

Registered number: 03258939  
Charity number: 1058545

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

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

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**THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY**  
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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**

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

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

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**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

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

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**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**

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

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

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

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

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

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

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

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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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**TRUSTEES' REPORT (CONTINUED)**  
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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

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

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£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.



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

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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.

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

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

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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

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

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**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.

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

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**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.

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

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**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.

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

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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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Auditors' Report.

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

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**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 £
<b>INCOME FROM:</b>					
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
<b>TOTAL INCOME</b>		<b>2,555,280</b>	<b>3,236</b>	<b>2,558,516</b>	<b>2,560,115</b>
<b>EXPENDITURE ON:</b>					
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
<b>TOTAL EXPENDITURE</b>		<b>2,686,953</b>	<b>3,236</b>	<b>2,690,189</b>	<b>2,563,213</b>
<b>NET EXPENDITURE BEFORE NET (LOSSES)/GAINS ON INVESTMENTS</b>		<b>(131,673)</b>	<b>-</b>	<b>(131,673)</b>	<b>(3,098)</b>
Net (losses)/gains on investments	16	(44,398)	-	(44,398)	61,163
<b>NET MOVEMENT IN FUNDS</b>		<b>(176,071)</b>	<b>-</b>	<b>(176,071)</b>	<b>58,065</b>
<b>RECONCILIATION OF FUNDS:</b>					
Total funds brought forward	21	822,720	-	822,720	764,655
Net movement in funds		(176,071)	-	(176,071)	58,065
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>646,649</b>	<b>-</b>	<b>646,649</b>	<b>822,720</b>

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**  
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**REGISTERED NUMBER: 03258939**

**BALANCE SHEET**  
**AS AT 30 SEPTEMBER 2022**

	Note	2022 £	As restated 2021 £
<b>FIXED ASSETS</b>			
Tangible assets	15	26,576	89,876
Investments	16	290,616	335,014
		<u>317,192</u>	<u>424,890</u>
<b>CURRENT ASSETS</b>			
Debtors	17	153,334	174,004
Cash at bank and in hand		676,064	731,404
		<u>829,398</u>	<u>905,408</u>
Creditors: amounts falling due within one year	18	(309,441)	(414,978)
<b>NET CURRENT ASSETS</b>		<u>519,957</u>	<u>490,430</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>837,149</u>	<u>915,320</u>
Provisions for liabilities	19	(190,500)	(92,600)
<b>TOTAL NET ASSETS</b>		<u><u>646,649</u></u>	<u><u>822,720</u></u>
<b>CHARITY FUNDS</b>			
Unrestricted funds	21	646,649	822,720
<b>TOTAL FUNDS</b>		<u><u>646,649</u></u>	<u><u>822,720</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.

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**THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY**  
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**REGISTERED NUMBER: 03258939**

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**BALANCE SHEET (CONTINUED)**  
**AS AT 30 SEPTEMBER 2022**

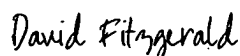
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The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



**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**  
**(A Company Limited by Guarantee)**

**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

	Note	2022 £	2021 £
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Net cash used in operating activities	23	(56,188)	(9,453)
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Dividends, interests and rents from investments		6,044	4,202
Purchase of tangible fixed assets		(5,196)	(1,698)
<b>NET CASH PROVIDED BY INVESTING ACTIVITIES</b>		848	2,504
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
<b>NET CASH PROVIDED BY FINANCING ACTIVITIES</b>		-	-
<b>CHANGE IN CASH AND CASH EQUIVALENTS IN THE YEAR</b>		(55,340)	(6,949)
Cash and cash equivalents at the beginning of the year		731,404	738,353
<b>CASH AND CASH EQUIVALENTS AT THE END OF THE YEAR</b>	24	676,064	731,404

The notes on pages 27 to 47 form part of these financial statements

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

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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**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.

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**THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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**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**  
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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**2. ACCOUNTING POLICIES (CONTINUED)**

	<b>2022</b>	<b>2021</b>
	<b>%</b>	<b>%</b>
Improving access	<b>12</b>	<b>15</b>
Engaging better	<b>13</b>	<b>14</b>
Maintain standards of excellence	<b>55</b>	<b>52</b>
Collaborating for success	<b>7</b>	<b>8</b>
Research	<b>4</b>	<b>5</b>
Governance costs	<b>9</b>	<b>6</b>
	<b>100</b>	<b>100</b>

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

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**THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

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**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**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**3. INCOME FROM DONATIONS**

	<b>Restricted funds 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
UKCP Bursary Fund	1,008	1,008	2,425
	<u>1,008</u>	<u>1,008</u>	<u>2,425</u>
TOTAL 2021	<u>2,425</u>	<u>2,425</u>	

**4. INCOME FROM CHARITABLE ACTIVITIES**

	<b>Unrestricted funds 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
Registration fees and subscriptions	2,506,255	2,506,255	2,520,547
	<u>2,506,255</u>	<u>2,506,255</u>	<u>2,520,547</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**  
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**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**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**8. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)**

**ANALYSIS OF DIRECT COSTS**

	<b>Improving access 2022 £</b>	<b>Engaging better 2022 £</b>	<b>Maintain standards of excellence 2022 £</b>	<b>Collaborating for success 2022 £</b>
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>
<b>TOTAL 2021</b>	<u><u>352,562</u></u>	<u><u>356,242</u></u>	<u><u>1,305,264</u></u>	<u><u>207,052</u></u>

**THE UNITED KINGDOM COUNCIL FOR PSYCHOTHERAPY**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**8. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)**

**ANALYSIS OF DIRECT COSTS (continued)**

	<b>Research 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
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**

	<b>Improving access 2022 £</b>	<b>Engaging better 2022 £</b>	<b>Maintain standards of excellence 2022 £</b>	<b>Collaborating for success 2022 £</b>
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>

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2022**

**8. ANALYSIS OF EXPENDITURE BY ACTIVITIES (CONTINUED)**

**ANALYSIS OF SUPPORT COSTS (continued)**

	<b>Research 2022 £</b>	<b>Total funds 2022 £</b>	<b>Total funds 2021 £</b>
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**

	<b>2022 £</b>	<b>2021 £</b>
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:

	<b>2022 £</b>	<b>2021 £</b>
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**  
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**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**  
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**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**  
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**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 £
<b>COST OR VALUATION</b>				
At 1 October 2021	181,980	99,284	34,200	315,464
Additions	-	-	5,196	5,196
At 30 September 2022	181,980	99,284	39,396	320,660
<b>DEPRECIATION</b>				
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	181,980	79,571	32,533	294,084
<b>NET BOOK VALUE</b>				
At 30 September 2022	-	19,713	6,863	26,576
At 30 September 2021	57,212	26,288	6,376	89,876

All of the above assets are used for charitable purposes.

**16. FIXED ASSET INVESTMENTS**

	Listed investments £
<b>VALUATION</b>	
At 1 October 2021	335,014
Revaluations	(44,398)
AT 30 SEPTEMBER 2022	290,616

**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	<b>290,616</b>	335,014
	<b>2022 £</b>	<b>2021 £</b>
Historic cost	<b>200,000</b>	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
	<b>153,334</b>	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
	<b>309,441</b>	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)
	<u>118,433</u>	<u>141,007</u>

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
	<u>75,000</u>	<u>115,500</u>	<u>190,500</u>

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**  
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**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 £
<b>UNRESTRICTED FUNDS</b>						
<b>DESIGNATED FUNDS</b>						
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>
<b>GENERAL FUNDS</b>						
General Fund	720,623	2,005,280	(2,071,825)	(37,643)	(44,398)	572,037
<b>TOTAL UNRESTRICTED FUNDS</b>	<u>822,720</u>	<u>2,555,280</u>	<u>(2,686,953)</u>	<u>-</u>	<u>(44,398)</u>	<u>646,649</u>
<b>RESTRICTED FUNDS</b>						
UKCP Bursary Fund	-	3,236	(3,236)	-	-	-
<b>TOTAL OF FUNDS</b>	<u>822,720</u>	<u>2,558,516</u>	<u>(2,690,189)</u>	<u>-</u>	<u>(44,398)</u>	<u>646,649</u>

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**NOTES TO THE FINANCIAL STATEMENTS**  
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**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.

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**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 £
<b>UNRESTRICTED FUNDS</b>						
<b>DESIGNATED FUNDS</b>						
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>
<b>GENERAL FUNDS</b>						
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>
<b>TOTAL UNRESTRICTED FUNDS</b>	<u>764,655</u>	<u>2,557,690</u>	<u>(2,560,788)</u>	<u>-</u>	<u>61,163</u>	<u>822,720</u>
<b>RESTRICTED FUNDS</b>						
UKCP Bursary Fund	<u>-</u>	<u>2,425</u>	<u>(2,425)</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>TOTAL OF FUNDS</b>	<u>764,655</u>	<u>2,560,115</u>	<u>(2,563,213)</u>	<u>-</u>	<u>61,163</u>	<u>822,720</u>

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**22. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

**ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR**

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

**ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR**

	<b>Unrestricted funds (as restated) 2021 £</b>	<b>Total funds 2021 £</b>
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)
<b>TOTAL</b>	<b>822,720</b>	<b>822,720</b>

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**NOTES TO THE FINANCIAL STATEMENTS  
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**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
<b>ADJUSTMENTS FOR:</b>		
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
<b>NET CASH USED IN OPERATING ACTIVITIES</b>	<b>(56,188)</b>	<b>(9,453)</b>

**24. ANALYSIS OF CASH AND CASH EQUIVALENTS**

	2022 £	2021 £
Cash in hand	676,064	731,404
<b>TOTAL CASH AND CASH EQUIVALENTS</b>	<b>676,064</b>	<b>731,404</b>

**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
	<b>731,404</b>	<b>(55,340)</b>	<b>676,064</b>



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**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 £
<b>Land and buildings</b>		
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>