	18,298	18,298
Fixed asset investments	301,826	301,826
Current assets	2,335,074	2,335,074
Creditors due within one year	(1,898,231)	(1,898,231)
Provisions for liabilities and charges	(173,700)	(173,700)
TOTAL	583,267	583,267

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	26,576	26,576
Fixed asset investments	290,616	290,616
Current assets	829,398	829,398
Creditors due within one year	(309,441)	(309,441)
Provisions for liabilities and charges	(190,500)	(190,500)
TOTAL	646,649	646,649

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

24. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net expenditure for the year (as per Statement of Financial Activities)	(63,382)	(176,071)
ADJUSTMENTS FOR:		
Depreciation charges	8,278	68,496
(Gains)/losses on investments	(11,210)	44,398
Dividends, interests and rents from investments	(17,990)	(6,044)
(Increase)/decrease in debtors	(67,423)	20,670
Increase/(decrease) in creditors	1,588,790	(105,537)
(Decrease)/increase in provisions	(16,800)	97,900
NET CASH PROVIDED BY/(USED IN) OPERATING ACTIVITIES	1,420,263	(56,188)

25. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Cash in hand	2,114,317	676,064
TOTAL CASH AND CASH EQUIVALENTS	2,114,317	676,064

26. ANALYSIS OF CHANGES IN NET DEBT

	At 1 October 2022 £	Cash flows £	At 30 September 2023 £
Cash at bank and in hand	676,064	1,438,253	2,114,317
	676,064	1,438,253	2,114,317

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

27. OPERATING LEASE COMMITMENTS

At 30 September 2023 the charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023 £	2022 £
Land and buildings		
Not later than 1 year	176,564	199,199
Later than 1 year and not later than 5 years	-	161,849
	<u>176,564</u>	<u>361,048</u>
Other		
Not later than 1 year	1,837	-
	<u>1,837</u>	<u>-</u>
TOTAL OPERATING LEASE COMMITMENTS	<u><u>178,401</u></u>	<u><u>361,048</u></u>

After the year end notice was served to the landlords to leave America House at the break clause in July 2024.

Accounts

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

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THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

Trustees	Christian Buckland, Chair from 23 January 2023 (appointed 23 January 2023) Joanna Lucas, Acting Chair 5 November 2022 to 23 January 2023 (appointed 15 November 2021) David FitzGerald, Treasurer William Daniel-Braham Phillipa Donovan (appointed 16 September 2022) John Loughrey Jacqueline McCouat Syed Azmatullah, Ex-Chair 17 March 2022 to 1 November 2022 (appointed 15 November 2021, resigned 1 November 2022) Andy Cottom, Ex-Vice Chair to 4 November 2022 (resigned 4 November 2022) John Nuttall (resigned 18 October 2021) Martin Pollecoff, Ex-Chair until 16 March 2022 (resigned 16 March 2022) Juliet Rosenfeld (resigned 4 November 2022) Michelle Briggs (appointed 6 February 2023) Peter Gregory (appointed 6 February 2023) Frederick Young (appointed 6 February 2023)
Company registered number	03258939
Charity registered number	1058545
Registered office	2nd Floor, America House 2 America Square London EC3N 2LU
Key management personnel	Jonathan Levett (Chief Executive from 17 April 2023) Sarah Niblock (Chief Executive) resigned 30 November 2022 Victoria Calais (Joint Acting Chief Executive (from 30 November 2022 to 17 April 2023) and Chief Operating Officer - from 1 March 2022) Helen Willingham (Joint Acting Chief Executive (from 30 November 2022 to 17 April 2023) and Head of Content and Engagement) Catherine White (Head of Operations and Regulation - until 27 December 2021) Jovana Perzic (Head of Academic Enterprise and Innovation - until 29 April 2022) James Pickering (Registrar - from 23 January 2023)
Independent auditors	Peters Elworthy & Moore Chartered Accountants Statutory Auditors Salisbury House Station Road Cambridge CB1 2LA

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

Bankers

CAF Bank Ltd
Kings Hill
West Malling
Kent
ME19 4TA

Unity Trust Bank
PO Box 7193
Planetary Road
Willenhall
WV1 9DG

Solicitors

Fieldfisher
Riverbank House
2 Swan Lane
London
EC4R 3TT

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT
FOR THE YEAR ENDED 30 SEPTEMBER 2022

A MESSAGE FROM OUR SENIOR MANAGEMENT TEAM

Thank you for taking the time to read our annual report for 2021/22. While many degrees of normality began to return this year, the distress caused by the global pandemic, coupled with polarised politics and the threat of recession, made our mission ever more urgent. We have pushed forward with our vital work to improve access to robustly regulated and highly qualified psychotherapy professionals, and to promote emotional and mental wellness as a human right.

We are increasingly aware from our registrants of the long-term mental health impacts of trauma, which are often not felt until much later. We amplified their voices on behalf of the public to commissioners, policy makers and parliamentarians this year. We also developed further partnerships to enable our work and to elevate our voice. One of the most exciting was launching a unique network of professional bodies, mental health organisations and climate scientists to tackle the effect of the climate crisis on mental health.

We focused too on building connections with the medical profession, with the goal of ensuring GPs are supported to raise awareness among patients that psychotherapy works. Our work included featuring GPs in New Psychotherapist and reaching medical students via our modules at Imperial College London.

Throughout the year, we also continued to update our website to better reflect the breadth of what we do. Our media presence grew too. Explaining how psychotherapy works, when it is typically a practice behind closed doors, requires creativity as well as strong, relatable, ethically derived evidence. Our public relations team helped put our members in front of major media audiences, so millions of people are now better able to make informed choices about their mental health support. We were also mentioned in magazines and online journals read by medical professionals, promoting psychotherapy at a time when prescriptions of medication continue to rise as a first-line response to mental health problems.

We could not reflect on the year without also recognising the important 'inner work' we have been doing as an organisation towards addressing barriers to equality, diversity and inclusion (EDI) in the psychotherapy profession. Crucially, we have been re-examining our internal systems of representation to ensure we are a truly member-led organisation where every individual and organisational member is valued and heard. In addition, our lay-person involvement helps us to achieve good governance as well as to bring fresh and sometimes challenging insights that build resilience.

Whether in-person or virtual, our events this year – including on research and learning from complaints – have been particularly well-received and attended. Harnessing the incredible expertise within our body of members has been a priority too. We have worked to enhance our communications even further, so we can engage with our members, leverage their voice and share best practice.

We are deeply grateful for the amazing people – staff, volunteers, external colleagues and communities – we work with every day. They are our greatest asset towards achieving our vision. They have been part of the emerging conversation about future ways of working at UKCP, and how we can deepen our impact while optimising our resources. Following our team's successful adaptation to remote working, we have continued to operate on a hybrid basis. Our change programme also kicked off this year, exploring how we can adapt and update our entire delivery approach to help existing and prospective members interact with us better, while not in any way diluting the rigour and standards our professional modality colleges expect.

Our commitment remains clear. Regardless of background or circumstances, we believe that everyone needs – and can benefit from – high quality, ethical, robustly regulated psychotherapies. We are planning new and better ways of working, using technology alongside in-person collaboration, to unlock so much untapped potential. This is our moment to ride the public wave of passion for mental and emotional health and we are in an ever stronger position to deliver on our duty.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

TRUSTEES' ANNUAL REPORT

The Trustees present their annual report together with the audited financial statements of the Company for the year 1 October 2021 to 30 September 2022. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

This report looks at what UKCP has achieved and the outcome of our work within the past 12 months. The trustees report the success of each key activity and the benefits we have brought to the people we are set up to help. The report also helps our trustees ensure our aims, objectives and activities remained in line with our stated purposes.

The trustees review UKCP's aims, objectives and activities each year.

Our vision

We want a world in which emotional and mental wellness is a human right.

Our purpose

To transform lives by unlocking potential.

Our mission

Alongside professional support for our members we are the leading research, innovation, educational and regulatory body working to advance psychotherapies for the benefit of all.

Our strategic objectives

Improving access to psychotherapy

To make sure that high-quality psychotherapy and psychotherapeutic counselling in both private and public sectors is available to everyone, no matter who they are.

Engaging better

To improve the way we engage with our individual and organisational members and provide services and benefits which are valued by all.

Maintaining standards of excellence

To protect the public by making sure everyone on our register meets our professional standards, at the same time making sure our register meets national accreditation requirements. To continue setting high standards in the way we govern and organise ourselves.

Collaborating for success

To develop existing external collaborations and actively seek new ones to achieve a more powerful voice to promote psychotherapy and psychotherapeutic counselling.

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Research

To carry out appropriate research and use findings to promote psychotherapy and psychotherapeutic counselling and inform our members' training and development for the benefit of all.

Our charitable objectives

Our charitable objectives, as set out in our articles of association, provide a framework to achieve our strategic aims. They are to promote:

- the art and science of psychotherapy and psychotherapeutic counselling for the benefit of the public
- the importance of extensive research into psychotherapy and psychotherapeutic counselling methods, and the timely, widespread dissemination of relevant findings
- the highest standards of education, training and practice in psychotherapy and psychotherapeutic counselling
- the wider provision of psychotherapy and psychotherapeutic counselling for all sections of the public.

Public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance in the delivery of public benefit

Improving access to psychotherapy

We are committed to raising the profile of psychotherapy and UKCP so the public, service users, media, policy makers, professionals and partners fully understand the profession, act in its best interests and think of us as its 'go to' expert body. As part of this work, we target diverse audiences to encourage them to join the profession or feel more open to seeking psychotherapy.

Influencing better care for adults with depression

In June 2022 the National Institute for Health and Care Excellence (NICE) published its revised guideline on depression in adults. This important guidance will steer how depression is treated nationwide for years to come.

We worked for many years to influence the guideline's content as part of a coalition of 50 mental health organisations. We particularly wanted to see its focus shift from solely promoting antidepressant medication and cognitive behavioural therapy, to making psychotherapeutic treatments more readily available. We wanted patients to have choice instead of a limited selection of treatments, which may not be the best solution for them.

We were pleased to see several of our asks included in the final version of the guideline. These included a new emphasis on allowing patients to choose from a broader range of treatments and therapies and the removal of the stepped care model.

We will continue to strive within the coalition to make sure the new guideline is implemented in full, and people with depression get the treatment they deserve. We will also carry on calling for our remaining concerns to be addressed in the development of future guidelines.

Making our voice heard with government

We worked hard this year to influence government to improve mental health care and to appreciate the vital role psychotherapy and psychotherapeutic counselling can play in improving lives:

- We emphasised how the psychotherapeutic workforce could be used more efficiently to meet the growing

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demand for mental health support, in response to a Select Committee inquiry on workforce recruitment, training and retention in health and social care. We reiterated the many barriers psychotherapists face to career progression in the public sector, and the enormous untapped potential of the psychotherapy and psychotherapeutic counselling workforce.

- We responded to a consultation on a new long-term plan for mental health and wellbeing in England. It asked for views on mental health care, what causes poor mental health outcomes and preventative measures to support better mental health.
- We criticised the lack of support for those most at risk from cost-of-living-related mental health pressures in response to the government's spring statement. We also highlighted the lack of investment in NHS mental health services.
- We hosted an event at the Labour Party conference alongside the British Association for Counselling and Psychotherapy and the Institute for Public Policy Research. It looked at solutions to the UK's major mental health challenges, including the vital role of psychotherapy and counselling.
- We called on government to act on a wide range of other critical issues too, including:
 - o strengthening mental health knowledge and education for primary school children
 - o expanding NHS family therapy services
 - o guaranteeing safe and smooth transition from child to adult NHS services for young people aged 16-25
 - o addressing the growing gap between new low-intensity interventions for children and Child and Adolescent Mental Health Services, and mapping out the capacity of the child psychotherapy workforce across the public, private and third sector
 - o introducing a 'mental health in all policies' bill to make sure mental health impact assessments are carried out during every legislative process, no matter what the policy area
 - o campaigning for a rapid short-term expansion of funded top-up trainings so therapists can deliver therapies other than cognitive behavioural therapy within the Improving Access to Psychological Therapies (IAPT) programme to make sure relational models of therapy are available in every IAPT service
 - o campaigning for a workforce review in the longer-term to reduce barriers to employment in mental health based on small differences in training background or modality. With demand growing rapidly, we want the government to make it easier for independent psychotherapists to contribute to meeting the need for free or low-cost therapy
 - o expanding long-term outpatient psychotherapeutic programmes for people with severe mental health problems to improve their outcomes and cut in-patient stays.

Promoting inclusion and anti-oppressive practice

Improving the diversity of psychotherapists and psychotherapeutic counsellors – and ensuring they have the knowledge and skills to work well with clients from all backgrounds – is an important focus for us. In 2021/22, we continued to be an active member of the Coalition for Diversity and Inclusion, which brings together organisations committed to improving diversity in the psychotherapy and counselling professions.

The coalition funded a new toolkit this year to help psychotherapy trainees work with difference among clients. The toolkit also aims to help make sure the perspectives of trainees from minoritised groups are not marginalised while they are training. The coalition has drafted the toolkit and we will launch it in early 2023.

Tackling climate change and mental health

The climate crisis poses a great threat to mental health. That is why this year we became a founding member of Climate Minds Coalition, a coalition of mental health professionals, organisations and regulatory bodies to work on this issue, in close consultation with eminent climate change scientists.

Together, we plan to highlight the need to maximise access to psychological therapies to policy makers, the

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media and the public. We will also highlight the vital role that mental health plays in building resilience, connection and innovation at community and societal level – all essential to combating the climate emergency and its social implications.

Safeguarding ethical, exploratory therapy

Our efforts to end the unethical and harmful practice of conversion therapy – trying to change a person's sexual orientation or suppress their gender identity – carried on this year. We continued to be a member of the 20-strong coalition of signatories to the Memorandum of Understanding on Conversion Therapy along with NHS England, NHS Scotland and other major professional bodies.

As a coalition we responded to the government's consultation on proposals to introduce a legal ban on conversion therapy. We highlighted the ways that a legal ban could, if delivered appropriately, complement existing efforts to eradicate this practice.

We also urged government to work closely with us and other coalition members to make sure any legislation successfully targets conversion therapy wherever it happens, while at the same time safeguarding ethical exploratory therapy with clients who may have uncertain feelings about their sexuality or gender identity.

Helping people access psychotherapeutic support

We know people can find accessing psychotherapeutic support overwhelming and confusing. This year we held focus groups with UKCP members and staff to discuss the best way to help people concerned about their mental health find the support they need. We decided that creating a new webpage was the way forward, and will produce this next year.

Supporting GPs to navigate mental health conversations

Another key issue we looked at through a focus group with UKCP members and staff this year was how we can best support GPs to navigate mental health conversations with patients. Next year we plan to work with GP organisations to discuss this question and produce guidance.

Raising the profile of UKCP and psychotherapy through the media

We strived to raise the profile of psychotherapy and UKCP among the public and policy makers through the media in 2021/22. Our steady stream of coverage aimed to encourage people to seek psychotherapy and improve access to it, increase social acceptance of discussing therapy and mental and emotional wellbeing, publicise our views to policy makers and more.

We championed key topics such as supporting Ukrainian refugees, suicide prevention, workplace attitudes to mental health and how technology is supporting traditional therapy. We also made our voice heard on the climate crisis, COVID-19 and the importance of mental health as the cost of living rises.

Some examples of our coverage included:

- Pieces in iNews, MailOnline and Metro on supporting Ukrainian refugees, the trauma of surviving a house fire, phone habits, relationships and the toll of working extra hours on your physical and mental health
- Two pieces in the Daily Mail and Mail Online by UKCP Dr Gillie Jenkins on the rise of cults, which reached 3.5 million people
- An article in the Telegraph where our Chief Executive, Professor Sarah Niblock, talked about increasing the acceptance of therapy in British culture
- Lifestyle news pieces in HuffPost, Stylist and Dazed looking at fresh starts, underthinking, toxic relationships and Love Island
- Articles in Verywell Mind and Patient on how anorexia changes your brain structure, the grief of miscarriage, the myth of gun violence and mental illness, recovery after surviving a suicide attempt and using TikTok/social media to aid substance abuse recovery
- Collaborating with the Samaritans and the Marmalade Trust for pieces on suicide prevention, better listening and combatting loneliness – these featured on their and our websites
- Several of our members speaking to the Guardian's Annalisa Barbieri for her reader dilemma column,

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including John-Paul Davies on love and relationships, Fe Robinson on relationship breakdown, Silva Neves on how to talk to older children about pornography and Alivia Rose about relationship issues due to financial differences

- Pulse, following UKCP's involvement in the changes to the NICE depression guidelines and our call for less reliance on medication

We also distributed digital copies of our New Psychotherapist magazine to major media outlets including the BBC, Guardian and Times. Our aim is to draw their attention to research and developments in the psychotherapy sector and showcase UKCP expertise.

Engaging better

We are committed to providing the very best resources, representation and experience for our members to support them in their high standards of practice. We work hard to attract new and retain existing members by improving and promoting what we offer.

Retaining our members and improving our services

We were pleased that more than 95% of our members decided to continue their UKCP membership in 2021/22. We made renewing memberships easier and less time-consuming this year by improving our online application form and updating our payment system for organisational members. We also created membership certificates for organisations for the first time, so they can proudly display their UKCP affiliation.

Providing the resources members need

To help our members improve their knowledge and skills, we worked hard this year to produce a range of useful and interesting resources.

In September 2021, we launched our My Psychotherapy Career podcast for students, trainees and potential UKCP members to find out more about the various work settings available for psychotherapeutic professionals. Each episode invites UKCP members to delve into the benefits and challenges of their psychotherapeutic field. We produced 10 episodes over the year, with our first reaching 700 listens. We asked listeners to fill in a survey after each episode to help us improve the podcast.

Our magazine, New Psychotherapist, was a valuable source of information and advice again in 2021/22, helping our members enhance their practice. With new editor Catharine Arnold – an experienced author, journalist and academic – in place, we published three issues. These covered topics including the interaction between science and psychotherapy and the socio-economic case for better support for children's mental health. We continued to post informative blogs for our members on our website too.

We also updated our video and written guides to help members update their Find a Therapist profile on our new website, making them more accessible. We are planning on creating more guides next year, for example on how to download your membership certificate. We hope this will make life easier for our members and help reduce the number of calls and emails we receive.

Improving our online area for members

Our website is a crucial resource for our members and includes resources and information to help them improve their practice. This year we updated the members area of our site, making it more modern, easy to navigate and flexible. It is now in line with our new website's look and feel.

Funding students and trainees

Our UKCP Bursary Scheme offers some financial support for student and trainee psychotherapists and psychotherapeutic counsellors, to help them afford the sometimes-expensive training, supervision and personal therapy requirements needed to join the profession. Application criteria can be found on our website: <https://www.psychotherapy.org.uk/join-us/ukcp-bursary/>.

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We boosted our bursary fund by including an extra £16,000 we saved by making our membership certificates available in digital format. Generous donations from UKCP members and the public increased our fund by another £3,236. We also included income from ticket sales from the UKCP research conference. Including brought forward funds we were able to award 56 students and trainees £750 each towards their training, totalling £42,000.

Representing our members better

We hosted our inaugural student and trainee members' forum this year to hear ideas and feedback as well as gain a deeper understanding of the hopes and ambitions of the next generation of practitioners. Their voices will feed directly into our work to build better career opportunities and better access to quality psychotherapy provision for the public.

Supporting our colleges with communications

UKCP has ten colleges made up of collections of members who share a philosophy of psychotherapy. This year we supported three of them in contacting their members through official UKCP channels, unifying communication efforts and strengthening the relationship between colleges and UKCP staff.

Using Google ads to reach different audiences

We managed to reach more people through Google ads this year to promote Find a Therapist and UKCP events. Google gives charities a grant to buy advertising space at the top of its results pages. More than a quarter of a million people saw our Google ads, and 4.8% clicked on them – much better than the average of 1.9%.

Making it easier for members to let us know their contact preferences

This year we developed a simpler form to make it more straightforward for our members to let us know their preferences around how we contact them. We are now testing a strategy to help us update members' contact details regularly and efficiently. This will improve the accuracy of our mailing list and help make sure members get all the information and support they need.

Maintaining standards of excellence

To achieve the most for our members and the psychotherapy profession, we are committed to improving the way we govern ourselves and regulate our members. We continually review structures across our organisation.

Ensuring our members offer the best service

We continued to make sure our members are providing the highest quality psychotherapy and psychotherapeutic counselling for their clients this year.

In the 2022 calendar year we are auditing 228 individual members, selected at random, to check they are working at a high standard. In the 2021/22 financial year we reviewed nine of our existing organisational members, two new training programmes and one of our colleges.

In 2021, we completed a pilot for reaccrediting direct members – that is members who no longer belong to a UKCP organisational member and whose reaccreditation is managed by their college. The pilot was set up to ensure a streamlined and consistent approach across colleges with administration managed by staff. The pilot was successful and we are currently processing all direct members due for reaccreditation in the 2022 calendar year using this new process.

We strive to improve our quality assurance processes by listening to feedback and continually reviewing them. We began doing our organisational member reviews online during the COVID-19 pandemic and continued with this in 2021/22.

Responding to and learning from complaints

Effectively managing complaints about psychotherapists and psychotherapeutic counsellors on our register is a vital part of UKCP's service to the public.

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In 2021/22, we received 73 formal complaints against our members (out of an average of circa 8,600 members), resulting in seven interim suspension order hearings, six adjudication panel hearings, one appeal hearing and two sanction review hearings. We continued to hold our hearings online as it is cheaper, environmentally friendly and it protects the staff and panel and all parties.

In June 2022, we organised a webinar for 90 practitioners looking at the work of our Professional Conduct Committee, how COVID-19 has impacted our complaints work, the importance of confidentiality in psychotherapy and what could constitute bringing the profession into disrepute. The webinar was recorded and is available for members to watch online.

Bringing in the best expertise

To be effective, we know we need the best people to lend their expertise to how we work. Embracing professionals from other disciplines, who are willing to bring different perspectives from a variety of fields, is vital. With this in mind, we are in the process of recruiting professionals, both from within and outside UKCP, to join our leadership network and support our Board and executive functions. They will also help with areas such as ethics, equality, diversity and inclusion, technology and personnel development.

Making it easier to agree to our terms and conditions

Agreeing to our terms and conditions is called the renewal declaration. It is an important part of the process when members renew their memberships each year. This year we launched a new, more efficient online system members can use to complete their declaration, with an easy-to-follow process of ticking boxes to show their responses.

Making our organisation more effective

We know being a strong, well-managed and well-structured organisation is critical to achieving our aims. We are continuously enhancing our working practices to ensure best value, and better service for our members and the public. This year we improved our practices in several ways.

Our staff are at the heart of everything we achieve, and we welcomed many new people to make UKCP more effective. We continue to practise hybrid working and revisited our hybrid working policies as well as migrating our data to the cloud. This supports the team to work flexibly and also helps ensure high levels of productivity and security to continue to protect the public and support our members.

Collaborating for success

To best support our members and advocate for and promote the psychotherapy profession, we are committed to brokering new, and developing existing, collaborations with professional bodies, service users, the media and those in research and the private sector. We develop relationships with those representing minority groups to help us achieve mutual diversity aims.

Helping set the standards for counselling and psychotherapy education

Subject Benchmark Statements are crucial documents that describe the nature of study and the academic standards expected of graduates in specific subject areas. They show what graduates might reasonably be expected to know, do and understand at the end of their studies.

This year we worked with the Quality Assurance Agency for Higher Education to review and update the Subject Benchmark Statements for Counselling and Psychotherapy. This was a crucial piece of work to set the standards in our field for the next eight years. With Prof John Nuttall and Jovana Perzic, our former Head of Academic Enterprise and Innovation, sitting on the advisory board, the new standards were published in April 2022.

Working across the psychotherapy and counselling profession to map standards and competences

Collaborating with professional bodies across the psychotherapy and counselling profession is important to

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promote psychotherapy and ensure that the public can make informed decisions about how they support their mental health. We work closely with our five partners on the Scope of Practice of Education for the counselling and psychotherapy professions (SCoPEd) project.

The publication of the January 2022 SCoPEd framework marks the delivery of our phase one work – a joint commitment to map the current reality of the core training, practice and competence requirements. The framework is written at a high level, is not modality specific, and it is about working with adults over the age of 18.

Tackling internal barriers to equality, diversity and inclusion

We want to put equality, diversity and inclusion (EDI) at the heart of UKCP. This year a taskforce of members concluded a year-long review of EDI within our organisation, and presented an action plan to our Board. In September 2022, we began recruitment for a lay EDI Chair to appoint and lead the committee which will oversee the plan's implementation. Over the next five years, as we deliver on the actions in this plan, we want EDI not to be a separate issue, but embedded in everything we do.

Educating people about psychotherapy with Imperial College London

We expanded our relationship with Imperial College London, offering a third year of courses for students, staff and the public to demystify psychotherapy and promote the art and science of the profession. As in previous years, a number of graduates of the course went on to pursue formal psychotherapy training.

Working with the University of Sheffield on vital data

NICE has indicated that they will be more willing to use real-world data to inform future mental health guidelines. With this in mind, this year, working with the University of Sheffield, we began analysing a very large Improving Access to Psychological Therapies (IAPT) dataset to highlight the benefit of therapies other than cognitive behavioural therapy (CBT) to treat anxiety.

While practitioners widely accept the effectiveness of non-CBT therapies, the existing NICE guideline recommends only different forms of CBT and medication to treat anxiety. We want to demonstrate the enormous strength of evidence from clinical settings that other treatments work. Our aim is to influence future revisions of the NICE anxiety guideline as well as local commissioning decisions.

Research

We are committed to delivering research to promote psychotherapy and psychotherapeutic counselling, and to inform our members' training and development. We aim to undertake research to identify issues around diversity facing the profession and the mental health sector.

Conducting original research and analysis

We worked on a number of our own research projects this year, collecting and analysing a wealth of interesting data we and the psychotherapy profession can use in our work.

We analysed data from a mixed-methods study on love in the time of COVID-19 and a survey on how members are working in the wake of COVID-19, which we did with the British Psychoanalytic Council. We also put together an article about members' experiences delivering therapy during COVID-19 and did a quantitative systematic review of research on the efficacy and effectiveness of remote therapy.

We put together a summary of the evidence base for the effectiveness of psychotherapy for the Professional Standards Authority too.

Holding informative research events

We organised a two-day research conference in June 2022, with presentations by UKCP-funded research projects, paper sessions showcasing trainee research, practical sessions on how to conduct research and networking opportunities. Approximately 70 people attended over the two days.

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We also held a webinar on case study ethics in May 2022, with speaker Mark Widdowson discussing the intricacies and value of conducting case studies as a method of research. Our Practitioner Research Network (PRN) continued to meet remotely too, to share ideas and network. We appointed a new PRN leader, Dr Gella Richards.

Calling for papers on diversity and inclusion in psychotherapy

We are committed to working to make the psychotherapy profession more diverse and inclusive. As part of this, we have been collaborating with the European Journal for Psychotherapy and Counselling to create a special issue of the academic journal on diversity and inclusion in psychotherapy. We circulated a call for papers to our members this year, and they are now being peer-reviewed. The issue will be published next year.

Collaborating with the policy team

When we seek to influence policy makers, having high quality research on hand to back up our points is a huge benefit. That is why we ensure our research and policy teams work together closely. This year, the teams collaborated on our response to the NICE guideline for depression review, scrutinising NICE's research evidence from both research and policy perspectives to make our response more powerful and likely to be impactful.

Co-funding PhD

Together with the British Association for Counselling and Psychotherapy, we are funding David Sanmartino, a student at York St John University, to do a PhD on routine outcome measures. David began work in June 2022.

Continuing support from our Research Working Group

Our Research Working Group carried on holding remote meetings each month in 2021/22 to assess and support UKCP's overarching research goals, providing valuable input on high-level research priorities.

Plans for the future

Developing our identity

Making sure all our external and internal communications and content are consistent, professional and powerful is key to promoting and representing psychotherapy in the best way possible. Next year we plan to research the impact the UKCP's brand identity has and look at where we can make improvements.

Supporting members with their research

We will hold several writing workshops next year to support members to gain the skills they need to formalise their research into publishable articles. We also plan to publish information on our website to help members with their research, including guidance on referencing and routine outcome measures. We will hold our annual research conference too, showcasing member research and offering members advice on engaging with and conducting research.

Expanding key collaborations

We will continue to look at new ways to collaborate with other organisations to promote psychotherapy and support our members. We will start attending the Society for Psychotherapy Research local committee and the Training, Research and Counselling Clinic Consortium (TRACC) consortium to continue to develop key contacts with reputable research institutions. We will also carry on developing our collaborative research projects with the University of Sheffield.

Conducting research to support our policy goals

We will carry on doing quantitative and qualitative research to help us influence policy makers. This will include research to help us influence the upcoming review of the NICE guideline for anxiety, working in collaboration with the University of Sheffield.

Working with YouGov on mental health polls

We will again work in partnership with YouGov on our annual poll to understand the state of people's mental

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health. Polling a representative sample of 2,000 UK adults, we will seek to better understand the impact of the escalating costs of living on mental health and difficult choices people may be faced with in terms of mental health support. We will use the insights to raise awareness of the importance of continued government investment in mental health services and increasing access to therapy.

Producing a book about our history

We have been working on a book celebrating the history of UKCP, full of interesting stories about our development over the years. Authored by Catharine Arnold, we plan to publish it next year.

Financial reports

Financial review

The attached Statement of Financial Activities and Balance Sheet provide the results of our operations for the twelve months from 1 October 2021 to 30 September 2022.

Income for the year to 30 September 2022 was £2,559k, the same as 2021. Total expenditure was £2,690k (up 5%) compared to £2,563k in 2021.

The Board decided to activate the break clause in the lease at 2 America Square in July 2022. After negotiation with the landlord a Deed of Variation was signed for a lease of five years with a break clause after two years. A two month rent free period was included in the first two years. The decision was made, after much discussion, that it would not be in the best interests of the charity to relocate premises at this time. The Senior Management Team is working on a project to identify suitable office space well before the break date deadline of January 2024. A provision of £57k was made towards the cost of dilapidations last year and this has been increased to the revised estimate of £75k.

The majority of the charity's income is from membership fees (£2,506k in 2022 and £2,520k in 2021). The trustees recognise that the charity's reliance on this sole source of income makes the charity vulnerable to unforeseen fluctuations in membership. The trustees take this factor into account in setting levels of reserves to be held and also in putting appropriate strategic priority to maintaining and growing membership.

The Complaints and Conduct Process is a Designated Fund. The number of cases heard each year fluctuates; cases planned for the following year are taken into account in the budget setting model and will continue to be monitored. Costs are monitored closely and managed to the best of our ability; there has been a considerable saving as a result of hearings being held online. Processes are under constant review to ensure we contain costs as far as we are able.

In an organisation so heavily dependent on voluntary effort, any analysis of expenditure by activity gives a distorted picture of the charity's costs. The charity continues to employ a small staff team, so most of our programmes rely on the commitment of very hard working volunteers. The many hours of work on The United Kingdom Council for Psychotherapy committees, standards, registration, regulation and quality assurance are not reflected in the columns of figures in the financial statements. The Board of Trustees takes this opportunity to thank all those who have given time to UKCP for the advancement of psychotherapy and psychotherapeutic counselling.

Some volunteers are paid a token amount in recognition of the time they spend on UKCP business including but not limited to carrying out assessments and reviewing or writing documents and procedures. These amounts are in no way meant to reimburse them at market rates.

Some Trustees presented lectures at the short courses held in conjunction with Imperial College and received payment for this contribution. These amounts are disclosed in note 13 to the accounts.

All trustees give their time voluntarily, with the exception of the Chair as explained in note 10; expenses of

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

£1,154 (2021: £NIL) were reclaimed from the charity this year.

Our balance sheet continues to reflect our stability with cash reserves in excess of our target. Current liabilities include deferred income of £118k, reflecting membership income received in advance of the 2022/23 financial year.

Investment policy and performance

The trustees' investment policy was put in place to ensure that UKCP's cash is invested in the most effective and secure manner.

The policy states that the objectives of investments are:

- To produce the best financial return within an acceptable level of risk
- To produce a total return in excess of inflation for medium term investments
- To preserve the capital value with a minimum level of risk for short term investments

The policy also details the trustees' position on risk, ethical investments and liquidity.

The Finance, Risk and Audit Committee decided to invest reserves in the F&C CAF Socially Responsible Portfolio. F&C was sold during the year and the investment is now owned by Columbia Threadneedle Fund Management Limited. The investment paid out dividends of £5k during the year, a yield of 1.5%. The investment has been increasing in value over the years, however the value fell sharply in September 2022 resulting in an unrealised loss of £44k. The value is starting to recover.

Reserves policy and going concern

The key threat to our income is a drop in membership renewals and/or a reduction in new members joining. Despite our initial concerns in the light of COVID-19 and the new requirement for all members to complete a declaration before renewing their membership, the membership renewals for 2021/22 were in line with our target of 95%. We are, therefore, reasonably confident that our income is secure. Much of our expenditure is within our control. The Board is satisfied that there are no material uncertainties of which they are aware. The Board has a reasonable expectation that the Charity will remain a going concern for at least 12 months from approving these accounts.

The trustees have a reserves policy which requires that reserves be maintained at a level which ensures that the Charity's core activities could continue during a period of unforeseen difficulty.

The Complaints and Conduct Process has a separate reserves policy. A proportion of these reserves must be maintained in a readily realisable form.

The Charity's income and expenditure are both highly predictable in timing and amounts. Reserves are calculated by reference to the risks the Charity faces and the costs of aligning expenses with income if required, or to meet the risks of unplanned costs.

The trustees set reserves targets at the beginning of the financial year and monitor the actual results at each Board meeting. The current reserves target for the general fund has been increased to £402k (from £350k). The target ensures funds are available to cover any outstanding rent and operational costs as well as ensuring staff are adequately remunerated should we have to cease operations.

There were no restricted funds at the year end (2021: £NIL). The free reserves at 30 September 2022 are £546k (2021: £630k) (unrestricted funds less designated funds and the net book value of tangible fixed assets). The excess free reserves of £218k are being carried forward to the 2022/23 financial year. Management is working on plans to utilise these funds in the most effective way.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

The target for the Complaints and Conduct Process fund is £62,500 and current designated fund balance is £75k. This is set taking account of potential litigation or risk and insurances held against these. Expenditure, other than operational costs, is dependent on the number of cases accepted and this varies from year to year. The budget setting process takes the number of cases accepted but not heard into account so reserves at the end of a financial year may be higher than the target to make allowance for expected future legal costs.

Related parties and relationships with other organisations

The Charity is a membership organisation and has, in the ordinary course of its activities, transactions with its members individually and with groups of members in the Colleges. Colleges are not separate legal entities and facilitate engagement and involvement with members.

Remuneration policy

The Charity sets the pay of its staff and key management personnel using industry benchmarks, performance reviews and appraisals. UKCP has a Remuneration, Appointments and Performance Management Committee (RAPMC) which is responsible for re-evaluating decisions to remunerate trustees, committee chairs and college personnel on an annual basis and reports their findings to the UKCP Board of Trustees. The RAPMC is currently reviewing all contracts for services to ensure they are compliant with current legislation. The Board approves any annual increases and changes to the Chief Executive's remuneration package, as recommended by the RAPMC.

Fundraising

The United Kingdom Council for Psychotherapy does not engage in public fundraising and does not use professional fundraisers or commercial participators. The Charity nevertheless observes the relevant fundraising regulations and codes. During the year there was no non-compliance with these regulations and codes and the Charity received no complaints relating to its fundraising practice.

Structure, governance and management

Constitution

The organisation is a charitable company limited by guarantee, incorporated on 30 September 1996 and registered as a charity on 8 October 1996.

The company was established under a memorandum of association which established the objects (see page 4) and powers of the charitable company and is governed under its articles of association.

Organisational structure and decision making

The Board of Trustees, which is responsible to UKCP members and the Charity Commission, oversees the fulfilment of our charitable objectives. A number of committees report to the Board or to the Executive Committee, which oversees ongoing work.

On appointment, each trustee is asked to declare any conflicts of interest. They are also asked annually to declare any interests, ensuring the UKCP Register of Interests is accurate and up-to-date.

We give our new trustees an induction pack outlining the roles and responsibilities of being a trustee as well as the Charity Commission's 'Charity trustee: what is involved' (CC3a) and 'The essential trustee: what you need to know' (CC3). We also aim to meet any training needs for new trustees that will help them carry out their role.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

Risk management

Our Board reviews the risks facing UKCP on an annual basis via a Risk Register. The register covers strategic, operational, financial, human resources, technological and reputational risks. The risks we have identified are prioritised in terms of potential impact and likelihood of occurrence and the trustees confirm that systems or procedures are in place to mitigate significant risks. Risks are reviewed regularly by the Finance, Risk and Audit Committee with the support of the Senior Management Team, with a focus on strategic risks which would have the most impact on UKCP.

Risks that were closely monitored during the year were:

- Integrity of the Register – UKCP prides itself on maintaining, and takes measures to keep, an up-to-date list of registrants. The team regularly carries out checks and audits on data as well as data cleansing exercises.
- Data breach – Data security is a priority area for UKCP. As well as moving data and information to the cloud, the team has embedded introductory and regular cyber security training into staff and volunteering operations.

Statement of responsibilities of the trustees

The trustees (who are also directors of the United Kingdom Council for Psychotherapy for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2022

The trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Christian Buckland
Chair

Date: 27 June 2023

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

OPINION

We have audited the financial statements of The United Kingdom Council for Psychotherapy (the 'charity') for the year ended 30 September 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

OTHER INFORMATION

The other information comprises the information included in the Annual Report other than the financial statements and our Auditors' Report thereon. The Trustees are responsible for the other information contained within the Annual Report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINION ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

AUDITORS' RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the Charity, including the Companies Act 2006, Charities Act 2011, and those with an indirect effect;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the Charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY (CONTINUED)

To address the risk of fraud through management bias and override of controls, we;

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions; and
- we evaluated the assumptions and judgements used by management within significant accounting estimates and assessed whether these indicated evidence of management bias.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation; and
- enquiring of management as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' Report.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF THE UNITED KINGDOM COUNCIL FOR
PSYCHOTHERAPY (CONTINUED)**

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Hewett (Senior Statutory Auditor)

for and on behalf of

Peters Elworthy & Moore

Chartered Accountants

Statutory Auditors

Salisbury House

Station Road

Cambridge

CB1 2LA

Date: 28 June 2023

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
INCOME FROM:					
Donations	3	-	1,008	1,008	2,425
Charitable activities:	4				
Registration fees and subscriptions		2,506,255	-	2,506,255	2,520,547
Other trading activities	5	42,981	2,228	45,209	32,941
Investments	6	6,044	-	6,044	4,202
TOTAL INCOME		2,555,280	3,236	2,558,516	2,560,115
EXPENDITURE ON:					
Charitable activities:	7				
Improving access		348,181	3,236	351,417	379,186
Engaging better		377,882	-	377,882	385,797
Maintain standards of excellence		1,614,067	-	1,614,067	1,416,179
Collaborating for success		215,041	-	215,041	224,230
Research		131,782	-	131,782	157,821
TOTAL EXPENDITURE		2,686,953	3,236	2,690,189	2,563,213
NET EXPENDITURE BEFORE NET (LOSSES)/GAINS ON INVESTMENTS					
		(131,673)	-	(131,673)	(3,098)
Net (losses)/gains on investments	16	(44,398)	-	(44,398)	61,163
NET MOVEMENT IN FUNDS		(176,071)	-	(176,071)	58,065
RECONCILIATION OF FUNDS:					
Total funds brought forward	21	822,720	-	822,720	764,655
Net movement in funds		(176,071)	-	(176,071)	58,065
TOTAL FUNDS CARRIED FORWARD		646,649	-	646,649	822,720

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 27 to 47 form part of these financial statements.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03258939

BALANCE SHEET
AS AT 30 SEPTEMBER 2022

	Note	2022 £	As restated 2021 £
FIXED ASSETS			
Tangible assets	15	26,576	89,876
Investments	16	290,616	335,014
		317,192	424,890
CURRENT ASSETS			
Debtors	17	153,334	174,004
Cash at bank and in hand		676,064	731,404
		829,398	905,408
Creditors: amounts falling due within one year	18	(309,441)	(414,978)
NET CURRENT ASSETS		519,957	490,430
TOTAL ASSETS LESS CURRENT LIABILITIES		837,149	915,320
Provisions for liabilities	19	(190,500)	(92,600)
TOTAL NET ASSETS		646,649	822,720
CHARITY FUNDS			
Unrestricted funds	21	646,649	822,720
TOTAL FUNDS		646,649	822,720

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03258939

BALANCE SHEET (CONTINUED)
AS AT 30 SEPTEMBER 2022

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Christian Buckland
Chair

Date: 27 June 2023



David FitzGerald
Treasurer

27 June 2023

The notes on pages 27 to 47 form part of these financial statements.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Note	2022 £	2021 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Net cash used in operating activities	23	(56,188)	(9,453)
CASH FLOWS FROM INVESTING ACTIVITIES			
Dividends, interests and rents from investments		6,044	4,202
Purchase of tangible fixed assets		(5,196)	(1,698)
NET CASH PROVIDED BY INVESTING ACTIVITIES		848	2,504
CASH FLOWS FROM FINANCING ACTIVITIES			
NET CASH PROVIDED BY FINANCING ACTIVITIES		-	-
CHANGE IN CASH AND CASH EQUIVALENTS IN THE YEAR		(55,340)	(6,949)
Cash and cash equivalents at the beginning of the year		731,404	738,353
CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR	24	676,064	731,404

The notes on pages 27 to 47 form part of these financial statements

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

1. GENERAL INFORMATION

The United Kingdom Council for Psychotherapy is a charitable company limited by guarantee and is incorporated in the United Kingdom. The liability of each member in the event of winding up is limited to £1.

The registered office address and principal place of business is America House, 2 America Square, London, EC3N 2LU.

The presentational and functional currency of the Charity is GBP.

2. ACCOUNTING POLICIES

2.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The United Kingdom Council for Psychotherapy meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

The income and expenditure of colleges is included within the Charity's financial statements, as required by the Charities SORP.

2.2 GOING CONCERN

The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Further information is included in the trustees' annual report.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

2. ACCOUNTING POLICIES (CONTINUED)

2.3 INCOME

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from registration fees and subscriptions is recognised evenly over the registration year.

2.4 INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.5 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes.

Investment income, gains and losses are allocated to the appropriate fund.

2.6 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

2.7 ALLOCATION OF SUPPORT AND GOVERNANCE COSTS

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the Charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

2. ACCOUNTING POLICIES (CONTINUED)

	2022 %	2021 %
Improving access	12	15
Engaging better	13	14
Maintain standards of excellence	55	52
Collaborating for success	7	8
Research	4	5
Governance costs	9	6
	100	100

Governance costs are the costs associated with the governance arrangements of the Charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the Charity's activities. These are apportioned over each area of activity in proportion of the total costs of that activity.

2.8 TANGIBLE FIXED ASSETS AND DEPRECIATION

Items of equipment are capitalised where the purchase price exceeds £1,500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life.

Depreciation is provided on the following bases:

Short-term leasehold property	- Over life of the lease
Furniture and fittings	- 25% pa reducing balance
Furniture and fittings held under finance leases	- Term of the lease
Office equipment	- 25% pa reducing balance
Computer equipment	- 20 - 25% pa straight line

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

2. ACCOUNTING POLICIES (CONTINUED)

2.9 INVESTMENTS

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The Charity does not acquire put options, derivatives or other complex financial instruments.

2.10 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.11 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.12 LIABILITIES AND PROVISIONS

Liabilities and provisions are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.13 FINANCIAL INSTRUMENTS

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.14 PENSIONS

The charity contributes to personal pension plans of its employees. The pension charge represents the amounts payable by the charity to such plans in the financial year.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

3. INCOME FROM DONATIONS

	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
UKCP Bursary Fund	1,008	1,008	2,425
	<u>1,008</u>	<u>1,008</u>	
TOTAL 2021	<u>2,425</u>	<u>2,425</u>	

4. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Registration fees and subscriptions	2,506,255	2,506,255	2,520,547
	<u>2,506,255</u>	<u>2,506,255</u>	
TOTAL 2021	<u>2,520,547</u>	<u>2,520,547</u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

5. INCOME FROM OTHER TRADING ACTIVITIES

Income from non charitable trading activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Advertising income	34,989	-	34,989	25,494
Conferences and events	-	2,228	2,228	-
Other income	7,992	-	7,992	7,447
	<u>42,981</u>	<u>2,228</u>	<u>45,209</u>	<u>32,941</u>
TOTAL 2021	<u>32,941</u>	<u>-</u>	<u>32,941</u>	

6. INVESTMENT INCOME

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Investment income	4,552	4,552	4,131
Interest income	1,492	1,492	71
	<u>6,044</u>	<u>6,044</u>	<u>4,202</u>
TOTAL 2021	<u>4,202</u>	<u>4,202</u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

7. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by fund type

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
Improving access	348,181	3,236	351,417	379,186
Engaging better	377,882	-	377,882	385,797
Maintain standards of excellence	1,614,067	-	1,614,067	1,416,179
Collaborating for success	215,041	-	215,041	224,230
Research	131,782	-	131,782	157,821
	<u>2,686,953</u>	<u>3,236</u>	<u>2,690,189</u>	<u>2,563,213</u>
TOTAL 2021	<u>2,560,788</u>	<u>2,425</u>	<u>2,563,213</u>	

8. ANALYSIS OF EXPENDITURE BY ACTIVITIES

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	Total funds 2021 £
Improving access	320,803	30,614	351,417	379,186
Engaging better	344,963	32,919	377,882	385,797
Maintain standards of excellence	1,473,457	140,610	1,614,067	1,416,179
Collaborating for success	196,308	18,733	215,041	224,230
Research	120,302	11,480	131,782	157,821
	<u>2,455,833</u>	<u>234,356</u>	<u>2,690,189</u>	<u>2,563,213</u>
TOTAL 2021	<u>2,366,851</u>	<u>196,362</u>	<u>2,563,213</u>	

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

8. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)

ANALYSIS OF DIRECT COSTS

	Improving access 2022 £	Engaging better 2022 £	Maintain standards of excellence 2022 £	Collaborating for success 2022 £
Operational staff costs (excl. CCP staff costs)	109,981	140,437	510,987	96,445
Premises and other operational costs	65,844	84,077	305,920	57,740
Committees and Board of Trustees	1,350	1,350	8,098	1,350
Governance and membership administration	28,510	28,510	99,785	14,255
Colleges	622	622	3,732	311
Research	-	-	-	-
Complaints and conduct process (incl. staff costs)	28,818	28,818	518,728	-
Bursaries	42,000	-	-	-
Communications	43,678	61,149	26,207	26,207
	<u>320,803</u>	<u>344,963</u>	<u>1,473,457</u>	<u>196,308</u>
TOTAL 2021	<u>352,562</u>	<u>356,242</u>	<u>1,305,264</u>	<u>207,052</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

8. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)

ANALYSIS OF DIRECT COSTS (continued)

	Research 2022 £	Total funds 2022 £	Total funds 2021 £
Operational staff costs (excl. CCP staff costs)	49,068	906,918	879,136
Premises and other operational costs	29,378	542,959	559,280
Committees and Board of Trustees	675	12,823	8,352
Governance and membership administration	-	171,060	98,077
Colleges	311	5,598	75,193
Research	23,399	23,399	38,742
Complaints and conduct process (incl. staff costs)	-	576,364	449,137
Bursaries	-	42,000	40,500
Communications	17,471	174,712	218,434
	<u>120,302</u>	<u>2,455,833</u>	<u>2,366,851</u>
TOTAL 2021	<u>145,731</u>	<u>2,366,851</u>	

Bursaries represents 56 (2021: 54) grants to individuals of £750 each. Included within Research is one (2021: none) grant to an institution, York St John University, for a PhD totalling £1,250.

ANALYSIS OF SUPPORT COSTS

	Improving access 2022 £	Engaging better 2022 £	Maintain standards of excellence 2022 £	Collaborating for success 2022 £
Operational staff costs (excl. CCP staff costs)	9,725	10,457	44,668	5,951
Premises and other operational costs	5,822	6,261	26,742	3,563
Committees and Board of Trustees	88	95	405	54
Governance and membership administration	14,897	16,019	68,422	9,116
Colleges	82	87	373	49
	<u>30,614</u>	<u>32,919</u>	<u>140,610</u>	<u>18,733</u>
TOTAL 2021	<u>29,049</u>	<u>29,555</u>	<u>108,490</u>	<u>17,178</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

8. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)

ANALYSIS OF SUPPORT COSTS (continued)

	Research 2022 £	Total funds 2022 £	Total funds 2021 £
Operational staff costs (excl. CCP staff costs)	3,647	74,448	74,676
Premises and other operational costs	2,183	44,571	47,506
Committees and Board of Trustees	33	675	440
Governance and membership administration	5,586	114,040	65,385
Colleges	31	622	8,355
	<u>11,480</u>	<u>234,356</u>	<u>196,362</u>
TOTAL 2021	<u>12,090</u>	<u>196,362</u>	

9. NET INCOME/(EXPENDITURE) FOR THE YEAR

	2022 £	2021 £
Depreciation (owned by the Charity)	68,496	81,764
Operating lease rentals	150,962	141,841
Fees payable to the Charity's auditor in respect of:		
Preparation of statutory financial statements	1,500	-
Fees payable to the Charity's auditor for the audit of the Charity's annual accounts (excluding VAT)	<u>9,000</u>	<u>8,900</u>

10. TRUSTEES' REMUNERATION AND EXPENSES

During the year, honoraria were paid to the following trustees of the Charity:

	2022 £	2021 £
Martin Pollecoff	3,644	8,000
Syed Azmatullah	4,356	-

Payment of the Chair's honorarium has been agreed by the Charity Commission.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

10. TRUSTEES' REMUNERATION AND EXPENSES (CONTINUED)

Members and trustees receive reimbursement for travel expenditure whilst on charity business which are all part of the normal course of business. During the year ended 30 September 2022, expenses totalling £1,154 were reimbursed or paid directly to 6 Trustees (2021 - £NIL to no Trustees).

11. ANALYSIS OF STAFF COSTS AND THE COST OF KEY MANAGEMENT PERSONNEL

Staff costs were as follows:

	2022	2021
	£	£
Salaries and wages	1,049,365	1,037,145
Social security costs	106,125	107,761
Employer pension contributions	82,434	84,924
Temporary staff costs	46,728	3,708
Redundancy and termination costs	-	3,393
	<u>1,284,652</u>	<u>1,236,931</u>

Of the £1,237,924 staff costs (2021: £1,236,931), £336,842 (2021: £339,912) relates to the Complaints and Conduct Process Designated Fund.

The following number of employees received employee benefits in excess of £60,000 (excluding employer national insurance and employer pension contributions) during the year between:

	2022	2021
	£	£
£90,000 - £99,999	<u>1</u>	<u>1</u>

The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel (as listed on page 1) were £278,807 (2021: £283,644).

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

12. STAFF NUMBERS

The average number of employees (headcount based on number of staff employed) during the year was as follows:

	2022	2021
	£	£
Professional and other services	25	28
Administration	1	1
	<u>26</u>	<u>29</u>

13. RELATED PARTY TRANSACTIONS

During the year, honorarium payments were made to two trustees of the Charity. This is disclosed in note 10 to these accounts.

Some members are paid a token amount for specific pieces of work undertaken on behalf of the Charity, although these amounts are in no way meant to reimburse them at market rates. There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

During the year some Trustees were paid for presenting online lectures. Payments were made to M Pollecoff £750 (2021: £750), D Charura £nil (2021: £750) and B Kahr £nil (2021: £1,250). J Lucas was paid £200 for sitting on an adjudication panel before being appointed a trustee.

14. TAXATION

The Charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

15. TANGIBLE FIXED ASSETS

	Short-term leasehold property £	Furniture, fittings and equipment £	Computer equipment £	Total £
COST OR VALUATION				
At 1 October 2021	181,980	99,284	34,200	315,464
Additions	-	-	5,196	5,196
At 30 September 2022	<u>181,980</u>	<u>99,284</u>	<u>39,396</u>	<u>320,660</u>
DEPRECIATION				
At 1 October 2021	124,768	72,996	27,824	225,588
Charge for the year	57,212	6,575	4,709	68,496
At 30 September 2022	<u>181,980</u>	<u>79,571</u>	<u>32,533</u>	<u>294,084</u>
NET BOOK VALUE				
At 30 September 2022	<u>-</u>	<u>19,713</u>	<u>6,863</u>	<u>26,576</u>
At 30 September 2021	<u>57,212</u>	<u>26,288</u>	<u>6,376</u>	<u>89,876</u>

All of the above assets are used for charitable purposes.

16. FIXED ASSET INVESTMENTS

	Listed investments £
VALUATION	
At 1 October 2021	335,014
Revaluations	(44,398)
AT 30 SEPTEMBER 2022	<u>290,616</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

Investments comprise:

	2022 £	2021 £
UK common investment funds	290,616	335,014
	2022 £	2021 £
Historic cost	200,000	200,000

17. DEBTORS

	2022 £	2021 £
Trade debtors	7,481	2,197
Other debtors	453	42,585
Prepayments and accrued income	145,400	129,222
	153,334	174,004

18. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	As restated 2021 £
Trade creditors	75,155	113,539
Other taxation and social security	26,867	27,613
Other creditors	34,349	43,475
Accruals and deferred income	173,070	230,351
	309,441	414,978

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	2022	2021
	£	£
Deferred income at 1 October 2021	141,007	158,205
Resources deferred during the year	118,433	141,007
Amounts released from previous periods	(141,007)	(158,205)
	118,433	141,007

Deferred income relates to 2022/23 membership income received in advance.

19. PROVISIONS

	Dilapidations	Legal costs	Total
	£	£	£
At 1 October 2021	57,000	35,600	92,600
Additions	18,000	79,900	97,900
	75,000	115,500	190,500

The provision for dilapidations represents the directors' best estimate of the costs required to put 2nd Floor (East), 2 America Square, London, EC3 into the physical state required by the covenants and obligations contained within the lease.

The provision for legal costs represents the expected legal fees in respect of dealing with complaints.

20. PRIOR YEAR ADJUSTMENTS

In the prior year, provisions for legal case costs and dilapidations were disclosed as current liabilities (included in accruals and other creditors, respectively) when they should have been disclosed as provisions.

The comparatives in note 18 have been restated, resulting in a £35,600 decrease in accruals and a £57,000 decrease in other creditors. These amounts have been presented in note 19 Provisions.

This restatement has no effect on brought forward funds.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

21. STATEMENT OF FUNDS

STATEMENT OF FUNDS - CURRENT YEAR

	Balance at 1 October 2021 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 September 2022 £
UNRESTRICTED FUNDS						
DESIGNATED FUNDS						
UKCP Bursary Fund	1,121	-	(38,764)	37,643	-	-
Complaints and conduct process	100,976	550,000	(576,364)	-	-	74,612
	<u>102,097</u>	<u>550,000</u>	<u>(615,128)</u>	<u>37,643</u>	<u>-</u>	<u>74,612</u>
GENERAL FUNDS						
General Fund	720,623	2,005,280	(2,071,825)	(37,643)	(44,398)	572,037
TOTAL UNRESTRICTED FUNDS	<u>822,720</u>	<u>2,555,280</u>	<u>(2,686,953)</u>	<u>-</u>	<u>(44,398)</u>	<u>646,649</u>
RESTRICTED FUNDS						
UKCP Bursary Fund	-	3,236	(3,236)	-	-	-
TOTAL OF FUNDS	<u>822,720</u>	<u>2,558,516</u>	<u>(2,690,189)</u>	<u>-</u>	<u>(44,398)</u>	<u>646,649</u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

21. STATEMENT OF FUNDS (CONTINUED)

Purposes of restricted funds

The UKCP Bursary Fund was created to award bursaries to UKCP trainees in their final years of training. Donations have been received from members and the general public. Direct costs are attributed to the fund.

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from membership subscriptions and the general fund. The fund is used to cover the costs of operating the Complaints and Conduct department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

The UKCP Bursary Fund was created to award bursaries to UKCP trainees in their final years of training. £37,643 from general funds was transferred to the designated fund during the year. Funds not awarded are carried forward to future years.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

21. STATEMENT OF FUNDS (CONTINUED)

STATEMENT OF FUNDS - PRIOR YEAR

	Balance at 1 October 2020 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 September 2021 £
UNRESTRICTED FUNDS						
DESIGNATED FUNDS						
UKCP Bursary Fund	3,196	-	(38,075)	36,000	-	1,121
Complaints and Conduct Process	56,667	493,446	(449,137)	-	-	100,976
	<u>59,863</u>	<u>493,446</u>	<u>(487,212)</u>	<u>36,000</u>	<u>-</u>	<u>102,097</u>
GENERAL FUNDS						
General fund	<u>704,792</u>	<u>2,064,244</u>	<u>(2,073,576)</u>	<u>(36,000)</u>	<u>61,163</u>	<u>720,623</u>
TOTAL UNRESTRICTED FUNDS	<u>764,655</u>	<u>2,557,690</u>	<u>(2,560,788)</u>	<u>-</u>	<u>61,163</u>	<u>822,720</u>
RESTRICTED FUNDS						
UKCP Bursary Fund	<u>-</u>	<u>2,425</u>	<u>(2,425)</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL OF FUNDS	<u><u>764,655</u></u>	<u><u>2,560,115</u></u>	<u><u>(2,563,213)</u></u>	<u><u>-</u></u>	<u><u>61,163</u></u>	<u><u>822,720</u></u>

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

22. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	26,576	26,576
Fixed asset investments	290,616	290,616
Current assets	829,398	829,398
Creditors due within one year	(309,441)	(309,441)
Provisions for liabilities and charges	(190,500)	(190,500)
TOTAL	646,649	646,649

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds (as restated) 2021 £	Total funds 2021 £
Tangible fixed assets	89,876	89,876
Fixed asset investments	335,014	335,014
Current assets	905,408	905,408
Creditors due within one year	(414,978)	(414,978)
Provisions for liabilities and charges	(92,600)	(92,600)
TOTAL	822,720	822,720

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

23. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income/expenditure for the year (as per Statement of Financial Activities)	(176,071)	58,065
ADJUSTMENTS FOR:		
Depreciation charges	68,496	81,764
Losses/(gains) on investments	44,398	(61,163)
Dividends, interests and rents from investments	(6,044)	(4,202)
Decrease/(increase) in debtors	20,670	(38,077)
(Decrease)/increase in creditors	(105,537)	(68,240)
Increase/(decrease) in provisions	97,900	22,400
NET CASH USED IN OPERATING ACTIVITIES	(56,188)	(9,453)

24. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2022 £	2021 £
Cash in hand	676,064	731,404
TOTAL CASH AND CASH EQUIVALENTS	676,064	731,404

25. ANALYSIS OF CHANGES IN NET DEBT

	At 1 October 2021 £	Cash flows £	At 30 September 2022 £
Cash at bank and in hand	731,404	(55,340)	676,064
	731,404	(55,340)	676,064

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

26. OPERATING LEASE COMMITMENTS

At 30 September 2022 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2022 £	2021 £
Land and buildings		
Not later than 1 year	199,199	147,136
Later than 1 year and not later than 5 years	161,849	-
	<u>361,048</u>	<u>147,136</u>

Accounts

Company number: 03258939

Charity number: 1058545

The United Kingdom Council for Psychotherapy

Report and financial statements

For the year ended 30 September 2021

The United Kingdom Council for Psychotherapy

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For the year ended 30 September 2021

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The United Kingdom Council for Psychotherapy

Reference and administrative information

For the year ended 30 September 2021

Company number 03258939

Country of incorporation United Kingdom

Charity number 1058545

Country of registration England and Wales

Registered office and operational address
2nd Floor, America House
2 America Square
London
EC3N 2LU

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Martin Pollecoff	Chair
Andy Cottom	Vice-chair
David FitzGerald	Treasurer
Bob Cooke	Resigned 29 May 2021
Brett Kahr	Resigned 31 December 2020
Divine Charura	Resigned 31 December 2020
Jacqui McCouat	
John Loughrey	Lay
John Nuttall	Appointed 12 February 2021; resigned 18 October 2021
Juliet Rosenfeld	
Suzy Walker	Lay – Resigned 7 June 2021
Syed Azmatullah	
William Daniel-Braham	Appointed 8 March 2021
Joanna Lucas	Appointed 15 November 2021

Key Management Personnel	Sarah Niblock	Chief Executive
	Jovana Perzic	Head of Academic Enterprise and Innovation
	Cath White	Head of Operations and Regulation
	Helen Willingham	Head of Content and Engagement

Bankers

CAF Bank Ltd
Kings Hill West Malling
Kent
ME19 4TA

Barclays Bank plc
PO Box 2764
London
NW3 6JD

The United Kingdom Council for Psychotherapy

Reference and administrative information

For the year ended 30 September 2021

Unity Trust Bank
P O Box 7193
Planetary Road
Willenhall
WV1 9DG

Solicitors

Fieldfisher
35 Vine Street
London
EC3N 2AA

Auditor

Sayer Vincent LLP
Chartered Accountants and Statutory Auditor
Invicta House
108-114 Golden Lane
London
EC1Y 0TL

A message from our Chief Executive

When we set out on our journey to make emotional and mental health a human right, we never envisioned a year like the one we've just experienced. For the public, as well as for some within the UKCP family, it has been a time of tragedy and trauma.

Psychotherapy and psychotherapeutic counselling have a huge role to play in Britain's sustainable recovery – reconnecting individuals, families, communities. The coronavirus pandemic has seen the rates of people experiencing depression and anxiety for the first time significantly increase, while people with pre-existing issues have found their problems worsening. This has fuelled our determination to prioritise the needs of people in distress by better signposting how they can access high-quality support. We've also worked hard to emphasise the benefits of psychotherapy to policy-makers and MPs, and put our energies into supporting our members to deliver excellence.

The pandemic and its impact on the traditional lifeblood way of working for most psychotherapists and psychotherapeutic counsellors – in-person consultations – threw professional life into disarray for longer than was originally expected. We undertook regular surveys of full clinical members to identify particular areas where they needed support, responding with online events, surgeries and guidance via our website's COVID-19 Hub.

We wondered whether members might decide to close their practices, but the vast majority migrated successfully and very capably to fully remote or hybrid ways of working to ensure ongoing support for distressed clients. A key part of our role was to try to gain some clarity from policy-makers on whether/when therapists could work in person in particular settings. Accordingly, we made an effort to collaborate in close tandem with our sister bodies to ensure we were aligned.

Creating a sustainable, values-led, relational solution to the mental health crisis can only be achieved by ensuring our membership reflects the individuals and communities we serve. Our independently chaired Equality, Diversity and Inclusion Taskforce, comprising members and staff, has been meeting all year and is currently finalising its report and set of recommendations for the Board of Trustees. Across the whole organisation, we're working to better understand and address the barriers to both entering and accessing the profession for people with a range of protected – as well as some unprotected – characteristics.

While the year has been one of the most challenging in our recent history, our team has continued to work effectively and productively remotely. They have really stepped up in spite of the unusual and testing conditions to focus on taking the operation from strength to strength while keeping themselves and others safe in a small organisation where we are mutually reliant.

Due in part to many people re-evaluating their careers during the pandemic, we processed an unprecedented number of applications to join UKCP from students and trainees. With these new therapists-in-waiting making up a third of our community, we have taken active steps to ensure they are appropriately targeted and supported during their journey to becoming full clinical members, such as through research events. They represent the future of this profession and its capacity to remain relevant and recognised in the face of significant health funding challenges, along with the surge in threats from other providers, such as apps.

For the wider membership, online events and workshops geared towards enhancing practice during a dramatic period of transition from in-person work to remote have been very well attended. An important focus has been on building a research culture and capacity among our members and by aligning with strategic partners. Demonstrating that psychotherapy works is a logistical as well as financial challenge in an organisation of our size, and yet it is of ever more pressing importance that we find mechanisms to ensure public trust in the profession alongside recognition from policy-makers and parliamentarians. As with so much of our activity, our staff, Board and other volunteers work very creatively and smartly to leverage opportunities to maximise our impact.

Prof. Sarah Niblock
UKCP Chief Executive

Trustees' Annual Report

The trustees of the United Kingdom Council for Psychotherapy (UKCP) present their report and the audited financial statements for the year ended 30 September 2021.

Reference and administrative information set out on pages 1 and 2 form part of this report. Our financial statements comply with current statutory requirements, our memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

This report looks at what UKCP has achieved and the outcome of our work within the past 12 months. The trustees report the success of each key activity and the benefits we have brought to the people we are set up to help. The report also helps our trustees ensure our aims, objectives and activities remained in line with our stated purposes.

The trustees review UKCP's aims, objectives and activities each year.

Vision

We want a world in which emotional and mental wellness is a human right.

Purpose

To transform lives by unlocking potential.

Mission

Alongside professional support for our members we are the leading research, innovation, educational and regulatory body working to advance psychotherapies for the benefit of all.

Our strategic objectives

Improving access

To make sure that high-quality psychotherapy and psychotherapeutic counselling in both private and public sectors is available to everyone, no matter who they are.

Engaging better

To improve the way we engage with our individual and organisational members and provide services and benefits which are valued by all.

Maintain standards of excellence

To protect the public by making sure everyone on our register meets our professional standards, at the same time making sure our register meets national accreditation requirements. To continue setting high standards in the way we govern and organise ourselves.

Collaborating for success

To develop existing external collaborations and actively seek new ones to achieve a more powerful voice to promote psychotherapy and psychotherapeutic counselling.

Research

To carry out appropriate research and use findings to promote psychotherapy and psychotherapeutic counselling and inform our members' training and development for the benefit of all.

Our charitable objectives

Our charitable objectives, as set out in our Articles of Association, provide a framework through which our strategic aims can be achieved. They are to promote:

- the art and science of psychotherapy and psychotherapeutic counselling for the benefit of the public
- the importance of extensive research into psychotherapy and psychotherapeutic counselling methods, and the timely, widespread dissemination of relevant findings
- the highest standards of education, training and practice in psychotherapy and psychotherapeutic counselling
- the wider provision of psychotherapy and psychotherapeutic counselling for all sections of the public.

Public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance in the delivery of public benefit

Improving access to psychotherapy

We're committed to raising the profile of psychotherapy and UKCP so the public, service users, media, policy-makers, professionals and partners fully understand the profession, act in its best interests, and think of us as its 'go to' expert body. As part of this work, we target diverse audiences to encourage them to join the profession or feel more open to seeking psychotherapy.

Helping influence £20 million in new funding for psychotherapy in the NHS

Alongside Health Education England (HEE) and the other major psychotherapy and counselling professional bodies, we worked on an important project this year to identify and address key barriers to providing psychotherapy and counselling in the NHS in England.

Following the project, HEE announced plans to invest £20 million to recruit and train 300 new high intensity therapists in Improving Access to Psychological Therapies (IAPT) services across England. Most of these new recruits will deliver psychotherapies that are significantly under-represented within IAPT.

To make sure our influencing with HEE reflected our members' experiences, we met with 25 UKCP members who work in the NHS to learn more about the barriers they face. We're now developing a comprehensive report on the structural barriers to the progression of psychotherapy in the public sector, which we'll share next year.

In addition, we surveyed more than 500 UKCP members about the level of unpaid work they've carried out in the NHS, to demonstrate the financial burden this work puts on psychotherapists, as well as the value of it to the NHS. This will feature in our upcoming report too.

We also helped influence HEE to include a psychotherapy and counselling representative in the IAPT stakeholder group – a vital consortium that helps steer the development of services across England. The group had previously only had representatives from the psychology and cognitive behavioural therapy professions.

Campaigning for patients to be offered more treatments

The updated National Institute for Health and Care Excellence (NICE) guideline on depression in adults – due to be published in 2022 – will influence the provision of depression support nationwide for years to come. We believe the draft guidance isn't fit for purpose. It poses a serious threat to patient choice and will result in patients being offered a limited selection of treatments, which may not be the best treatments for them.

As a leading member of a coalition of more than 40 organisations, this year we continued to put pressure on NICE to amend the guideline. Ahead of the publication of its third and final draft, we contacted more than 200 MPs requesting their signatures on a cross-party letter to NICE in support of our campaign. Our efforts have already led to a number of concessions, and we hope this further political support will help secure a final draft guideline that ensures people with depression have access to the treatment they need.

Launching our new website and Find a Therapist tool

Our website is crucial to our goals as an organisation. It's the first port of call for people seeking therapy and for anyone looking for psychotherapy training, while influential decision-makers use it to find information about UKCP. It also plays a key role in supporting our members.

After a year of research, design, development and content creation we launched a brand new website for UKCP in December 2020, aiming to provide users with an even better experience. It includes a new and improved Find a Therapist tool for people looking to work with a psychotherapist in person or remotely.

Across the whole of the 2020/21 year, 600,000 people visited our website. The new Find a Therapist tool has led to an increase of over 30 per cent in the time people spend on its webpage, and a 33 per cent increase in people clicking through to therapists' profile pages.

Trustee's annual report

For the year ended 30 September 2021

Encouraging diversity and inclusion in psychotherapy

We know we need to do more to improve the diversity of psychotherapists. In 2020/21, we continued to be an active member of the Coalition for Diversity and Inclusion, which brings together organisations committed to improving diversity in the psychotherapy and counselling professions.

Following a successful event in early 2021 that aimed to identify barriers to inclusion in organisations that train psychotherapists, the coalition has been working to produce a toolkit to ensure psychotherapy trainees receive adequate training to support them working with difference among clients, and to ensure the perspectives of trainees from minority groups are included.

Influencing the Scottish government to support mental health

Ahead of the Scottish parliamentary elections in May 2021, we asked for candidates to pledge to take action on mental health. As a member of the Scottish Mental Health Partnership, we submitted a joint manifesto asking candidates to commit to promote good mental health for the whole population, prevent poor mental health by tackling issues such as economic insecurity, and provide a full range of treatments and therapies.

Following the election, we met with the newly appointed Scottish Mental Health Minister to introduce him to the Partnership's work and hear about the government's plans to deliver on its 10-year mental health strategy.

Reaching key audiences via the media

We continued to raise the profile of psychotherapy and UKCP among the public and policy-makers through a broad range of media channels, receiving a steady stream of coverage. Our aim is to demystify psychotherapy, and make it socially acceptable to talk about therapy and mental wellbeing. We championed key dates such as Alcohol Awareness Week and Stress Awareness Month, as well as making our voice heard on issues like the climate crisis and COVID-19.

Some highlights included:

- ITV News across 12 regions featured an interview with UKCP psychotherapist Joanne Hipplewith on the impact of COVID-19 on children during Children's Mental Health Week.
- Several of our members spoke to the Guardian's Annalisa Barbieri for her reader dilemma column, including UKCP psychotherapists Henry Adeane on friendships and Hannah Shebersky on affairs.
- BBC Radio 4's You & Yours invited UKCP psychotherapist Lucy Beresford on air to discuss how relationships have changed during the pandemic.
- UKCP psychotherapist Dr Dwight Turner spoke to the Independent about happiness as part of the International Day of Happiness.
- Planning, BIM & Construction Today published an opinion piece from UKCP Chief Executive Sarah Niblock, calling for 'psychotherapists-in-residence' to inform urban design decisions.
- Psychologies magazine ran a double-page feature on 'How I became a therapist'. The article is also available on the UKCP website – its page has an impressive average session duration of over four minutes, showing how interesting it is to readers.

Engaging better

We're committed to providing the very best resources, representation and experience for our members to support them in their high standards of practice. We work hard to attract new – and retain existing – members by improving and promoting what we offer.

Trustee's annual report

For the year ended 30 September 2021

Supporting more members than ever before

Our membership grew by 6 per cent this year, to over 10,000, meaning we're now supporting more psychotherapists and psychotherapeutic counsellors than ever to deliver excellent services to their clients.

Our growth included a remarkable 41 per cent increase in student members compared to last year. This steep rise is mainly due to us offering free student memberships, and our organisational members that offer training courses promoting this. We hit our target for keeping our existing members too, with 96 per cent renewing their memberships.

Offering excellent digital events

With the pandemic still ongoing, we continued to provide high-quality online webinars where our members could learn and network with each other to improve their practice. Subjects included remote working, marketing and research.

We also set up an Events Sub-committee to work on proposals for the format, content and strategy for our events in 2021/22. It held its first meeting in August 2021.

Training on conversion therapy

We organised a series of training days this year to support our organisational members to develop their training and practice in line with the Memorandum of Understanding on Conversion Therapy, a commitment UKCP has signed with other leading organisations to end conversion therapy in the UK.

We also offered a webinar on this topic for our individual members, as well as a separate webinar for supervisors.

Providing useful and interesting communications for members

Building on the success of the communication strategy we introduced last year in response to the pandemic, emails continued to be a great way to communicate useful information to help our members keep up to date and improve their skills.

This year we started personalising our emails, so members only see information relevant to their membership grade and location. This means more members read our emails, and get more value from them. We introduced a monthly email update sharing useful information with our organisational members too.

Published three times a year, our magazine, New Psychotherapist, also continued to provide valuable updates for all our members, including interesting features on hot topics in the profession, and useful advice for psychotherapists and psychotherapeutic counsellors to enhance how they practise.

Funding trainees

This year we continued to financially support psychotherapists and psychotherapeutic counsellors in training so they can afford to join the profession. The UKCP Bursary 2021 cycle was successfully launched in June 2021. This year we extended applications to both UKCP Trainee and Student members.

We gave 54 students and trainees £750 each towards their training, following 97 applications. On top of £20,000 set aside in our budget for bursaries, we were able to add another £16,000, which we saved by digitalising our membership certificates last year. We also invited donations to increase our bursary fund. These raised another £2,425, making a total of £40,500 including gift aid and funds brought forward from 2019/20.

Trustee's annual report

For the year ended 30 September 2021

Last year we developed a robust process to make applying easier, fairer and more transparent – we followed this again in 2020/21, with some minor improvements. We processed applications via our CRM system, which meant we were able to generate a report with some useful insights on applicants' backgrounds.

Understanding our members' needs

Keen to understand what our student and trainee members need from UKCP, we asked them to complete a survey this year. Thirty students and 150 trainees answered 15 questions on their experience of UKCP membership. We received a lot of very useful feedback, which we'll analyse and formulate into a strategy to improve what we offer.

We also surveyed our organisational members this year, to help us restructure our categories and fees for these members, and to find out where they might need more support from us. We're now collating the findings as we continue working to improve organisational membership. We set up a Working Group to help better define the relationship we have with our organisational members too.

Maintaining standards of excellence

To achieve the most for our members and the psychotherapy profession, we're committed to improving the way we govern ourselves and regulate our members. We continually review structures across our organisation, addressing diversity issues as a priority.

Ensuring high standards from psychotherapists and psychotherapeutic counsellors

This year we continued to conduct quality reviews of our organisational members and annual audits of our individual clinical members, making sure they are providing the highest quality psychotherapy and psychotherapeutic counselling for their clients.

We successfully moved all our quality reviews online in response to the COVID-19 restrictions. In the 2021 calendar year we audited 196 psychotherapists, while in the 2020/21 financial year we reviewed 17 current organisational members, two applicant organisations, and three new training programmes offered by current organisational members.

Launching our Equality, Diversity and Inclusion Taskforce

We were delighted to launch our new Equality, Diversity and Inclusion Taskforce in October 2020. Its goal within 12 months is to inform and recommend a Diversity Action Plan for the benefit of existing UKCP members, potential members and clients.

The Taskforce aspires to address power, privilege and discrimination dynamics within UKCP systemically, structurally and politically, creating a paradigm shift within the organisation and the profession.

The Taskforce is chaired by Inclusive Boards, a leading agency specialising in inclusion, and taskforce members come from all levels of UKCP. They were recruited through a fair and transparent process intended to attract people to represent all protected characteristics as well as some relevant unprotected characteristics, including socio-economic diversity.

Updating our training standards

To support our child psychotherapeutic counsellor members and ensure those new to practice get the best training possible, our Education, Training and Practice Committee reviewed and revised the UKCP Standards of Education and Training for Child Psychotherapeutic Counselling this year.

Improving education and training

Our Education Working Group was formed in November 2019 to make recommendations to the Board of Trustees on mechanisms to ensure that UKCP psychotherapy and psychotherapy trainings are providing the highest level and quality of education and career preparation.

The group explores the potential for various educational partnerships and developments, including the diversity and inclusivity education within UKCP trainings. This year two group members represented UKCP on the Advisory Group of the Quality Assurance Agency (QAA) for Higher Education (HE) for the review of Subject Benchmark Statements for Counselling and Psychotherapy (BA and MA).

Looking after our people

We've been fortunate to retain a solid staff team throughout 2020/21, with only a low level of turnover. UKCP staff continued to work from home in line with government guidelines, which made it important to look after their wellbeing so they could remain happy and productive.

A survey we did in February 2021 showed that our people continue to feel happy and supported in their roles, and believe our work culture remains as positive as it was pre-pandemic. We carried out further consultations with staff to gather qualitative feedback on what working at UKCP might look like going forward. Most staff told us they would like to adopt a hybrid model of blended home and office working.

Improving our IT systems

This year we worked hard to put streamlined IT solutions in place to make it easier and smoother for our members to renew their memberships and take part in our quality assurance processes. We've also improved how we gather data on our members, which will help us meet their needs more exactly.

Honouring the best in the field

Every year, through our Honorary Fellowship Awards, we pay tribute to those in the profession who further the values and ideals of the fields of psychotherapy and psychotherapeutic counselling, and of UKCP. Following a robust and rigorous nominations and selection process, four UKCP psychotherapists received an Honorary Fellowship in 2021.

Dealing with complaints

A core part of our service to the public is dealing with any complaints about psychotherapists on our register. During 2020/21, we received 81 formal complaints (out of an average of 8,519 members) against our members, resulting in three interim suspension order hearings and nine adjudication panel hearings. Our swift move to holding hearings online meant we continued to hear the most serious complaints in a timely manner despite the challenges of COVID-19.

Our analysis found that confidentiality continues to be the most common cause of complaints about our members. In December 2020, we delivered a webinar to 97 practitioners looking at situations where psychotherapists and psychotherapeutic counsellors might be asked to break confidentiality, such as during court proceedings, and what to do about it.

Collaborating for success

To best support our members and advocate for and promote the psychotherapy profession, we're committed to brokering new, and developing existing, collaborations with professional bodies, service users, the media and those in research and the private sector. We develop relationships with those representing minority groups to help us achieve mutual diversity aims.

Delivering courses with Imperial College London

In partnership with Imperial College London, we delivered three online evening courses this year: 'Introduction to Psychotherapy: A Social History of the Mind', 'Understanding Psychotherapy: Through the Psychotherapists' Eyes', and '10 Great Psychotherapists'.

Some students have since gone on to enrol with our organisational members on other UKCP-accredited courses. The courses also offered a great opportunity for UKCP members to refresh their knowledge and gain CPD towards their re-accreditation. All three modules received very positive feedback from attendees and the Imperial team.

We've agreed to run another three courses in 2021/22.

Raising awareness with the Talking Therapies podcast

This year we continued our podcast series, Talking Therapies, in partnership with Psychologies magazine. With more than 5,000 listens across all episodes between October 2020 and August 2021, Talking Therapies raises awareness of psychotherapy and promotes emotional and mental wellness.

Working together to combat conversion therapy

We believe conversion therapy – trying to change a person's sexual orientation or suppress their gender identity – is unethical and harmful. We are a signatory of the Memorandum of Understanding (MoU) on Conversion Therapy in the UK, alongside 20 other organisations, and an active member of the MoU Coalition against conversion therapy.

Amidst the coalition's ongoing work to end conversion therapy, we welcomed the government's commitment to introducing legal measures to ban conversion therapy in the May 2021 Queen's Speech. We pledged to support the Government Equalities Office to develop effective legislation that complements existing ethical guidance for therapists. We also met with officials to discuss progress, offer our perspective on how the existing MoU on Conversion Therapy might interact with a legal ban, and how to avoid unintended consequences for therapists.

Research

We're committed to delivering research to promote psychotherapy and psychotherapeutic counselling, and to inform our members' training and development. We aim to undertake research to identify issues around diversity facing the profession and the mental health sector.

Awarding research grants

This year we awarded a total of £14,820 in funding to three impactful research projects on relational research supervision, Chinese calligraphy as an effective form of therapy, and inclusivity and exclusivity in therapy. We also commissioned analysis of IAPT datasets and contracted Professor Michael Barkham and his team at the University of Sheffield to conduct research on the importance and efficacy of client choice.

Continuing momentum with our Research Working Group

Trustee's annual report

For the year ended 30 September 2021

Our Research Working Group, which first met in March 2020, has continued to hold remote meetings each month to assess and support UKCP's overarching research goals, providing valuable input on high-level research priorities.

Improving members' engagement with research

This year we continued to engage with our members about our research activities. Highlights included a well-attended webinar on reflexivity and research, which attracted 197 participants.

Sharing the best submissions from our COVID-19 article competition

Last year we launched an article competition asking members to write about psychotherapy in the age of COVID-19. This year the 10 winning articles were brought together into a special edition PDF, which we published on the UKCP website.

Capturing COVID-19 insights through member surveys

We captured the experiences of our members delivering therapy during COVID-19 in three surveys that spanned last year and this year. This not only helped us provide better support for our members, but we also combined the quantitative and qualitative insights that we gained from these surveys into a journal article, which is now ready for publication.

Working with YouGov on mental health

In partnership with YouGov, we polled a representative sample of 2,000 UK adults to gain a better understanding of the impact of COVID-19 on mental health and the subsequent take-up of mental health support. As well as showing that more than 50 per cent of respondents felt that NHS support either made no difference or worsened their mental health, the survey also revealed that respondents found psychotherapy and counselling to be significantly more effective interventions than medication or cognitive behavioural therapy. We summarised the findings in a blog, which we published on our website.

Plans for the future

Securing commitment for greater recruitment of psychotherapists and counsellors

This remains our key campaigning objective, and we aim to build on the successes of the past year in 2021/22. We'll continue to push for greater non-CBT IAPT recruitment, to ensure a range of therapies are available to people, regardless of where in the country they are.

We'll also push for greater NHS recruitment of psychotherapists working with severe mental illness, and for a government strategy to deploy more child psychotherapists to meet the enormous and growing demand for children's mental health services.

Securing changes to NICE depression guideline

With the final draft of the NICE guideline for depression in adults set to be published in November 2021 and the final version expected in May 2022, we will escalate our campaign to put pressure on NICE in the coming months. This issue is of paramount importance to the profession.

Ahead of the publication of the third and final draft of the guideline we'll focus on securing political support once more for our campaign. After publication we'll provide an individual and joint stakeholder response for the consultation.

Regardless of the extent to which our concerns are addressed, when NICE publishes the final version of the guideline we'll hold those responsible for implementing it to account on the key issue of patient choice.

Launching our report to improve treatment pathways for people with complex personality disorders

Next year we'll launch our health economics report demonstrating extreme cost inefficiencies in existing treatment pathways for people considered to have complex personality disorders. We'll use it to help convince NHS commissioners to support long-term psychotherapy services for this group.

We jointly commissioned the report in partnership with the Royal College of Psychiatrists, the British Association for Counselling and Psychotherapy, the British Psychoanalytic Council, the Association for Psychoanalytic Psychotherapy and the Society for Psychotherapy Research.

Holding events to break down NHS barriers

One of the major themes to emerge from our extensive work examining barriers to psychotherapy within the NHS has been the lack of preparation for NHS careers during therapists' time as students and trainees. Therapists often qualify without having worked in NHS or other multidisciplinary settings, without a realistic sense of the experience required to find paid work in the NHS, and without the ability to speak the language of the NHS or properly understand referral pathways.

We plan to draw on the expertise of UKCP's NHS-based therapists to create an event, targeted at students and trainees but open to all, that gives therapists the tools early on in their journeys to pursue the career that's right for them and keep their options as open as possible.

Another theme to emerge from our research has been the problems created by a mutual lack of understanding between different psychological professions, especially clinical psychology. With this in mind, we're going to hold an event aimed at breaking down some of these misunderstandings and focusing on the unique value different professions bring to mental healthcare.

Improving our communications

We want our communications to reach more psychotherapists, psychotherapeutic counsellors and people seeking therapy in the coming year. We'll do this by launching our new monthly My Psychotherapy Career podcast, increasing the visibility of our members through PR work, making further improvements on our social media channels to better target audiences, and by creating new content.

We'll measure our success by examining how many people visit our website and where they come from, and we'll engage with various partners to help drive new users to our website.

Expanding our research capacity

We've lined up a partnership with the University of Sheffield to secure staff support to expand our capacity for conducting research. The research we'll be conducting together will focus on supporting key UKCP policy goals. We're also introducing a hub on our website focused on current research issues essential to the psychotherapy field and policy work. We plan to put out an open call for published research by members on key research themes.

Investing in research for policy campaigns

It's critical that the arguments we make for policy change are underpinned by evidence. Thanks to our Research Working Group, our partnership with the University of Sheffield, and our Policy and Research Officer embedded in both areas of work, the connection between research and policy is as strong as ever at UKCP.

Upcoming research initiatives that will directly support our campaigning include:

- **Highlighting variables in the successful delivery of IAPT.** This is the major piece of data analysis we've commissioned the University of Sheffield to carry out in 2020/21 and 2021/22. The project supports our long-term aim of building the evidence base for psychotherapies, as well as serving our immediate goal of promoting patient choice. As well as funding the analysis, we're aiming to employ a consultant with expertise in tying the outputs of this research to our policy goal of diversifying IAPT therapies available across England.
- **Commissioning YouGov to conduct research examining public attitudes and experience of mental health.** These insights will be crucial both in informing our policy work and in providing evidence to support our key messages for journalists and policy-makers.
- **Child psychotherapy audit.** We will carry out research examining the many different contexts in which child psychotherapists are currently working in community, educational and criminal justice settings and publish a report emphasising the crucial roles played by this 'hidden' section of the children's mental health workforce.

Enhancing the Practitioner Research Network

Following a change in leadership during the current year, we'll work with the new leader of our Practitioner Research Network (PRN) to strengthen the network and recruit new members.

Migrating to the cloud

Given the move to more remote working and the need for better data security, over the next year we intend to move to cloud-based working. We'll also make sure we do more to protect UKCP against cyberattacks by working towards the government's Cyber Essential certificate.

Financial reports

Financial review

The attached Statement of Financial Activities and Balance Sheet provide the results of our operations for the twelve months from 1 October 2020 to 30 September 2021.

Income for the year to September 2021 was £2,560k, up 3.25% on 2020. Total expenditure was £2,563k (down 4.4%) compared to £2,682k in 2020.

There is a break clause in the lease at 2 America Square in July 2022 and the Board is in consultation with the landlords as well as considering alternative options. No decision has been made at date of this report. If we vacate the office we will have to pay for dilapidations; a provision of £57k has been made towards this expense. Depreciation of leasehold improvements has also been accelerated to bring the net book value to zero by the break date.

A number of complex non-clinical complaints against Organisational Members and volunteers resulted in legal expenses being higher than usual this year. Procedures have been reviewed and updated to mitigate any future issues and we are drafting a Memorandum of Understanding for Organisational Members which we hope will enhance our relationship with them. A Governance Review was launched during the year and

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additional staff were engaged to assist with the process. We continued to work on the website and the investment has proved to be worthwhile as traffic has increased significantly.

There continue to be savings in all departments as in-person meeting and hearings have not resumed and our staff continue to work from home. Legal costs for the Complaints & Conduct Process have fallen and the funding provided has been reduced accordingly.

The majority of the charity's income is from membership fees (£2,520k in 2021 and £2,400k in 2020). The trustees recognise that the charity's reliance on this sole source of income makes the charity vulnerable to unforeseen fluctuations in membership. The trustees take this factor into account in setting levels of reserves to be held and also in putting appropriate strategic priority to maintaining and growing membership.

The Complaints and Conduct Process was reclassified as a Designated Fund on 1 October 2014. The number of cases heard each year fluctuates; cases planned for the following year are taken into account in the budget setting model and will continue to be monitored. The contribution from the general reserves has decreased, owing fewer cases being referred by the Professional Conduct Committee. Costs are monitored closely and managed to the best of our ability; there has been a considerable saving as a result of hearings being held online. Processes are under constant review to ensure we contain costs as far as we are able.

In an organisation so heavily dependent on voluntary effort, any analysis of expenditure by activity gives a distorted picture of the charity's costs. The charity continues to employ a small staff team, so most of our programmes rely on the commitment of very hard working volunteers. The many hours of work on The United Kingdom Council for Psychotherapy committees, standards, registration, regulation and quality assurance are not reflected in the columns of figures in the financial statements. The Board of Trustees takes this opportunity to thank all those who have given time to UKCP for the advancement of psychotherapy and psychotherapeutic counselling.

Some volunteers are paid a token amount in recognition of the time they spend on UKCP business including but not limited to carrying out assessments and reviewing or writing documents and procedures. These amounts are in no way meant to reimburse them at market rates.

Some Trustees presented lectures at the short courses held in conjunction with Imperial College and received payment for this contribution. These amounts are disclosed in note 11 to the accounts.

All trustees give their time voluntarily, with the exception of the Chair as explained in note 8; no expenses were reclaimed from the charity this year.

Our balance sheet continues to reflect our stability with cash reserves in excess of our target. Current liabilities include deferred income of £141k, reflecting membership income received in advance of the 2021/22 financial year.

Investment policy and performance

The trustees' investment policy was put in place to ensure that UKCP's cash is invested in the most effective and secure manner.

The policy states that the objectives of investments are:

- To produce the best financial return within an acceptable level of risk
- To produce a total return in excess of inflation for medium term investments
- To preserve the capital value with a minimum level of risk for short term investments

The policy also details the trustees' position on risk, ethical investments and liquidity.

The Finance, Risk and Audit Committee has decided to invest reserves in the F&C CAF Socially Responsible Portfolio. The investments paid out dividends of £4k during the year, a yield of 1.5%. The investments have risen in value by 67% since their purchase in February 2016.

Reserves policy and going concern

The key threat to our income is a drop in membership renewals and/or a reduction in new members joining. Despite our initial concerns in the light of Covid-19, the membership renewals for 2020/21 were more successful than ever. We are, therefore, reasonably confident that our income is secure. Much of our expenditure is within our control. The Board is satisfied that there are no material uncertainties of which they are aware. The Board has a reasonable expectation that the Charity will remain a going concern for at least 12 months from approving these accounts.

The trustees have a reserves policy which requires that reserves be maintained at a level which ensures that the Charity's core activities could continue during a period of unforeseen difficulty.

The Complaints and Conduct Process has a separate reserves policy. A proportion of these reserves must be maintained in a readily realisable form.

The Charity's income and expenditure are both highly predictable in timing and amounts. Reserves are calculated by reference to the risks the Charity faces and the costs of aligning expenses with income if required, or to meet the risks of unplanned costs.

The trustees set reserves targets at the beginning of the financial year and monitor the actual results at each Board meeting. The current reserves target for the general fund has been increased to £350k (from £325k). The target ensures funds are available to cover any outstanding rent and operational costs as well as ensuring staff are adequately remunerated should we have to cease operations.

The free reserves at 30 September 2021 are £630,747 (2020: 534,850) (unrestricted funds less net book value of tangible fixed assets). The excess free reserves of £280,747 are being carried forward to the 2021/22 financial year.

Management is working on plans to utilise these funds in the most effective way. A long term strategy to improve our internal processes and deliver an improved experience for members is being prepared and will be presented in due course.

The target for the Complaints and Conduct Process fund is £55k. This is set taking account of potential litigation or risk and insurances held against these. Expenditure, other than operational costs, is dependent on the number of cases accepted and this varies from year to year. The budget setting process takes the number of cases accepted but not heard into account so reserves at the end of a financial year may be higher than the target to make allowance for expected future legal costs.

Related parties and relationships with other organisations

The Charity is a membership organisation and has, in the ordinary course of its activities, transactions with its members individually and with groups of members in the Colleges. Colleges are not separate legal entities and facilitate engagement and involvement with members.

Remuneration policy

The Charity sets the pay of its staff and key management personnel using industry benchmarks, performance reviews and appraisals. UKCP has a Remuneration, Appointments and Performance Management Committee (RAPMC) which is responsible for re-evaluating decisions to remunerate trustees, committee chairs and college personnel on an annual basis and reports their findings to the UKCP Board of Trustees. The RAPMC is currently reviewing all contracts for services to ensure they are compliant with current legislation. The Board approves any annual increases and changes to the Chief Executive's remuneration package, as recommended by the RAPMC.

Fundraising

The United Kingdom Council for Psychotherapy does not engage in public fundraising and does not use professional fundraisers or commercial participators. The Charity nevertheless observes the relevant fundraising regulations and codes. During the year there was no non-compliance with these regulations and codes and the Charity received no complaints relating to its fundraising practice.

Structure, governance and management

Constitution

The organisation is a charitable company limited by guarantee, incorporated on 30 September 1996 and registered as a charity on 8 October 1996.

The company was established under a memorandum of association which established the objects (see page 4) and powers of the charitable company and is governed under its articles of association.

Organisational structure and decision making

The Board of Trustees, which is responsible to UKCP members and the Charity Commission, oversees the fulfilment of our charitable objectives. A number of committees report to the Board or to the Executive Committee, which oversees ongoing work.

On appointment, each trustee is asked to declare any conflicts of interest. They are also asked annually to declare any interests, ensuring the UKCP Register of Interests is accurate and up-to-date.

We give our new trustees an induction pack outlining the roles and responsibilities of being a trustee as well as the Charity Commission's 'Charity trustee: what's involved' (CC3a) and 'The essential trustee: what you need to know' (CC3). We also aim to meet any training needs for new trustees that will help them carry out their role.

Risk management

Our Board reviews the risks facing UKCP on an annual basis via a Risk Register. The register covers strategic, operational, financial, human resources, technological and reputational risks. The risks we have identified are prioritised in terms of potential impact and likelihood of occurrence and the trustees confirm that systems or procedures are in place to mitigate significant risks. Five of the main risks that the trustees have identified and the strategies for mitigating these are:

- Impact of Covid-19 on membership income:- we continue to monitor this closely and refer to this risk in the going concern note above.
- Legal challenges on complaints and conduct cases :- robust procedures are followed for each case, overseen and reviewed by suitable parties. Suitable insurance against a Judicial Review is in place.
- Statutory regulation being introduced, potentially meaning that therapists no longer need UKCP registration, or any other economic, political or regulatory change resulting in a substantial reduction in member numbers :- we continue to engage with Government and other interested professional bodies. We are simultaneously engaged in an ongoing programme of creating a value proposition for members to remain in the organisation should this occur.
- Brand damage or other deterioration in the perception of our premium status resulting from actions (fraudulent or otherwise) by UKCP members, employees or outsourced staff may result in losses to the Charity in financial or reputational terms :- robust procedures followed by all staff, contractors and the external finance team ensure these risks are low.
- Breach of data, including loss or theft of confidential or sensitive data or equipment on which data is stored, hacking attack or human error:- continuous assessment of risk and data breach process is in place.

Statement of responsibilities of the trustees

The trustees (who are also directors of the United Kingdom Council for Psychotherapy for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Trustee's annual report

For the year ended 30 September 2021

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' Annual Report has been approved by the trustees on 11 February 2022 and signed on their behalf by

M Pollecoff

Independent auditor's report

To the members of

The United Kingdom Council for Psychotherapy

Opinion

We have audited the financial statements of The United Kingdom Council for Psychotherapy (the 'charitable company') for the year ended 30 September 2021 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 30 September 2021 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on The United Kingdom Council for Psychotherapy's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the trustees' annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual report as been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the finance, risk and audit committee, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.

Independent auditor's report

To the members of

The United Kingdom Council for Psychotherapy

- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Judith Miller (Senior statutory auditor)

1 April 2022

for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

The United Kingdom Council for Psychotherapy

Statement of Financial Activities (incorporating an income and expenditure account)

For the year ended 30 September 2021

	Note	2021 Unrestricted £	2021 Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Income from:							
Donations	2	–	2,425	2,425	–	9,506	9,506
Charitable activities							
Registration fees and subscriptions	3	2,520,547	–	2,520,547	2,400,563	–	2,400,563
Other trading activities	4	32,941	–	32,941	64,898	–	64,898
Investments	5	4,202	–	4,202	5,135	–	5,135
Total income		2,557,690	2,425	2,560,115	2,470,596	9,506	2,480,102
Expenditure on:							
Charitable activities							
Improving access		376,761	2,425	379,186	410,428	9,506	419,934
Engaging better		385,797	–	385,797	399,836	–	399,836
Maintain standards of excellence		1,416,179	–	1,416,179	1,493,072	–	1,493,072
Collaborating for success		224,230	–	224,230	220,909	–	220,909
Research		157,821	–	157,821	148,148	–	148,148
Total expenditure	6	2,560,788	2,425	2,563,213	2,672,393	9,506	2,681,899
Net expenditure before net gains on investments		(3,098)	–	(3,098)	(201,797)	–	(201,797)
Net gains on investments	14	61,163	–	61,163	1,521	–	1,521
Net income/(expenditure) for the year and net movement in funds	7	58,065	–	58,065	(200,276)	–	(200,276)
Reconciliation of funds							
Total funds brought forward		764,655	–	764,655	964,931	–	964,931
Total funds carried forward	19	822,720	–	822,720	764,655	–	764,655

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

The United Kingdom Council for Psychotherapy

Balance sheet

Company no. 03258939

For the year ended 30 September 2021

	Note	£	2021 £	2020 £
Fixed assets				
Tangible fixed assets	13		89,876	169,942
Investments	14		335,014	273,851
			<u>424,890</u>	<u>443,793</u>
Current assets				
Debtors	15	174,004		135,927
Cash at bank and in hand		731,404		738,353
		<u>905,408</u>		<u>874,280</u>
Liabilities				
Creditors: amounts falling due within one year	16	(507,578)		(553,418)
			<u>397,830</u>	<u>320,862</u>
Net current assets				
			<u>822,720</u>	<u>764,655</u>
Net assets	18			
The funds of the charity	19			
Restricted funds			–	–
Unrestricted funds				
Designated funds			102,097	59,863
General funds			720,623	704,792
Total charity funds			<u>822,720</u>	<u>764,655</u>

Approved by the trustees on 11 February 2022 and signed on their behalf by:

Martin Pollecoff
Chair

David Fitzgerald
Treasurer

The United Kingdom Council for Psychotherapy

Statement of cash flows

For the year ended 30 September 2021

	2021		2020	
	£	£	£	£
Cash flows from operating activities				
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	58,065		(200,276)	
Depreciation charges	81,764		34,989	
Gains on investments	(61,163)		(1,521)	
Dividends, interest and rent from investments	(4,202)		(5,135)	
Increase in debtors	(38,077)		(1,844)	
(Decrease)/increase in creditors	(45,840)		93,296	
Net cash used in operating activities		(9,453)		(80,491)
Cash flows from investing activities:				
Dividends, interest and rents from investments	4,202		5,135	
Purchase of fixed assets	(1,698)		-	
Net cash provided by investing activities		2,504		5,135
Change in cash and cash equivalents in the year		(6,949)		(75,356)
Cash and cash equivalents at the beginning of the year		738,353		813,709
Cash and cash equivalents at the end of the year		731,404		738,353

1 Accounting policies

a) Statutory information

The United Kingdom Council for Psychotherapy is a charitable company limited by guarantee and is incorporated in the United Kingdom.

The registered office address and principal place of business is America House, 2 America Square, London, EC3N 2LU.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

The income and expenditure of colleges is included within the charity's financial statements, as required by paragraph 25.9 of the SORP. Part of the charity's general funds are held in bank accounts controlled by colleges and faculties. At the end of the year the extent of such funds was £9,244 (2020: £13,703).

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Further information is included in the trustees' annual report.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from registration fees and subscriptions is recognised evenly over the registration year.

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

g) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

1 Accounting policies (continued)

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services, training and other membership activities undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support and governance costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

	2021	2020
• Improving access	13.66%	14.90%
• Engaging better	13.90%	14.35%
• Maintain standards of excellence	51.02%	51.66%
• Collaborating for success	8.08%	7.80%
• Research	5.69%	5.23%
• Governance costs	7.65%	6.06%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities. These are apportioned over each area of activity in proportion of the total costs of that activity.

j) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

• Short term leasehold property	Over life of lease
• Furniture and fittings	25% pa reducing balance
• Furniture and fittings held under finance leases	Term of the lease
• Office equipment	25% pa reducing balance
• Computer equipment	20 – 25% pa straight line

1 Accounting policies (continued)

k) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

l) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

m) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

n) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

o) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity contributes to personal pension plans of its employees. The pension charge represents the amounts payable by the charity to such plans in the financial year.

Notes to the financial statements

For the year ended 30 September 2021

2 Income from donations

	2021 Total £	2020 Total £
UKCP Bursary Fund	2,425	9,506
Total donations	2,425	9,506

All income from donations is restricted.

3 Income from charitable activities

	2021 Total £	2020 Total £
Registration fees and subscriptions	2,520,547	2,400,563
Total income from charitable activities	2,520,547	2,400,563

All income from charitable activities is unrestricted.

4 Income from other trading activities

	2021 Total £	2020 Total £
Advertising Income	25,494	46,358
Conferences and events	–	16,336
Other income	7,447	2,204
	32,941	64,898

All income from other trading activities is unrestricted.

5 Income from investments

	2021 Total £	2020 Total £
Interest income	71	931
Investment income	4,131	4,204
	4,202	5,135

All income from investments is unrestricted.

6a Analysis of expenditure (current year)

	Charitable activities						2021 Total £	2020 Total £
	Improving Access £	Engaging better £	Maintain standards of excellence £	Collaborating for success £	Research £	Governance costs £		
Operational staff costs (excl' CCP staff costs)	128,985	139,168	463,329	98,436	49,218	74,676	953,812	904,985
Premises and other operational costs	82,056	88,535	294,756	62,622	31,311	47,506	606,786	471,257
Committees and Board of Trustees	879	879	5,275	879	440	440	8,792	18,461
Communications	54,609	76,452	32,765	32,765	21,843	–	218,434	254,341
Governance and membership administration	16,346	16,346	57,212	8,173	–	65,385	163,462	135,804
Colleges	8,355	8,355	50,129	4,177	4,177	8,355	83,548	89,388
Research	–	–	–	–	38,742	–	38,742	–
Faculties	–	–	–	–	–	–	–	9,545
Complaints and Conduct Process (incl' staff costs)	22,457	22,457	404,223	–	–	–	449,137	684,109
Development projects	36,450	4,050	–	–	–	–	40,500	114,009
	350,137	356,242	1,307,689	207,052	145,731	196,362	2,563,213	2,681,899
Governance costs	29,049	29,555	108,490	17,178	12,090	(196,362)	–	–
Total expenditure 2021	379,186	385,797	1,416,179	224,230	157,821	–	2,563,213	
Total expenditure 2020	419,934	399,836	1,493,072	220,909	148,148	–		2,681,899

The Research faculty was closed on 30 September 2020. Research activities are now managed by the staff team with outsourced support as required. The Faculty for the Psychological Health of Children was closed on 30 September 2020 and the activities are now included in the College for Children and Young People.

6b Analysis of expenditure (prior year)

	Charitable activities						
	Improving Access £	Engaging better £	Maintain standards of excellence £	Collaborating for success £	Research £	Governance costs £	2020 Total £
Operational staff costs (excl' CCP staff costs)	122,173	141,781	407,245	102,565	64,857	66,364	904,985
Premises and other operational costs	63,620	73,830	212,066	53,409	33,773	34,559	471,257
Committees and Board of Trustees	1,846	1,846	11,077	1,846	923	923	18,461
Communications	63,585	89,019	38,151	38,151	25,435	–	254,341
Governance and membership administration	13,580	13,580	47,532	6,790	–	54,322	135,804
Colleges	8,939	8,939	53,633	4,469	4,469	8,939	89,388
Faculties	477	477	3,818	–	3,818	955	9,545
Complaints and Conduct Process (incl' staff costs)	34,205	34,205	615,699	–	–	–	684,109
Development projects	85,507	11,401	11,401	–	5,700	–	114,009
	393,932	375,078	1,400,622	207,230	138,975	166,062	2,681,899
Governance costs	26,002	24,758	92,450	13,679	9,173	(166,062)	–
Total expenditure 2020	419,934	399,836	1,493,072	220,909	148,148	–	2,681,899

Notes to the financial statements

For the year ended 30 September 2021

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021 £	2020 £
Depreciation		
owned by the charity	81,764	34,989
Operating lease rentals:		
property	141,841	141,841
Auditor's remuneration (excluding VAT):		
audit	8,900	8,700
Loss on disposal of assets	-	-
Trustees' remuneration (see note 8)	8,000	8,000
Trustees' expenses	-	3,179
	<u> </u>	<u> </u>

8 Trustees' remuneration

During the year honoraria were paid to the following trustees and officers of the charity:

	2021 £	2020 £
M Pollecoff	8,000	8,000
	<u> </u>	<u> </u>

Payment of the Chair's honorarium has been agreed by the Charity Commission.

9 Analysis of staff costs and the cost of key management personnel

Staff costs were as follows:

	2021 £	2020 £
Salaries and wages	1,037,145	994,287
Social security costs	107,761	96,322
Employer pension contributions	84,924	83,023
Temporary staff costs	3,708	-
Redundancy and termination costs	3,393	-
	<u>1,236,931</u>	<u>1,173,632</u>

Of the £1,236,931 staff costs (2020: £1,173,632), £339,912 (2020: £335,547) relates to the Complaints and Conduct Process Designated Fund.

The following number of employees received employee benefits in excess of £60,000 (excluding employer national insurance and employer pension contributions) during the year between:

	2021 No.	2020 No.
£90,000 – £99,999	1	1
	<u> </u>	<u> </u>

The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel were £283,644 (2020: £273,796).

Notes to the financial statements

For the year ended 30 September 2021

10 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2021 No.	2020 No.
Professional and other services	28	27
Administration	1	2
	<u>29</u>	<u>29</u>

11 Related party transactions

During the year, honorarium payments were made to one trustee of the charity. This is disclosed in note 8 to these accounts.

Some members are paid a token amount for specific pieces of work undertaken on behalf of the Charity, although these amounts are in no way meant to reimburse them at market rates. Members and trustees receive reimbursement for travel expenditure whilst on charity business which are all part of the normal course of business. There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

During the year, an amount of £35,750 (2020: £36,850) was paid to Kelsey Publishing Limited for advertising in Psychologies Magazine. Suzy Walker, a former Trustee, was the editor of the magazine. The contract was awarded before Ms Walker was appointed a Trustee.

During the year some Trustees were paid for presenting online lectures. Payments were made to M Pollecoff £750 (2020: £750), D Charura £750 (2020: £500), B Kahr £1,250 (2020: £nil) and J Rosenfeld £nil (2020: £1,000).

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Notes to the financial statements

For the year ended 30 September 2021

13 Tangible fixed assets

	Short term leasehold property £	Furniture, fittings and equipment £	Computer equipment £	Total £
Cost				
At the start of the year	181,980	99,284	32,502	313,766
Additions in year	–	–	1,698	1,698
At the end of the year	181,980	99,284	34,200	315,464
Depreciation				
At the start of the year	56,112	64,234	23,478	143,824
Charge for the year	68,656	8,762	4,346	81,764
Disposals in year	–	–	–	–
At the end of the year	124,768	72,996	27,824	225,588
Net book value				
At the end of the year	57,212	26,288	6,376	89,876
At the start of the year	125,868	35,050	9,024	169,942

All of the above assets are used for charitable purposes.

14 Listed investments

	2021 £	2020 £
Market value at the start of the year	273,851	272,330
Net gain on revaluation	61,163	1,521
Market value at the end of the year	335,014	273,851
Investments comprise:	2021 £	2020 £
UK Common investment funds	335,014	273,851
Historical cost	200,000	200,000

15 Debtors

	2021 £	2020 £
Trade debtors	2,197	100
Other debtors	42,585	37,738
Prepayments	129,222	98,089
	174,004	135,927

16 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	113,539	158,874
Other taxation and social security	27,613	48,715
Other creditors	100,475	49,629
Accruals	124,944	137,995
Deferred income (note 17)	141,007	158,205
	507,578	553,418

17 Deferred income

Deferred income comprises membership income for 2021–2022.

	2021 £	2020 £
Balance at the beginning of the year	158,205	134,966
Amount released to income in the year	(158,205)	(134,966)
Amount deferred in the year	141,007	158,205
Balance at the end of the year	141,007	158,205

18a Analysis of net assets between funds (current year)

	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	89,876	89,876
Investments	–	335,014	335,014
Current assets	102,097	803,311	905,408
Creditors due within 1 year	–	(507,578)	(507,578)
Net assets at the end of the year	102,097	720,623	822,720

18b Analysis of net assets between funds (prior year)

	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	169,942	169,942
Investments	–	273,851	273,851
Current assets	59,863	814,417	874,280
Creditors due within 1 year	–	(553,418)	(553,418)
Net assets at the end of the year	59,863	704,792	764,655

Notes to the financial statements

For the year ended 30 September 2021

19a Movements in funds (current year)

	At 1 October 2020 £	Incoming resources and gain £	Outgoing resources and losses £	Transfers in/(out) £	At 30 September 2021 £
Restricted funds:					
UKCP Bursary Fund	–	2,425	(2,425)	–	–
Total restricted funds	–	2,425	(2,425)	–	–
Unrestricted funds:					
<i>Designated funds:</i>					
UKCP Bursary Fund	3,196	–	(38,075)	36,000	1,121
Complaints and Conduct Process	56,667	493,446	(449,137)	–	100,976
<i>Total designated funds</i>	<i>59,863</i>	<i>493,446</i>	<i>(487,212)</i>	<i>36,000</i>	<i>102,097</i>
General funds	704,792	2,125,407	(2,073,576)	(36,000)	720,623
Total unrestricted funds	764,655	2,618,853	(2,560,788)	–	822,720
Total funds	764,655	2,621,278	(2,563,213)	–	822,720

Purposes of restricted funds

The UKCP Bursary Fund was created to award bursaries to UKCP trainees in their final years of training. Donations have been received from members and the general public. Direct costs are attributed to the fund.

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from membership subscriptions and the general fund. The fund is used to cover the costs of operating the Complaints and Conduct department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

The UKCP Bursary Fund was created to award bursaries to UKCP trainees in their final years of training. £36,000 from general funds was transferred to the designated fund during the year. Funds not awarded are carried forward to future years.

Notes to the financial statements

For the year ended 30 September 2021

19b Movements in funds (prior year)

	At 1 October 2019 £	Incoming resources and gains £	Outgoing resources and losses £	Transfers in/(out) £	At 30 September 2020 £
Restricted funds:					
UKCP Bursary Fund	–	9,506	(9,506)	–	–
Total restricted funds	–	9,506	(9,506)	–	–
Unrestricted funds:					
<i>Designated funds:</i>					
UKCP Bursary Fund	–	–	(16,804)	20,000	3,196
Complaints and Conduct Process	224,675	516,101	(684,109)	–	56,667
<i>Total designated funds</i>	224,675	516,101	(700,913)	20,000	59,863
General funds	740,256	1,956,016	(1,971,480)	(20,000)	704,792
Total unrestricted funds	964,931	2,472,117	(2,672,393)	–	764,655
Total funds	964,931	2,481,623	(2,681,899)	–	764,655

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from membership subscriptions and the general fund. The fund is used to cover the costs of operating the Complaints and Conduct department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

20 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Land and buildings	
	2021 £	2020 £
Less than one year	147,136	181,091
Between one and five years	–	147,136
	147,136	328,227

21 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.

THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY

England & Wales - Charity number 1058545

Accounts

Company number: 03258939

Charity number: 1058545

The United Kingdom Council for Psychotherapy

Report and financial statements

For the year ended 30 September 2020

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The United Kingdom Council for Psychotherapy

Reference and administrative information

For the year ended 30 September 2020

Company number 03258939 – incorporated in the United Kingdom

Charity number 1058545 – registered in England and Wales

Registered office and operational address

2nd Floor, America House
2 America Square
London
EC3N 2LU

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Trustees	Martin Pollecoff	Chair, Re-elected from 18 March 2020
	Andy Cottom	Vice-chair
	David FitzGerald	Treasurer, Appointed 9 March 2020
	Bob Cooke	
	Brett Kahr	
	Divine Charura	
	Jacqui McCouat	
	John Loughrey	Lay
	Juliet Rosenfeld	
	Suzy Walker	Lay
	Neil Robertson	Treasurer, Resigned 1 April 2020
	Keith Carlton	Resigned 9 January 2020
Key Management Personnel	Sarah Niblock	Chief Executive
	Jovana Perzic	Head of Academic Enterprise and Innovation
	Cath White	Head of Operations and Regulation
	Helen Willingham	Head of Content and Engagement

Bankers

CAF Bank Ltd
Kings Hill West Malling
Kent
ME19 4TA

Barclays Bank plc
PO Box 2764
London
NW3 6JD

The United Kingdom Council for Psychotherapy

Reference and administrative information

For the year ended 30 September 2020

Unity Trust Bank
P O Box 7193
Planetary Road
Willenhall
WV1 9DG

Solicitors

Fieldfisher
35 Vine Street
London
EC3N 2AA

Auditor

Sayer Vincent LLP
Chartered Accountants and Statutory Auditor
Invicta House
108-114 Golden Lane
London
EC1Y 0TL

A message from our Chief Executive

In the midst of COVID-19, we are working in a completely different environment compared to the start of our financial year. Study after study has shown the huge psychological impact the virus has had on vast numbers of people. With COVID-19 we have two pandemics in one – the physical threat and the mental and emotional impacts of lockdown, illness, hospitalisation, bereavement and professional and financial uncertainty.

The global protests against police brutality towards black people also required immediate action from our members for their clients and service users in distress. It is evident too that the pandemic has disproportionately affected BAME people, a demographic already less likely to access mental health support.

Against this backdrop, UKCP had to amplify its voice and redouble its efforts. It has made our mission even more urgent.

As a small organisation, our first priority was the health of our people, including staff, volunteers and our wider membership. Thanks to a programme of emergency and business continuity planning that we began in 2018, coupled with the decision to replace elderly desktop computers with laptops and docking stations, we were able to migrate our whole operation online almost overnight.

Internally, our focus has been on updating and supporting our different categories of members amid changing national and local guidance. Through surveys, we captured the most pressing needs. We used this to create a COVID-19 Hub featuring regularly updated documents, online events and podcasts. We also made our systems better to improve the experience for members from fully online, trackable applications, to self-serve subscription renewals, to a new add-on package to support therapists preparing to retire.

Externally, our policy and public affairs work has focused on the unprecedented level of need, and towards gaining greater recognition from policy makers and commissioners of the relatively untapped quality and expertise of our members. We are working ever more closely with our sister organisations on matters that impact the public. Our magazine, *New Psychotherapist*, charts those efforts and continues to be circulated not only to members but to parliamentarians and policy makers to demystify the profession.

Increasingly, we are engaging not only with health leaders but with other sectors to show how psychotherapeutically-informed approaches can release untapped potential and offer solutions to pressing societal problems. We are working closely with Imperial College's Grantham Institute on climate change along with the University of Liverpool's Heseltine Institute and Core Cities UK on how to make our urban environments mentally healthy.

The urgent work to replace our website and Find a Therapist tool will play a critical role in ensuring that members of the public can make safe and informed choices about their mental and emotional wellbeing. While the 'double whammy' of web overhaul and crisis communications has presented challenges, we have an unprecedented opportunity to reach ever bigger audiences, particularly those who would most benefit from high quality psychotherapies.

Prof. Sarah Niblock
UKCP Chief Executive

Trustees' Annual Report

The trustees present their report and the audited financial statements for the year ended 30 September 2020.

Reference and administrative information set out on pages 1 and 2 form part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

This report looks at what the charity has achieved and the outcome of its work within the past 12 months. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps trustees ensure the charity's aims, objectives and activities remained in line with its stated purposes.

The trustees review the aims, objectives and activities of the charity each year.

Vision

We want a world in which emotional and mental wellness is a human right.

Purpose

To transform lives by unlocking potential.

Mission

Alongside professional support for our members we are the leading research, innovation, educational and regulatory body working to advance psychotherapies for the benefit of all.

Our strategic objectives

Improving access

To make sure that high-quality psychotherapy and psychotherapeutic counselling in both private and public sectors is available to everyone, no matter who they are.

Engaging better

To improve the way we engage with our individual and organisational members and provide services and benefits which are valued by all.

Maintain standards of excellence

To protect the public by making sure everyone on our register meets our professional standards, at the same time making sure our register meets national accreditation requirements. To continue setting high standards in the way we govern and organise ourselves.

Collaborating for success

To develop existing external collaborations and actively seek new ones to achieve a more powerful voice to promote psychotherapy and psychotherapeutic counselling.

Research

To carry out appropriate research and use findings to promote psychotherapy and psychotherapeutic counselling and inform our members' training and development for the benefit of all.

Our charitable objectives

Our charitable objectives, as set out in our Articles of Association, provide a framework through which our strategic aims can be achieved. They are to promote:

- the art and science of psychotherapy and psychotherapeutic counselling for the benefit of the public
- the importance of extensive research into psychotherapy and psychotherapeutic counselling methods, and the timely, widespread dissemination of relevant findings
- the highest standards of education, training and practice in psychotherapy and psychotherapeutic counselling
- the wider provision of psychotherapy and psychotherapeutic counselling for all sections of the public.

Public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements and performance in the delivery of public benefit

1. Improving access to psychotherapy
2. Engaging better
3. Maintaining standards of excellence
4. Collaborating for success
5. Research

Improving access to psychotherapy

We're committed to raising the profile of psychotherapy and UKCP so the public, service users, media, policy makers, professionals and partners fully understand the profession, act in its best interests, and think of us as its 'go to' expert body. As part of this work, we target diverse audiences to encourage them to join the profession or feel more open to seeking psychotherapy.

Influencing decision makers

We worked hard this year to influence the government, NHS and other key organisations.

Following a commitment to streamline our policy work, we agreed that our top priority for 2020 would be strengthening and expanding psychotherapy's place in the NHS.

Our work included:

- **Influencing the National Institute for Health and Care Excellence (NICE) depression guideline.** Following extensive pressure from a large coalition of organisations we jointly led, NICE committed to addressing all our concerns about the third revision of the guideline – the key advice on treating depression for clinicians in England and Wales. Consequently, the publication of the next guideline was postponed until 2022.
- **Continuing our work as a member of the Talking Therapies Taskforce.** The Taskforce is made up of six leading psychotherapy and counselling bodies looking to improve the national infrastructure for talking therapies. This year we worked to secure data for a report we have commissioned the Centre for Mental Health to deliver which looks at inefficiencies in existing NHS treatment pathways for patients with complex mental health needs. This is due for release in early 2021.
- **Attending Health Education England Workforce Group meetings.** This gave us access to numerous key decision makers and the unique opportunity to feed into workforce planning for the implementation of the NHS Long Term Plan.
- **Feeding into the NHS Vision for the Psychological Professions consultation.** We provided a largely positive response to this consultation. We did, however, flag the need for more emphasis on providing a wider range of treatments, diversifying the workforce and clearer language in the document about the different professions – we noted incoherent distinctions between 'therapists', 'psychotherapists', 'other therapists' and 'other psychological professionals'.
- **Reaching out to parliamentarians.** We met with a number of parliamentarians from all major parties to discuss issues related to psychotherapy. We also raised specific concerns about the government's response to the mental health impact of COVID-19.

Encouraging people to become psychotherapists, or seek therapy

A key part of our work is encouraging people into the psychotherapy profession, or to seek psychotherapy if they need it. This year we continued our podcast series Talking Therapies, in partnership with Psychologies magazine. Talking Therapies raises awareness of psychotherapy and promotes emotional and mental wellness, covering topics people might bring to therapy, such as cheating or being cheated on.

We also refocused our monthly spread in Psychologies to include not only a call for readers to seek therapy but stories from our members about how they entered the profession. This year we started republishing these member experiences on our website, along with the Spotlight features from our member magazine, to inspire others. Between May and October this collection of web pages was viewed over 12,000 times.

We also promoted psychotherapy during awareness-raising events like Suicide Prevention Day, Eating Disorder Awareness Week and Psychotherapy Day 2020, where we highlighted our members and their route into the profession via a podcast.

Reaching key audiences via the media

We carried on raising the profile of psychotherapy and UKCP among the public and policy makers via the media in 2019/20. We want to demystify psychotherapy and make it socially acceptable to talk about therapy and mental wellbeing. In 2020, COVID-19 dominated the media landscape, and we were a key voice, providing commentary on the pandemic's mental health impact.

Some highlights included:

- HR Magazine commissioned UKCP Chair Martin Pollecoff to provide an opinion piece about male anxiety in the workplace.
- The Independent published a piece on how to ensure relationships survive self-isolation, which featured UKCP member Lucy Beresford.
- Channel 5 News interviewed member Divine Charura about coping with grief caused by COVID-19.
- The Independent interviewed members Henry Adeane and Hilda Burke and UKCP Chief Executive Sarah Niblock on how to make the most of online therapy.
- HuffPost spoke to member Lucy Fuller about the anxiety of leaving home during lockdown.
- The Daily Telegraph interviewed member Charles Brown for a piece focused on race discrimination in the workplace.

Communicating with more people online

We were pleased to see 11 per cent more people using our website this year compared to last year (423,971 users vs 381,801) with a 7 per cent increase in page views (2,662,780 vs 2,480,031).

The most popular page on the website after the homepage, was Find A Therapist, which received around a third of all page views. Other particularly popular pages included 'Types of psychotherapy', which saw a 738 per cent increase in visits compared to last year, and 'What is psychotherapy?', which received a 1,788 per cent increase. This growth is in line with our new website content strategy which aims to build our reach, profile and authority by providing engaging and accessible content about all aspects of psychotherapy.

Trustees' annual report

For the year ended 30 September 2020

Page views of our 'How to train' page also increased by 17 per cent, reflecting a greater focus on recruiting students and trainees.

Our social media content also proved popular. Seventy-seven per cent more people clicked on links to our website from social media compared to 2019/20, showing the increasing relevancy of our content.

Engaging better

We're committed to providing the very best resources, representation and experience for our members to support them in their high standards of practice. We work hard to attract new, and retain existing, members by improving and promoting what we offer.

Being there for our members during COVID-19

From moving to working online to worries about income, COVID-19 brought immense, unprecedented and relentless challenges for psychotherapy this year. Our absolute priority was to protect the health and wellbeing of our members and their clients, and to defend income. But, with the crisis's impact on the nation's mental health clearly far-reaching, we wanted to help our members continue their vital work too. We worked tirelessly on both challenges in 2020.

Many psychotherapists and psychotherapeutic counsellors are self-employed or work on zero-hours contracts. They were extremely concerned about their income dropping. In the early days of lockdown, with the British Association for Counselling and Psychotherapy (BACP) and the British Psychoanalytic Council (BPC), we wrote to government urging them to support the self-employed financially. We also joined a campaign by the Association of Independent Professionals and the Self-Employed. The government announced a raft of self-employed support soon after.

Our letter to government included two other key asks: work with us to develop a clear action plan to deliver a comprehensive mental health response to the COVID-19 crisis, and commit to signposting the public to the very best mental health support online. Twenty-seven organisations supported our three asks, and almost 10,000 people signed a petition backing them. We continue to strongly press the government to take action on all three issues.

For most of our members, the pandemic brought with it a huge and immediate change to working online. We were there to guide them through the associated challenges. Just over three weeks after lockdown began, we launched guidance on working online during lockdown to help members continue working safely and effectively without meeting in person. Members who completed it could add this to their UKCP Find a Therapist profile.

We also created a coronavirus section on our website. Beginning as a single news page, it quickly grew into a hub, packed with helpful guidance, FAQs, resources and support. This had over 40,000 hits by the end of September. We also increased the frequency of our emails to members to once a week, to give them the information they so urgently needed. The number of members opening our emails increased from 45-50 per cent to 55-60 per cent, showing how useful members found them. We also created six podcasts, aiming

Trustees' annual report

For the year ended 30 September 2020

to answer members' questions during lockdown. These have been listened to over 800 times and the accompanying webpage received just under 2,000 page views by the end of 2019/20.

Growing our membership

We were delighted to see our member numbers grow by eight per cent, to over 10,500, this year, meaning we supported even more psychotherapists and psychotherapeutic counsellors to deliver high standards of practice. We also achieved our target of retaining 95 per cent of our existing members.

During the year, we worked hard to make it easier and quicker for our members to renew their memberships. From September 2020, for the first time, those who pay by card were able to pay online, instead of having to call us during office hours. We also froze our fees, improved our communications urging members to renew and made changes to our database so registrants receive a digital certificate by email as soon as we receive payment, along with a receipt.

Funding trainees

Training to be a psychotherapist or psychotherapeutic counsellor can be expensive. We want to help trainees who might need financial assistance so they can afford to join the profession. In 2020 our fourth annual Trainee Bursary Scheme gave 35 students £750 each towards their training, following 83 applications. This year we changed the Scheme's rules to make applying easier, fairer and more transparent. This included increasing our decision panel from three to five people, moving the whole application process online, and limiting applications to members in their last two years of training.

For the first time, we also gave our members and the public the chance to directly donate to our Training Bursary Scheme fund on our website. We received £9,506 (including Gift Aid), allowing us to fund an extra eight trainees.

Providing useful training and events

Our training and events allow members to hear from experts, and network and learn from each other to improve their practice.

This year, our events included a sell-out Scottish Public Policy Forum in Edinburgh, which explored in depth what happens in the supervisory relationship and had 60 attendees; a workshop on setting up a private practice in London, which sold out with 30 people attending; and the first in a series of training days to support organisational members to develop their practice in line with the Memorandum of Understanding on Conversion Therapy, an agreement produced by 14 organisations, including UKCP, to end the practice of conversion therapy in the UK.

COVID-19 meant we had to move online for events from March onwards. We organised eight webinars to support our members, watched live by over 1,000 people. The recordings had more than 1,000 views as well. Subjects included sexual and domestic violence, remote working, racial trauma, and the financial impact of COVID-19 on therapy practices. We chose topics based on members' feedback.

We also created a continuing professional development (CPD) webpage this year, where members could find resources to help with their CPD, particularly during lockdown when many sources of training weren't available. The webpage had over 1,500 visits.

Improving our offer for members close to retirement

Psychotherapists and psychotherapeutic counsellors coming up to retirement often wind down their practice, reducing the number of clients they see. This year, following research and consultation with our members, we launched a Pre-retirement Add-on to the full clinical membership grade. This offers members who are planning to retire from practice within two years a 25 per cent fee reduction and exemption from our Registrant Sample Audit and re-accreditation process.

Listening to our members

We know listening closely to what our members need and want is the most vital part of getting our offer right, and achieving our target of retaining 95 per cent of our members every year.

In January 2020 we launched our Individual Members Survey. Around 2,300 of our members responded, giving us important insights. With the massive changes COVID-19 brought after that, we continued doing smaller surveys during the year to identify ways we could support members. In 2019 and early 2020 we also organised four events where our organisational members came together to tell us about their needs and help us plan a strategy for them.

Maintaining standards of excellence

To achieve the most for our members and the psychotherapy profession, we're committed to improving the way we govern ourselves and regulate our members. We continually review structures across our organisation, addressing diversity issues as a priority.

Ensuring quality

This year we continued to conduct quality reviews of our organisational members and an annual audit of our individual clinical members, making sure they are providing the highest quality psychotherapy and psychotherapeutic counselling for their clients.

In the 2020 calendar year we audited 234 psychotherapists, while in the 2019/20 financial year we did 17 reviews of existing organisational members and two reviews of applicant organisations. Once the COVID-19 restrictions came in, we had to do all our reviews online; this change was managed smoothly.

Enhancing our governance

We carried on with our ongoing process of reviewing and enhancing our governance structures in 2019/20, making sure we're working in the best possible way for our members. Changes included creating a new Quality Assurance Committee and Regulations Working Group.

Updating training standards

To support our family and systemic members and ensure those new to practice get the best training possible, our Education, Training and Practice Committee developed Standards of Education and Training (SETs) for family and systemic psychotherapy. The Committee also launched a consultation on revised SETs for child psychotherapeutic counselling in July which closed at the end of October.

Creating an Equality, Diversity and Inclusion Taskforce

In the spring we took steps to create an Equality, Diversity and Inclusivity Taskforce led by Elizabeth Oni-Iyiola of Inclusive Boards to examine our systems, symbols and behaviours and ensure we hold the highest values and ethics (see Plans for the Future). In response to the global protests about racial injustice over the summer, we published a statement, followed by a paper written by one of our trustees, and held a webinar with some of our foremost psychotherapists looking at how the therapeutic community might respond to the overdue call to address structural societal inequalities.

Looking after our staff

Our staff are at the heart of everything we achieve, and we're committed to their development and wellbeing. This year consultations and surveys told us staff felt heard and adequately supported, with staff turnover dropping considerably.

The COVID-19 pandemic was challenging for everyone, and the smooth transition to remote working was testament to our staff's dedication and resilience. For those who wanted it, we offered therapy to help staff deal with the stresses brought by the pandemic.

Improving our IT systems

Keeping our database of members' details up to date is vital so we can easily provide them with the information they need, keep their data safe, and make the database easy for our staff to use. This year we appointed a new CRM Officer to maintain our database, improve processes and train staff to use it more effectively.

Honouring the best in the field

Every year, through our Honorary Fellowship Awards, we pay tribute to those in the profession who further the values and ideals of the fields of psychotherapy and psychotherapeutic counselling, and of UKCP. Following a robust and rigorous nominations and selection process, four UKCP psychotherapists received an Honorary Fellowship in 2020.

Gaining Professional Standards Authority reaccreditation

The Professional Standards Authority reviews and accredits the work of regulators of health and care professionals, such as UKCP. We were pleased to meet their exacting standards in 2019/20, and had our accreditation renewed.

Dealing with complaints

A core part of our service to the public is dealing with any complaints about psychotherapists on our register. During 2019/20, we received 78 formal complaints (out of a total of 8,295 members) against our members, resulting in four interim suspension order hearings and ten adjudication panel hearings. We have identified an emerging upward trend in both the number of complaints and complexity of cases and are keeping this under review.

The Professional Conduct Committee (PCC) is responsible for overseeing the successful functioning of UKCP's Complaints and Conduct Process. By doing so, it plays a key part in enabling UKCP to meet its responsibility for maintaining professional standards of excellence. The PCC has oversight of each individual case that progresses through the complaints process and provides advice and guidance to UKCP's Complaints and Conduct Team, which manages complaints on a day-to-day basis.

The PCC currently comprises a lay (nontherapist) chair, three professional UKCP members, three lay members and a member of UKCP's Ethics Committee, providing an easy way for the two committees to work together.

The complaints process is underpinned by UKCP's code of ethics and we welcomed an updated version of the code which came into effect in October 2019. We are working with the Ethics Committee on producing advice and detailed guidance for members on how to avoid complaints arising in the future. We are also exploring ways of streamlining the process in the future.

Serious complaints are rare; the vast majority of our registrants never have a complaint made against them. However, when things do go wrong our complaints procedure is robust and enables us to step in and take action in the public interest. Fewer than 1% of all UKCP registrants were the subject of a complaint in 2019.

More information can be found in the Annual Report of the UKCP Professional Conduct Committee on our website.

Collaborating for success

To best support our members and advocate for and promote the psychotherapy profession, we're committed to brokering new, and developing existing, collaborations with professional bodies, service users, the media and those in research and the private sector. We develop relationships with those representing minority groups to help us achieve mutual diversity aims.

Working with Mind to help our members find new roles

The mental health charity Mind received £5 million in government funding to upscale mental health services during the COVID-19 crisis. We worked with the charity to make sure our members could find out about and apply for the new roles created with this funding, giving them a potential new source of income during a difficult time.

Holding courses with Imperial College London

In partnership with Imperial College London, we held two interesting and useful short courses in 2019/20, open to all and raising the profile of psychotherapy: Introduction to Psychotherapy: A Social History of the Mind, and Understanding Psychotherapy: Through the Psychotherapists' Eyes.

Developing the Scope of Practice and Education framework

Throughout 2019/20 we worked closely with BACP and BPC on the Scope of Practice and Education (SCoPEd) project, which aims to address confusion about the roles of different psychological professions by producing a framework outlining the minimum training requirements, competencies and practice standards for therapists working with adults. Following wide-ranging consultation with members, a third draft of the framework was shared with UKCP, BACP and BPC members in July 2020 for feedback.

Collaborating on research with the University of Sheffield

To advance our work on influencing a greater choice of therapies in the NHS and greater recognition of psychotherapeutic approaches, this year we have partnered with the University of Sheffield. We commissioned an in-depth analysis of large datasets, including over 200,000 clients, from the NHS psychological therapies service. This work will be ongoing over the next year.

Research

We're committed to delivering research to promote psychotherapy and psychotherapeutic counselling, and to inform our members' training and development. We aim to undertake research to identify issues around diversity facing the profession and the mental health sector.

Launching our new Research Working Group

The most significant development for research at the UKCP this year was the launch of our new Research Working Group. The Group will reassess the structure and function of research at UKCP, and work out how research fits within our strategic aims. The group's first meeting took place in March 2020. Discussions continued remotely throughout the pandemic, and will carry on into next year.

Improving members' engagement with research

Our 2020 Individual Members Survey showed that 84 per cent of our members were not involved with research, but 85 per cent were interested in research. With this in mind, we worked on ideas for getting more members involved. We also held well-attended webinars on research over lockdown.

Awarding research grants

In July 2020, we invited researchers to compete for several grants of £2,000-£3,000 each, plus one larger grant of £10,000. We received 16 entries, and three grants were awarded from a very strong field.

Launching COVID-19 article competition

COVID-19 raised many questions about how psychotherapy can help in a time of crisis. We launched a COVID-19 article competition, asking our members to write about psychotherapy in light of the pandemic. The competition received 23 entries, 10 of which were shortlisted to write a full article for a special edition publication.

Collaborating with the policy team

We know that high quality research is essential for our policy work influencing decision-makers. This year, we ensured our research and policy teams worked much more closely together on research strategy going forward.

Collecting information on client outcomes

Our member survey also showed that the majority of our members use some kind of system (such as the CORE) to measure outcomes for their clients. This year we considered how best to standardise outcome measurement and create a UKCP member database. This would create a unique and powerful evidence base for the efficacy of psychotherapeutic approaches.

Plans for 2020/21

Launching our new website and Find a Therapist tool

We know our website is a crucial tool to meet all our goals as an organisation, from supporting members to influencing decision-makers and raising the profile of psychotherapy and psychotherapeutic counselling. In autumn 2020, we will launch a new site to better meet our needs, informed by research with key user groups. It will include a new and improved Find a Therapist tool for people looking to work with a psychotherapist in person or remotely.

Equality, diversity and inclusion

Our Equality, Diversity and Inclusivity Taskforce will work with staff, members and trustees to co-create a strategy in these areas that the whole organisation owns and champions. We also plan to look at ways to secure funding for psychotherapy students from under-represented backgrounds.

Surveying clients

Our Individual Members Survey highlighted that many members wanted more research into the client experience of therapy during COVID-19. We plan to undertake this work next year.

Improving psychotherapy education

Our newly-created Education Working Group will next year undertake market research to look into the possibility of creating a psychotherapy BA/BSc degree course. We are also seeking academic partnerships to provide fundamental courses in psychotherapy.

Creating a strategy to attract new members

We are working on a strategy to attract and retain new members. This could include new membership grades and tiered structures. We will also be reviewing member benefits.

Formulating our strategy for organisational members

We will continue gathering insights from our organisational members about their needs and ideas for how we can support them going forward. We intend to finalise our organisational members strategy by the end of 2020.

Improving our ethics work

Having revised our code of ethics, we plan to focus on working across the organisation to prevent complaints.

Staying digital

Our webinars during the COVID-19 lockdown were very successful so we plan to continue with them, even when in-person events can resume.

Putting our policy messages on social media

We are planning to put our policy messaging on social media each week in 2020/21. This content is always welcomed on our platforms. It promotes our work and psychotherapy, while also resonating with members.

Reviewing Systemic Standards of Education and Training

We plan to continue reviewing more Systemic Standards of Education and Training in 2020/21, including those for working with adults and children.

Continuing our courses with Imperial College London

Following great interest in our joint evening courses prior to COVID-19, we will continue our collaboration with Imperial College London. We will be re-delivering our Understanding Psychotherapy: A Social History of the Mind course online from October to December 2020.

Reviewing the Practitioner Research Network

We plan to review how our Practitioner Research Network works, to make sure it best serves both our members and organisational strategy.

Financial reports

Financial review

The attached Statement of Financial Activities and Balance Sheet provide the results of the Charity's operations for the twelve months from 1 October 2019 to 30 September 2020.

Income for the year to September 2020 was £2,480k, up 6.3% on 2019. Total expenditure was £2,682k (up 15%) compared to £2,334k in 2019. Operational staff costs have increased owing to a cost of living allowance awarded in October 2019, increased auto-enrolment pension costs and additional resources engaged to enhance our research and policy work. We have spent £88k on upgrading our website which will enhance communication with members and the general public. There have been savings in all departments as all in-person meetings were cancelled as a result of the COVID-19 pandemic. Our staff have successfully worked from home since March 2020 and all meetings, hearings and assessments are being held online. Legal costs for the Complaints & Conduct Process are higher than last year as more complex cases were heard in the period.

The majority of the charity's income is from membership fees (£2,400k in 2020 and £2,258k in 2019). The trustees recognise that the charity's reliance on this sole source of income makes the charity vulnerable to unforeseen fluctuations in membership. The trustees take this factor into account in setting levels of reserves to be held and also in putting appropriate strategic priority to maintaining and growing membership.

The Complaints and Conduct Process was reclassified as a Designated Fund on 1 October 2014. The number of cases heard each year fluctuates; cases planned for the following year are taken into account in the price setting model and will continue to be monitored. The contribution from the general reserves has

Trustees' annual report

For the year ended 30 September 2020

increased, owing to more complex cases being dealt with this year. Costs are monitored closely and managed to the best of our ability. Processes are under constant review to ensure we contain costs as far as we are able.

In an organisation so heavily dependent on voluntary effort, any analysis of expenditure by activity gives a distorted picture of the charity's costs. The charity continues to employ a small staff team, so most of our programmes rely on the commitment of very hard working volunteers. The many hours of work on The United Kingdom Council for Psychotherapy committees, standards, registration, regulation and quality assurance are not reflected in the columns of figures in the financial statements. The Board of Trustees takes this opportunity to thank all those who have given time to UKCP for the advancement of psychotherapy and psychotherapeutic counselling.

Some volunteers are paid a token amount in recognition of the time they spend on UKCP business including but not limited to carrying out assessments and reviewing or writing documents and procedures. These amounts are in no way meant to reimburse them at market rates.

Some Trustees presented lectures at the short courses held in conjunction with Imperial College and received payment for this contribution. These amounts are disclosed in note 11 to the accounts.

All trustees give their time voluntarily, with the exception of the Chair as explained in note 8, and any expenses reclaimed from the charity are set out in note 7 to the accounts.

Our balance sheet continues to reflect our stability with cash reserves in excess of our target. Current liabilities include deferred income of £158k, reflecting membership income received in advance of the 2020/21 financial year.

Investment policy and performance

The trustees' investment policy was put in place to ensure that UKCP's cash is invested in the most effective and secure manner.

The policy states that the objectives of investments are:

- To produce the best financial return within an acceptable level of risk
- To produce a total return in excess of inflation for medium term investments
- To preserve the capital value with a minimum level of risk for short term investments

The policy also details the trustees' position on risk, ethical investments and liquidity.

The Finance, Risk and Audit Committee has decided to invest reserves in the F&C CAF Socially Responsible Portfolio. The investments paid out dividends of £4k during the year, a yield of 1.5%. The investments have risen in value by 37% since their purchase in February 2016.

Reserves policy and going concern

The key threat to our income is a drop in membership renewals and/or a reduction in new members joining. Despite our initial concerns in the light of Covid-19, the membership renewals for 2020/21 have held up and we have attracted a further 300 applications from potential new members since 1 October 2020. We are, therefore, reasonably confident that our income is secure. Much of our expenditure is within our control. Thus we are satisfied that we meet the conditions to meet the Going Concern requirement.

The trustees have a reserves policy which requires that reserves be maintained at a level which ensures that the Charity's core activities could continue during a period of unforeseen difficulty.

The Complaints and Conduct Process has a separate reserves policy. A proportion of these reserves must be maintained in a readily realisable form.

The Charity's income and expenditure are both highly predictable in timing and amounts. Reserves are calculated by reference to the risks the Charity faces and the costs of aligning expenses with income if required, or to meet the risks of unplanned costs.

The trustees set reserves targets at the beginning of the financial year and monitor the actual results at each Board meeting. The current reserves target for the general fund is £325k. The target ensures funds are available to cover any outstanding rent and operational costs as well as ensuring staff are adequately remunerated should we have to cease operations.

The free reserves at 30 September 2020 are £534,850 (unrestricted funds less net book value of tangible fixed assets). The excess free reserves of £209,850 are being carried forward to the 2020/21 financial year.

The target for the Complaints and Conduct Process fund is £55k. This is set taking account of potential litigation or risk and insurances held against these. Expenditure, other than operational costs, is dependent on the number of cases accepted and this varies from year to year. The budget setting process takes the number of cases accepted but not heard into account so reserves at the end of a financial year may be higher than the target to make allowance for expected future legal costs.

Related parties and relationships with other organisations

The Charity is a membership organisation and has, in the ordinary course of its activities, transactions with its members individually and with groups of members in the Faculties and Colleges. Faculties and Colleges are not separate legal entities and facilitate engagement and involvement with members.

Remuneration policy

The Charity sets the pay of its staff and key management personnel using industry benchmarks, performance reviews and appraisals. UKCP has a Remuneration, Appointments and Performance Management Committee (RAPMC) which is responsible for re-evaluating decisions to remunerate trustees, committee chairs and college personnel on an annual basis and reports their findings to the UKCP Board of Trustees. The RAPMC is currently reviewing all contracts for services to ensure they are compliant with current legislation. The Board approves any annual increases and changes to the Chief Executive's remuneration package, as recommended by the RAPMC.

Fundraising

The United Kingdom Council for Psychotherapy does not engage in public fundraising and does not use professional fundraisers or commercial participators. The Charity nevertheless observes the relevant fundraising regulations and codes. During the year there was no non-compliance with these regulations and codes and the Charity received no complaints relating to its fundraising practice.

Structure, governance and management

Constitution

The organisation is a charitable company limited by guarantee, incorporated on 30 September 1996 and registered as a charity on 8 October 1996.

The company was established under a memorandum of association which established the objects (see page 4) and powers of the charitable company and is governed under its articles of association.

Organisational structure and decision making

The Board of Trustees, which is responsible to UKCP members and the Charity Commission, oversees the fulfilment of our charitable objectives. A number of committees report to the Board or to the Executive Committee, which oversees ongoing work.

On appointment, each trustee is asked to declare any conflicts interest. They are also asked to declare any interests annually which ensures the UKCP Register of Interests is accurate and up-to-date.

We give our new trustees an induction pack outlining the roles and responsibilities of being a trustee as well as the Charity Commission's 'Charity trustee: what's involved' (CC3a) and 'The essential trustee: what you need to know' (CC3). We also aim to meet any training needs for new trustees that will help them carry out their role.

Risk management

Our Board reviews the risks facing UKCP on an annual basis via a Risk Register. The register covers strategic, operational, financial, human resources, technological and reputational risks. The risks we have identified are prioritised in terms of potential impact and likelihood of occurrence and the trustees confirm that systems or procedures are in place to mitigate significant risks. Five of the main risks that the trustees have identified and the strategies for mitigating these are:

- Impact of Covid-19 on membership income:- we continue to monitor this closely and refer to this risk in the going concern note above.
- Legal challenges on complaints and conduct cases :- robust procedures are followed for each case, overseen and reviewed by suitable parties. Suitable insurance against a Judicial Review is in place.
- Statutory regulation being introduced, potentially meaning that therapists no longer need UKCP registration, or any other economic, political or regulatory change resulting in a substantial reduction in member numbers :- we continue to engage with Government and other interested professional bodies. We are simultaneously engaged in an ongoing programme of creating a value proposition for members to remain in the organisation should this occur.
- Brand damage or other deterioration in the perception of our premium status resulting from actions (fraudulent or otherwise) by UKCP members, employees or outsourced staff may result in losses to the Charity in financial or reputational terms :- robust procedures followed by all staff, contractors and the external finance team ensure these risks are low.
- Breach of data, including loss or theft of confidential or sensitive data or equipment on which data is stored, hacking attack or human error:- continuous assessment of risk and data breach process is in place.

Statement of responsibilities of the trustees

The trustees (who are also directors of the United Kingdom Council for Psychotherapy for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation

Trustees' annual report

For the year ended 30 September 2020

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' Annual Report has been approved by the trustees on 12 February 2021 and signed on their behalf by

M Pollecoff
Chair

Independent auditor's report

To the members of

The United Kingdom Council for Psychotherapy

Opinion

We have audited the financial statements of The United Kingdom Council for Psychotherapy (the 'charitable company') for the year ended 30 September 2020 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 30 September 2020 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- The trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- The trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the trustees' annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual report has been prepared in accordance with applicable legal requirements

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the entity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions

Independent auditor's report

To the members of

The United Kingdom Council for Psychotherapy

are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the entity to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Judith Miller (Senior statutory auditor)

24 March 2021

for and on behalf of Sayer Vincent LLP, Statutory Auditor

Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

The United Kingdom Council for Psychotherapy

Statement of Financial Activities (incorporating an income and expenditure account)

For the year ended 30 September 2020

	Note	2020 Unrestricted £	2020 Restricted £	2020 Total £	2019 Total £
Income from:					
Donations	2	–	9,506	9,506	–
Charitable activities					
Registration fees and subscriptions	3	2,400,563	–	2,400,563	2,257,695
Other trading activities	4	64,898	–	64,898	68,285
Investments	5	5,135	–	5,135	7,495
Total income		2,470,596	9,506	2,480,102	2,333,475
Expenditure on:					
Charitable activities					
Improving access		415,938	9,506	425,444	294,924
Engaging better		409,544	–	409,544	373,956
Maintain standards of excellence		1,474,932	–	1,474,932	1,321,812
Collaborating for success		222,539	–	222,539	201,534
Research		149,440	–	149,440	142,041
Total expenditure	6	2,672,393	9,506	2,681,899	2,334,267
Net expenditure before net gains on investments		(201,797)	–	(201,797)	(792)
Net gains on investments	14	1,521	–	1,521	7,789
Net (expenditure)/income for the year and net movement in funds	7	(200,276)	–	(200,276)	6,997
Reconciliation of funds					
Total funds brought forward		964,931	–	964,931	957,934
Total funds carried forward	19	764,655	–	764,655	964,931

All income and expenditure in 2019 was unrestricted.

The United Kingdom Council for Psychotherapy

Balance sheet

Company no. 03258939

For the year ended 30 September 2020

	Note	£	2020 £	2019 £
Fixed assets				
Tangible fixed assets	13		169,942	204,931
Investments	14		273,851	272,330
			<u>443,793</u>	<u>477,261</u>
Current assets				
Debtors	15	135,927		134,083
Cash at bank and in hand		738,353		813,709
		<u>874,280</u>		<u>947,792</u>
Liabilities				
Creditors: amounts falling due within one year	16	(553,418)		(460,122)
Net current assets			<u>320,862</u>	<u>487,670</u>
Net assets	18		<u>764,655</u>	<u>964,931</u>
The funds of the charity	19			
Restricted funds			–	–
Unrestricted funds				
Designated funds			59,863	224,675
General funds			704,792	740,256
Total charity funds			<u>764,655</u>	<u>964,931</u>

Approved by the trustees on 12 February 2021 and signed on their behalf by:

Martin Pollecoff
Chair

David Fitzgerald
Treasurer

The United Kingdom Council for Psychotherapy

Statement of cash flows

For the year ended 30 September 2020

	2020		2019	
	£	£	£	£
Cash flows from operating activities				
Net (expenditure)/income for the reporting period (as per the statement of financial activities)	(200,276)		6,997	
Depreciation charges	34,989		37,352	
Gains on investments	(1,521)		(7,789)	
Dividends, interest and rent from investments	(5,135)		(7,495)	
Loss on the sale/disposal of fixed assets	–		4,682	
Increase in debtors	(1,844)		(13,567)	
Increase in creditors	93,296		58,867	
Net cash (used in) / provided by operating activities		(80,491)		79,047
Cash flows from investing activities:				
Dividends, interest and rents from investments	5,135		7,495	
Purchase of fixed assets	–		(6,126)	
Net cash provided by investing activities		5,135		1,369
Change in cash and cash equivalents in the year		(75,356)		80,416
Cash and cash equivalents at the beginning of the year		813,709		733,293
Cash and cash equivalents at the end of the year		738,353		813,709

1 Accounting policies

a) Statutory information

The United Kingdom Council for Psychotherapy is a charitable company limited by guarantee and is incorporated in the United Kingdom.

The registered office address and principal place of business is America House, 2 America Square, London, EC3N 2LU.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

The income and expenditure of colleges and faculties is included within the charity's financial statements, as required by paragraph 25.9 of the SORP. Part of the charity's general funds are held in bank accounts controlled by colleges and faculties. At the end of the year the extent of such funds was £13,703 (2019: £1,286).

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from registration fees and subscriptions is recognised evenly over the registration year.

f) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1 Accounting policies (continued)

g) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

h) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of delivering services, training and other membership activities undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

i) Allocation of support and governance costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

	2020	2019
● Improving access	14.90%	11.80%
● Engaging better	14.35%	14.96%
● Maintain standards of excellence	51.66%	52.88%
● Collaborating for success	7.80%	8.06%
● Research	5.23%	5.68%
● Governance costs	6.06%	6.62%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities. These are apportioned over each area of activity in proportion of the total costs of that activity.

1 Accounting policies (continued)

j) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

● Short term leasehold property	10 years straight line
● Furniture and fittings	25% pa reducing balance
● Furniture and fittings held under finance leases	Term of the lease
● Office equipment	25% pa reducing balance
● Computer equipment	20 – 25% pa straight line

k) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities and any excess of fair value over the historic cost of the investments will be shown as a fair value reserve in the balance sheet. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading “Net gains/(losses) on investments” in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

l) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

m) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

n) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

o) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions

The charity contributes to personal pension plans of its employees. The pension charge represents the amounts payable by the charity to such plans in the financial year.

The United Kingdom Council for Psychotherapy

Notes to the financial statements

For the year ended 30 September 2020

2 Income from donations

	2020 Total £	2019 Total £
Trainee Bursary Scheme	9,506	–
Total donations	9,506	–

All income from donations is restricted.

3 Income from charitable activities

	2020 Total £	2019 Total £
Registration fees and subscriptions	2,400,563	2,257,695
Total income from charitable activities	2,400,563	2,257,695

All income from charitable activities is unrestricted.

4 Income from other trading activities

	2020 Total £	2019 Total £
Advertising Income	46,358	38,883
Conferences and events	16,336	24,340
Other income	2,204	5,062
	64,898	68,285

All income from other trading activities is unrestricted.

5 Income from investments

	2020 Total £	2019 Total £
Interest income	931	2,016
Investment income	4,204	5,479
	5,135	7,495

All income from investments is unrestricted.

6a Analysis of expenditure (current year)

	Charitable activities							
	Improving Access £	Engaging better £	Maintain standards of excellence £	Collaborating for success £	Research £	Governance costs £	2020 Total £	2019 Total £
Operational staff costs (excl' CCP staff costs)	122,173	141,781	407,245	102,565	64,857	66,364	904,985	771,981
Premises and other operational costs	56,870	65,997	189,566	47,743	30,190	30,892	421,258	437,131
Committees and Board of Trustees	1,846	1,846	11,077	1,846	923	923	18,461	43,947
Communications	76,085	106,519	45,651	45,651	30,434	–	304,340	273,453
Governance and membership administration	13,580	13,580	47,532	6,790	–	54,322	135,804	115,704
Colleges	8,939	8,939	53,633	4,469	4,469	8,939	89,388	142,633
Faculties	477	477	3,818	–	3,818	955	9,545	21,607
Complaints and Conduct Process (incl' staff costs)	34,205	34,205	615,699	–	–	–	684,109	507,811
Development projects	85,507	11,401	11,401	–	5,700	–	114,009	20,000
	399,682	384,745	1,385,622	209,064	140,391	162,395	2,681,899	2,334,267
Governance costs	25,762	24,799	89,310	13,475	9,049	(162,395)	–	–
Total expenditure 2020	425,444	409,544	1,474,932	222,539	149,440	–	2,681,899	
Total expenditure 2019	294,924	373,956	1,321,812	201,534	142,041	–		2,334,267

6b Analysis of expenditure (prior year)

	Charitable activities						
	Improving Access £	Engaging better £	Maintain standards of excellence £	Collaborating for success £	Research £	Governance costs £	2019 Total £
Operational staff costs (excl' CCP staff costs)	85,776	124,375	365,976	82,917	55,754	57,183	771,981
Premises and other operational costs	48,570	70,427	207,232	46,951	31,571	32,380	437,131
Committees and Board of Trustees	4,395	4,395	26,368	4,395	2,197	2,197	43,947
Communications	68,363	95,709	41,018	41,018	27,345	–	273,453
Governance and membership administration	11,570	11,570	40,497	5,785	–	46,282	115,704
Colleges	14,263	14,263	85,580	7,132	7,132	14,263	142,633
Faculties	1,080	1,080	8,643	–	8,643	2,161	21,607
Complaints and Conduct Process (incl' staff costs)	25,391	25,391	457,029	–	–	–	507,811
Development projects	16,000	2,000	2,000	–	–	–	20,000
	275,408	349,210	1,234,343	188,198	132,642	154,466	2,334,267
Governance costs	19,516	24,746	87,469	13,336	9,399	(154,466)	–
Total expenditure 2019	294,924	373,956	1,321,812	201,534	142,041	–	2,334,267

Notes to the financial statements

For the year ended 30 September 2020

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2020 £	2019 £
Depreciation		
owned by the charity	34,989	37,352
Operating lease rentals:		
property	141,841	144,885
Auditor's remuneration (excluding VAT):		
audit	8,700	8,500
Loss on disposal of assets	–	4,682
Trustees' remuneration (see note 8)	8,000	8,000
Trustees' expenses	3,179	8,231

Trustees' expenses represents the travel and subsistence costs for 7 (2019: 10) members relating to attendance at meetings of the trustees and other UKCP business.

8 Trustees' remuneration

During the year honoraria were paid to the following trustees and officers of the charity:

	2020 £	2019 £
M Pollecoff	8,000	8,000

Payment of the Chair's honorarium has been agreed by the Charity Commission.

9 Analysis of staff costs and the cost of key management personnel

Staff costs were as follows:

	2020 £	2019 £
Salaries and wages	994,287	867,180
Social security costs	96,322	83,409
Employer pension contributions	83,023	54,372
Temporary staff costs	–	3,364
Redundancy and termination costs	–	12,500
	1,173,632	1,020,825

Of the £1,173,632 staff costs (2019: £1,020,825), £335,547 (2019: £327,217) relates to the Complaints and Conduct Process Designated Fund.

The following number of employees received employee benefits in excess of £60,000 (excluding employer national insurance and employer pension contributions) during the year between:

	2020 No.	2019 No.
£80,000 – £89,999	–	1
£90,000 – £99,999	1	–

The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel were £273,796 (2019: £225,897).

Notes to the financial statements

For the year ended 30 September 2020

10 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2020 No.	2019 No.
Professional and other services	27	24
Administration	2	2
	<u>29</u>	<u>26</u>

11 Related party transactions

During the year, honorarium payments were made to one trustee of the charity. This is disclosed in note 8 to these accounts.

Some members are paid a token amount for specific pieces of work undertaken on behalf of the Charity, although these amounts are in no way meant to reimburse them at market rates. Members and trustees receive reimbursement for travel expenditure whilst on charity business which are all part of the normal course of business. There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

During the year, an amount of £36,850 (2019: £33,000) was paid to Kelsey Publishing Limited for advertising in Psychologies Magazine. Suzy Walker, a Trustee, is the editor of the magazine. The contract was awarded before Ms Walker was appointed a Trustee.

During the year some Trustees were paid for presenting online lectures. Payments were made to M Pollecoff (£750), D Charura (£500) and J Rosenfeld (£1,000) (2019: nil).

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Tangible fixed assets

	Short term leasehold property £	Furniture, fittings and equipment £	Computer equipment £	Total £
Cost				
At the start of the year	181,980	99,284	32,502	313,766
At the end of the year	<u>181,980</u>	<u>99,284</u>	<u>32,502</u>	<u>313,766</u>
Depreciation				
At the start of the year	37,914	52,551	18,370	108,835
Charge for the year	18,198	11,683	5,108	34,989
At the end of the year	<u>56,112</u>	<u>64,234</u>	<u>23,478</u>	<u>143,824</u>
Net book value				
At the end of the year	<u>125,868</u>	<u>35,050</u>	<u>9,024</u>	<u>169,942</u>
At the start of the year	<u>144,066</u>	<u>46,733</u>	<u>14,132</u>	<u>204,931</u>

All of the above assets are used for charitable purposes.

Notes to the financial statements

For the year ended 30 September 2020

14 Listed investments

	2020 £	2019 £
Market value at the start of the year	272,330	264,541
Net gain on revaluation	1,521	7,789
Market value at the end of the year	<u>273,851</u>	<u>272,330</u>
Investments comprise:	2020 £	2019 £
UK Common investment funds	<u>273,851</u>	<u>272,330</u>
Historical cost	2020 £	2019 £
	<u>200,000</u>	<u>200,000</u>

15 Debtors

	2020 £	2019 £
Trade debtors	100	1,869
Other debtors	37,738	28,275
Prepayments	98,089	103,939
	<u>135,927</u>	<u>134,083</u>

16 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	158,874	139,997
Other taxation and social security	48,715	24,490
Other creditors	49,629	91,161
Accruals	137,995	69,508
Deferred income (note 17)	158,205	134,966
	<u>553,418</u>	<u>460,122</u>

17 Deferred income

Deferred income comprises membership income for 2020–2021.

	2020 £	2019 £
Balance at the beginning of the year	134,966	117,718
Amount released to income in the year	(134,966)	(117,718)
Amount deferred in the year	158,205	134,966
Balance at the end of the year	<u>158,205</u>	<u>134,966</u>

18a Analysis of net assets between funds (current year)

	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	169,942	169,942
Investments	–	273,851	273,851
Current assets	59,863	814,417	874,280
Creditors due within 1 year	–	(553,418)	(553,418)
Net assets at the end of the year	59,863	704,792	764,655

18b Analysis of net assets between funds (prior year)

	Designated funds £	General funds £	Total funds £
Tangible fixed assets	–	204,931	204,931
Investments	–	272,330	272,330
Current assets	224,675	723,117	947,792
Creditors due within 1 year	–	(460,122)	(460,122)
Net assets at the end of the year	224,675	740,256	964,931

Notes to the financial statements

For the year ended 30 September 2020

19a Movements in funds (current year)

	At 1 October 2019 £	Incoming resources and gain £	Outgoing resources and losses £	Transfers in/(out) £	At 30 September 2020 £
Restricted funds:					
Trainee Bursary Scheme	–	9,506	(9,506)	–	–
Total restricted funds	–	9,506	(9,506)	–	–
Unrestricted funds:					
<i>Designated funds:</i>					
Trainee Bursary Scheme	–	–	(16,804)	20,000	3,196
Complaints and Conduct Process	224,675	516,101	(684,109)	–	56,667
<i>Total designated funds</i>	<i>224,675</i>	<i>516,101</i>	<i>(700,913)</i>	<i>20,000</i>	<i>59,863</i>
General funds	740,256	1,956,016	(1,971,480)	(20,000)	704,792
Total unrestricted funds	964,931	2,472,117	(2,672,393)	–	764,655
Total funds	964,931	2,481,623	(2,681,899)	–	764,655

Purposes of restricted funds

The Trainee Bursary Scheme was created to award bursaries to UKCP trainees in their final year of training. Donations have been received from members and the general public. Direct costs are attributed to the fund.

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from membership subscriptions and the general fund. The fund is used to cover the costs of operating the Complaints and Conduct department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

The Trainee Bursary Scheme was created to award bursaries to UKCP trainees in their final year of training. £20,000 from general funds was transferred to the designated fund during the year. Funds not awarded are carried forward to future years.

Notes to the financial statements

For the year ended 30 September 2020

19b Movements in funds (prior year)

	At 1 October 2018 £	Incoming resources and gains £	Outgoing resources and losses £	At 30 September 2019 £
Unrestricted funds:				
<i>Designated funds:</i>				
Complaints and Conduct Process	357,848	374,638	(507,811)	224,675
<i>Total designated funds</i>	357,848	374,638	(507,811)	224,675
General funds	600,086	1,966,626	(1,826,456)	740,256
Total unrestricted funds	957,934	2,341,264	(2,334,267)	964,931
Total funds	957,934	2,341,264	(2,334,267)	964,931

Purposes of designated funds

The Complaints and Conduct Process designated fund is funded from membership subscriptions and the general fund. The fund is used to cover the costs of operating the Complaints and Conduct department and any related expenses. Funds are transferred from general reserves to cover expenses during the year.

20 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Land and buildings	
	2020 £	2019 £
Less than one year	181,091	181,091
Between one and five years	147,136	328,227
	328,227	509,318

21 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.