

# Journalist's Pack

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# We support safe, psychoanalytic therapy.

The BPC help to protect the public by accrediting high-quality trainings, holding a public Register of qualified psychoanalytic clinicians and investigating concerns.

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# Focused | High-Quality | Community | Advocate | Support

- We're a small regulator focused on the psychoanalytic approach. We work closely with our Member Institutions to understand the particularities of the psychoanalytic approach.
- We believe personal therapy is an essential part of a high-quality psychoanalytic approach.
- We're passionate about fostering a wide-ranging professional community that puts psychoanalytic work at its core.
- We advocate for our community and the psychoanalytic approach in the political and public sphere.
- We host events, provide resources and guidance - all through the psychoanalytic lens.

# What is psychoanalytic therapy?

Psychoanalytic therapy is a form of talking therapy that is built around conversations with a listener (the therapist) who is trained to listen to what might be occurring within your mind on a deeper level.

They will help you explore yourself, your thoughts and your feelings so that you can get a deeper understanding of yourself, your conflicts, fears and anxieties.

Having a better understanding of what lies deeper in your unconscious mind can help reduce suffering, enable emotional growth and lead to a more fulfilling life.

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# Can psychoanalytic therapy help?

Psychoanalytic therapy is an effective form of therapy that is practiced widely throughout the world.

Psychoanalytic therapy differs from many other talking therapies in that it aims to help people make deep seated changes personally and emotionally, alongside relieving the symptoms that inhibit them. It can help patients discuss feelings they have about themselves and other people.

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# The evidence base

There is a consistent finding in the research of psychoanalytic patients making considerable improvement, long after treatment has ended.

Some of the key findings from the research show that:

- Psychoanalytic therapy gives impressive results that can improve at long-term follow up, suggesting that patients who receive psychoanalytic psychotherapy continue to benefit long after therapy has ended.
- Longer-term psychoanalytic therapy is more effective than shorter forms for the treatment of complex mental disorders.
- Psychoanalytic therapy has been shown to significantly reduce suicidality, lower long-term reliance upon drug medication, and assist patients to secure and remain in long-term employment.
- Psychoanalytic therapy can reduce symptoms of depression, anxiety and personality disorders, and provide longer-term benefits for patients, health providers, and their communities.

## **Our vision**

We have a vision of a society that recognises and values human relationships and the use of psychoanalytic theories of mind to support emotional wellbeing, good mental health, and effective social policy to create a better society.

## **Working for a better future for everyone**

We are working towards a future where psychoanalysis is acknowledged as a theory of mind that can support policy development to tackle society's ills; and psychoanalytically informed work is routinely made available as a treatment to anyone in emotional distress, whatever their gender, ethnicity, sexuality, disability or income.

## **Our mission**

Our mission is to advance the health of the public through the promotion of the highest clinical standards of training and clinical practice of psychoanalytic and psychodynamic psychotherapy and psychodynamic counselling; and advance the education of psychoanalytic theories of mind.

## **Joining our Register**

The BPC enjoys an excellent reputation for maintaining high professional standards for psychoanalytic practice. BPC registration means that the public can be confident that our Registrants' training and clinical work are of the highest standard and are underpinned by a growing evidence base showing the efficacy of psychoanalytic psychotherapy.

# Get in touch

If you'd like to talk further about psychoanalysis, regulation or the wider mental health landscape in the UK, feel free to contact us and we can set up a meeting.

You can call us **+44 (0) 20 7561 9240**  
or email us **hello@bpc.org.uk**.

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