

industrious trainee who would wish to study this, maybe by using a project design similar to ours?

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#### Reference

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### *The British Confederation of Psychotherapists*

DEAR SIRS

In January 1992, ten psychoanalytically oriented organisations met to consider developments taking place in the United Kingdom Standing Conference for Psychotherapy (now the UK Council for Psychotherapy). They were concerned that the diversity of standards and trainings and size of the Analytical Psychotherapy Section (now renamed the Psychoanalytic and Psychodynamic Psychotherapy Section) with its 32 organisations posed insuperable problems to the establishment of appropriate standards for training.

A Working Party was set up to make proposals that would define and protect the training and practice of psychoanalytic psychotherapy and on 8 March The British Confederation of Psychotherapists was formed. It has been agreed that the character of the BCP is best represented by adding to the title: Psycho-Analysts, Analytical Psychologists, Psychoanalytic Psychotherapists and Child Psychotherapists, which comprise the field of psychoanalytic psychotherapy. The member organisations of the BCP recognise that there are other forms of psychotherapy but consider they are only competent to set standards in relation to the training and practice of psychoanalytic psychotherapy.

The main aim of this organisation is to form a register of psychotherapists who have trained in psychoanalytic psychotherapy and belong to an organisation whose standards of training and code of ethics are sufficiently rigorous to have been approved by the BCP's Registration and Ethics Committee.

The BCP has now completed its main documents. The constitution is being vetted by a lawyer after which the BCP would hope to publish a register and

have its documents available for those interested. It can then respond formally to organisations interested in applying for membership.

In the meantime the BCP have made contact with relevant government departments and other professional organisations with an interest in the training and practice of psychotherapy. So far there has been a positive expression of interest from government departments and the professions.

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### *Psychiatry and the media*

DEAR SIRS

A recent Channel 4 programme in the series *The Pulse* purported to present a patient with a long history of depression that had not responded to tricyclics or SSRIs.

In fact the gentleman concerned, while from time to time exhibiting depressive symptoms, has a much more serious problem with chaotic substance misuse. Over a number of years he has been seen by all members of the local psychiatric services ranging from psychotherapists, specialist substance misuse staff and more than one psychiatrist; during this time he has continued to misuse alcohol, amphetamines, cannabis, benzodiazepines, LSD and his prescribed medication.

By using such a patient to represent a failure of medical treatment of depression the programme does a great disservice to the millions of people every year who genuinely suffer from depression and their medical attendants (both GPs and psychiatrists) who successfully treat them.

Perhaps this again underlines the necessity to be wary of the programme makers with pre-determined agenda and the need for the profession to take a lead in presenting accurate information to the general public about mental illness and its treatment.

I presume the producers did not ask the College to officially take part in the programme.

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**References**

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