Attitudes to Counselling & Psychotherapy

Key findings of our 2014 Survey

Background
Our latest survey explores the British public’s attitudes to counselling and psychotherapy, and highlights changes in attitudes since our previous surveys in 2004 and 2010.

2084 adults from across the UK completed this survey, which was conducted by Ipsos MORI in March 2014.

Have you ever consulted a counsellor or psychotherapist?

Total respondents 28% 2014

Gender split
Female 32% 2014
Male 23% 2014

Age groups
55–75 yrs old 24%
45–54 yrs old 32%
35–44 yrs 38%
25–34 yrs old 26%
16–24 yrs old 18%

54% of people say that a family member, friend, work colleague or themselves have consulted a counsellor or psychotherapist

Seeking help
Percentage of people who said they’d know where to seek help if they had, or experienced:

Workplace stress 45%
Gambling addiction 52%
Anxiety 61%
Depression 71%

People would seek help from a variety of different sources:

GP 64%
Counsellor or psychotherapist 41%
Consult a family member 44%
Telephone helpline 30%

Contact an advice agency/voluntary agency 27%
Look online 39%
Self-help books or pamphlets 47%

64% of people say they’d prefer to speak to a counsellor face to face, with only 9% saying they’d prefer to speak online

Acceptance
In 2004, 60% of people agreed that “people today spend too much time dwelling on their emotional difficulties.” In 2014 this has dropped to 39%

60% 2004
39% 2014

64% of people think that counselling should be available to all school children in schools

Workplace & coaching
48% of people say they feel stressed more regularly these days than they did five years ago

In London this figure is higher, with 37% saying their job causes them the most stress

Have you ever taken part in a coaching session?

YES 16%
NO 84%

53% of people say they would accept a free coaching session offered by their employer

37% of people would be more likely to accept the offer of coaching by an employer than counselling, compared to 17% who would chose counselling over coaching

About BACP
BACP is a professional body and a registered charity that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the public.
We have over 40,000 members, working within a range of settings, including the NHS, schools and universities, workplaces and private practice, as well as third sector environments including voluntary, community and pastoral settings.

BACP Media
We are committed to providing prompt responses to media enquiries, drawing on our extensive member network of experts and spokespeople.
For all media enquiries, call our media team on 01455 883342, or email media@bacp.co.uk.