

**LADY BALOGH'S PSYCHOTHERAPY TRUST**

# **ANNUAL REPORT**

**2022 - 2023**

Lady Balogh's Psychotherapy Trust, Registered Charity Number 267569.  
1 Fairbridge Rd. London N19 3EW

## **PHILOSOPHY AND AIMS**

Lady Balogh's Psychotherapy Trust is dedicated to Education in Psychotherapy. The Trust was created and endowed in 1974 by Penelope Lady Balogh, who was among the founders of psychoanalytical psychotherapy training in Britain. The Trust stands for two main principles, which derive from the work and thinking of the founder, her partner Deryck Dyne, and their associates. These are:

that psychotherapy, and in particular psychoanalytical psychotherapy, should be made more widely available in respect of both treatment and training;

that the field theory(ies) of psychotherapy, and in particular psychoanalytical psychotherapy, should be developed along a philosophical continuum, unobstructed by factional divisions, and maintained by an eclectic and inclusive stance.

The Trust seeks to widen the availability of psychotherapy treatment, training, and knowledge:

through support for the provision of psychotherapy to include those who might otherwise not seek professional help, at fees they can afford;

through support for training in psychotherapy based on the principles of eclecticism and the personal synthesis of orientations;

through support for psychotherapeutically based ventures in the wider community;

through the dissemination of information, and all other appropriate means.

The Trust's principal asset is its headquarters, 1 Fairbridge Road, Archway, London. This property was purchased by the Trustees following the sale of the founder's original bequest in Primrose Hill. Over the years the Trustees have spent a considerable sum on repairing and improving the house. And this year the garage roof required attention and three velux windows on the top floor of the house were replaced.

The house is used in part as clinical consulting rooms, occupied by therapists who pay room contributions to the Trust's Central Fund in return for use of the rooms; and in part by the Trust's principal beneficiary, the Association for Group and Individual Psychotherapy (AGIP) for its administrative, training and membership functions. AGIP's use of the house is free of charge; in return, it carries out certain administrative functions on the Trustees' behalf.

In furtherance of its aims, the Trust:

supports the Association for Group and Individual Psychotherapy (a psychoanalytical psychotherapy training organisation, member of the UK Council for Psychotherapy), formerly a section of the Trust, with an annual donation that represents a major part of the income from the property;

allows consulting room rates to be set below going rates, giving scope to therapists to accept low-paying clients;

has obtained funding for a low-fee psychotherapy scheme, the Fairbridge Clinic, which is operated by AGIP;

considers applications for funding from bodies providing psychotherapeutic training and services in the community, in particular those who seek to provide psychotherapy in areas where little presently exists;

aims through these and other means to produce a broadly based Trust, capable of supporting a variety of activities and orientations.

Originally, the Trust was set up as a central Trusteeship with a number of component parts, or sections. All these sections have now become independent bodies.

**The current Trustees are:**

*Tessa Henghes (Chair)*, Child Psychotherapist (retired); daughter of Penelope Lady Balogh.

*Jeremy Chase (Treasurer)*, Psychiatrist (retired).

*Dorothy Hamilton (Hon. Secretary)*, Psychoanalytic Psychotherapist; Chair of AGIP and Honorary Fellow of the United Kingdom Council for Psychotherapy.

*Tirril Harris*, Psychotherapist (retired); Honorary Research Fellow, Institute of Psychiatry, King's College, University of London; daughter of Penelope Lady Balogh.

*Desmond King*, Chartered Clinical Psychologist, Member of the Institute of Group Analysis, in private practice.

*Lawrence Suss*, AGIP (retired) professional member. Former Chair of AGIP. Coordinator of AGIP Professional Ethics Committee.

*Caroline Hallett*, AGIP professional member.

## **THE BENEFICIARIES OF THE TRUST**

During the year 2022 -2023 the trust supported the following beneficiaries:

### **The Association for Group and Individual Psychotherapy (AGIP)**

AGIP was established in 1974 as part of the Trust. In October 1999, it became a Company Limited by Guarantee, and therefore an independent body. It is the Trust's main beneficiary.

AGIP exists to provide a training course in psychoanalytical psychotherapy, to provide psychotherapy at accessible fees, and to support its members in their professional lives. The Association has been active in the UK Council for Psychotherapy (UKCP) since its inception, with leading roles played by AGIP members.

The Alliance of Psychoanalytic Psychotherapy Trainings (aptraining) formed by AGIP in partnership with Arbours Association in 2015, and taking its first trainees in September 2016, dissolved in the summer of 2017. With the support of the Trust, AGIP continued with its courses which are proving popular. In the summer of 2018 the courses were reviewed by the UK Council for Psychotherapy and were re-validated as 'more than' meeting the necessary standards.

AGIP accepts trainees from a variety of backgrounds, with no *a priori* bar on grounds of gender, sexual orientation, race, creed, educational background or physical disability. The courses attract students who live out of London; those who may have the ability to train, but lack formal qualifications; and older students often debarred from training elsewhere. The training is eclectic, and is based on the principle of the personal synthesis of orientations. The courses are taught at weekends enabling people with full time occupations to attend. This year the Trust has also continued to offer each clinical student a book grant.

AGIP is a membership organisation, with a democratically elected Council as managing body. There are currently 104 members including trainees. Professional Members, who have qualified as independent practitioners, are eligible to register with the UK Council for Psychotherapy.

In offering psychotherapy treatment, AGIP receives referrals from a variety of sources, including GPs, hospitals, word of mouth, and through the Fairbridge Clinic (see below). AGIP publicises the benefits of psychotherapy through appropriate publications and events, including conferences and workshops for the public and other professionals, and through leaflets detailing AGIP's clinical facilities.

In addition to its free use of the Trust headquarters, the Association receives a substantial annual donation from the Trust.

### **The Fairbridge Clinic**

The Clinic was launched in the Autumn of 1994 to provide reduced fee therapy for those on low income; it is partly funded by a charitable donation secured by the Trustees for this purpose and is administered by AGIP. The Clinic fulfils an important function not only for patients, but also for AGIP therapists in training, who receive lower fees in return for the opportunity to work twice weekly over a substantial period of time. Therapists working during the day in the clinic are able to use rooms free of charge. This constitutes a further donation to the clinic of approximately £7,000 per annum.

Recently the clinic has benefited from two generous donations made by two psychotherapy organisations that recently closed down – a very substantial donation from the Association of Independent Psychotherapists and the other seen as a reimbursement of a grant from the Trust to the Cork Psychodynamic Integrative Graduates Group, when it was set up in 1994.

### **International Attachment Network**

I.A.N., formerly a section of the Trust, aims to facilitate the spread of knowledge and understanding of Attachment Theory, and to develop its applications in many areas, including psychiatry, psychotherapy, developmental psychopathology, parent counselling, social work and social policy. To this end it holds monthly peer supervision groups, and Saturday workshops, sometimes at the

Trust Headquarters. The Trust has continued to enable the I.A.N. free use of its premises for these activities.

### **Trauma Foundation South West**

This is a charity providing free psychotherapy and support for those that have suffered through torture, oppression and war. The organisation also provides supervision and training for staff in Tfsw and other agencies and charities in Bristol and it is particularly this work which the Trust has supported with a donation this year.

### **Woman's Trust**

Woman's Trust is a specialist mental health charity, providing free counselling and therapy for women who have experienced domestic abuse. It was set up in 1996. This year the Trust made a donation towards supervision and CPD for therapists and counsellors working in this organisation.

**FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 AUGUST 2023**

**FOR**

**LADY BALOGH'S PSYCHOTHERAPY TRUST  
(INCORPORATING FAIRBRIDGE CLINIC)**

**BROOKS GREEN**

Chartered Accountants  
342 Regents Park Road  
London N3 2LJ

# **LADY BALOGH'S PSYCHOTHERAPY TRUST**

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# **LADY BALOGH'S PSYCHOTHERAPY TRUST**

## **GENERAL INFORMATION**

ADDRESS: 1 Fairbridge Road  
London  
N19 3EW

ACCOUNTANTS: Brooks Green  
342 Regents Park Road  
London N3 2LJ



**LADY BALOGH'S PSYCHOTHERAPY TRUST**

**ACCOUNTANTS REPORT TO THE TRUSTEES OF  
LADY BALOGH'S PSYCHOTHERAPY TRUST**

In accordance with the instructions given to us we have prepared, without carrying out an audit, the annexed accounts on Pages 2 to 3 from the accounting records of Lady Balogh's Psychotherapy Trust and from information and explanations supplied to us.

**Brooks Green**  
Abbey House  
342 Regents Park Road  
London N3 2LJ  
Tel. 020 8343 1660

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**BROOKS GREEN**

342 Regents Park Road  
London N3 2LJ

Date: 13<sup>th</sup> June 2024

**LADY BALOGH'S PSYCHOTHERAPY TRUST  
(INCORPORATING FAIRBRIDGE CLINIC)  
CONSOLIDATED BALANCE SHEET AS AT 31 AUGUST 2023**

	£	2023 £	£	2022 £
<b>FIXED ASSETS</b>				
Property - Fairbridge Road		305,396		305,396
<b>Listed Investments</b>		19,182		19,182
<b>CURRENT ASSETS</b>				
Debtors and Prepayments	7,762		10,668	
Cash Balances	234,354		250,048	
	<u>£242,116</u>		<u>£260,716</u>	
	=====		=====	
<b>CURRENT LIABILITIES</b>				
Creditors	<u>£1,890</u>		<u>£7,123</u>	
	=====		=====	
<b>Net Current Assets</b>		240,226		253,593
		<u>£564,804</u>		<u>£578,171</u>
		=====		=====
<b>REPRESENTED BY: ACCUMULATED FUND</b>				
Balance as at 1 September 2022	578,171		593,610	
Deficit for year	<u>13,367</u>	<u>£564,804</u>	<u>15,439</u>	<u>£578,171</u>
	=====	=====	=====	=====

We approve the financial statements and confirm that we have made available all relevant records and information for their preparation.

 **Trustee**

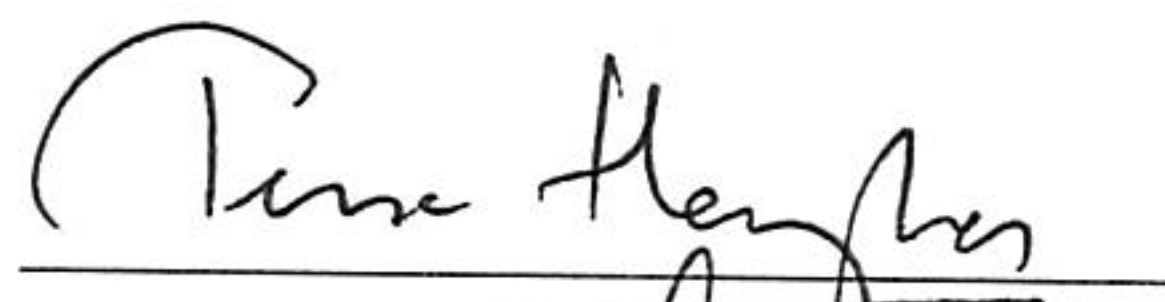
 **Trustee**


Date: 17/6/24

**LADY BALOGH'S PSYCHOTHERAPY TRUST**  
**BALANCE SHEET AS AT 31 AUGUST 2023**

	£	2023 £	£	2022 £
<b>FIXED ASSETS</b>				
Property - Fairbridge Road		305,396		305,396
<b>Listed Investments</b>		19,182		19,182
<b>CURRENT ASSETS</b>				
Debtors and Prepayments	7,762		10,668	
Cash Balances	168,864		172,925	
	<u>£176,626</u>		<u>£183,593</u>	
	=====		=====	
<b>CURRENT LIABILITIES</b>				
Creditors	£1,890		£1,800	
	<u>£1,890</u>		<u>£1,800</u>	
	=====		=====	
<b>Net Current Assets</b>		174,736		181,793
		<u>£499,314</u>		<u>£506,371</u>
		=====		=====
<b>REPRESENTED BY:</b>				
<b>ACCUMULATED FUND</b>				
Balance as at 1 September 2022	506,371		519,458	
Deficit for year	7,057	£499,314	13,087	£506,371
	<u>7,057</u>	<u>£499,314</u>	<u>13,087</u>	<u>£506,371</u>
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**LADY BALOGH'S PSYCHOTHERAPY TRUST  
CENTRAL FUND  
INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDED 31 AUGUST 2023**

	£	2023 £	£	2022 £
House Contributions	70,051		52,850	
Donations	-	70,051	-	52,850
Deposit Interest	519		12	
Dividends	416	935	263	275
		70,986		53,125
<b>Less:</b>				
Secretarial Fees	2,776		9,759	
Book Bursaries	5,025		-	
Administration Costs	-		112	
House Expenses	12,744		8,149	
Equipment Maintenance	-		1,567	
Insurance	1,958		2,425	
Accountancy	1,890		1,800	
Donations to A.G.I.P.	34,000		34,000	
Other Donations	19,650	78,043	8,400	66,212
<b>Deficit for year</b>		£7,057		£13,087

**FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 AUGUST 2023**

**FOR**

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(INCORPORATING FAIRBRIDGE CLINIC)**

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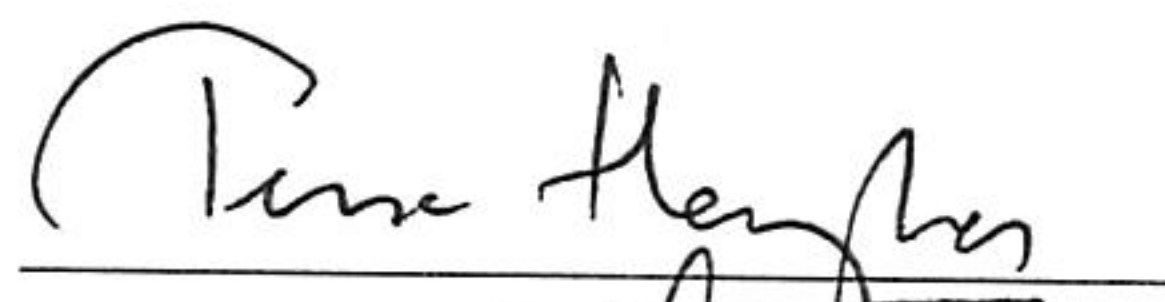
  
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