

# Attitudes to Counselling & Psychotherapy

bacp

British Association for  
Counselling & Psychotherapy

## Key findings of our 2014 Survey

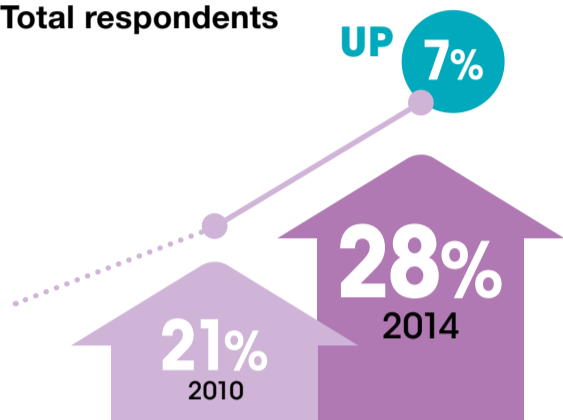
### Background

Our latest survey explores the British public's attitudes to counselling and psychotherapy, and highlights changes in attitudes since our previous surveys in 2004 and 2010.

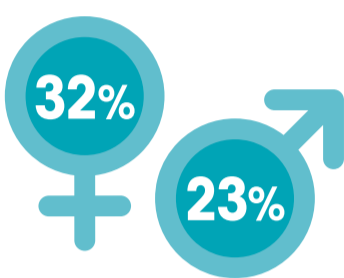
2084 adults from across the UK completed this survey, which was conducted by Ipsos MORI in March 2014.

### Have you ever consulted a counsellor or psychotherapist?

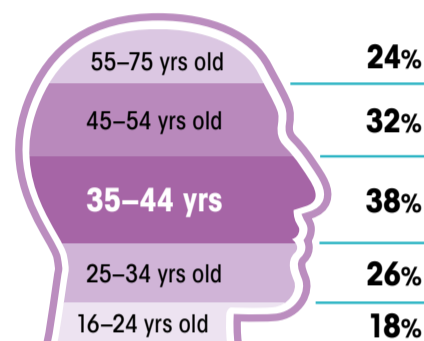
#### Total respondents



#### Gender split



#### Age groups



54% of people say that a family member, friend, work colleague or themselves **have consulted a counsellor or psychotherapist**

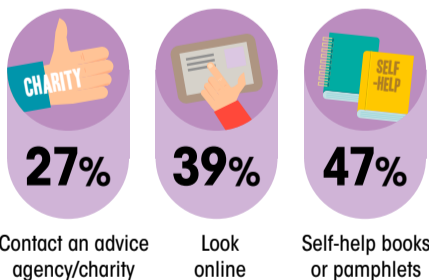
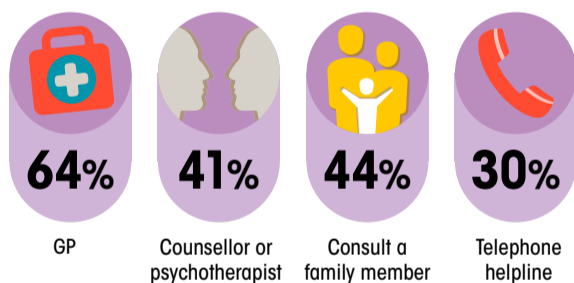


### Seeking help

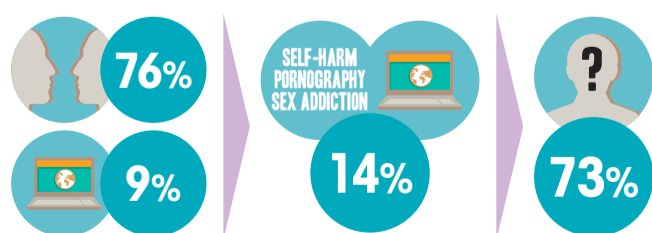
Percentage of people who said they'd know where to seek help if they had, or experienced:



People would seek help from a variety of different sources:



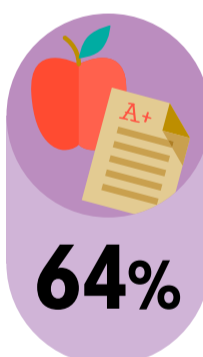
76% of people say they'd prefer to speak to a counsellor face to face, with only 9% saying they'd prefer to speak online



That said, with regards to problems relating to self-harm, pornography or sex addiction, 14% of people say they'd rather speak online. 73% of these said they'd prefer to speak online as it would make them feel more anonymous

### Acceptance

In 2004, 60% of people agreed that "people today spend too much time dwelling on their emotional difficulties," in 2014 this has dropped to 39%



64% of people think that counselling should be available to all school children in schools



69% of people think that the world would be a better place if people talked about their feelings more

### About BACP

BACP is a professional body and a registered charity that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the public.

We have over 40,000 members, working within a range of settings, including the NHS, schools and universities, workplaces and private practice, as well as third sector environments including voluntary, community and pastoral settings.

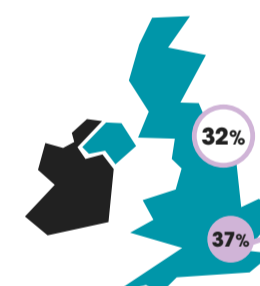
### Workplace & coaching

48% of people say they feel stressed more regularly these days than they did five years ago



32% of people say their job causes them more stress than anything else in their life.

In London this figure is higher, with 37% saying their job causes them the most stress



Have you ever taken part in a coaching session?



53% YES

53% of people say they would accept a free coaching session offered by their employer

37% of people would be more likely to accept the offer of coaching by an employer than counselling, compared to 17% who would chose counselling over coaching



### BACP Media

We are committed to providing prompt responses to media enquiries, drawing on our extensive member network of experts and spokespeople.

For all media enquiries, call our media team on 01455 883342, or email [media@bacp.co.uk](mailto:media@bacp.co.uk).

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