

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

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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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Helping clients help themselves (PDF)

List of issues and concerns

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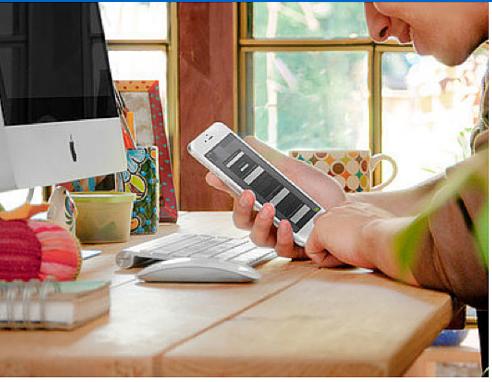




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