

Annual Review 2013



“We would like to thank TCCR for helping us during a challenging time in our lives. We realise TCCR is a charity and appreciate how generous your organisation has been to us. The counsellor was brilliant and an asset to your organisation. Thank you for everything. You guys rock!”

All quotes within this document have been taken from end of session client questionnaires unless otherwise stated.

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Chief Executive's Introduction

Despite continued uncertainty in the economy and a challenging funding environment for any charity, TCCR has continued to thrive.



With a committed, expert staff group and the support of government, we have been able to develop innovative approaches and extend our training programme so that more couples are able to access the support and help they need.

A growing organisation needs a clear strategy to make the best use of the opportunities and resources available and so the staff and trustees have invested time and energy during the year refining our focus and long-term mission. With an over-arching goal to ensure every couple in the UK can access high quality help, we recommitted to our mission to deliver high quality training, innovation and research in the field of intimate relationships. And we will continue to underpin that strategy by ensuring our methodologies are based on a deep understanding of couple dynamics which can best be learnt from the close observation of these dynamics afforded by the delivery of face to face work.

Progress towards making our society much more aware of the importance of relationships can feel slow; however we sense a growing interest in our work as well as signs of a changing narrative that is beginning to understand that the connections between people are of value and create a wealth of social capital that is vital if our society and the individuals within it are to thrive.

Stability, security and measured change are the bedrock on which good relationships thrive yet our current world is full of uncertainty, with fast and radical change happening within institutions, the job market and the world of technology. More reason therefore to support relationships because it is from the secure base of a relationship that individuals can develop the capacity to explore, innovate, create and care. Experiences of loss, disruption, separation or neglect make us suspicious of relationships and the inter-dependency they involve. From a position of distrust in others, we build an individualistic way of relating that attacks and undermines the acknowledgement of our needs and the needs of others.

Cataclysmic events such as the banking crisis and the enduring economic hardship it engendered create conditions that lead to ruptures in families which undermine the secure base and create psychological challenges for the individual that echo down through generations. That is why TCCR is committed to championing the importance of supporting and protecting relationships in order to diminish the costs to individuals and, inevitably, to society also that disrupted relationships produce. Much of our work is geared towards helping parents provide their children with an

experience of stable, sensitive care which then leads to young people growing up to value relationships and with a desire for communality.

As with families, organisations too need long-term security in order to take risks, change and grow. We are deeply grateful for the security of funding we have had over the last two years and, I believe, this Annual Review shows how creative and innovative that has enabled us to be.

Let us hope that this stability in our funding continues and that supporting couples and family relationships becomes even better understood as central to any social policy that aims to tackle social justice and provide a better environment in which we can all thrive.

Susanna Abse



HIGHLIGHTS 2012-13

- Highest ever increase (+10.5%) in the number of sessions delivered within the clinical service
- Suite of policy briefings launched to drive understanding of the importance of relationships to improving individual, family and society's health
- Parents as Partners programme launched to improve relationships between parents and to increase children's well-being and success
- Attendance by almost 4,000 practitioners on our training programmes
- 9% increase in students enrolled on our practitioner trainings
- Achievement of eQuality award from PACE, London's leading LGBT Charity

Our Counselling and Psychotherapy Services

This year has seen an increase of 10.5% in the number of sessions delivered within the clinical service. This not only represents the largest growth the organisation has ever seen, but is more than double last year's increase, which again was the highest we had previously managed. Last year we crossed the 11,000 session mark, and this year we have comfortably exceeded that, delivering 12,156 sessions. Overall, we have increased the volume of clinical work by an impressive 25% since 2009.

As with last year, increasing the number of initial assessments – up by 9% to 922 this year alone – was instrumental in achieving this growth. Similarly, we have increased the number of initial consultations by 45% since 2009. This increased activity is reflected in the higher number of cases seen this year, up 26% on last year to 1,669, more than double the number of cases seen in 2009.

“I felt I was going around in circles with my partner and now I feel like we are moving forward. Our therapist was able to create a safe and honest space and I appreciated her involvement and reflections. I have cherished the opportunity to have a regular time to truly connect with my partner and will miss it!”

Client Satisfaction

There continued to be very high levels of satisfaction with our clinical services, with 98% of clients saying they would or might recommend our services to others. In addition 93% felt that the therapy had improved their understanding of themselves, while 94% felt that it had improved their understanding of their partner. Where it was addressed, 94% felt that the therapy had improved their understanding of their children.

“Our counsellor was very professional, sensitive and intuitive... I don't know where my relationship is headed, but coming to TCCR has helped me personally.”

Measuring Our Impact

TCCR services are routinely evaluated by administering clinically valid and reliable psychometric measures (CORE¹ and GRIMS²) to all clients at intake and at three month intervals while undergoing treatment.

Our outcome data shows statistically and clinically significant reductions in psychological distress as treatment progresses (measured by CORE; N= 305).

¹ Barkham M, Mellor-Clark J, Connell J & Cahill J. A core approach to practice-based evidence: A brief history of the origins and applications of the CORE-OM and CORE System. *Counselling and Psychotherapy Research*, March 2006; 6(1): 3-15.

² Rust, J & Golombok, S. *Golombok Rust Inventory of Marital State*. Harcourt Assessment, UK, 2007.



Proportion of clients who report positive impact of service on indicators of relationship quality



Average CORE scores at intake, three months and six months, and twelve months



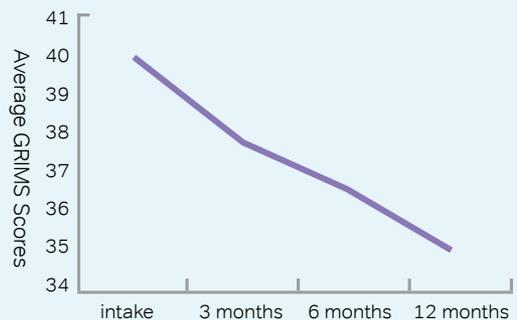
Services for Everyone

In 2012-13, TCCR saw an almost equal split between male (51%) and female (49%) clients. 3% of those using our services were single, 28% were co-habiting partners and 46% were married; 2% were in civil partnerships and 7% were separated or divorced.

TCCR continued to serve a highly diverse community, with the ethnic mix of our clients continuing to represent London's diversity, with many of our couples being in mixed race partnerships.

Our data also shows statistically significant improvements in relationship quality from intake to end of treatment (measured by GRIMS; N= 191) with relationship distress decreasing as a result of our help.

Average GRIMS scores at intake, three months, six months, and twelve months



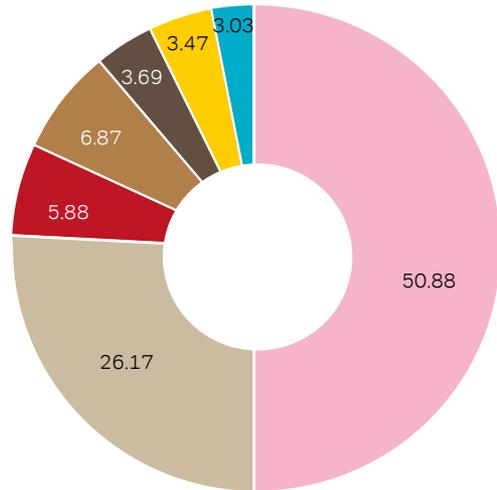
Lesbian, Gay, Bisexual and Transgender clients

“The experience has been so valuable, I am very grateful to our psychotherapist – we are so much more positive about our future! Thank you.”

Over the past year, TCCR has been working closely with PACE, London’s leading charity promoting the mental health and emotional wellbeing of the lesbian, gay, bisexual and transgender community, to achieve the eQuality Award (indeed, on 25th April 2013, TCCR was presented with an eQuality Silver Award at a celebration event held at the House of Commons).

Through the process of consultation offered by PACE, TCCR has been able to develop robust policies that reflect its commitment to the eQuality agenda at all levels of the organisation and we have already seen a dramatic increase in same-sex couples accessing our services. Faculty staff have also focused on the development of their thinking and practice with regard to delivering couple therapy to LGBT clients.

2012 FY: Ethnicity



Numbers are percentage values

- White British
- Mixed
- Black/Black British
- No response
- White other
- Asian/Asian British
- Other



Training and Consultation Services

This year has once again seen high levels of demand for our accredited and validated training programmes.

A 25% increase in numbers led to almost 4,000 practitioners attending one of our training programmes during the year, a considerable achievement for the organisation given the current economic climate.

CPD Workshops and Seminars

TCCR has fast become one of the UK's leading providers of Continuing Professional Development in the field. With more than 40 training events running throughout the year, we delivered an interesting and varied range of courses looking at different themes relevant to

our target audience of therapists and frontline practitioners interested in understanding more about couple relationships. Attracting internationally renowned speakers and course leaders, we also developed new courses such as Traumatic Birth and its Impact on the Couple Relationship, bringing a new audience to TCCR to learn more about couple dynamics.

'This was one of the best (if not the best) psychotherapy CPD course I have ever been to. Things were explained in a very clear way, with excellent clinical examples (and most importantly the examples of how the therapist chooses to deal with that particular situation).'

Relationship Breakdown course participant



Accredited Professional Qualifications

One of TCCR's prime activities is the training of expert practitioners and we offer training from introductory to doctoral levels. This year a record 206 students were enrolled on our ongoing clinical and academic trainings, a 9% increase on the previous year.

The launch of our new modified Professional Doctorate programme, the highest academic award available in the UK in the field of couple psychotherapy, was commended by UEL as 'an innovative and unique programme' with a 'high quality of resources in place to support the programme' and a 'high level of institutional support for scholarly activity'. This revised programme, which now provides wider access, offers an opportunity for all those senior in the field to undertake a doctoral programme.

Through our MA in Couple Psychoanalytic Psychotherapy, we aim to develop practitioners with the depth of knowledge and experience to become foremost theoreticians and trainers capable of developing new models of working, inspiring trainees and disseminating couple thinking and practice both nationally and internationally. The programme is unique in its depth and rigour and offers a combination of theoretical studies, clinical practice and research.

Students enrolled on the Postgraduate Diploma in Couple and Individual Counselling and Psychotherapy as an entry level qualification come from a wide variety of professional backgrounds including childcare, HR, nursing, academia, paediatrics, neurology and finance.

Leading Provider of Psychosexual Studies

This year has seen great demand for TCCR's psychosexual programmes of study. Many of our new students on the MSc in Psychosexual and Relationship Therapy have progressed from our counselling training, while others have joined us from Relate.

Together with our successful CPD Psychosexual workshops, our Psychosexual Certificate Programme attracts an increasing variety of practitioners who want to be better informed and at ease when discussing sexuality in their work.

Following the appointment of Janice Hiller, consultant clinical psychologist, to our faculty staff, we have been able to offer an expanded psychosexual short course programme which benefits from her latest research and its application to psychosexual therapy.

We also delivered our psychosexual training in Istanbul to a group of 25 individual and couple therapists and students of psychology, and a further, more intensive programme of training in Istanbul is under development for the coming year.

“This course has been really helpful with the psychosexual aspects of my work and has given me food for thought for further training.”

Psychosexual Certificate student

Supporting Frontline Staff

Our training for senior staff in children's centres 'Building Effectiveness and Value in Children's Centre Services: new ways of working with inter-parental conflict and how to measure the difference your service makes' showed exceptionally high levels of satisfaction (99% and 98%) and we have now been re-commissioned by the DfE to deliver an expanded programme of this training through to March 2015.

“Enjoyed the day greatly. We will be doing significant amounts of work with visiting families in the home and this will be invaluable information on good practice for my team.”

Children's Centre Manager

Demand for training from organisations working with families increased with TCCR delivering contracts for organisations such as the NCT and the University College Hospital Macmillan Cancer Centre.

Given the high incidence of depression among the general population, it is not surprising that training practitioners to work with couples where one is depressed continues to play a large part in TCCR's thinking about how to support families. This is crucial to maintaining the health of the family and couple relationships and naturally has an economic benefit to children and families as well as to the nation's economy. TCCR's pioneering work on couple therapy for depression, developed for the Department of Health, continues to be delivered to practitioners from across the country who work in Improving Access to Psychological Therapies (IAPT) services. TCCR also continued to train and support the work of couple therapists working in IAPT.

“I found the course very stimulating and thought provoking. I will take the ideas and concepts back into my work with individuals/couples. Very, very useful course.”

IAPT CBT therapist

Internationally Acclaimed

We continue to attract students from abroad including China, Australia, Israel, Russia, America, Portugal, Holland and Pakistan. These practitioners frequently voice their appreciation of TCCR as an international centre of excellence for couple therapy. These colleagues are often seeking advanced case consultation, not available in their home country, and we offer this support by telephone and Skype. This year we worked with one therapist who is supporting families managing the after-effects of war.

A series of 15 video seminars, held in conjunction with the International Psychotherapy Institute in Washington and the British Society of Couple Psychotherapists and Counsellors, brought together

participants from the USA, Canada, Panama, Israel and the UK to hear and discuss a range of papers.

In the past year, senior consultant staff Dr David Hewison and Mary Morgan undertook teaching activities in San Francisco and New York in order to prepare the way for a group to visit TCCR for advanced training in the coming year. A key note lecture to the Swedish Psychoanalytic Society was given by TCCR senior psychotherapist, Viveka Nyberg, and during the autumn we welcomed a group of 17 couple and family counsellors and psychotherapists from Espoo, Finland, who came to us for advanced training in couple psychotherapy.

TCCR also held its four-day summer school which attracted nearly 30 clinicians from across the globe.

‘I have really enjoyed this programme. The lectures were of a high quality and the participant case presentations were a highlight.’

Summer School student

Evaluating our work

93% of students rated their learning experience with TCCR as either good or excellent, with a 100% rating for the Psychosexual Certificate course. It is clear from the number of people who repeatedly return to our courses and conferences that our professional development programmes meet the needs of practitioners and are highly valued.



TCCR Events

TCCR held three conferences and one lecture this year continuing our dedication to considering clinical and social issues across the breadth of our field.

This year's Enid Balint Memorial Lecture was given by Professor Joan Raphael-Leff with respondent Dr Chris Clulow. Professor Raphael-Leff's paper focused on clinical work with perinatal losses and Dr Clulow's response used clinical examples and drew on attachment theory to elucidate particular sections of the lecture.

Graham Allen, MP, Chair of the Early Intervention Foundation, addressed the TCCR Spring Conference on early intervention and the couple. Professors Philip and Carolyn Cowan of the University of California, Berkeley, opened the proceedings with an illuminating account of their research into couple-focused parenting programmes which emphasised and demonstrated the importance of working with parents to strengthen their relationship to improve outcomes for children.

TCCR's first Psychosexual Conference welcomed over 100 practitioners who heard Dr David Schnarch, author of *Passionate Marriage*, from the USA and Professor Kevan Wylie from the University of Sheffield, alongside TCCR senior staff who gave papers on sexual desire within the couple relationship.

Our Autumn Conference, chaired by Mary Morgan and with keynote speakers Penny Crick, Director of the London Clinic of the British Psychoanalytic Society, and Stan Rusczyński, Director of the Portman Clinic, delivered thought-provoking papers on how therapists make clinical "judgements" without becoming judgemental.

"Rich thought provoking material, beautifully and powerfully conveyed"

Enid Balint Lecture attendee



Innovation and Research

Developing quality standards for services provided to separating and separated parents



TCCR was commissioned by the DWP to develop, with consultation from the children's and families sector, a set of quality standards for organisations working with separated parents. From these

standards a quality mark has been developed that is awarded to services to guide parents towards agencies that work actively to promote post-separation collaboration between parents, always putting the needs of children first.

Mentalization-Based Therapy (MBT) for couples

TCCR is currently in the process of developing a therapeutic model, adapted from MBT, aimed at couples where one or both partners present with personality problems within a range of what might broadly be described as borderline personality features. Often these are couples whose relationships are inherently unstable and where one or both partners may have a history of mental breakdown or of acting out through, for example, addiction or domestic violence. MBT with couples draws on our Parenting Together model of intervention which has already been developed within TCCR by Susanna Abse and Leezah Hertzmann together with TCCR's psychoanalytic understanding of couple functioning.

MBT is supported by a solid evidence base and derives from the ground-breaking body of work by Jon G. Allen, Peter Fonagy and Anthony W. Bateman. Since the affective focus in MBT is on interpersonal relationships, this approach appears to be highly suitable for adaptation to a couple intervention for this particularly challenging group of patients, a population which TCCR has experienced an increase in referrals from and who often do not respond to conventional, psychodynamic couple therapy or "treatment as usual".

Parents in Conflict - putting children first

In the past year our randomized controlled trial (RCT) of mentalization-based therapy for parents in conflict has concentrated on several aspects including the recruitment of parents to the study. Our recruitment efforts have included meeting with family and district court judges, schools, Citizens Advice Bureaux, CAFCASS, CAMHS and several other organisations. Once engaged, we have a very high success rate for eligible parents agreeing to take part in the study and be randomized to the two different kinds of help we are offering.

We have made some small changes to the study design and have now included a more comprehensive qualitative component to the study that looks at participants' expectations and experiences of the treatments they have received, as well as their view of the difficulties which caused them to seek help. This will also provide more contextual knowledge and allow a greater focus on meaning-making and the perspective of service users. We think this approach is crucially important if we wish to

capture more fully the impact of therapeutic interventions with this population especially as there are significant gaps in the understanding of the efficacy and effectiveness of psychological therapies for the treatment of parental conflict and its harmful effects on children.

Parents as Partners programme

This year TCCR and Family Action launched an innovative, free and evidence-based group programme that aims to support couples as they resolve relationship issues that can affect their ability to parent their children effectively.

The Parents as Partners programme was developed in the U.S. by husband and wife psychologists Philip and Carolyn Cowan from the University of California, Berkeley, Marsha Pruett from Smith College and Kyle Pruett from Yale University.

TCCR staff will deliver this programme in six London Boroughs including Islington, Camden, Southwark, Greenwich and Westminster; and next year, after the development phase, Family Action staff will work alongside us to roll out the programme to other areas of the country.

The programme runs for 16 weekly sessions and is delivered by co-workers (male and female). It aims to offer a positive change to hard to reach distressed families by strengthening their co-parenting relationship, increasing father's direct involvement with their children, reducing harsh parenting and fostering the children's cognitive, emotional and social development.



Carolyn Cowan

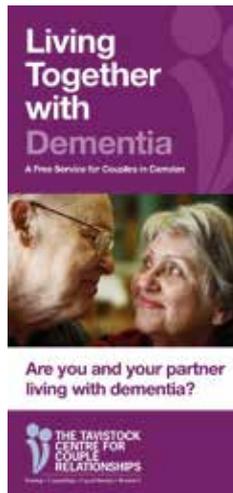


Philip Cowan

Professor Philip Cowan commented: "Our hope is that, with some minor modifications to better fit British families, this programme can prove as effective in the UK as it has been in the US in strengthening family relationships and improving outcomes for children."

Living Together with Dementia

TCCR has won funding from the London Borough of Camden to develop and deliver the Living Together with Dementia service. This is an exciting innovation in the field of couple therapy and dementia care that addresses the needs and



challenges of couples when one partner has dementia. Research suggests that being able to sustain this critical relationship bond can slow down the rate of decline in dementia, delay hospital admission and even prolong life. The intervention supports couples to maintain closeness and positive interaction with everyday activities to promote resilience in the couple.

The intervention is structured and is initially an eight session model with the option of further follow-up. Everyday activities, discussion and videoing of couple interaction are used as ways of enabling increased involvement, communication, engagement and understanding between the couple.

As part of the service, TCCR will offer free training to Camden staff leading to accreditation in the Living Together with Dementia approach.

Policy and Communications

This year we have expanded our range of policy briefings, including ones on the links between couple relationships and children's academic achievement, and couple relationships and infant mental health and secure attachment. These briefings underpin our work to ensure that the importance of couple relationships is more widely acknowledged and reflected in social policy debates.

In a key policy-related initiative for TCCR, at our behest, Andrew Selous MP agreed to chair a revitalised All Party Parliamentary Group for Strengthening Couple Relationships (for which TCCR now provides the secretariat). Three meetings of this important group have now been held – on public health; ageing; and mental health – and written outputs, such as a report on relationships and public health, are beginning to be published as a result of this work.

This report also represents one of the first publications coming out of the newly-formed Relationships Alliance, a consortium of the Tavistock Centre for Couple Relationships, Relate, One Plus One and Marriage Care. Funded by the Department for Education until 2015, this group represents a key opportunity for TCCR to take a lead on influencing national and local policy on relationship support and relationship health.

Other reports this year included Engaging Business to Support Relationships which researched how HR staff responded to employees with difficulties in their marriages or partnerships, finding that many businesses were likely to offer individual support rather than help that supported their employee's family life.

Meanwhile, we have also responded to various Government and Select Committee consultations (on areas such as NICE quality standards; proposals concerning measuring child poverty; the function and future of Sure Start centres; and the proposed cardiovascular disease outcomes framework).



Publications

This year TCCR clinical and faculty staff produced and contributed towards a wealth of publications tackling complex issues.

Head of Clinical Services Andrew Balfour was responsible for a number of publications looking at issues surrounding old age. Head of Research David Hewison contributed to a number of journals focusing on families and children's mental wellbeing.

Below is a detailed list of publications:

- Balfour, A.** (2013) 'Another country? Migration, displacement and internal dislocation in old age' in Varchevker, A. and McGinley, E. (eds.) *Enduring Migration through the lifecycle*. Karnac: London.
- Balfour, A.** (2013) 'Review of Blando, J. 'Counselling older adults' *Ageing and Society*, 33(4), pp.721-723, [Online]. DOI: 10.1017/S0144686X12001456
- Cachia, P. and Savege Scharff, J.** (2013). 'A Couple who lost joy' *Couple and Family Psychoanalysis*, 3 (1), pp.72-86.
- Clulow, C. and McCluskey, U.** (2013) 'Douglas Haldane MBE 1926 -2012. An appreciation.' *Couple and Family Psychoanalysis*, 3 (1), pp. 125-127
- Clulow, C. and McCluskey, U.** (2012) 'Douglas Haldane: child psychiatrist who believed that family dynamics were key' *British Medical Journal*, 345, pp. 33
- Clulow, C.** (2012) (Eds.) *Sessualità a psicoterapia di coppia*. Rome: il Mulino.
- Clulow, C.** (2012) 'Review of Scharff, D. E. and Scharff Savege, J. The interpersonal unconscious' *Couple and Family Psychoanalysis*, 2(2), pp.261-263.
- Hewison, D.** (2012) 'Review of Hill, A. and Poss, S. (2011) Some reflections on reparation in post-Apartheid South Africa, using a couple therapy intervention as a microcosm of South African society. *Couple and Family Psychoanalysis*. 1(2), pp. 222-234.' *Journal of Analytical Psychology*, 57(4), pp. 557-559.
- Hewison, D.** (2013) 'The importance of the couple relationship for children's mental health' *Journal of Health Visiting*, 1(1), pp. 21-26.
- Hewison, D.** (2013) 'Review of Bagnini, C. (2012) *Treating difficult couples: working from surface to depth*' Lanham, MY: Jason Aronson in *Couple and Family Psychoanalysis* 3(1), pp.103-105
- Hewison, D.** (2013) 'Review of Sklar, J. (2011) *Landscapes of the dark: history, trauma, psychoanalysis*. London: Karnac Books in *Journal of Analytical Psychology* 58(1), pp.142-143.
- Monzo, R. and Pozzi-Monzo, M.**(2013) 'Comments on The "original couple": enabling mothers and infants to think about what destroys as well as engenders love, when there has been intimate partner violence' *Couple and Family Psychoanalysis*, 3(1) pp. 87-93

Nyberg, V. (2013) 'Review of Private at work: an anthology of Swedish essays' *Journal of Couple and Family Psychoanalysis*, 3(1) pp.113-115

Sehgal, A. (2012) 'Viewing the absence of sex from couple relationships through the "core complex" lens' *Couple and Family Psychoanalysis* 2(2), pp.149-164.

Vaines, S. (2012) 'Review of Sander, F. M. W.S. Gilbert's "Pygmalion and Galatea": an introduction to the art, ethics and science of cloning' *Couple and Family Psychoanalysis*, 2(2), pp.258-261.

TCCR. (2012) 'What do couple relationships have to do with infant mental health and secure attachment? A TCCR policy briefing paper' Tavistock Centre for Couple Relationships

Wrottesley, C. (2012) 'An interview with Dr Paola Mariotti' *Couple and Family Psychoanalysis*, 2(2), pp.247-254.

Wrottesley, C. (2013) 'An interview with Pauline Hodson' *Couple and Family Psychoanalysis*, 3(1), pp.94-102.

The British Society of Couple Psychotherapists and Counsellors



The professional body for couple psychoanalytic psychotherapists and couple psychodynamic counsellors who have graduated from the Tavistock Centre for Couple Relationships continues to promote couple psychoanalytic psychotherapy and couple psychodynamic counselling, offering a referral service for couples seeking a highly-trained, experienced therapist. The organisation has over 200 qualified members upholding a high professional standard and produces a bi-annual internal journal "Couple and Family Psychoanalysis". The Society is proud to announce the inclusion of 4 International Membership Organisations, with 28 individual international memberships confirmed to date.

The well-attended Autumn Study Day looked at Working with Difference: the couple's choice, the couple's defence and the therapeutic challenge. Andrea Hill, a clinical social worker who has been working with couples in Cape Town for over thirty years, considered 'The Challenge of Loving a Different Other' and John Schlapobersky and a Training Analyst at the Institute of Group Analysis presented his work on 'Couples Group Therapy for Toxic Collusions: How we fit together and what might help when intimacy demands damage.'

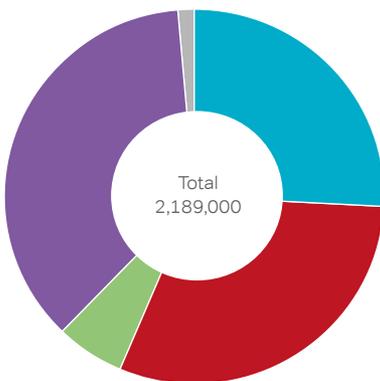
Our Finances 2013

TCCR once again delivered an impressive operating performance in 2012/13, increasing the number of clinical sessions from 11,007 in 2011/12 to 12,156 this year. This 10.5% increase in sessions was translated into an increase in clinical income of £94.3k year on year, or 14.1%. We also increased our training activity to a total just short of 4,000 participants, an increase of 25%. Training course fee income increased by £43.9k year on year, an increase of 7.7%, and by £88k (16.7%) ahead of projected income for the year.

The overall result as recorded in the 2012/13 consolidated Tavistock Institute of Medical Psychology (TIMP) annual accounts shows a deficit of £269.4k. The 'operating' performance of TCCR shows a surplus of £81k. The difference between the net deficit and the operating surplus is made up of accounting adjustments for recognised gains on investments, and an actuarial loss on the defined benefit pension scheme.

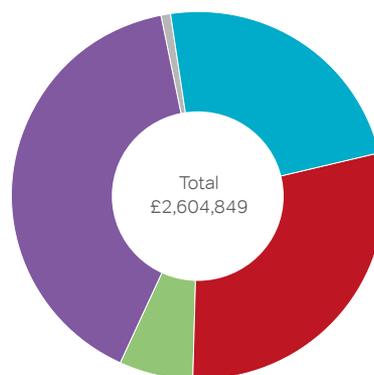
2012/13 saw another year-on-year increase in income generated from a wide range of sources. Income from the delivery of training increased by 7.7% and income generated from the delivery of clinical services increased by 14.1%. This growth in income enabled us to train more therapists and front line staff as well as support more couples, regardless of their financial status. Total income including grants, donations, and interest was £2,604.8k, an increase of 19% on the previous year and continues to reflect our strategic aim to become less reliant on grants and donations while at the same time expanding the organisation.

Income 2011–2012



■ Training	£571,000
■ Clinical	£668,000
■ Projects & contracts	£128,000
■ Grants & donations	£796,000
■ Other income	£26,000

Income 2012–2013



■ Training	£615,000
■ Clinical	£762,000
■ Projects & contracts	£167,000
■ Grants & donations	£1,040,000
■ Other income	£20,000

Council of Trustees

The Council Of Trustees Who Served The Charity
During The Period Were As Follows:

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Training ■ Counselling ■ Psychotherapy ■ Research



The Tavistock Centre for Couple Relationships provides a comprehensive range of affordable counselling services for couples and individuals facing relationship problems.

Through its clinical, training and research programmes it supports and improves services to couples and families.

From Central London and the City we operate high quality counselling and psychotherapy services in a safe and confidential environment. Our services are offered on a sliding scale and we aim to see everyone who approaches us, whatever their income. Our experienced therapists aim to help people get their relationships back on track so that it can be a partnership from which they can grow and develop.

Our services also include help for parents who need support to work together effectively for the sake of their children, as well as specialised help for those going through divorce and separation or those facing specific problems in their sexual relationship.

Contact Us:

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