

## HOW TO JOIN

Membership of the Union is open to all therapists and trainee therapists in the UK.

Subscriptions are as follows:

- Practising therapists: £60 per year, or £5 per month
- Trainees, retired and unemployed therapists: £12 per year, or £1 per month

Members may also apply to pay a reduced subscription if their circumstances require it.

Please fill in the form and return by post or email to the address below. You are welcome to copy the info into an email instead.

**NAME:**

**ADDRESS:**

**EMAIL:**

**PHONE:**

**YOUR PRACTICE:**

Eg private/NHS/other organisation, qualified/trainee, clients/supervision/training/management

**TRAINING COURSE:**

**TRAINING ORGANISATION:**

**TRAINING DATES:**

**PAYMENT OF SUBSCRIPTIONS**

Amount and date paid:

Please indicate if you are paying monthly/annually (cross one out)

Make your standing order payable to: **PCU**, Unity Trust Bank plc, 60-83-01, 20357063; please use your name as reference.

Post or email the form to: **PCU**, 34 King Edward Road, Northampton, NN1 5LU,

[pcu.union@gmail.com](mailto:pcu.union@gmail.com)

## HOW THE UNION IS ORGANISED

The life and energy of the Union is in its members. Members are encouraged to form whatever groups and sections they wish, based on shared factors like location, employment, modality, identity, interests, and campaigning issues.

These groups are free to organise and act as they see fit, with certain provisos, and also to make proposals and suggestions to the Union as a whole.

This self organisation is moderated by an elected Executive Committee. Any group or member, wishing to use the Union's name in their activity must run this past the committee, which acts as a guardian of the Union's interests and reputation. It is also responsible for carrying out day to day activities in line with the membership's wishes.

An important factor in making such a structure workable is the Union Ning site, <http://pandcunion.ning.com>, which allows groups and individual members to set up online Groups on any topic or covering any subgroup of the membership.

We will also set up a policy and research unit to develop solid positions on a wide range of issues.



# Psychotherapy and Counselling Union

## WHY A UNION?

The Union is a single organisation working to:

- Bring together practitioners from every corner of the field, including trainees on an equal basis
- campaign for true diversity and equal opportunities and support individuals who are discriminated against
- campaign to reform IAPT and other “therapy-lite” substitutes, while also supporting IAPT practitioners with their grievances
- campaign against the use of therapy to get people off benefits and/or back to work
- change the system whereby starting practitioners have to work unpaid, often with very complex issues and without adequate support
- campaign to defend and extend the provision of open-ended therapy, free at the point of contact, and with client choice of practitioner and modality
- support and defend therapy against attacks from government and media, and against creeping

*Psychotherapy and Counselling Union*

## WHAT THE UNION OFFERS ITS MEMBERS

Individual support with:

- workplace disciplinary and grievance procedures
- complaints processes
- bullying, harassment and discrimination
- problems with training organisations
- contract vetting
- whistleblowing-related problems

Group support with:

- organisational dysfunction
- threatened closure of trainings and organisations
- issues of discrimination, difference and diversity

A voice in:

- collective decision making within the Union
- identifying and carrying through campaigning issues
- communicating with other members through the Union

*Standing up for therapists and therapy*

## WHAT CAN YOU OFFER THE UNION?

A Union is based on the principles of **mutual aid and solidarity** - the flow of energy and commitment needs to go both ways, from the Union to its members and from the members to their Union. While some of the organising work is paid, we also depend on our members' voluntary efforts to make the project workable.

This means getting involved with, for example:

- supporting other members with the sorts of problems listed on the previous page
- helping recruit new members
- identifying and acting on issues important to our profession: campaigns based on self-organisation with the support of the union structure
- sharing resources, information and skills with other members and the Union as a whole.

*Psychotherapy and Counselling Union*