

Attitudes to Counselling & Psychotherapy

Key Findings

Background

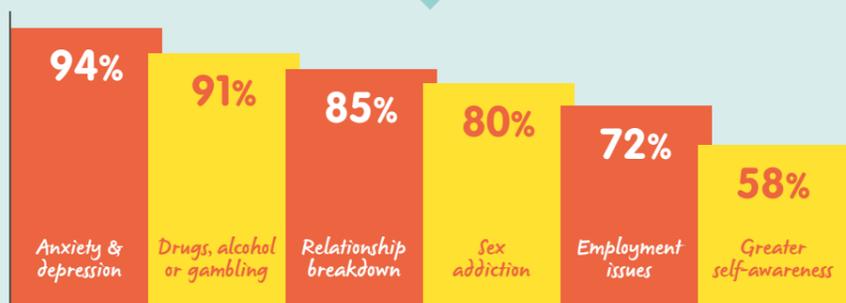
BACP wanted to understand more about people's attitudes towards counselling and psychotherapy, and whether or not these attitudes have changed in the last 5-6 years.

Research was commissioned to explore the impact of the recession on attitudes towards counselling and psychotherapy, especially in the workplace.

It was carried out in two phases. Firstly, a review of existing research on the incidence of mental health problems in the general population.

Secondly, a telephone survey of 1,440 people aged 18 plus in the UK. BACP published the findings in June 2010.

Many reasons for seeking therapy are considered acceptable now



A majority of respondents (from 58% for greater self-awareness to 94% for anxiety and depression) agreed that a wide range of reasons were acceptable for seeking counselling & psychotherapy.

Talking about problems is more acceptable now

91% agreed that 'it is more acceptable to talk about emotional problems than it was in the past'

91%

94%

of respondents agreed that 'serious mental health problems are just as likely to affect my family as anyone else's'

There's a greater willingness to seek help

88% agreed that 'people might be happier if they talked to a counsellor or psychotherapist about their problems'

88%

95%

of respondents agreed that 'it is a good idea to seek counselling or psychotherapy for a problem before it gets out of hand'

1 in 5 people have consulted a therapist

21% of respondents had consulted a counsellor or psychotherapist at some point in the past (the same percentage as in 2004)

47% stated that neither they nor anyone they knew had done so

Preferences for seeking help are varied...

CHOICE

51% indicated that if they wanted help with mental health problems their first choice would be their GP or other health practitioner.

41% indicated that their first choice would be a friend or family member.

2% indicated that their first choice would be a counsellor or psychotherapist.

A need for counselling & psychotherapy in the workplace...

84%

felt that 'the recession has made it more likely that people need counselling & psychotherapy'

would like their employer to offer a confidential counselling or psychotherapy service

54%

thought that the recession was to blame to some extent for their problems

56%

said that 'my employment causes me more stress than anything else'

21%

of respondents who were employed felt stressed by their jobs

53%

Finding a Therapist

65% of those who consulted a therapist were referred by their GP or other health practitioner.

9% found a therapist independently by using the internet, Yellow Pages or other directory.

7% were referred by their employer.

Demand for therapy is positive

88%

of respondents agreed that 'counselling & psychotherapy should be available to all on the NHS'

NHS services

65%

said 'I would be willing to pay for counselling or psychotherapy'

Pay for therapy

84%

agreed that 'I would be more likely to consider counselling & psychotherapy if I knew that my practitioner was fully trained and registered as a member of a recognised professional body'

Registered & trained