

Annual Review 2017



TAVISTOCK
RELATIONSHIPS



SUPPORTING COUPLES | STRENGTHENING FAMILIES | SAFEGUARDING CHILDREN

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Chair's Message

It has been a very busy but highly productive year for Tavistock Relationships. Andrew Balfour, our Chief Executive, has had his first full year at the helm of the organisation, and under his leadership we have set out to consolidate our strengths whilst developing new forms of innovative practice.

We have been developing our research capabilities and academic links as we seek to grow and enrich the evidence base for couple therapy and couple-focused interventions. This year has seen the publication of a ground-breaking article in *Psychotherapy* journal about our service – the largest naturalistic prospective study of the outcomes of couple therapy published to date, showing that psychodynamic couple therapy is an effective treatment for couples experiencing individual psychological distress and relational difficulties. We have also published on couple-focused interventions more widely; for example, reporting on the excellent outcomes of the Parents as Partners programme in the journal *Family Process*.

We have also consolidated our work with adoptive couples, our Parents as Partners groups, and our work with parents where there is intimate partner violence. In these areas and others we are showing how couple-focused work can contribute to the wider public good.

This year has been one of innovation in service provision. We launched an online therapy service, opened up the provision of our training in Bristol, and piloted a new project (Retiring Together) for couples aged 50+ who are approaching the transition to retirement. Particular thanks are due to all our brilliant staff for their hard work in developing and delivering these new services. We hope to build upon these foundations in the year ahead.

I am pleased to report that we have been joined by new trustees this year, Stuart Brough and Jane Smith. We said goodbye to Bruce Mauleverer and Martin Roddy and I want to take this opportunity to thank them both sincerely for many years of dedicated and diligent service to the charity.

Professor Nick Pearce
Chair



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Report from the Chief Executive



Our Annual Review describes the range of Tavistock Relationships' work this year and the innovative practice developments that we strive to make in order to reach the widest range of people, offering them help that is accessible and relevant to their needs. As will be apparent as you read on, programme development, rigorous approaches to training and clinical work, as well as research which seeks to build the evidence base, are all essential elements of what we do.

As we enter our 70th year, we find ourselves in new and exciting territory: for the first time in our history, a substantial and ever-growing body of research attesting to the vital importance of couple and family relationships for the mental health and well-being of both adults and children is being recognised by government, policy-makers and others. Of particular significance is research which shows the profound impact of frequent, intense, unresolved inter-parental conflict on children's long-term development. Exposure to such damaging environments

affects a huge proportion of children, with one in five parental couples estimated to be living in what are termed 'distressed' relationships; worryingly, this affects the poorest in our society most of all, since by the age of five almost half of children in low income families will have seen their parents separate or divorce. But the evidence is that this is by no means a problem restricted to particular socio-economic groups; indeed, ChildLine's *Annual Review 2015/16* shows that family conflict is a leading reason for children to contact their service, being the only issue to appear in the top three presenting problems for every age group of children they surveyed.

The emotional atmosphere in which children grow up affects them in the most tangible, measurable of ways – including their emotional, and cognitive development, educational attainment and their capacity to make satisfactory relationships in their own lives as they get older. The couple and family is the site for the inter-generational transmission of emotional difficulties and mental health problems – and can also

be the locus of repair and of changing such inter-generational patterns. Many parents who contact us for help are motivated by a wish not to repeat negative cycles, but to give their children a better emotional environment than the one in which they themselves grew up. And the importance of our relationships holds true across the lifespan, with the potential to provide a protective resource in later life; indeed where there are relationship difficulties, there are likely to be impacts on mental health and wellbeing. For example, this year we found that some 70% of adults seeking help from our services were suffering from some degree of depression, and research shows that our relationships have profound significance for our mental and physical health as we get older.

The good news is that there is growing evidence for the effectiveness of therapeutic help for couples. This year Tavistock Relationships published the largest ever naturalistic study of couple therapy outcomes – showing that what we do improves both mental health and

“The range of our innovation projects continues to demonstrate our commitment to developing new ways of reaching couples and families across the lifespan.”

relationship quality in couples seen within our services. We also published a paper reporting the outcomes of our Parents as Partners programme which, crucially, showed evidence of children's outcomes from an intervention which focuses on

the quality of the relationship between a child's parents. In addition, Couple Therapy for Depression, the couple-focused therapy available in around half of Improving Access to Psychological Therapies services, has shown the strongest recovery rates for anxiety and depression of all the psychological therapies provided by the NHS.

The range of our innovation projects continues to demonstrate our commitment to developing new ways of reaching couples and families across the lifespan – in areas such as intimate partner violence, adoption, retirement and issues of late life, such as dementia.

This year we have grown our practitioner trainings, building the workforce that will be the next generation of couple therapists, with more people than ever before enrolling on our programmes. Training frontline staff across health, social care and the voluntary sector has also always been a central part of Tavistock Relationships' approach, helping them to include a focus on the relational context of the people they work with.

“To make a systemic shift in services towards a wider, relational approach means challenging traditional silos...”

Effective services do not treat individuals in isolation, but address their relational context, which is why we believe that all frontline services should include this focus in order to achieve sustainable impacts in their work. To make a systemic shift in services towards a wider, relational approach means challenging traditional silos – most particularly divisions between the worlds of adult and children’s mental health. Offering help for parental couples is crucial for children – and as this is

increasingly recognised, so we will need creative inter-agency working across long-established divides. This year, we have carried out research with clinicians in CAMHS services and heard how inter-parental conflict contributes significantly to the mental health difficulties of the child or young people they see. The experience of these clinicians indicates a need for a less atomised approach to children’s mental health and well-being, one which includes relationship help for parental couples. At Tavistock Relationships we remain passionately committed to this crucial area of work and are delighted that our efforts have recently been recognised with our Parents as Partners programme being chosen as a finalist in the *Children and Young People Now Awards*.

All of the work described in this *Review* has taken place in a challenging funding environment this year and is evidence of the adaptation of the organisation which has diversified its base – with innovation grants and projects from new sources and expansion of our clinical and training

work. For the first time, we are offering practitioner training outside London, with our new regional training in Bristol, which is set to expand in the year ahead. We have also taken significant steps to increase the availability of our therapeutic services which are now available online across the UK.

The synergy of our training, clinical, research and policy work has continued to take us forward this year into creative and exciting collaborations with partner organisations, developing new ways of helping couples and families, reaching into new areas. These are challenging, but exciting times – and as you read on, you will see how Tavistock Relationships has sought to be at the vanguard of new developments in our field, aiming to enhance the availability, relevance and effectiveness of the relationship help we offer in ways which meet the diversity of need and the challenges facing couples and families in our time.

Andrew Balfour
Chief Executive

Relationships Matter

Our Vision

A world where good quality relationships provide stability and security for families to nurture children and adults to reach their potential in life, and form the foundation for health and wellbeing for individuals and society as a whole.

Our Mission

To ensure that effective relationship support is accessible to all.

Our Aims

- to create wider understanding of the importance of the quality of our relationships for our lives, our children's lives and our society
- to ensure the highest professional standards and evidence-based practice in all couple services, present and future
- to increase the availability of couple-focused support so every couple can access help when they need it
- to widen the scope of interventions for relationship help so that a greater range of support is accessible to couples and families, tailored to their specific needs and problems
- to help couples overcome stigma and anxiety about seeking professional help for their relationship.

Our Objectives

We will achieve our aims by:

- developing and disseminating the research on couple relationships and how best to support them
- promoting the value of seeking relationship help, particularly when going through life's transitions
- training couple therapists to deliver the highest quality, expert help
- providing affordable, accessible, evidence-based services
- supporting frontline practice to develop a stronger focus on adult relationships
- developing innovative intervention projects, applying psychosocial and clinical expertise to supporting families.

The Year's Highlights

Helping More People, Training More Practitioners

Our clinical service has continued to grow, providing seventeen-and-a-half thousand sessions of couple therapy this year. Our reach also expanded this year with a new training presence in Bristol plus the launch of our online therapy service, enabling couples outside the capital to access our clinical services. We also recruited more students onto our practitioner trainings than ever before.



Widening Access to Help

We continued to develop the range of our funded innovation projects, for example: helping parents who have adopted a child to work through some of the stresses that this can bring to their relationship; piloting the delivery of mentalization-based therapy to couples in families where there are concerns about children's welfare because of a history of violence between their parents; helping couples to deal more effectively with some of the relationship difficulties that retirement can bring; and supporting couples where one partner has dementia.



Demonstrating What We Do Works

We published more than 30 papers in books and leading journals this year, including one reporting on the largest naturalistic study of couple therapy outcomes to date, which showed significant improvements from couple therapy on people's individual psychological well-being and the quality of their relationship with their partner. We also published the strong outcomes of our Parents as Partners programme. This is the first UK evaluation study of this programme which has previously been well researched in the US (under the programme titles 'Supporting Father Involvement' and 'Schoolchildren and their Families').



Innovation and Development

Tavistock Relationships has a history of helping couples and families with complex difficulties. Over the years we have developed new models of practice which we trial, evaluate and disseminate where we can robustly demonstrate our effectiveness. The areas that we have been working in this year include:

Adoption

Supported by a further grant from the Department for Education (DfE), and working with our partner agency CoramBAAF, we began the second phase of the Adopting Together project this year. This free, Ofsted-registered, post-adoption service offers couples a safe space in which to explore the impact of adoption on their couple relationship.

Thinking about the adoptive couple's relationship is lacking within the adoption process, even though evidence shows that

adoption places considerable strain on the relationship of adoptive couples. This exciting project, which involves working with a range of specialist adoption agencies and adoption workers across the country, as well as with adoptive couples, has the potential to make a real difference within the adoption field, particularly given that we have trained more than 80 frontline and advanced adoption practitioners and managers as part of the project, with the aim of bringing about meaningful change in the everyday practice of adoption workers.



“Helped me to listen and communicate more. We now argue much less and this has helped us and our child.”

“This is a tremendous opportunity to help your marriage, family, kids and self in a cheerful, helpful, non-threatening environment.”

Adopting Together Clients

“An excellent, informative and thought provoking session with highly skilled and knowledgeable presenters. Good ideas and suggestions about how to put things into practice. Thank you.”

Adopting Together
Groupworker

Intimate Partner Violence

This grant has been made under the Department for Education's 'Innovation, Safeguarding, Domestic Abuse and Violence' programme and has allowed us, in collaboration with the London Borough of Harrow, to develop the pilot project we began last year working with couples where there is a history of intimate partner violence. Using a mentalization-based therapy approach, we are working with couples drawn from families where there are concerns about children's welfare due to significant levels of parental conflict. This approach is not intended for domestic violence where one partner uses violent or non-violent tactics in order to control their partner, but where the violence is situational, arising out of unmanaged stresses in the

relationship (often termed 'situational couple violence').

Our collaboration with Harrow to pilot this approach reflects the growing recognition in frontline services of the need for new approaches which look beyond traditional models in order to reduce domestic violence and safeguard children. As with our adoption work, we are training children and family social workers in this approach to build capacity and to leave a legacy in the borough. The grant also funds us to develop an Advanced Practice Award for social work staff working with families where there is inter-parental conflict giving rise to child safeguarding issues. While this is a new development for Tavistock Relationships, it is also one which takes us back to our family casework origins.

Parenting

With funding from the Department of Work and Pensions, and working in partnership with Family Action, our Parents as Partners programme has gone from strength to strength this year. This evaluated groupwork programme for co-parents who are struggling with conflict and stress in their parenting relationship has been delivered across London and Kent over the past twelve months. As part of our varied programme of work, we have completed groups for separated couples, same-sex couples, adoptive parents and parents of children with autism.

Our programme evaluation findings indicate significant improvement in participants' communication and collaboration as co-parents, as well as reduction in violent problem-solving and decrease in their emotional distress.

Importantly, there were also benefits for their children in terms of significant reductions in children's emotional and behavioural difficulties.

Our findings have been published this year (Casey et al., 2017) and our results are in line with, or better than,





the original US studies of the Cowans' 'Supporting Father Involvement' programme on which Parents as Partners is based, representing the first UK replication of this evidence-based programme.

Funded separately, we also continued to provide commissioned training and supervision for teams delivering the programme around the country in areas such as Manchester, Hartlepool, Gateshead, Luton and Kent.

The programme continues to generate a lot of interest in policy circles and the media. Indeed, an extended piece about the programmes, during which staff and participants spoke movingly about the impact of the programme on their lives, was broadcast on Radio 4.

Frontline Practitioner Training

337 practitioners received frontline training on our 'Think Couple' programme this year, which introduces the importance of the couple relationship to practitioners as well as helping them understand the nature and impact of inter-parental conflict on children and young people's mental health and well-being, and provides strategies for intervention.

Retirement

Funded by the Calouste Gulbenkian Foundation, we developed Retiring Together this year, a brief intervention for couples aged 50+ who are approaching the transition to retirement. The project – for which we developed a manual, and in which we trained a number of practitioners – aims to help couples anticipate the changes and potential challenges arising from this stage of life.

Further funding of this work, recently announced by the Calouste Gulbenkian Foundation, will enable us to expand this project in the year ahead.

Dementia

Our Living Together with Dementia training programme, which helps practitioners to better understand and work with couples in which one partner has dementia, has continued to grow this year, being delivered to more than eighty Admiral Nurses from around the country.

Mentalization-Based Therapy (MBT) Training

MBT training was delivered by Leezah Hertzman and Viveka Nyberg to couple therapy practitioners, many of whom were training to undertake mentalization-based work for our Harrow Project.



Developing the Workforce

Tavistock Relationships' training programmes address the key needs of the sector, providing expertise and support to practitioners across the spectrum of relationship support, as well as professional development to frontline staff in health, social care and other sectors.

Consultation and Training Services

Engaging local authorities is key to the growth of couple-focused work with adults and children in statutory services. This year we worked with 12 local authorities to enhance their workers' skills in assessing and working with parental relationships, whilst using the available evidence to improve outcomes for children.

Croydon, Westminster, Islington, Southwark and Lambeth were among the London boroughs that enlisted our help and for whom we have delivered workshops, co-designed training or provided consultancy. Meanwhile, outside the capital, we delivered bespoke training packages or acted in a consultancy capacity to authorities such as Hartlepool, Gateshead, Blackpool, Rotherham, Greater Manchester, Luton and Bristol.



We have been particularly delighted this year to be asked by Think Ahead, an organisation which provides a new route into social work for graduates and career-changers, to devise a four-day training that will offer new practitioners and future leaders of social work practice the chance to develop their understanding of the relevance of couple and inter-parental relationships to their work.

Additionally we have been commissioned to undertake parenting programme quality assurance work this year for Blackpool Council. This relates to our previous work in creating the standards for the Help and Support for Separated Parents mark for the DWP and the further work we developed for the CANparent Quality Mark.

Training Expert Practitioners

This year saw our practitioner trainings achieve their largest-ever intake, with increased numbers enrolling across a range of our trainings, which include: MA in Couple and Individual Psychodynamic Counselling and Psychotherapy; MA in Couple Psychoanalytic Psychotherapy; the MSc in Psychosexual and Relationship Therapy; as well as our Professional Doctorate in Couple Psychotherapy.

This follows on from outstanding recruitment to our introductory courses. Altogether we had 100 introductory students registered during the 2016/2017 academic year, which led to a very high volume of applications for our practitioner trainings.



Short Courses: Certificate in Psychosexual Studies

Understanding how psychosexual issues affect clients and patients is an important but under-acknowledged aspect of therapy and healthcare. Our Psychosexual Certificate course attracted students from across the UK and abroad this year. Run over a series of Saturday workshops, the course provides an opportunity for individual and couple therapists, educational and health workers, to learn more about psychosexual work, how to assess for psychosexual problems and how to talk about sex with clients.

Summer Schools

Clinicians travelled from as far afield as Scotland, Northern Ireland, Finland, Italy, France and the United States to participate in our summer schools this year. The Developing Skills in Couple Work International Summer School is for qualified individual practitioners who want to learn more about couple relationships from a psychodynamic perspective and the Advanced Couple Therapy International Summer School is an advanced training, combining lectures and clinical case discussions.



Words From Course Attendees:

"I feel very supported, as though I am learning a great deal from a high calibre of teaching staff."

Practitioner Training Student

"A rich all-round experience. I am particularly impressed by all of the teaching staff."

Practitioner Training Student

"Case examples to bring to life the ideas/theories. Very human/kind facilitating."

Certificate in Psychosexual Studies Student

"Warm thanks to all of you again. This was my fifth Summer School and it has become an important part of my work. So, see you next summer."

Summer School Attendee

More than **700** people attended our workshops, short courses, conferences and lectures this year.

Continuing Professional Development Courses

Workshops

Workshops this year included The Angry Couple, Divorce and Separation, Sleeping with the Laptop: The Impact of Social Media on Couple Relationships, and 'It's Not Me, It's You!' – Getting to Grips with Projective Identification.

“Very enjoyable, thought-provoking day.”

Workshop Participant

Psychosexual Workshops

Demand for our psychosexual short courses continued to be high this year, our five workshops attracting a total of well over 100 practitioners.

“Good balance between teaching/information and discussion.”

Psychosexual Workshop Attendee

Conferences and Lectures

This year we held a number of conferences:



Questioning Difference – Cross Cultural Issues in Couples and Couple Psychotherapy with Perrine Moran, Naomi Mwamba and David Hewison from Tavistock Relationships joined by guest speakers Reenee Singh and Lennox Thomas

Being and Doing: From Theory to Technique with Mary Morgan, Susanna Abse and Andrew Balfour

Body Image and the Sexual Self: How Anxieties about our Bodies Affect Sexual Relationships with Janice Hiller, Alessandra Lemma, Dr David Weeks and Vivienne Gross

We also held our annual **Enid Balint Lecture** with Ignês Sodr  presenting her paper **Suddenly the Window Opened... – Versions of the Primal Scene in Works of Literature**, and Krisztina Glausius as respondent.

“First experience of Tavistock Relationships – will come back for more. Very professional and well-organised.”

Being and Doing: From Theory to Technique Attendee

“Very important and relevant topic. Important to raise clinical awareness.”

Questioning Difference
Attendee

In addition, Tavistock Relationships' staff spoke at a number of conferences in the UK and abroad:

- **Warsaw Psychoanalytic Conference**, with Mary Morgan (speaking on 'Transference and Counter Transference in Couples Therapy') and Tavistock Relationships trustee Stanley Ruszczynski (speaking on 'Why are We Together: Understanding Unconscious Partner Choice')
- **Second International Congress on Couple and Family Psychoanalysis** (Madrid), with Mary Morgan (presenting on 'Transference and Counter Transference in Couples Therapy')
- **International Psychotherapy Institute's Fourth Psychoanalytic Couple and Family Therapy Continuous Training Programme**, with Mary Morgan lecturing
- **New Savoy Partnership Conference**, with Dr David Hewison and Richard Meier (presenting on 'Couples, Mental Health and Children's Outcomes').

Making Couple Therapy More Widely Available on the NHS



This year saw another marked increase in training in Couple Therapy for Depression (CTfD) with a total of 92 practitioners and three supervisors being trained nationally. Despite CTfD having the highest recovery rates of all the psychological therapies which the NHS offers, availability of this therapy is still patchy. With this in mind, the Tavistock Relationships team has worked with Relate to create a bespoke training for its workers in order that this model can be offered to a wider range of therapists and counsellors, including those not yet employed by the NHS or who have not worked previously with couples.

“Interesting, useful and helpful. Positive and encouraging learning environment. Well-presented, engaging and practical. I feel enthusiastic to start training with couples.”

CTfD Course Participant

“Clearly-structured framework. Valued the way the course was built up, which made the volume of material and pace more manageable. Good balance of theory and practice.”

CTfD Course Participant

Influencing the Policy Environment

Tavistock Relationships has continued to play a policy role, using its influence and reputation to convene high-level meetings between MPs, peers, Government officials and policy-makers. For example, we held a roundtable in Parliament on relational approaches to improving adults' and children's outcomes, hosted by Norman Lamb MP, giving our Chief Executive, Andrew Balfour, an opportunity to present to key policy-makers and parliamentarians on the importance of relational approaches to frontline work. And we also convened a meeting between the Director of



the Troubled Families programme, the Director for Children, Families and Disadvantage at the DWP, and the Chief Executive of Buckinghamshire County Council (a leading borough in terms of relationally-focused practice) to discuss relationally-focused work with troubled families.

Parliamentary affairs work has seen us successfully lobby for an amendment to the Children and Social Work Bill on relationships education; we were particularly pleased that the Act ensures that children will be taught about how relationships may affect physical and mental health and well-being, something which we had expressly called for.

We continued to assist the Welsh Assembly's Civil Service in their focus on parental relationship quality within the context of policy development. Two Welsh Local Authorities, Flint in the North and Swansea in the South, have been beacons of relationally-focused practice with our help and training. We continue to develop partnerships with other organisations, large and small, ones that work with people in prison



(PACT), and those that are working with families (HomeStart and Parents as First Teachers).

In addition, we have met with the Chief Social Worker for Children and Families, and have brought Cabinet Office staff together with CAFCASS senior managers to think about the family courts and better investments. We have also worked extensively with the Early Intervention Foundation and the Centre for Social Justice. The year has also seen us participate in collaborations involving New Philanthropy Capital and the Innovation Unit, NESTA, Lankelly Chase and the Big Lottery Fund amongst others.

Demonstrating the Effectiveness of our Work Through Research

This year we published more than 30 papers in academic journals and books. The breadth of our work continues to grow, with Tavistock Relationships' staff writing about subjects as diverse as social justice, old age, parenthood, adoption, sexual issues and family dysfunction.

Largest Study of Couple Outcomes

We were particularly proud this year to publish the largest naturalistic study of couple therapy outcomes worldwide in the highly ranked peer-reviewed journal *Psychotherapy*. The paper, which was based on 877 participants, highlighted some impressive results for our couples, particularly around individual functioning and wellbeing, as well as relationship satisfaction.

Parenting Together Paper

In a double achievement, a long-awaited paper on the experiences of parents who took part in our randomised controlled trial of Parenting Together, our mentalization-based intervention for separated parents in severe and enduring conflict over matters to do with their children, was published in the same journal. This paper was a sister

paper to one published in *Psychoanalytic Psychotherapy* that explored the qualitative understanding of the parents' experience in greater depth.

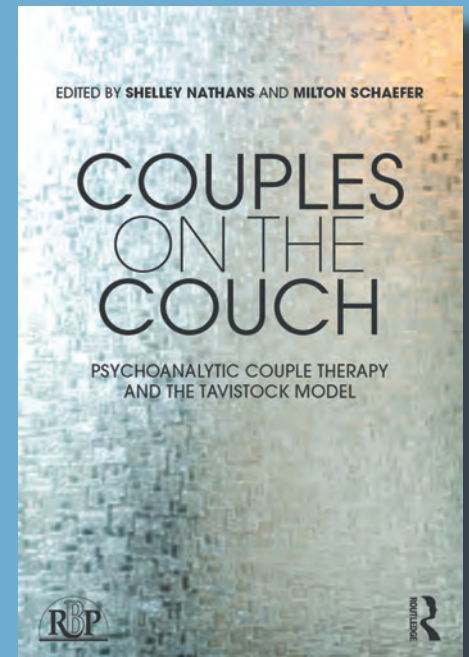
Parents as Partners Paper

Another notable publication was the appearance of a paper in *Family Process*, reporting very encouraging and considerable outcomes for parents and children from our Parents as Partners programme.

Project Work Evaluations

Evaluations of our project work, such as our work in Harrow with couples where there has been intimate partner violence, and our Adoption Project, have indicated positive benefits of these approaches.

In other work, our staff continued to provide a regular research review to *Couple and Family Psychoanalysis* journal as well as advising on the quality of research papers submitted. And during the year Dr David Hewison, our Head of Research, sat on the panel reviewing the *NICE Guideline for the treatment of Depression in Adults*.



In 2017 *Couples on the Couch* was published by Routledge. With contributions from Tavistock Relationships staff, it showcases the Tavistock Relationships model of couple psychotherapy.

Our Therapy Services

Supporting Couples, Parents and Families

“Tavistock Relationships and our therapist have really changed our lives. We feel like completely different people and a completely different couple...”

“Everything was helpful... but especially how quick and conveniently arranged the sessions have been, since we were limited with days and times for attending.”

“My ability to understand myself and accommodate my partner’s emotions and needs has improved significantly. The relationship and appreciation of my children have improved significantly.”

This year, demand for our services has continued to grow, and we have delivered more sessions than ever before – nearly seventeen-and-a-half thousand sessions in total – indicating rising demand from couples in London.

We have continued to offer help to people whatever their financial circumstances, providing confidential and accessible face-to-face therapy for problems with relationships, sexual issues and parenting from our two sites in central London. This model of service delivery allows us to offer high-quality, rigorously-evaluated psychotherapy to couples wishing to access our range of different approaches, including longer-term as well as brief therapy.

A key development this year was the establishment of our online therapy service, aimed at increasing the accessibility of our clinical services to those living outside London. The service uses a robust and user-friendly online platform to meet a high standard of data security.

A substantial amount of work has gone into developing our online delivery, and highly-experienced therapists with expertise in a wide range of therapeutic modalities have been recruited and trained, with excellent feedback from clients.

Evaluating Our Therapy Services?

Feedback from our clients, as well as from the routine outcome data we collect, not only indicates a high level of satisfaction with our services, but that they are effective.

This year we introduced a new measure, the Strength and Difficulties Questionnaire (SDQ). One of the first organisations to ever collect this kind of data in a couple therapy setting, this will help us establish the link between couple relationship quality and child outcomes.

In terms of who accesses our services, data collected at intake shows that people are in high levels of psychological distress, with 73% of clients suffering from depression to varying degrees.

The profile of our clients indicates that we are working with people who are quite significantly distressed compared to the general population. For example, 7 out of 10 people who access our services consider themselves to be in a 'distressed relationship', and those

who are experiencing the most serious relationship problems are also suffering the most severe psychological distress.



Online Therapy Feedback:

"The service has been very efficient – from my initial call to Tavistock Relationships to enquire about online therapy services, the whole process has been swift and professional."

"It has really helped us understand each other better and communicate better as a couple."

"Nothing could have been better. The service was fantastic."

Key Stats:

Nearly

17,500

therapy sessions.

Positive feedback from more than

93%

of clients.

9 out of 10

clients rated the help they received as good.



How Much Do We Help Our Clients?

- Our outcome data shows that our work helps to significantly reduce levels of psychological distress in our clients as treatment progresses.
- Our data also shows that the relationship quality of our clients improves significantly between the start and end of their therapy.

What Clients Say About Us?

Data from a questionnaire given to our clients at six weeks into their therapy shows that the overwhelming majority of our clients felt that the help they receive is good – that they feel listened to and treated well, and that they would recommend our service to a friend.

“Fee is linked to income – relief to know I can afford to come for as long as I need to while having an approachable, insightful, professional therapist.”

“We were given a convenient time slot quickly. Consultations have been compassionate and helpful!”

Who Do We Help?

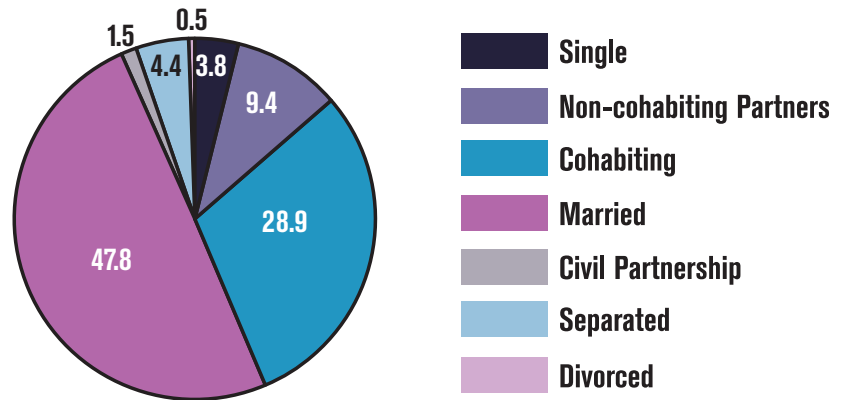
At Tavistock Relationships we see clients who are diverse in age, socio-economic group, sexuality and ethnic origin. This year, more than two-thirds of our clients belonged to the 26–35 and 36–45 age groups.

78% of clients reported their ethnicity as White, while 7% identified themselves as Asian, 5% as mixed race, 3% as Black, 1% as Chinese, and 1% as other ethnic background.

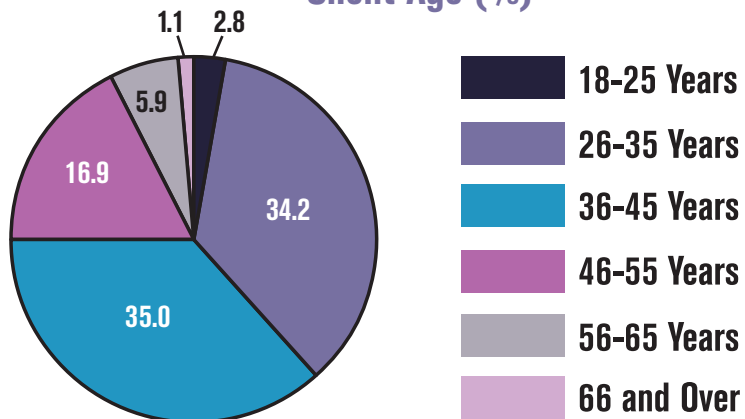
In terms of sexual orientation, 5% of our clients identified as gay/lesbian, 2% bisexual and 87% as heterosexual. Regarding gender, 51% of clients were female, 49% male and 0.08% transgender.

The relationship status of clients remained relatively stable with respect to the previous year. The majority of clients are those in married (48%) and co-habiting (29%) relationships. As well as people who were in a relationship, we also saw a number of separated (4%) and divorced (0.5%) clients.

Client Relationship Status (%)



Client Age (%)



Our Finances

The budget for 2016–17 included ambitious targets which relied on our ability to grow our core services and generate new income and projects. The Senior Management Team has succeeded in both managing decreased income from governmental contracts and meeting our budget targets.

Our work level has been steady, offering nearly 17,500 sessions to our clients from both our London sites – at Warren Street and at our second centre, at New Street. Remarkably, fees generated from clients have reached over £1.8m this year representing an increase of nearly 18%.

Fee income from our counselling and therapy services, together with our training delivery is balanced with central Government contract income at 51% and 37% of total

income, respectively. This achievement allows the organisation a greater degree of independence compared to last year and enables us to plan for a sustainable future.

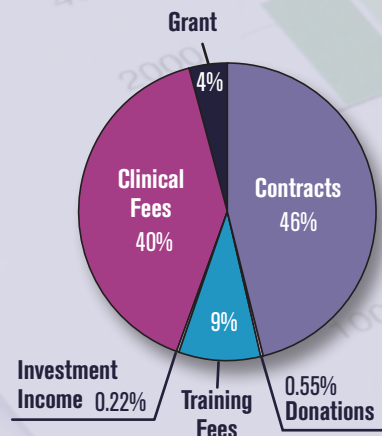
The financial statements show a net surplus at the year-end of £15k a decrease of £168k on the previous financial year where the surplus was £183k.

In spite of the difficult funding environment, we have strengthened our core activities, showing that we are successful in our ambition to deliver effective, high-quality relationship support to more couples. We are building our funding base to ensure our work continues and our charitable mission can be delivered as we move forward.

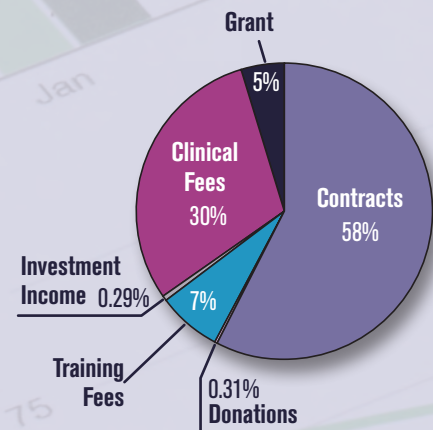
Income in £s

	2016/17	2015/16
Contracts (Training and Projects)	2,087,462	2,941,809
Donations and other voluntary income	24,769	15,899
Training fees	424,937	354,762
Investment income	9,738	14,838
Clinical fees	1,808,628	1,538,895
Grant (Training and Projects)	159,002	230,600
Total	4,514,537	5,096,803

Income 2016/2017



Income 2015/2016



Staff Publications This Year

- Abse, S.** (2016) 'Renewal and Social Justice', *Couple and Family Psychoanalysis*, pp. 149-152.
- Balfour, A.** (2017) 'Growing old together in mind and body' in Nathans, S. & Schaefer, M. (eds.) *Couples on the Couch: Psychoanalytic Couple Psychotherapy and the Tavistock Model*. London: Routledge, pp. 221-244.
- Casey, P.** (2017) 'Occasional review of Kleinerman, L. (2007) 'Discussion: Mothers and fathers of intervention: developing new family narratives', *Couple and Family Psychoanalysis*, 7(1), pp. 117-122.
- Casey, P., Cowan, P.A., Cowan, C.P., Draper, L., Mwamba N., and Hewison, D.** (2017) 'Parents as Partners: A U.K. Trial of a U.S. Couples-Based Parenting Intervention for At-Risk Low-Income Families', *Family Process*, doi:10.1111/famp.12289.
- Clulow, C.** (2016) 'A Relational Psychoanalytic Approach to Couples Psychotherapy', *Couple and Family Psychoanalysis*, 6(1), pp. 115-117.
- Clulow, C.** (2016) 'Elegy, by Nick Paine at the Donmar theatre', *Couple and Family Psychoanalysis*, 6(2), pp. 230-231.
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- Glausius, K. and Humphries, J.** (2016) 'Couples Who Adopt: A Guide to Helping Adoptive Couples' London: Tavistock Relationships.
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- Hewison, D.** (2016b) 'Journal Review of Fonagy, P. 2015 The effectiveness of psychodynamic psychotherapies: an update. *World Psychiatry* 14, pp 137-150', *Couple and Family Psychoanalysis*, 6(2), pp. 215-217.
- Hewison, D.** (2017) *Tavistock Clinic*. Encyclopedia of Couple and Family Therapy. Online: Springer. Available at: https://link.springer.com/referenceworkentry/10.1007/978-3-319-15877-8_605-1.
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- McCann, D.** (2016) 'Teddy Ferrara, by Christopher Shinn directed by Dominic Cooke at the Donmar Warehouse'. *Couple and Family Psychoanalysis*, 6(2), pp. 227-231.
- McCann, D.** (2017) 'Supervision: making it work for you', in Bor, R. & Watts, M. (eds.) *The Trainee Handbook*. London: Sage, pp. 346-368.
- McCann, D.** (2017) 'When the couple is not enough, or when the couple is too much: Exploring the meaning and management of open relationships', *Couple and Family Psychoanalysis*, 7(1), pp. 45-58.
- Morgan, M.** (2017) 'A complex case seen at Tavistock Relationships', in Palacios, E. & Scharff, D.E. (eds.) *Family and Couple Psychoanalysis: A Global Perspective*. London: Karnac, pp. 89-106.
- Morgan, M.** (2016) 'An Object Relations Approach to the Couple Relationship: Past, Present and Future', *Couple and Family Psychoanalysis*, Vol 6(2), pp.194-205.
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- Nyberg, V.** (2017) 'Response to "How to Cure Family Disturbance": Lily Pinus, Martin Buber, and Projective Identification', *Couple and Family Psychoanalysis*, 7(1), pp. 26-31.
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- Wrottesley, C.** (2017) 'Edipo Non Muore Mai? La Coppia di Nonni alle Prese con Edipo', *Interezioni*, 45(1), pp. 43-69. (English translation: Does Oedipus Never Die? The Grandparental Couple Grapple With Oedipus).

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