

State of Mind report – January 2022

Introduction

What is this report?

Welcome to the State of Mind report.

This report is produced by JSA Psychotherapy Limited, with the valuable support of their full time and associate practitioners.

The aim of the report is to provide fellow practitioners with insights into the current state and trends of psychotherapy practice today.

This is achieved by the regular participation in the [State of Mind survey](#). The survey questions are designed and updated following analysis of earlier responses.

<https://surveyhero.com/c/tusdnnut>

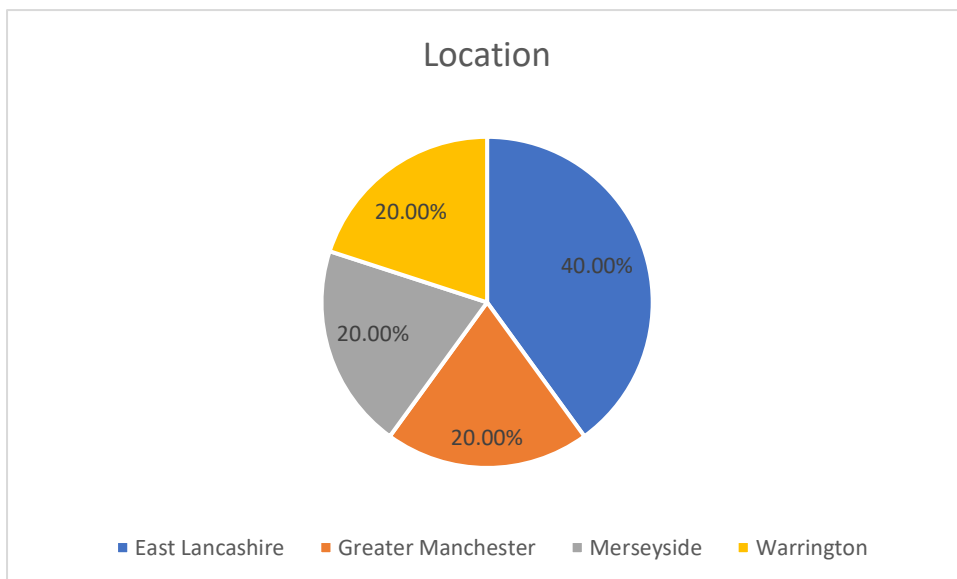
In time, the survey and resulting report will be an annual event.

The first survey received 6 responses.

The second survey received 5 responses.

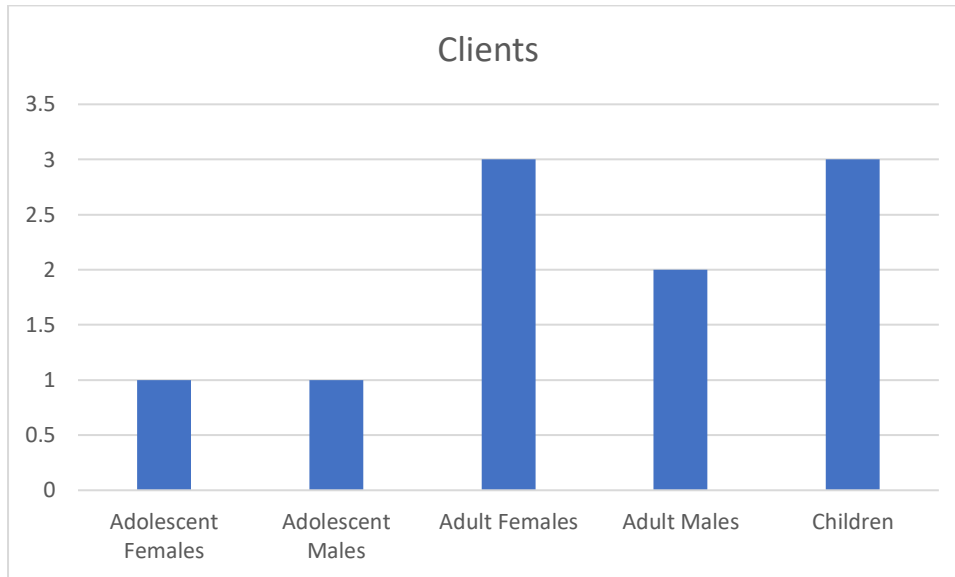
Where are you based?

All of our participants are based in the North West of England, with the majority providing therapy in East Lancashire.



Who are your typical clients?

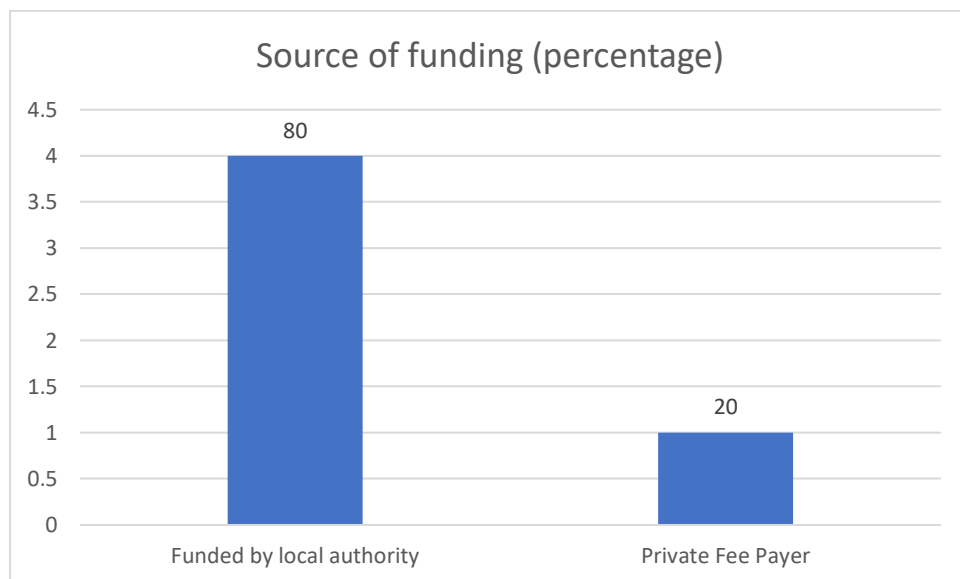
The number of child and adult female clients were equal. Second highest number is Adult males. Adolescent clients were fewer in number.



We are currently discussing whether genders of female and male are sufficient for this question, or indeed, relevant at all.

Who pays for your clients' therapy?

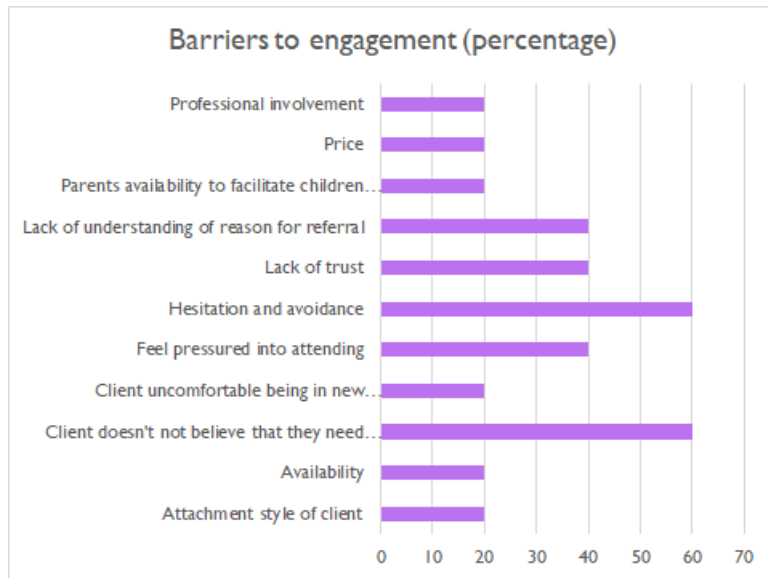
The majority of our clients are funded by local authorities.



In our survey, we found that 80% were funded by a local authority. 20% were funded by private fee payers.

What are some barriers to engagement you face from your clients?

The responses to the second survey are:



The two most common barriers to engagement are:

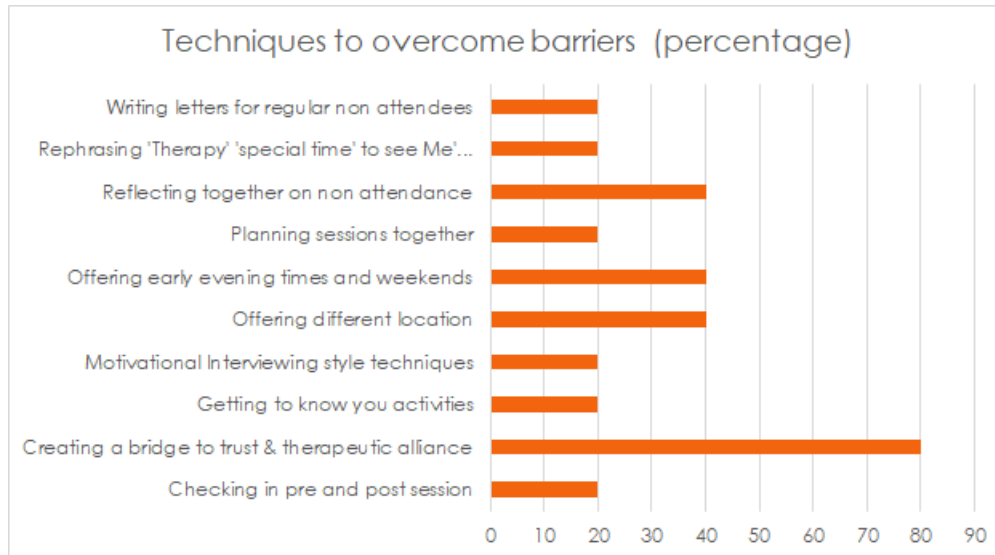
Client doesn't believe that they need therapy

Lack of understanding of reason for referral

60% of respondents cited these barriers.

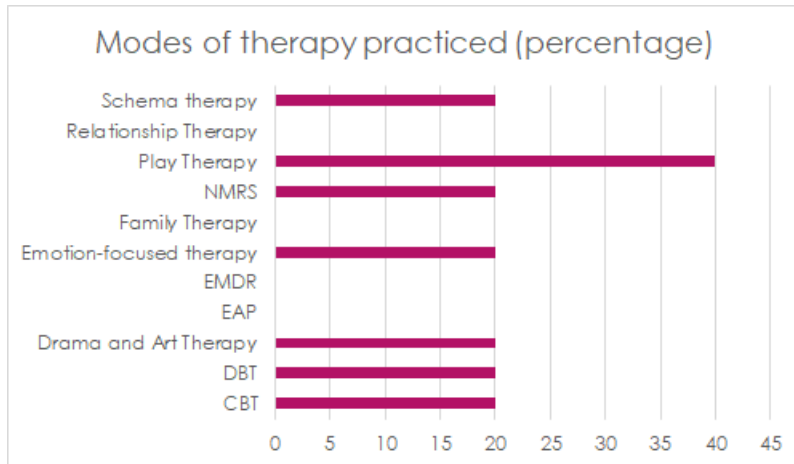
What techniques, tools or strategies have you used to overcome these barriers?

The responses to the second survey are:



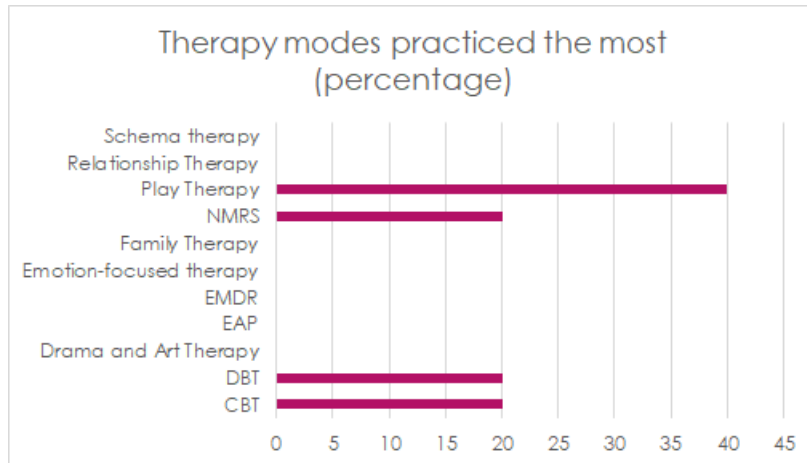
What modes of therapy do you practice?

The responses to the second survey are:



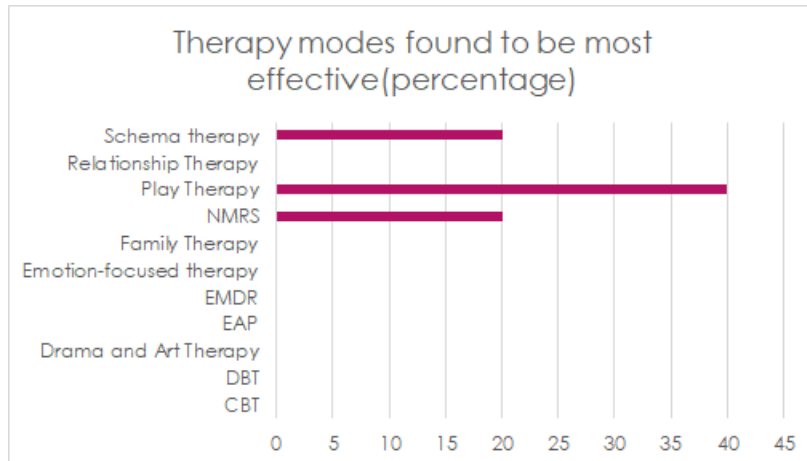
Which mode of therapy do you practice the most?

The responses to the second survey are:



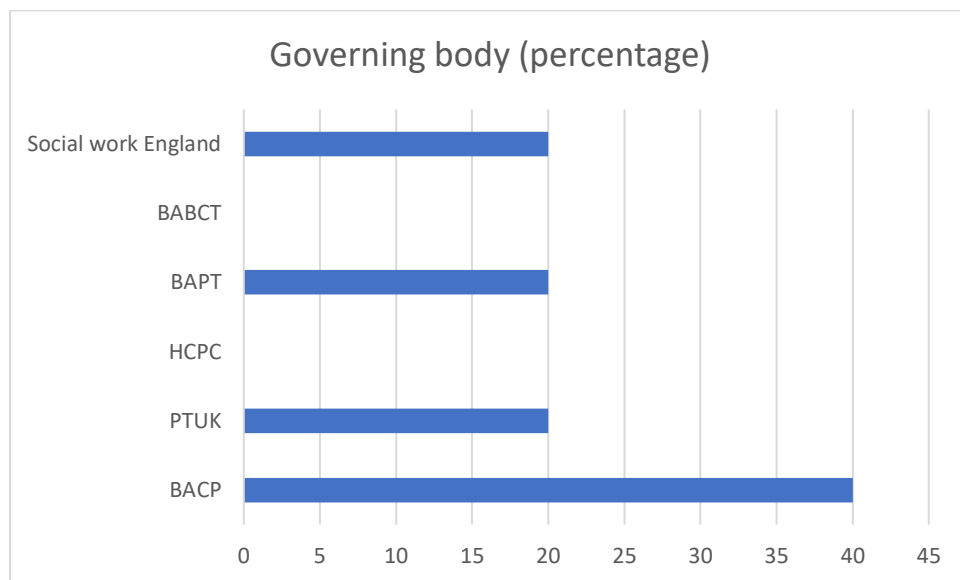
Which mode of therapy do you find to be most effective?

The responses to the second survey are:



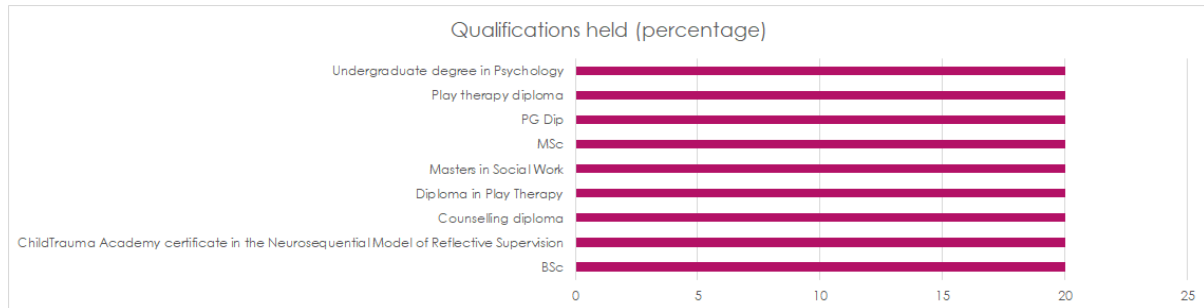
What governing body(ies) are you accredited with?

The responses to the second survey are:



What professional qualifications do you hold?

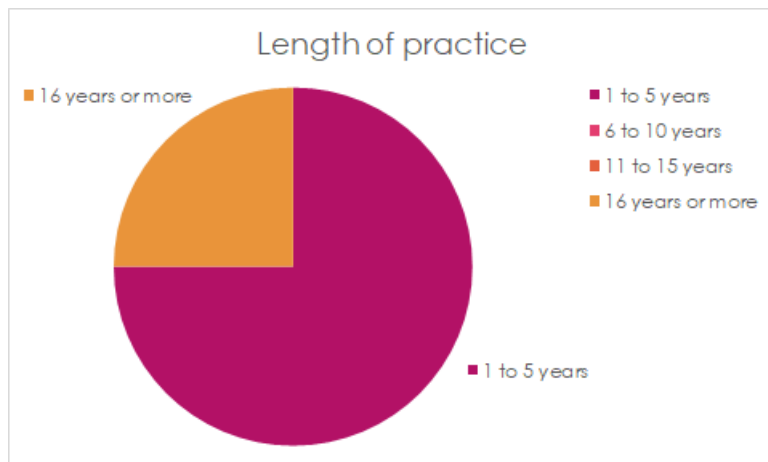
The responses to the second survey are:



How long have you been practicing?

This question allows readers to understand range of experience held by those who responded to the survey.

The responses to the second survey are:



What CPD training have you undergone recently that you found particularly helpful to your practice?

What sorts of CPD training do you feel would be valuable to integrate into your practice?

What question(s) would you like to add to this survey?

What question would you like to ask your peers?

What question would you like answering in future surveys?

What information will help you in your practice?

This question allows us to improve the survey and resulting report, by including answers to practitioners' most important questions.

These questions will be included in the third survey.

You can find the latest version of our survey here:

[State of Mind survey](#)

<https://surveyhero.com/c/tusdnnut>