

Reference: SAVE LIVES: End The Bottleneck Around Counselling and Psychotherapy  
December 2021

Page 1 of 3

---

Ayanay Psychological Accreditation (APA) is seeking to raise awareness among the public, employers, educators, and the political establishment. The world of mental health is in crisis and the infrastructure of understanding this arena has for decades, led us to a situation that is costing lives.

A bottleneck has been placed around the qualified therapeutic professional, by charities that wilfully and knowingly profit from a mis-perception of their status, authority and role, as VOLUNTARY Registers. There is NO Governing Body In the UK for Counsellors and Psychotherapists. Therefore, representations such as 'The Professional Body', 'Providing Regulatory Standards' are open to misinterpretation. The Mental Health sector is only supported by Voluntary Registers and therefore such statements are unethical, misleading, coercive, and counterproductive to positive Mental Health.

Qualified Therapeutic Professionals in the sphere of Counselling and Psychotherapy must meet a minimum baseline, long accepted by the sector. A qualified Counsellor / Psychotherapist is qualified to work with clients upon attaining.

A Diploma (Level 4) in Counselling and / or Psychotherapy, that involves approximately 450 hours of direct tutor led studying. (Between 2 and 5 years study P/T).

Diplomas are invariably passed on completion of supporting feedback from.

1. A tutor or tutors.
2. Placement Manager. (Minimum 100 hrs of structured placement experience)
3. Group Supervisor.
4. Individual Supervisor.

For the protection of Best Practice, students studying this topic will also have been through their own therapy and ethical best practice would ensure that Individual Supervision is maintained following Qualification.

The extent of the unethical manipulation and clear coercive grooming that has taken place is shocking in itself, what should be unforgivable is the charities blatant disregard and unwillingness to be transparent with the public, employers, and even government agencies, that the limit of their role and responsibilities extends only to that of a charity with a VOLUNTARY register, not a Regulatory, Governing or Professional Body.

Reference: SAVE LIVES: End The Bottleneck Around Counselling and Psychotherapy

December 2021

Page 2 of 3

---

The Mental Health crisis that has been amplified by the circumstances of the recent pandemic, has seen an unprecedented rise in the need for Mental Health Services and a spike in the subsequent call for Qualified Therapeutic Professionals. With such little accurate awareness of the realities of this arena, it is only inevitable that job adverts, are inaccurately representing the role of VOLUNTARY REGISTERS / CHARITIES and therefore unwittingly producing a restriction on the Qualified Therapeutic Professionals being able to deliver their services, skills, and experience, for the benefit of those in need.

PLEASE NOTE

- ☆ NO VOLUNTARY REGISTER OR CHARITY IS A REGULATORY STANDARD.
- ☆ NOR CAN QUALIFIED PROFESSIONALS BE LEGALLY MANDATED TO BE AFFILIATED TO VOLUNTARY REGISTERS.
- ☆ QUALIFIED PROFESSIONALS CANNOT LEGALLY BE PREVENTED OR REMOVED FROM EMPLOYMENT ON THE GROUNDS OF AFFILIATION OR NON-AFFILIATION TO A VOLUNTARY REGISTER.
- ☆ QUALIFIED IS QUALIFIED, AFFILIATION / ACCREDITATION DOES NOT EQUAL QUALIFIED.

Affiliation to a VOLUNTARY REGISTER IS THE PREFERRED STATUS OF ALL QUALIFIED THERAPEUTIC PROFESSIONALS. However, this is not a legal requirement or the role of an employer to mandate the register an employee is affiliated too. While Preference may be given on grounds of logistical and operational awareness, APA encourages all employers to verify the Ethical Standards of ALL VOLUNTARY Registers as part of their own due diligence.

Sign the [APA Petition](#) and join the call for the **Mobilisation of Qualified Therapeutic Professionals to improve the Mental Health of the UK.**

The impact of revenue based coercion and manipulation is a BOTTLENECK AROUND COUNSELLING AND PSYCHOTHERAPY, THAT DIRECTLY RESULTS IN **LOSS OF LIFE**. APA is calling on those listed as recipients of this Open Letter, to publicly and permanently, ensure that the manipulation and indirect discrimination of Qualified Therapeutic Professionals is ended, with immediate effect.

We applaud all Qualified Therapeutic Professionals that engage in ethical delivery of support to those in need, at the point of need. APA respects your freedom to choose the Voluntary Register that meets your expectations and support needs. We encourage all professionals to demonstrate the best of their Therapeutic knowledge and self-awareness in these difficult and challenging times.

Reference: SAVE LIVES: End The Bottleneck Around Counselling and Psychotherapy  
December 2021

Page 3 of 3

**It should be clear that within the UK the only Mental Health Practitioners that are currently required by law to be registered with a 'Governing Body' are Psychiatrists and Clinical Psychologists. APA is not seeking to alter this protection.**

#### **DIRECT RECIPIENTS:**

Gillian Keegan Minister of State for Health & Social Care, Kevin Stewart - Minister for Mental Wellbeing and Social Care (Scotland), Professor Siobhan O'Neill - Mental Health Champion for Northern Ireland, Lynne Neagle MS - Deputy Minister for Mental Health and Wellbeing (Wales), NICE, Institute of Directors (IoD), Chamber of Commerce UK, Psychotherapy & Counselling Union (PCU), Professional Standards Authority (PSA), Chartered Institute of Personal Development (CIPD), Recruitment & Employment Confederation (REC ), UK Regional Parliaments, Parliamentary Select Committee on Mental Health, Home Office.

**MEDIA:** BBC, ITN, Associated Press, Sky News, Channel 4 News, Channel 5 News, GB News, Daily Mirror, Sunday Mirror, The People, Daily Express, Daily Mail, The Guardian, The Observer, The Times, The Sunday Times, The Sun, The Daily Telegraph, Metro, The Herald, British Association of Journalists.

Ayanay Psychological Accreditation Membership

[www.ayanay.co.uk](http://www.ayanay.co.uk)

[Info@ayanay.co.uk](mailto:info@ayanay.co.uk)

Tel:0208 556 4984

