

IACP Member Survey

2015

Top line Note

✓ **Information Relating to Clients:**

- The average profile of clients Counsellors/Psychotherapists claim to see are adults (81%), adolescents (8%) and couples (6%).
- The majority of members treat patients who are suffering from anxiety (38%), relationship difficulties (37%) and depression (35%).
- The number of patients seeking assistance with issues of abuse has fallen by 9% point in comparison to 2013: 85% of members would now claim to treat patients suffering from issues of abuse.
- +6% point increase seen in the number of members who claim to have received training in the area of suicide prevention.

✓ **Client Fees:**

- Average charge per session has remained static since 2013: previously this figure stood at €44.00 and it currently stands at €44.36.
- Members claim to see an average of 22 clients a month: +1 vs. 2013.
- The average number of client hours per month now stands at 31 hours, +3 hours in comparison to the previous study.
- 2 in 5 Counsellors/Psychotherapists promote their services through other healthcare professionals' word-of-mouth or through friends.
- Nearly 3 in 4 (72%) Counsellors/Psychotherapists feel that they don't market themselves enough in their view. Most don't seem keen on marketing at all.

✓ **Membership Services:**

- In terms of practice related events, nearly 1 in 4 (23%) Counsellors/Psychotherapists feel that events in the future need a greater focus on Child Protection/Children First Guidelines.
- Looking at specific client groups/issues, nearly 3 in 10 (29%) members feel there is a need for events that focus on suicide in the family, victims of abuse (18%) and working with couples (19%).
- In terms of skill bases techniques/approaches in counselling and psychotherapy, the majority of members (20%) see a

need for a greater number of events that focus on cognitive behavioural therapy in their region (-4% points vs. 2013).

✓ **Website:**

- Almost all members (98%) have visited the IACP website at some stage, +1 points in comparison to two years ago.
- The IACP website is mainly praised for providing good content/quality information and availability of an online directory.

✓ **Professional Accreditation & Supervision:**

- Supervision fees have remained relatively stable since 2013: the average fee per supervision session is now €60.51
- Satisfaction with supervisors has also seen similar results this wave; 85% cite very good/excellent (+2% points vs. 2013).

✓ **Organisational Profile:**

- 1 in 5 (20%) gave a rating of good/very good when asked to rank their satisfaction levels with the IACP's national profile, but 2 in 5 (42%) felt that more can be done to promote the organisations profile.
- Over half (55%) of student members feel that the IACP could do more to improve their services and representation for student members.

✓ **Research:**

- The top 3 topics that members would like to see the IACP research are;
 1. Benefits of Counselling/Psychotherapy (62%, down -3% points),
 2. Attitude towards Counselling/Psychotherapy (56%, down -2% points),
 3. Use/uptake of Counselling/Psychotherapy (53%: unchanged).

✓ **How I Feel About Counselling/Psychotherapy:**

- Nearly 2 in 3 members agree that they would like to see Counselling/Psychotherapy being regulated (61%) or insurers being prepared to fund Counselling/Psychotherapy (60%).
- Just over a third (36%) feel that Counselling/Psychotherapy is valued by people in general. Half feel that the area is only taken seriously (56%), considered as a valid treatment (57%) and well represented by and within the media (52%) to a limited extent.

✓ **The Future:**

- 9 in 10 are aware that Counselling/Psychotherapy might be regulated by the State at some stage in the future, and 89% claim to be strongly/slightly in favour of it.
- 93% feel that regulation will be good/very good for the status of the profession overall and 92% of members feel that it will be good/very good for themselves personally too.
- 1 in 4 (25%) claim to be quite/fully prepared to pay for their IACP membership in addition to the state registration fee but as many as 2 in 3 say that either they may or may not, or that they will....in essence 1 in 3 feel that they can't or won't pay both.
- Many see a role for the IACP beyond registration and it is clear that there is significant identification with the body even though the nature of its role may need to change.