

Charity registration number 1175907 (England and Wales)

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2025

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr G Menda Dr N Dowek Dr C Arnold-Baker Dr S Yesselson Dr I M K��nz A Kourti Dr C Lemaitre I Smyshlyayeva A Lelyk Dr Y Kaplunenko Dr G Buffardi	
Charity registration	England and Wales	1175907
Principal address	61-63 Fortune Green Road London NW6 1DR	
Accountants	Knowles Warwick Limited Charlotte House 500 Charlotte Road Sheffield S2 4ER	

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

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FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 JULY 2025

The trustees present their annual report and financial statements for the year ended 31 July 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)".

Objectives and activities

The main aims of the charity FETE have remained unchanged and are:

1. To create, foster and secure an ongoing development of Existential Therapy across Europe
2. To provide a platform for therapeutic, academic, theoretical and applied practice exchange on the topic of existential therapy (including but not limited to: personal meetings, real world and virtual conferences etc.)
3. To support and encourage European wide training and education projects on Existential Therapy
4. To facilitate, support and promote exchange on the European level for members of FETE.

Objectives and Activities

FETE was approved by the European Association for Psychotherapy (EAP) as a European Wide Accrediting Organizations (EWAo) on October 2023

The FETE 6th annual European conference for existential therapy was held in Rome on 21-23 May 2025, entitled 'Wisdom in Practice'. It was organised by FETE and our colleagues from Italy (S.P.Es.). The conference posed the question 'what are the unmet needs of existential therapy?'. During the conference FETE celebrated it's 10th anniversary.

The FETE committees continued to meet in the last year:

The membership committee

The conference committee

The external relations and social media committee

The training standards and ethics committee

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

The membership committee has continued its work assessing applications of prospective associate and individual (voting) members, organisational members, and training institute members. The committee has created a new category of training institute membership, Training Institute Candidate Members, for those training institutes who need some additional support to meet the requirements of full membership.

In the year ending July 2025 there were 79 associate members (20 fewer than last year but this also included 12 new members), 35 individual (voting) members (9 fewer than last year but this also included 9 new members and 3 Life Members), 9 organisational members (including one new member) and 8 training institute members.

The social media committee has continued its work to publicise FETE through Facebook, in particular in relation to our annual conference. FETE also continued hosting 'Existential Encounters'

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 JULY 2025

Financial review

The income for the year to 31 July 2025 was £5,252 and the reserve balance on 31st July 2025 was £3,342.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year and enabled us to continue to allow our Ukrainian and Russian members to continue their membership without needing to pay their membership fees while the war in Ukraine continued.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity is a charitable incorporated organisation and is governed by its constitution.

The trustees who served during the year and up to the date of signature of the financial statements were:

Dr G Menda

Dr N Dowek

Dr C Arnold-Baker

Dr S Yesselson

Dr I M Künz

Dr J P H Donders

(Resigned 22 June 2025)

A Kourti

Dr C Lemaitre

I Smyshlyayeva

A Lelyk

Dr Y Kaplunenko

Dr G Buffardi

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Members of the charity appoint a committee of no less than 3 committee members who control the day to day activities of the charity.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company.

The charity is governed by a committee of trustees appointed by members at the Annual Trustees' Meeting. At every Annual Trustees' Meeting, one-third of the charity's trustees shall retire from office. They are then eligible for reappointment at the AGM. The members of the board of trustees may at any time decide to appoint a new charity trustee, whether in place of a charity trustee who has resigned or as an additional charity trustee.

The board of FETE has had regular board meetings:

September 19th 2024

October 31st 2024

November 28th 2024

January 9th 2025

February 20th 2025

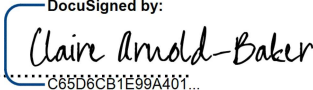
March 27th 2025

May 1st 2025

June 22nd 2025

The Annual General Meeting was held on the 22nd of June 2025.

The Trustees' report was approved by the Board of Trustees.

DocuSigned by:

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Dr C Arnold-Baker
Trustee
Dated: 28/5/2026

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STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 JULY 2025

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales 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 charity and of the incoming resources and application of resources of the charity for that year.

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 accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

CHARTERED ACCOUNTANTS' REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE FOR THE YEAR ENDED 31 JULY 2025

In order to assist you to fulfil your duties under the Charities Act 2011, we have prepared for your approval the financial statements of Federation For Existential Therapy in Europe for the year ended 31 July 2025, which comprise the statement of financial activities and the related notes from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at <https://www.icaew.com/regulation>.

This report is made to the charity's trustees, as a body, in accordance with the terms of our engagement letter dated 21 July 2025. Our work has been undertaken solely to prepare for your approval the financial statements of Federation For Existential Therapy in Europe and state those matters that we have agreed to state to the charity's trustees, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Federation For Existential Therapy in Europe and the charity's trustees as a body, for our work or for this report.

It is your duty to ensure that Federation For Existential Therapy in Europe has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and deficit of Federation For Existential Therapy in Europe. You consider that Federation For Existential Therapy in Europe is exempt from the statutory audit requirement for the year, and is not required to obtain an independent examiner's report.

We have not been instructed to carry out an audit or a review of the financial statements of Federation For Existential Therapy in Europe. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Knowles Warwick Limited

Chartered Accountants

Charlotte House

500 Charlotte Road

Sheffield

S2 4ER

Date:

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 JULY 2025

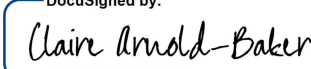
		Unrestricted funds 2025 £	Unrestricted funds 2024 £
	Notes		
Income and endowments from:			
Charitable activities	2	5,218	4,005
Other income	3	34	-
		<u> </u>	<u> </u>
Total income		5,252	4,005
 Expenditure on:			
Charitable activities	4	8,567	2,912
		<u> </u>	<u> </u>
Total expenditure		8,567	2,912
		<u> </u>	<u> </u>
Net income/(expenditure)		(3,315)	1,093
 Other recognised gains and losses:			
Other gains/(losses)	8	17	(11)
		<u> </u>	<u> </u>
Net movement in funds		(3,298)	1,082
 Reconciliation of funds:			
Fund balances at 1 August 2024		6,640	5,558
		<u> </u>	<u> </u>
Fund balances at 31 July 2025		3,342	6,640
		<u> </u>	<u> </u>

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

BALANCE SHEET
AS AT 31 JULY 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	9	173		-	
Cash at bank and in hand		5,505		8,325	
		<u>5,678</u>		<u>8,325</u>	
Creditors: amounts falling due within one year	10	(2,336)		(1,685)	
Net current assets			3,342		6,640
			<u><u>3,342</u></u>		<u><u>6,640</u></u>
The funds of the charity					
Unrestricted funds	11		3,342		6,640
			<u>3,342</u>		<u>6,640</u>
			<u><u>3,342</u></u>		<u><u>6,640</u></u>

The financial statements were approved by the trustees on 28/5/2026

DocuSigned by:

.....C65D6CB1E99A401...
Dr C Arnold-Baker
Trustee

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2025

1 Accounting policies

Charity information

Federation for Existential Therapy in Europe is a charitable incorporated organisation. The principal office is 61-63 fortune Green Road, London, NW6 1DR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.3 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

1.4 Expenditure

Resources expended are recognised in the Statement of Financial Activities on an accruals basis.

Expenditure which is directly attributable to charitable activities has been included in this cost category.

1.5 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.6 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

FEDERATION FOR EXISTENTIAL THERAPY IN EUROPE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.7 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Charitable activities

	2025 £	2024 £
Subscriptions	5,218	4,005

3 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Bank interest received	34	-

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

4 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Conference expenses	784	-
Computer and website costs	1,942	1,012
Bank charges	172	147
Accountancy	2,684	1,670
Professional subscriptions	2,084	-
Advertising and promotional materials	242	83
Entertaining	659	-
	<u>8,567</u>	<u>2,912</u>
Analysis by fund		
Unrestricted funds	<u>8,567</u>	<u>2,912</u>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

6 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

7 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

8 Other gains or losses

	Unrestricted funds general 2025 £	Unrestricted funds general 2024 £
Foreign exchange gains / (losses)	<u>(17)</u>	<u>11</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

9 Debtors	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	173	-
	<u> </u>	<u> </u>

10 Creditors: amounts falling due within one year	2025	2024
	£	£
Trade creditors	338	-
Accruals and deferred income	1,998	1,685
	<u> </u>	<u> </u>
	<u>2,336</u>	<u>1,685</u>

11 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 August 2024	Incoming resources	Resources expended	Gains and losses	At 31 July 2025
	£	£	£	£	£
General funds	6,640	5,252	(8,567)	17	3,342
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 August 2023	Incoming resources	Resources expended	Gains and losses	At 31 July 2024
	£	£	£	£	£
General funds	5,558	4,005	(2,912)	(11)	6,640
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>