



ANNUAL REPORT - JULY 2016–JUNE 2017

MEET in Oxford provides a low-cost trauma focused therapy service using fully qualified and highly experienced psychotherapists. We offer the trauma therapies known as EMDR and Energy Therapy to people whose lives are seriously affected now by difficult experiences in the past and who are unable to pay the usual fees for private therapy or access it through the NHS.

Trustees

Trustees appointed at our last AGM on 13/06/16 are:

Nancy Browner, Sandra Figgess, Jane Fisher, Malcolm Parlett, Karen Stowe and Janet Toye.

Trustees Meetings were held on 17/10/16, 22/01/2017, 24/04/17

1. Enquiries and referrals

We have had 49 enquiries between 14/06/16 and 19/06/17.

The table shows the status of cases as at 19/06/17. Corresponding figures for previous years are given below:

	Waiting for assessment	Waiting to be seen	Live cases including Associates	Referred on	Assessed – not seen as clients	Completed 14/06/16 to 19/06/17	Total
2016-17	6	15	16	3	9	21	69
2015-16	6	12	10	8	2	9	47
2014-15	6	4	11	3	4	13	41

21 Cases Completed during this year (including cases opened last year):

Gender	Male		Female			
	3	18				
Age Range	18-30	31-40	40-50	51-60	61-70	71+
	5	2	11	2	0	1
Referral Source	Self (many of these are signposted by other organisations e.g. Crisis/Skylight)			GP Counsellor/ Other Counsellor		Other
	15			4		2
Issues (most clients in more than one category)	Childhood trauma	PTSD symptoms	Adult trauma	Anxiety/ depression	Psychiatric diagnosis	Relationship issues
	17	15	19	16	5	15
Sessions attended	1-6	7-10	11-15	16-20	21-26	26 +
	4	2	3	1	9	2
Ethnicity/ nationality	White British	British Asian	Mixed Race	White Irish	White New Zealand	White Czech
	15	2	1	1	1	1

Evaluations

Our revised evaluation form has proved to be useful in structuring a final session review of progress and offering clients the opportunity to make comments on improving our service, but it does not provide objective evaluation. We quote below some of the responses to the questions:

What did you learn about yourself from the therapy? What has changed for you as a result of the therapy? What do you take away for the future?

- “I am extremely grateful to have greater understanding and ability to help myself. I feel empowered”
- “I could finally process long-suppressed emotions, learnt how to recognise negative but untrue perceptions of myself, and to surround myself with positive resources.”
- “I have learnt that I have very deep rooted issues that affect my life...I have so much work to do. The type of therapy offered really helped. MEET’s services are excellent”.
- “I’m very grateful, it’s been very beneficial, got much more than my money’s worth. My sense of purpose has returned.”
- “I am stronger in my own skin. I can be calmer and I can calm myself – even if it takes some time”
- “I’m now more able to open up when I am struggling. MEET is a fantastic service, I am so grateful for the support and help it has given me”

We have just started to use the PCL-5 form devised by the National Centre for PTSD

<https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp>

as a more objective means of evaluating progress. Clients now complete this in their first session and will be asked to complete it again in their final session.

Website

We are recognised as a charity for tax purposes by HMRC and this has allowed us to make use of BT’s **MyDonate** to receive donations online with Gift Aid added. So, our website now includes a “Donate Here” button.

Some clients who are interested in our therapies do not need to access services at low cost. We have developed the page on “Our Therapists” to give details of the private practices of MEET therapists, MEET associate therapists and others offering EMDR or Energy Psychotherapies in Oxfordshire.

Staff Changes

Amanda Tilbury has joined our MEET team on Monday mornings. Amanda is a UKCP registered integrative psychotherapist who completed the Converging Streams Foundation in Energy Psychotherapy in July 2016.

We currently have two associate therapists. Kina Malmberg-Lovatt is a UKCP registered integrative psychotherapist who offers the trauma focused therapy **Somatic Experiencing**. Anabel McGoldrick is a UKCP registered integrative psychotherapist and EMDR practitioner.

We would welcome approaches from other qualified and accredited psychotherapists with additional training in EMDR or Energy Psychotherapy to become MEET associates and agree to take one client from us at a time for very low cost.

Finances April 2016- March 2017

Income	2016-2017	2015-2016	Expenditure	2016-2017	2015-2016
Donations	£1,586.17	£711.56	Advertising	£38.00	-
Client contributions	£2005.00	£1865.00	Stationery/equipment	£5.49	£22.98
Grant	0.00	-	Website	£223.20	£223.20
			Phone & stamps	£37.46	£56.08
			Therapists	£2,250.00	£1400.00
			Admin assistant	£936.00	£240.00
			Insurance	£219.01	
			other	£12.50	
Total	£3,591.17	£2,576.56	Total	£3,721.66	£1,942.33

	1 st April 2017	1 st April 2016
Brought Forward	£1,737.14	£917.53
Income - expenses	-£130.49	£633.03
TOTAL IN HAND	£1606.65	£1,550.56

Because of the generosity of Oxford Quaker Meeting in offering us therapy rooms rent free and because our therapists are working *pro bono*, we run MEET on a very small budget. We are now paying for two hours of administrative help a week and are making a small contribution to therapist expenses for four therapists. We have also discovered that we need to pay for insurance for MEET as an organisation even though all our therapists already have insurance for client work in their own names. So, in spite of a very generous donation of £1,000 and a small increase in client donations, our expenses have exceeded our income in this year. While we do not wish to turn anyone away for inability to pay, we are beginning to encourage those clients who can pay to donate a little more. We are grateful for the Quaker Meeting Collection of £347.60 and are aware of a need to be more proactive in soliciting more donations.

Complaints and Data Protection Policies

Last year we developed a simple complaints policy and adapted our contract with clients to include reference to this and to our compliance with data protection. No further action has been needed on this.

Making EMDR and Energy Psychotherapy better known in Oxford

MEET in Oxford aims to raise the profile of EMDR and Energy Psychotherapy in Oxford.

This year we have continued to run a monthly peer support group for therapists who have trained in EMDR. Currently there are six members in this group. We would like to hear from others who may be interested in belonging to such a group.

Two Energy Psychotherapy Foundation courses and two Introductory days have been run at 43 St Giles by Converging Streams between July 2016 and June 2017 and many of the participants have been encouraged to attend by their contact with MEET.

We have published an article in the Oxford Psychotherapy Society bulletin (Winter 2016) about the work of MEET which includes information about EMDR and Energy Psychotherapy. This article can be found on our website (see More About MEET).

This is the first year that we have had an AGM with a guest speaker. We are delighted to welcome Judith Anderson to speak about her personal journey of integrating Energy Psychology into her practice as a Jungian Psychotherapist.

Acknowledgements and Thanks

- ❖ Oxford Quaker Meeting – for providing us with rent free rooms
- ❖ Nancy Browner, Malcolm Parlett and Janet Toye for being Trustees
- ❖ Annabel McGoldrick and Kina Malmberg-Lovatt for being MEET Associates
- ❖ Oxfordshire Mind – for including us in the Mind Guide online.
- ❖ Our referrers for directing clients to us
- ❖ Katrina Hinkley for offering free supervision to the monthly EMDR group while qualifying as an EMDR consultant.
- ❖ Deb Arrowsmith and Jacqui Mansefield for their support as Meeting House Managers
- ❖ Jenny Buffery for her welcoming presence at the door.

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