

# Raising awareness of the contribution of Psychoanalytic Psychotherapy in the NHS

BPC 2020 NHS Survey Report

Earlier this year, the British Psychoanalytic Council (BPC) carried out a survey to find out about the contribution of Registrants and Trainees to NHS psychotherapy services.

The results of the survey, drawn from almost 500 responses, show that our Registrants and Trainees are an essential part of the NHS mental health services, with 40% working for the NHS, 31% holding honorary posts and 57.5% considering working for the NHS in the future. Individuals and groups, couples, children and young people and people affected by complex mental

health conditions currently benefit from psychoanalytic and psychoanalytically informed interventions through the NHS.

The NHS Long Term Plan offers the opportunity to reverse the trend that has seen NHS psychotherapy services cut back, and to finally expand the current NHS psychotherapy workforce to ensure that access to the full range of evidenced-based therapeutic interventions not only remains available but most importantly is enhanced to meet the specific needs of people suffering from emotional distress.

## Key findings:

● Currently work for the NHS ● Previously worked for the NHS

