



# Counsellors & Psychotherapists in Primary Care

Member Organisation of the Psychotherapeutic Counselling Section of UKCP

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## Primary Care Counselling in England in 2005 - Key Facts:

- 91% of patients with Mental Health Problems are only seen in Primary Care (NSF for Mental Health)
- 80% of PCTs have some form of managed primary care counselling service
- 15% of PCTs have uncoordinated counselling provision
- 5% have no provision
- A guesstimate of 4,000 to 5,000 primary care counsellors currently working
- Counsellors have been profiled and banded under Agenda for Change
- 80 primary care counselling services are using CORE (Clinical Outcome Routine Evaluation). Using CORE data (database of ~ 4,000 patients) gives the following outcomes:

Clinical and Reliable Improvement: 72%

Patients assessed as depressed: 65%

Patients assessed as stressed/anxious: 69%

- There are no national guidelines in place for commissioning and managing primary care counselling services
- There are no agreed national standards for provision of brief therapeutic interventions
- CPC and Counselling Service Managers continually battle against the medical model approach
- Mental Health is a Cinderella Service and easy to cut
- Mental illness costs the country around £4 billion a year in lost output
- Randomised controlled trial of non-directive counselling, cognitive-behaviour therapy, and usual general practitioner care for patients with depression.  
Ward, E. King, M et al (2000). British Medical Journal Vol 321. 2 December 2000.

Three treatments were studied: Counselling, CBT and Usual GP Care.

The results were:

- a) Counselling and CBT were both superior to GP care at 4 months
- b) There was no difference between Counselling and CBT at 4 months
- c) There was no difference between any of the treatments at 12 months.

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