

COVID-19 BPC Update: 6 May 2020

## **Guidance and Resources**

The BPC has updated its training and general clinical work guidance. It has become evident that since the initial Covid-19 training guidelines were published, periods of 'lockdown' may be a recurring pattern. We acknowledge that training and all clinical work needs to have the flexibility to adapt to such changes. The updated guidance for clinical and training cases can be found below.

The Psychological Professions Network (PPN) has published a useful [summary of the pre- and post Covid-19 guidance](#) around remote delivery of psychological services and information on governance issues of relevance to the psychological professions working in NHS commissioned mental health care. They have also [collated resources](#) from various national, regulatory and professional bodies to help guide psychological professionals in the care and treatment they provide during Covid-19.

The Association of Child Psychotherapists (ACP) has updated [their guidance on working remotely](#) and issued guidance on adapting to work with children.

We continue to publish on our website our registrants' psychoanalytically informed reflections about Covid-19 or/and their experiences of adapting to working psychoanalytically during the pandemic. If you would like to share your thoughts, please [email](#) the BPC. We aim at providing a psychoanalytic thinking space to reflect on how the lockdown and the pandemic are affecting psychoanalytic work. The contributions received so far can be accessed [here](#).

## **Campaign to Maximise the role of Counselling and Psychotherapy**

The campaign to maximise the role of counselling and psychotherapy in response to Covid-19 exceeds 10,000 signatures.

Our letter to Matt Hancock, Secretary of State for Health and Social Care, led by BACP, the BPC and UKCP has reached and gone beyond 10,000 signatures. A total of 23 organisations, including the Council for Work and Health and the IPPR and more than 10,000 people are now calling for a comprehensive and a collaborative plan to deliver consistent mental health support through a well-trained and professional workforce. If you have not signed yet, you can still do so [by clicking here](#). We are in dialogue with parliamentarians and are waiting for a response from government.

## **NHS workforce wellbeing**

The BPC is exploring possible collaborations with NHS Practitioner Health, that is managing the psychological wellbeing of NHS frontline staff during the pandemic. NHS Practitioner England are currently offering a wide range of psychological support to NHS staff, [available here](#). If you can offer one hour a week for therapeutic work or you can deliver webinars on relevant topics to NHS front line staff, please email the BPC and we will provide you with more information on how to be involved.

## **How to Contact the BPC**

The BPC team is now working remotely. We are still operating as usual but bear with us if there are some delays in replying to your queries as we adapt to the new working arrangements.

We are doing everything we can to make this transition as smooth as possible and we will get back to you. To enable us to do so, please contact us by email in the first instance [mail@bpc.org.uk](mailto:mail@bpc.org.uk). Please provide your name, contact details including a phone number and your query. We will aim to respond within 48 business hours, Monday to Friday.