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The BPC mark Time to Talk Day by making psychoanalytic resources accessible

Suite 7
19-23 Wedmore Street
London N19 4RU

020 7561 9240
hello@bpc.org.uk

bpc.org.uk

The British Psychoanalytic Council marks 'Time to Talk Day' by overhauling its resources and sharing resources from its Member Institutions as a first step in making psychoanalysis and regulated psychoanalytic therapy more accessible to curious members of the public.

The British Psychoanalytic Council (BPC) join charitable efforts on 6 February 2025, [Time to Talk Day](#), in normalising talking about mental health. The BPC believe talking about mental health is crucial, and starting talking therapy can be an effective and beneficial way for many to begin talking about their mental health.

Beginning the search for the right therapist can be daunting, the BPC want to help in de-mystifying psychoanalytic therapy and want to take an active role in increasing transparency and accurate guidance when it comes to researching and finding suitable therapy.

Greg Ross-Sampson, CEO of the BPC said:

"Whilst this is just the first step in our efforts to make psychoanalysis more transparent and accessible, it's a topic we're very passionate about. The general public should have access to clear, accurate and supportive information when finding the right therapist. We want to be a part of aiding that journey and highlight the benefits of psychoanalysis".

"We have seen in recent cases the risks of over-relying on drug interventions to manage mental health conditions, including those resulting from deep-seated trauma. While drug interventions have their place, psychoanalytic therapy can play a vital role in treating often hard to manage conditions, by addressing the issue at the heart of such traumas".

The BPC have overhauled the '[Thinking about Therapy?](#)' section of their website, with plain English, transparent answers to topical and practical questions about starting psychoanalytic therapy. The BPC has also shared a suite of bespoke resources from many of its [Member Institutions](#) that provide further information on training, what a session looks like, as well as mental health options for young people and couples. Interwoven into all of this information is the crucial message that the general public should always look for a therapist via a [PSA accredited register](#). [Click here to visit our website and learn more.](#)

Further information and materials available upon request.

Please contact: hello@bpc.org.uk for general enquiries, or Niamh.Downes@bpc.org.uk for press & communications enquiries or to be added to our press list.

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