

# Resource Guide

A close-up photograph of a person's hands writing on a notepad with a yellow highlighter. The person is wearing a blue shirt and a black wristband. A laptop keyboard is visible in the background, slightly out of focus. The overall scene suggests a professional or academic setting.

The Choice Agenda: Is IAPT Getting the Balance Right  
for Clients Between CBT and Counselling?  
– Catherine Jackson & Mike Trier

# About Catherine & Mike

## About Catherine Jackson

Catherine Jackson is Deputy Editor of Therapy Today journal. She is a journalist by profession, specialising in mental health for much of her career. Catherine is currently researching and writing a book about IAPT and its impact on counselling and psychotherapy provision.



## About Mike Trier

I have worked for many years counselling teenagers. Now, I have a private practice in Sheffield, mainly counselling couples as a Relate Licensed Counsellor, but I also counsel individuals; I am a supervisor, and I offer training, both to young people and adults. I am BACP Accredited, and achieved both my Person Centred Diploma in Counselling, and my Person Centred Certificate in Supervision at Temenos, in Sheffield.



# Resources

(Click the links below)

## **Therapy Today Articles**

[Parity – empty promise or panacea? - Catherine Jackson](#)

[A slice of the cake - Catherine Jackson](#)

[When CBT doesn't help - Helen Hadfield](#)

[Empathy key to CBT](#)

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