

Candidates Election Statements

President Elect – Vote for 1 (one) candidate

MR DAVID BAKER - NOMINATION FOR PRESIDENT ELECT

I have spent the last 44 years of my working life helping people, many in the most desperate of circumstances. I have experience of running large organisations, negotiating with politicians at national level. For the last 23 years I have practiced daily as a CBT psychotherapist running my own practice. Nearly 10 years was spent contracted to the Powys Health Authority providing a therapy service for a group of GP's in Mid Wales. Making a living for a family, finding money for training, CPD, and running a business whilst at the same time dealing with the pressures of daily 'face to face' therapy, remain part of my stock in trade. In addition, over the last 3 years I've been a very active member of the Board of BABCP familiarizing myself with its activities, initiating ideas for change, and chairing the Finance Committee, as the Board's Treasurer. I lead the Finance team as part of the President's Strategic planning initiatives, and have recently set up the Independent Practitioners SIG which I chair. I have established a sound working relationship with BABCP's administrative staff. As part of CPD I am undertaking a self funded research PhD at Derby University.

If I am elected I would wish to support and continue the work started by our current President in establishing a strategic plan. There are many challenges ahead – 'The periscope needs to be up!' Regulation – BABCP will have to be aware of pressures requiring organisation change. Continuing to be supportive of IAPT should be a priority. I am particularly interested in ensuring low intensity workers can develop through accreditation via BABCP. The world-wide status of our conference requires high levels of support as does other scientific activities through our journals, and the expansion of research grants needs encouragement. Communication, both externally and internally has to be enhanced and I would wish to ensure our web site is fit for purpose. Maintaining the status of our accredited therapists is most important with attention to supervision and CPD. For an organisation where almost half its income is dependent on subscriptions, remaining sensitive to members needs must be at the top of the agenda, and continuing support and encouragement for volunteers whose energy and enthusiasm maintain the reputation of BABCP and CBT is essential.

As president I would encourage a climate of inclusivity. Whether you are a psychologist, high/low intensity worker, or independent practitioner, all need to feel BABCP offers something special. Maintaining such a culture in a rapidly expanding organisation is a challenge. In this time of economic difficulties it is important to remind ourselves compassion is as central to CBT as is evidence base practice – it's not only what you do, but the way you do it.

BABCP needs to reach out to policy makers and other related organisations – by such endeavours can the mental health of the nation be improved and the status of CBT maintained.

I am pleased I retain the energy and enthusiasm to spearhead these aspirations.

PROFESSOR SHIRLEY REYNOLDS – NOMINATION FOR PRESIDENT ELECT

As a longstanding member of the BABCP this is the professional organisation within which I feel most at home. Now I am standing as President Elect because this is a critical time for the development and dissemination of CBT and I am passionate about doing both successfully.

I have worked as a clinical psychologist for over 20 years. I am Professor of Clinical Psychology at the University of East Anglia (UEA) in Norwich. My clinical and research interests focus on child and adolescent emotional disorders and psychological therapies research.

I have a range of relevant experience. I am head of the multi-disciplinary Psychology and Psychiatry group at UEA and co-director of the UEA Clinical Psychology Programme. We have run a multi-disciplinary CBT diploma for 8 years, now a High Intensity IAPT programme. I am Lead for the local NHS Mental Health research programme and Deputy Director of the East Anglia Hub of the Mental Health Research Network. I was on the Mental Health guidelines group for NICE, have held a range of positions within the British Psychological Society and was co-editor of Evidence Based Mental Health.

As President there are a range of key issues which I would strongly support.

1. We must continue to improve interventions and delivery of CBT especially to those who have previously been excluded such as older people, children and young people, and those with severe and chronic difficulties.

As President I would support programmes to deliver CBT to more people and in even more accessible ways.

2. The practice of CBT is exciting; our remarkable progress is underpinned by clinical research. We must keep research and critical self reflection at the heart of our activity and maintain the essential relationship between clinical practice, theory and research.

As President of the BABCP I would strongly support the scientific basis of CBT and promote international relationships and collaborations.

3. The BABCP must play a leading role in shaping CBT delivery and services. We must promote core therapeutic skills and values as well as clinical effectiveness.

As President I would seek to promote CBT accurately and to challenge poorly informed critics.

4. The BABCP is an inclusive multi-disciplinary organisation. As our membership becomes even more diverse we need to tap the enthusiasm, expertise, talents and values of our members to mould our organisation. In addition BABCP must promote and support training in CBT at all levels and work to ensure the highest possible clinical and ethical standards.

As President I would prioritise the integration of new kinds of psychological therapists into the BABCP and the maintenance of clinical excellence.

5. Finally, in all our activities we will be able to do even more if we engage actively with all stakeholders, including the voluntary sector and service users and carers, and we need to find flexible ways to do this at all levels of the organisation.

See www.shirleyforpresident.com for further information or to offer support.

Elected Members – Vote for up to 4 (four) candidates

DR CAROL BRADY – NOMINATION FOR ELECTED MEMBER

Supporting Statement

I am a clinical psychologist by background and have been an accredited therapist with BABCP for 10 years. My current post is a dual role as General Manager for Psychological Therapies and Primary Care Mental Health, and Trust Professional Lead for Psychological Therapies. I lead the local IAPT project, which began last year. I have supervised trainees for the Derby course. I believe my substantial management experience coupled with my commitment to the development to CBT makes me suitable for the post.

MS KATY GRAZEBROOK – NOMINATION FOR ELECTED MEMBER

I am a Consultant Clinical Psychologist who became involved with BABCP in the early 1990's when I was actively involved with the Manchester Branch. Subsequently I have served on the BABCP Board as an Elected Member, Honorary Secretary and EABCT Representative, watching the organisation grow at an alarming rate and participating in some of the key changes. Since my involvement at Board level I have maintained an interest by working as an Accreditor for a couple of years, as well as treading a tricky path representing BABCP at the Psychotherapy Professions Alliance Group (UKCP, BACP, BPC and BPS) in its early discussions with the Health Professions Council. This has helped me understand the range of views and strong feelings held by the different psychotherapy orientations and the threat they feel from CBT; helping to draw out the commonalities and shared values in order to co-exist and provide choice for the users of our services.

In my current employment I am committed to multi-disciplinary working and the encouragement of CBT skills across the workforce. I am in the thick of NHS services and very familiar with the politics and prejudices that abound in relation to (and within) psychological therapies. I also have a small private and so I am familiar with some of the issues from this perspective as well.

DR FIONA KENNEDY – NOMINATION FOR ELECTED MEMBER

If elected I will work towards further increasing the responsiveness of the BABCP to the needs of its diverse membership whilst helping to get the structure and position of the organisation right at this time of rapid evolution and increasing influence.

Training initiatives, national provision of CBT therapists and professional registration are urgent agendas, but also the core business of representing our members' interests and assuring the public of safe and reliable service.

As Branch Liaison Officer for Southern Branch and ACT SIG, I have been impressed by the need for rapid change, whilst preserving the essence of BABCP.

An accredited CBT Therapist, Supervisor and Trainer, I have experience in organisational and service development (as a Professional Lead for Psychology); training provision (as Chief Examiner for the BPS's Statement of Equivalence, and chair of the Training Committee for a Doctoral Programme); ethics (member of the LREC) research (presentations and workshops at BABCP and EABCT), private practice and charity work.

Now in part time private practice (www.email-therapy.co.uk) I am developing an executive coaching service (www.greenwoodmentors.com) so feel able to represent business interests outside of government organisations, while training volunteers for the Indian NGO 'Dream a Dream' affords an international charitable perspective.

I would be honoured to be involved in the evolution of BABCP at this most stimulating time.

DR ALAN KESSEDIAN – NOMINATION FOR ELECTED MEMBER

Should I be successfully elected onto the Board, I bring to the role significant experience and expertise in the clinical application, clinical supervision and training of CBT.

I am a BABCP accredited therapist, training and supervisor and have worked in the field of mental health since 1987, most notably in psychiatric nursing (ten years) and clinical psychology (ten years). Currently I work as Principle Psychologist at an NHS inner city psychiatric hospital in Birmingham.

Further, I have substantial teaching and supervisory experience and have been notably involved with the development of the CBT Programme at Birmingham University since its inception in 2003. This has provided me with an awareness of some of the contemporary issues relating to training including the IAPT agenda and the instrumental role BABCP has in maintaining standards of training and ultimately the quality of CBT informed practice clients can come to expect from the BABCP membership.

Utmost, I would bring to the role an inclusive approach and a genuine interest in how the BABCP and my role within it, can support all of its members develop their practice in a safe and effective manner at this exciting time of expansion.

JOY McGUIRE – NOMINATION FOR ELECTED MEMBER

I am an experienced clinician with specialist skills in Cognitive Behaviour Therapy. I have been accredited with the BABCP since 1998. I am also an experienced supervisor, teacher and team leader.

I am interested in becoming an Elected Member on the board of the BABCP because I welcome an opportunity to participate more actively in the national profile and activities of the organisation that has offered me so much support and opportunities for learning over the years.

RECENT EMPLOYMENT

Current: Oxford Cognitive Therapy Centre

Cognitive Behaviour Therapist, Oxfordshire & Buckinghamshire NHS Foundation Trust

I provide CBT therapy, training and supervision, nationally and internationally, on behalf of OCTC at levels from beginners to advanced practice. I also work for one day each week in local CMHT providing CBT.

Previous employment over the last 10 years:

Cognitive Therapy Training Facilitator, New Forrest:

Involved planning and implementing training in CBT for medical students from the University of Southampton during their psychiatric attachment.

Team Leader for Isle of Wight Adult Psychological Therapies Service:

Involved leading a, multi disciplinary, psychological therapy service including psychology, clinical nurse therapy, counselling and analytical psychotherapy.

Research Cognitive Behaviour Therapist, Institute of Psychiatry, London

Working for Professors Paul Salkovskis, David Clarke and Anke Ehlers I participated, as therapist, in two Wellcome funded research trails examining effective treatments for Obsessive Compulsive Disorder and Health Anxiety.