

Established in 1948 The Tavistock Centre for Couple Relationships (TCCR) is an internationally renowned charity delivering and developing advanced practice, training and research in therapeutic and psycho-educational approaches to supporting couples.

We research, develop, pilot and raise awareness of best practice, providing services to couples and families and disseminating our learning through academic and policy activities.

Our training programmes, in couple and sex therapy, range from introductory up to doctoral level and are accredited by bodies including The British Association of Counselling and Psychotherapy and The British Psychoanalytic Council. Our London based clinical services offer affordable counselling and psychotherapy to people facing difficulties in their relationships and parenting. Our evidence based, innovative projects – Living Together with Dementia, Parents as Partners and Adopting Together support and improve the quality of our relationships when they are most challenged.

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The Tavistock Centre for Couple Relationships, Registered Charity Number: 211058. Company number: 241618 registered in England and Wales. The Tavistock Institute of Medical Psychology



# Annual Review 2015

# CEO's Message

**Couple relationships matter. The quality of our closest relationships profoundly affects how we feel about ourselves and has material and measurable consequences for our lives and those around us – affecting the emotional, cognitive and physical development of our children, our capacity to work and to be fulfilled in work, and our physical and mental health.**

When they fail the consequences are enormous, both to society (an estimated and rising £47 billion) and to adult's and children's physical, mental and emotional health.

When time is tight, jobs are insecure and finances are stretched, family stability comes under increasing pressure. Technology has increased the ways in which we communicate, but it doesn't seem to have helped us communicate better, so perhaps it isn't surprising that our face to face, client services are more in demand than ever before. More positively, perhaps couples increasingly understand that seeking professional help to improve their relationship is a good thing to do – investing in their family's future rather than succumbing to the fear of asking for help.

Relationships can be hard and most of us would agree that they are the source of most of our human joy... and our suffering. Delivering therapy to couples throughout the lifecycle – the birth of a first child, child-rearing, work, ill health and old age – continues to be the mainstay of our work. However, I am also excited and proud of our innovative programmes developed to support couple relationships when they are most challenged – for couples living together with dementia or when separation has led to entrenched parental disputes that negatively impact on the children.

**“They spend so much time hating each other they don't have a lot of time to love me.”**

Nina aged 7

This year, with the support of government, we have been able to further develop and research several new programmes and in the coming year we also have exciting new projects commissioned which address the needs of families who have experienced domestic violence and the needs of couples who have adopted children. We increasingly see how the clinical and research expertise we have developed can now be applied to a wide range of societal problems, bringing to the fore the couple relationship as the site of intervention. There is much more however that could be done and we believe effective services are by definition services provided through, or in the context of relationships. Good services do not treat individuals in isolation, but address their relational context which is why we would like to see all front line services whether that be GPs or Drug and Alcohol Services or prisoner release programmes include a focus on supporting the couple. Where we do this we will increase the impact of these services through strengthening the resilience of families and the support they can provide.

Couples who come for help at TCCR present with the widest range of problems. Some need short term, supportive help and quickly find resources that help them recover the good feelings that brought them together in the first place. Increasingly, however couples who come present with complex difficulties which take time and skill to resolve. It is striking for instance that 71% of those who come

for help are clinically depressed with all the attendant difficulties that depression brings.

That is why we put great emphasis on the quality of training and post graduate support we provide and that is why nearly 6,000 practitioners accessed our trainings last year, because they know we have the practical hands on clinical experience that makes our trainings relevant to their practice.

There is an increasing awareness of the importance of supporting couple relationships and we are seeing a growing interest in our work which is leading to new partnerships and new developments. We welcome this interest and value these partnerships and will look in the coming year to forge more collaborations as we know that only through these relationships can we see the real system and societal change that this country needs.

Susanna Abse, Chief Executive

## Our Vision

**A world where good quality, couple relationships provide family stability to nurture children and adults to reach their full potential and can provide love and care through life's transitions.**

## Our Mission

**To ensure everyone can access effective, evidence-based relationship help to support their relationships, parenting and family life.**

## Our Aims

- to create wider understanding of the impact of good quality couple relationships on 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 focussed support so every couple can access help when they need it
- to widen the practical application of clinical solutions to family 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 help for your relationship, particularly when going through life's transitions
- training couple therapists to deliver the highest quality, expert help
- providing affordable, accessible evidence-based services
- supporting front line practice to develop a stronger focus on adult relationships
- developing innovative intervention projects, applying psychosocial and clinical expertise to supporting families

# Innovative Programmes

Developing and evaluating innovative programmes which support relationships when they are most challenged is a continuing priority for us. Through our project work we are able to reach out to couples who are in crisis or who are dealing with complex, multiple problems but who may not access our traditional therapeutic services.

## Living Together with Dementia: a unique psycho-social home based intervention



Living Together with Dementia (LTwD) improves the quality of life and mental health of couples living with dementia: increasing the length of time people with dementia can maintain their independence; remain active and preserve the intimate, valued and familiar relationship with their partner.

LTwD blends research approaches developed in working with people with socio-cognitive impairments and their parents, video-based techniques used with parents and infants, together with approaches drawn from couple

therapy and has been co-designed with service users and expert dementia support providers.

LTwD trains and supports health professionals to deliver eight to ten home visits to couples living with dementia – helping couples to manage the loss and trauma of diagnosis and recover the protective aspects of their relationship, enhancing their emotional contact and understanding of each other. Working together, practitioners encourage shared involvement in everyday activities as a basis for enhancing understanding and communication in order to mobilise the couple's existing strengths and address some negative cycles of interaction which often accompany dementia.

Having completed a two year pilot in Camden, TCCR has built excellent ongoing working relationships with relevant local agencies including Age UK Camden, Camden Carers and the Royal National Hospital. We have trained two cohorts of front line staff from these organisations who are now able to deliver the Living Together with Dementia intervention to couples at home. Further work in other London boroughs is planned for the coming year.

Practitioners have shown tremendous enthusiasm and commitment in carrying out this vital, but at times very challenging, work. Evaluation measures indicate that the practitioners rated the training they received from TCCR very

highly; expanding their understanding of couples with dementia, the intervention and their own sense of confidence in working in this area.

During the year, Andrew Balfour, Director of TCCR's clinical services and the developer of LTwD published a paper describing the project: Developing therapeutic couple work in *dementia care – the living together with dementia project*. *Psychoanalytic Psychotherapy*, 2014. Vol. 28, No.3, 304-320.

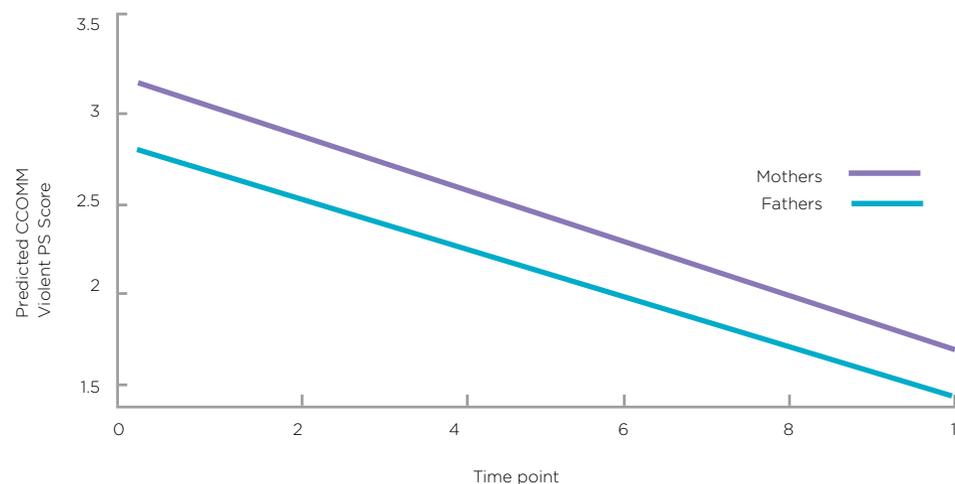
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**“We’ve learnt so much from the group – no matter how much hurt you’re feeling, you have to stop and say, what’s the most important thing here? And the important thing is our family. And the group really helped us to see that.”**

## Parents as Partners: a groupwork programme for vulnerable couples struggling with their parenting and their relationship



The Parents as Partners (PAP) Programme is an evaluated, group work programme for parents who are struggling with significant conflict and stress in their parenting and relationships. This transformative programme, funded by the Department for Work and Pensions and operated in the UK by the Tavistock Centre for Couple Relationships with support from Family Action, is designed to support couples as they resolve relationship issues that affect their ability to parent their children effectively. Despite a strong evidence base supporting the pivotal role of high quality, positive couple relationships in a range of outcomes for the whole family, very few family interventions include a focus on the couple relationship, and fewer still are designed for both mothers and fathers to attend together.



The PAP programme is based on the pioneering work of Professors Philip and Carolyn Cowan in the US. Conducting longitudinal studies with families for over a decade, the Cowans have consistently demonstrated the value of including couple-focused content in preventative interventions to enhance children's wellbeing.

Crucially, we have been able to show that results from the programme here in the UK have replicated the positive results found by Professors Philip and Carolyn Cowan over many years in the USA. Our recent evaluation report, on post-group data from 90 parents, reported significant reductions in parents' psychological distress, parenting stress and couple conflict as well as reductions in the emotional and behavioural difficulties in children. Couple relationship quality not only stabilised as the Cowans were able to show, but here in the UK we saw actual improvements in relationship quality – a particularly impressive outcome. Both mothers and fathers also reported a significant decrease in violent problem solving.

The TCCR team has been focusing during the year on the developmental aspects of the programme, not only running more groups but running regular intensive trainings for new group workers together with

ongoing supervision towards accreditation as a qualified PAP groupworker. We also held our first annual conference, where we presented our methodology and outcomes to a high level audience.

In the coming year, the TCCR team will be rolling out Parents as Partners throughout the country, delivering trainings and ongoing support to children's services in Manchester, Croydon, Stockport, Hartlepool and beyond.

**“Parental couple relationships matter and that is why the TCCR Parents as Partners programme is being delivered in Manchester. We need an intervention that changes families' lives, improves mental health, children's outcomes and has lasting positive effects.”**

Shirley Woods Gallagher, Early Intervention and Prevention Strategic Lead, Greater Manchester Public Service Reform Team

**“Stockport BC is testing the Parents as Partners programme because we have been impressed by the weight of evidence and the programme's track record. We are extending this relationship approach to our work with and for families, with support from TCCR.”**

Susan Claydon; Strategic Lead MASSH and Integrated Working

## Working with Post Separation Conflict



### Parents in Conflict Randomised Control Trial Study

Since 2008 TCCR has been developing a specific therapeutic methodology to help parents in conflict over their parenting. This Parenting Together intervention uses mentalization-based therapy to help parents manage the very strong feelings that are aroused over post separation parenting. The therapy aims to improve parenting and collaborative behaviours for the benefit of children, who it is known, suffer considerable ill effects from ongoing conflict between parents.

Over the past 5 years we have been undertaking a Randomised Control Trial pilot study in which we compared our intervention with treatment as usual. The study has shown a series of important findings including, importantly, parents reported improvements in their children's emotional and behavioural difficulties. This last outcome was seen especially in children's externalising difficulties, with the parents in the mentalization-based therapy cohort reporting greater reductions in their children's externalising behaviours than those in the treatment as usual group. We have also undertaken qualitative research to improve our understanding of the particular dilemmas these highly conflicted

parents face and these findings, together with the quantitative results have now been submitted to peer-reviewed journals for publication.

### Parents in Dispute: a therapeutic service for high conflict post separation parents

Building on this intervention research, since



March 2014, we have been commissioned to deliver our Mentalization Based Parenting Together intervention by the DWP, through funding from the Help and Support for Separated Families Innovation Project.

This project has been an exciting new partnership with the London Branch of the Child and Family Court Advisory and Support Service (CAFCASS) to offer support to parents who have been in long term, entrenched conflict within the court process. The project has attracted an almost overwhelming number of referrals for the therapy and the registration process had to close after just 4 months to manage demand.

In the intervention design we have taken into account the very great reluctance and fear that many of these chronically conflicted parents have about sitting in the same room together to work on their co-parenting issues and introduced a more flexible engagement

process. With this more flexible approach, therapists have been able to work with parents more slowly and individually to enable them to engage in and proceed with therapy together.

We now have some promising initial findings from this project. At April 2015, we had succeeded in getting more than 50% of parents to participate in joint Mentalization Based Therapy sessions with their ex-partner. We have also been able to show that both mothers and fathers are reporting statistically significant improvements in the strength of their parenting alliance at the fourth session as measured by the Parenting Alliance Measure.

These findings are encouraging given that over a third of parents entering into the programme have been separated/divorced for over five years, and have been engaged in years of court attendance and legal disputes. It is an early but promising indication of overcoming their previous difficulties in order to develop a collaborative, supportive co-parenting relationship for their children's benefit.

### **Mentalization Based Therapy for Couples (MBT-CT) - helping hard to reach, high risk couples**



Couples coming for help to our counselling and therapy services are increasingly presenting with complex and challenging problems. Couples who come in very angry states present our therapists with a considerable challenge in order to provide effective, safe help. Some of these couples may have complex, mental health problems; some may be misusing alcohol or drugs or their relationship may have tipped into violence.

As a result we have extended our mentalization-based therapeutic approaches to these couples. Mentalization-based therapy is particularly effective for people who are often characterised by extreme dysregulation - couples whose thinking and emotional experiences can become greatly disorganised within an intimate couple relationship. TCCR has given priority to this in order to find a way of helping these vulnerable and disadvantaged couples who often present as hard-to-reach and high-risk. As a result we have developed a learning workshop which has now been running on a weekly basis for three years, and which offers a developmental and supervisory opportunity for experienced therapists who are all undertaking clinical work with these challenging cases. The 20 session treatment model has developed considerably over this time. The expertise from the work is resulting in a range of future training developments and opportunities and we are pleased now to be able this training and support to counselling colleagues in Relate and Marriage Care.

As part of TCCR's commitment to the dissemination of knowledge, Viveka Nyberg and Leezah Hertzmann co-authored a paper on MBT-CT, which was published in the *Journal of Couple and Family Psychoanalysis* in October 2014, and a substantial handbook on the 'family' of MBT approaches in TCCR has now been commissioned by Karnac Books.

# Research and Policy

## **Developing the Research Function**

Our investment in our research capacity has borne fruit this year with more in-depth and sophisticated research and analyses benefitting our service users, programme development and impact reporting to funders. Previously we have looked at results of the whole project or services at different points in time: for example the measures taken when couples first start, compared with how they are at the end. This resulted in our reporting averages such as the average score for new couples versus the average score for couples at the end - giving a very broad-brush picture of the achievements of the service. Over the course of the year, we have begun to look at our data using a statistical method called Hierarchical Linear Modelling, where we can look at the process of change over time in a more sophisticated way. This gives us more complex, nuanced insights into couple relationships, the work we do and how it works.

Our growing research expertise has been recently recognised with the appointment of Head of Research, Dr David Hewison to the NICE guideline on Depression advisory panel.

## **TCCR Policy**

Our policy work is a vital component of all that we do, shaping the wider agenda so that the importance of couple relationships is acknowledged by policy makers, academics and practitioners on the ground. This key influencing and campaigning work has had considerable impacts this year where we have been successful in developing conversations with a wide variety of stakeholders across a wide area of relevant social and health policy areas. We have also expanded our suite of policy briefings.

We have worked closely with the All Party Parliamentary Group (APPG) for Strengthening Couple Relationships to further these objectives and during 2014-15 the APPG held a series of meetings for parliamentarians looking at the inter-relationships between couple relationships and poverty and mental health. There were also meetings on relationship education and developing relationship support in children's centres, the latter of these being a key focus for the APPG during this new parliament.

TCCR played a leading role in the work of Action for Choice in Therapy (ACT), a consortium of organisations calling for IAPT (Improving Access to Psychological Therapy) services to offer the full range of NICE approved therapies. Following productive meetings with Ministers and officials, the Department of Health set up a taskforce with ACT, to ensure choice of psychological therapy becomes a reality in IAPT services.

Keen to build on expertise gained through the Parents in Dispute project and promote a Family Justice system that is more relational in outlook, TCCR hosted a roundtable on Psychological Approaches to Family Justice attended by academics, civil servants and senior members of the judiciary. We believe that by diverting couples in entrenched conflict away from the courts and into therapy, both parents and children will benefit.

We were also active members of the Relationships Alliance - a partnership of TCCR, Relate Marriage Care and One Plus One and worked together on a key submission to the governments Family Stability Review. TCCR with the Relationship Alliance also worked closely with the DWP to shape the Family Test, delivering a Family Test workshop to civil servants. We also worked alongside our colleagues to publish the Relationships Alliance manifesto which was launched at the House of Commons by the Rt Hon Iain Duncan Smith, Jon Cruddas MP, Susanna Abse, TCCR's CEO and Fiona Bruce MP.

# Counselling and Psychotherapy Services

The demand for our therapy services has continued to grow with another impressive 12% increase in sessions. More than 17,000 sessions of therapy were delivered to nearly 3,500 people seeking help for difficulties in their relationships, parenting and sex life.

Crucially, we continue to deliver our core therapy services to all those who need them irrespective of their financial circumstances, with fees agreed individually, based on a client's ability to pay.

**“The pricing is really appreciated; we might not otherwise be able to afford to get help.”**

This growth is a continuing trend with session numbers having increased 40% in the last three years and 70% in the last five years.

**“Our therapist is amazing. So thorough, perceptive and helpful; she always seems to know the exact right question to ask at exactly the right time.”**



## Clients' Psychological Profile at Assessment



All clients receive a clinical assessment prior to their first session and measures are taken that indicate their level of psychological distress and their relationship quality. On the Beck Depression Inventory (BDI) (a widely-used measure for depression symptom severity), data shows that

71% of TCCR clients are suffering from mild, moderate or severe depression at their first visit.

**“The counselling enabled my husband and myself to discuss why we are angry and frustrated without us descending into a major row.”**

The majority of TCCR clients reported relationship satisfaction as bad (14.8%), severe, (17.1%), or 'very severe' (27.7%) at their first visit. Unsurprisingly, those reporting the most serious relationship problems were also reporting the most severe psychological distress.

**12%** increase in sessions

**>17,000** sessions of therapy delivered

**3,500** people seeking help for difficulties in their relationships

**40%** increase in session numbers in the last 3 years

**70%** increase in session numbers in the last five years

### Clients' Psychological Profile During and After Therapy

Significant reductions in psychological distress are reported as treatment progresses with over 56% of clients "recovering" from their depression by the end of their therapy. Our data also shows statistically significant improvements in relationship quality from intake to end of treatment.

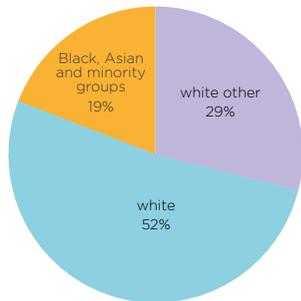
**"It has been excellent. The therapist has been really attuned to both of us, fully present, keeping my partner and me in mind as a couple and as individuals. Her intervention**

**has been very helpful" "There was a definite sense of purpose and progress in every session. Me and my partner were treated without bias or judgment."**

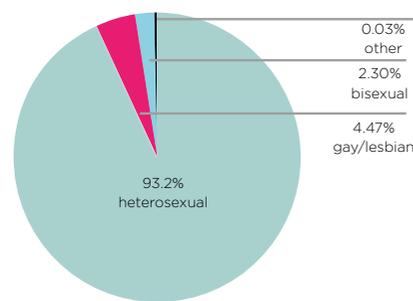
**"I feel that in the relatively short time we have made progress in discovering the root of our issues in what is a fairly complex relationship."**

### Demographics of clients seen at TCCR in 2014-15

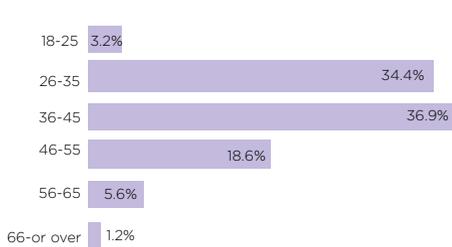
Our clients by ethnic background



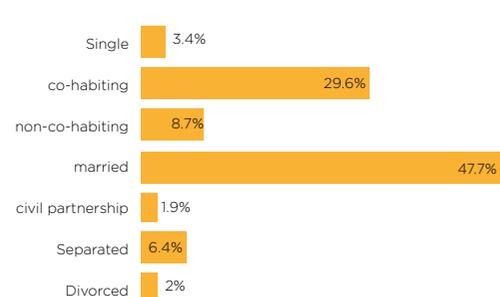
Our clients by Sexual Orientation



Our clients by age

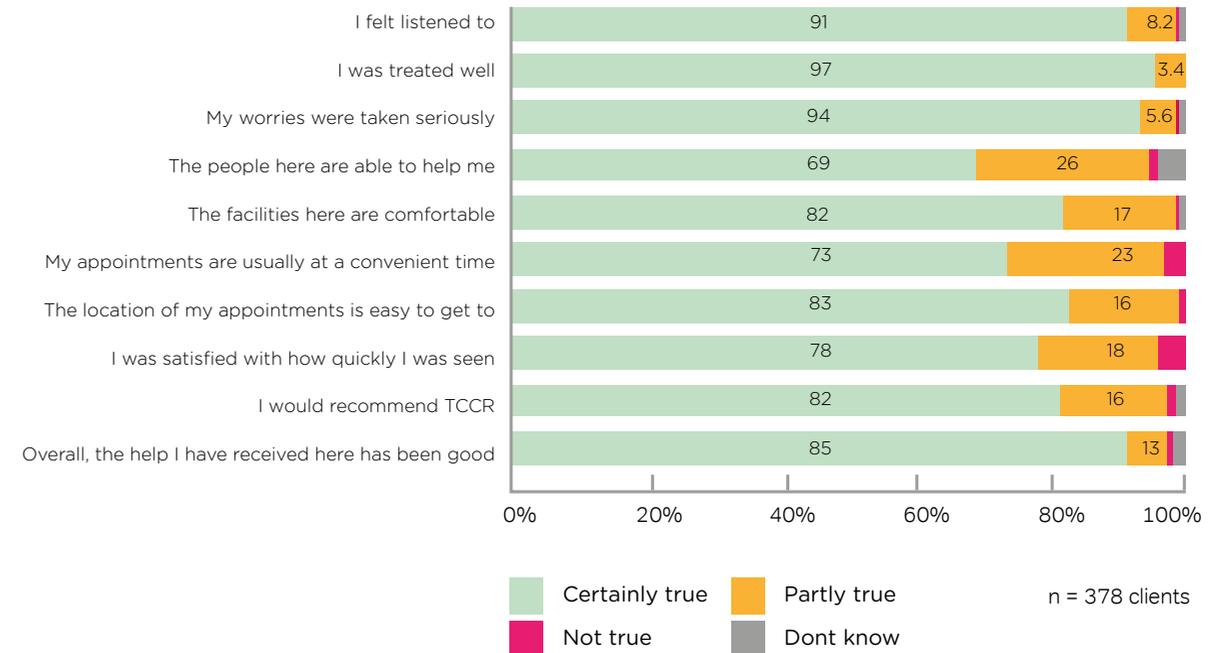


Our clients by relationship status



### Questionnaire responses from 378 clients rating their experience of our services

TCCR Experience of service: 6 Weeks



### Client Satisfaction - Counselling, Psychotherapy and Psychosexual Services

Since January 2013, we have also been collecting information about clients' experience of the service received. We collect this information using a questionnaire based on that developed by the Child Outcomes Research Consortium (CORC), so that are able to benchmark ourselves across similar services. Importantly, this questionnaire is administered at six weeks into clients' therapy, this

is so that we can gauge clients' satisfaction with the service with enough time to reflect on their feedback and respond. We have recently (May 2015) started collecting the same information again at six months and at the end of therapy. The graphs below are based on data collected from 378 clients during the first year of administering this questionnaire, and indicate a high degree of satisfaction with our counselling, psychotherapy and psychosexual services across all domains.

# Training Services

TCCR's training programmes address the key needs of the sector, providing expertise and support to practitioners across the spectrum of relationship support. During the year we trained couple counsellors, psychosexual therapists and delivered advanced training in couple psychoanalytic psychotherapy.



Our professional doctorate, unique in the world, provided opportunities for advanced study. Alongside these programmes, we supported the work of front line staff across the country, including delivering training to children's centre managers, social workers and consultant staff in Child and Adolescent Mental Health Services.

During the year, demand for our training and consultation services grew once again, with a 26% increase in enrolments with over 6,000 participants across the year.

## Training for Couple Therapists

Alongside our London based professional practitioner trainings from introductory to doctoral levels, this year we offered a modular version of our Couple Psychotherapy

MA programme to students in the US beginning the exciting process of adapting our trainings for future developments in online and distance learning.

We also reviewed our current clinical trainings and three new MA programmes were validated by our university and will be offered to new students from October 2016. The new modular structure will offer more flexibility, providing a variety of pathways towards professional accreditation. We also reviewed and updated our curriculum, introducing the latest learning from neuroscience and attachment theory and its links to psychoanalytic theory.

**"I really enjoyed thinking about the cases - making the theory and the work as a therapist real. Both our seminar leaders are so knowledgeable and experienced as teachers." (Introductory course student)**

96% of UK based students and 100% of international students reported that they were satisfied or very satisfied with their courses.

## Continuing Professional Development - Workshops, Seminars and Conferences

TCCR, to meet the development needs of practitioner also provided a range of exciting short courses, conferences and lectures which ranged in subject matter

across such diverse subjects as 'Working with Couples with Depression', 'Counselling Military Couples' and 'Sexual Compulsivity in Relationships'. There has been continuing high demand for our psychosexual short courses, designed and delivered by Janice Hiller, consultant clinical psychologist and senior academic tutor in psychosexual studies at TCCR. Clinicians from the health service have been particularly drawn to these events which support the work of psychosexual and relationship therapists across the UK.

**96%** of UK based students and

**100%** of international students reported that they were satisfied or very satisfied with their courses.



94% of participants on our CPD courses reported that they were satisfied or very satisfied with the training offered.

## Writers on Writing

This new series of seminars, featuring writers who have managed to write successfully for the general public about psychoanalysis and relationship, proved enormously popular. The series began with Susie Orbach, the author of *Fat is a Feminist issue*, followed by best-selling author of *The Examined Life* Stephen Grosz.

**“It was an informed, literate and wise exploration of the art of writing case histories”**

(Audience member of Stephen Grosz seminar)

## International Work - TCCR Faculty in Demand

Couple Therapists from TCCR travelled the globe this year, delivering lectures and training across the US and in Turkey, Switzerland, Belgian, Australia, Holland, Southern and Northern Ireland and France.

In October 14, Andrew Balfour, TCCR's Director of Clinical Services was invited to be the visiting scholar giving the Annual Psychoanalytic Psychotherapy Lecture hosted by the Northern California Society for Psychoanalytic Psychology. His paper, 'Ageing in Mind and Embodied' will be published in the NCSPP journal 'Fort Da' in September this year.

TCCR's annual summer schools were held in conjunction with the International Psychotherapy Institute (IPI), Washington, and participants came from to London from Israel, Portugal, France, Poland, Finland, South Africa, and Australia and America to engage in the intensive 4 day learning programme.



**“I experienced a new way of working in the groups. It was differently constructed from what I am used to that made it good for my brain! It was nice to learn from such experienced, talented and involved practitioners. I learnt so much.”**

(TCCR Summer School student, 2014)

## Study Days and Conferences

Study days for audiences of 50-80 support and encourage new thinking around specific topics and this year included 'Love Across the Life Cycle: Neuroscience, Attachment and the Couple', 'Compulsive Use of Internet Sex - Functions and Impacts Within the Couple' and 'The Importance of the Grandparental Couple'.

**“Wonderful! It was like a master-class - more like this please.”**

Two ground breaking conferences brought new thinking to practitioners working with couples. In the summer of 2014, the conference addressed the challenging area of working with couples in the context of violence. The conference brought together practitioners and experts from a range of contexts to examine the inter-personal aspects of violent relationships and whether work with couples can be undertaken in a safe and effective way.

**“This was such a helpful forum to share perspectives in systematic way - An excellent, informative day which assisted me in joining up a range of different perspectives/issues.”**

## Same Sex But Different? Exploring Intimacy and Separateness in Lesbian and Gay Couple Relationships

As part of our commitment to inclusivity and developing understanding of couple therapy with same sex couples, we devoted our Autumn conference to this important topic, inviting one of America's leading thinkers in the field, Dr Paul Lynch to give the key note alongside talks from TCCR's Leezah Hertzmann and Dr Damian McCann.

“The openness of the speakers and participants enabled me to think more openly, less dogmatically about working with gay and lesbian couples. I learned so much -there is such a lot to think about and digest and layer into my existing practice.”

**“The quality and diversity of the speakers was wonderful - I learned so much that has enriched my practice.”**

## Developing the Children's Workforce

During the year we offered a range of professional development to front line staff in children's services to support their thinking about adult relationships and how to increase the relational focus of their work.

Data gathered from 241 early years and CAMHS staff who attended our trainings showed that they and their 2,125 supervisees were carrying over 36,475 cases; demonstrating the breadth of influence and impact of our courses.

## Early Years Training Impact Analysis

Targeting leaders and managers in CAMHS we aimed to cascade learning, develop practice and begin a culture shift so that working with conflicted co-parents can be offered as a key aspect of a child's treatment.

**“Fab day. Best training I've been on for ages Thank you!”**

Training satisfaction data showed that between 95 - 100% of participants were satisfied or very satisfied with the training offered.

**241** senior staff trained

**2,125** staff supervised

**36,475** families impacted

Evaluation data showed that between 98% - 100% of participants felt better able to recognise and respond to relationship distress as a result of the training we delivered.

**“Thank you for being generous with sharing your knowledge and experience.”**

# Our Finances

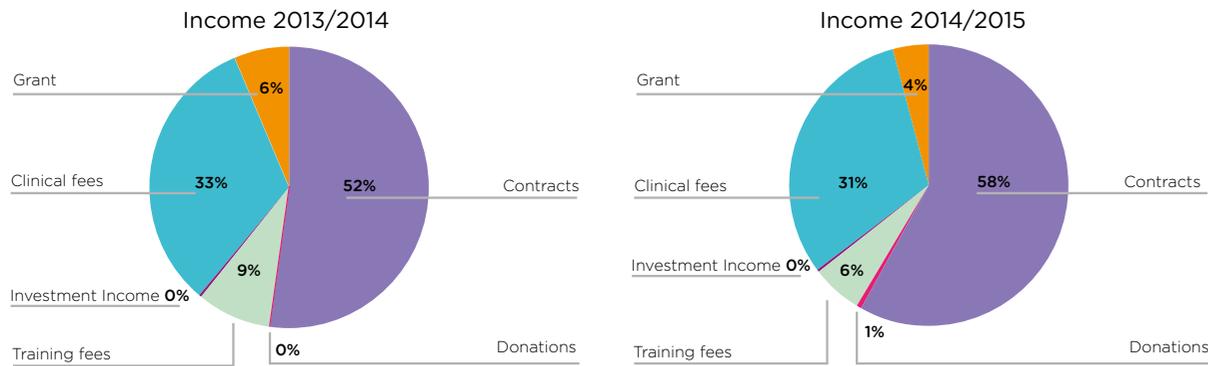
This year TCCR's income rose by 20.3% to nearly £5m up from £4,150,409 last year.

Our work has increased, we are offering 25% more sessions to our clients, from both our London sites, at Warren Street and at our second centre at New Street. Our clients' fees have reached over £1m this year for the first time and contract income has also risen.

Fee income from our counselling and therapy services, together with our training delivery is balanced with central government

contract income at 47.7% and 48% of total income, respectively. This allows TCCR a degree of independence and enables us to plan for a sustainable future.

Despite the difficult funding environment, our income growth shows 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 to reaches more people in relationship need into the future.



	2013/14	2014/15
Contracts (Training and Projects)	2,168,946	2,910,002
Donations and other voluntary income	4,840	17,147
Training fees	358,963	300,086
Investment income	4,003	6,077
Clinical fees	1,353,387	1,555,991
Grant (Training and Projects)	260,270	205,143
<b>Total</b>	<b>4,150,409</b>	<b>4,994,445</b>

## Board of Trustees

Mr Nick Pearce – Chair, Mr Kip Meek - Vice Chair, Dr Agnes Bryan, Dr Ros Bryar, Mr Neil Churchill, Dr Robert G Jezzard, Mr Gordon Lane ACMA, Mr Peter Bruce Mauleverer, Mr Martin Roddy, Mr Stan Ruszczynski, Mr Robert Roland Smith and Mrs Hazel Wright.

# Staff Publications

**Abse, S.** (2014a) 'Couple therapy: taking sides', *welldoing.org*. Available at: <http://welldoing.org/couples-therapy-taking-sides/>.

**Abse, S.** (2014b) 'De-stressing society', in Fieschi, C. & Grabbe, H. (eds.) *The Bridges Project: New expertise for policy in an age of uncertainty*: Counterpoint, pp. 50-51.

**Abse, S.** (2014c) 'Labour needs to use family policy to support and strengthen relationships', *New Statesman*. Available at: <http://www.newstatesman.com/politics/2014/04/labour-needs-use-family-policy-support-and-strengthen-relationships>.

**Abse, S.** (2014d) 'Psychoanalysis, the secure society and the role of relationships', *Psychoanalytic Psychotherapy*, 28(3), pp. 295-303.

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