



ANNUAL REPORT - JULY 2017–JUNE 2018

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 26/06/17 are: Nancy Browner, Sandra Figgess, Jane Fisher, Malcolm Parlett, Karen Stowe and Janet Toyne. Trustees Meetings were held on 25/09/17; 23/01/18 and 24/04/18. Becky Riddell was appointed as a trustee on 23/01/18.

Malcolm Parlett moved away from Oxford and resigned as a trustee with effect from 24/04/18

Staff Changes

Jane Fisher is taking some time off seeing clients for family reasons (from March 2018)

Kathryn Mendus who completed the Foundation in Energy Psychotherapy in October 2016 has joined us as a MEET therapist from April this year, initially for one session a week with the intention of increasing this after the summer. Anne Reynolds who completed the Foundation in Energy Psychotherapy in July 2017 has also joined us from June 2018.

We 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. Caroline Merry and Linda Tayler are UKCP accredited psychotherapists who offer Energy Psychotherapy and take clients from MEET who are able to pay at least £30 per session.

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.

Referrals and Self-referrals

We have had 40 enquiries between 19/06/17 and 30/06/18

The table shows the status of cases as at 30/06/18. 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 July - June	Total
2017-18	5	21	14	3	12	26	86
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

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

Gender	Male	Female				
	5	21				
Age Range	18-30	31-40	40-50	51-60	61-70	71+
	5	7	7	5	2	0
Referral Source	Self (many of these are signposted by other organisations e.g. Crisis/Skylight)			GP Counsellor/ Other Counsellor		Other
	18			3		5
Issues (most clients in more than one category)	Childhood trauma	PTSD symptoms	Adult trauma	Anxiety/ depression	Psychiatric diagnosis	Relationship issues
	24	23	27	19	9	19
Sessions attended	1-6	7-10	11-15	16-20	21-26	26 +
	7	1	0	3	12	3
Ethnicity/ nationality	White British	Anglo-Chinese	Mixed Heritage	White Irish	Japanese	White Spanish
	21	1	1	1	1	1

Evaluations

Our revised evaluation form continues 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. So we have also begun 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 are asked to complete it again in their final session. Results of the PCL-5 are hard to interpret as some clients are subject to further traumatic events during the period of therapy and others have become more connected to their past experience so in some cases there is an increase in the scores. However in most cases the PCL-5 score demonstrates a significant positive change.

We quote below some of the responses to the open questions on the evaluation form and also include the before and after PCL-5 scores: [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?](#)

F: "I'm stronger than I thought. I no longer avoid triggering conversations or over-react and am not irrationally anxious at home" (37-3)

J: "I think differently about myself and don't feel defined by the crap that was thrown at me" (35-6)

M: "I am more 'in the real world'. My core belief has changed. I feel that I have a right to be here, and know that people need me. (34-50)

Lo: "Can handle social situations without fear of loss of control.. reduced feelings of shame, less self critical" (42-12)

A Feels he has made significant strides. Can use the energy techniques on his own now. Plans to go back into education, after many years of not being able to work. (43-35)

La "I can observe my triggered self and can use the tools I have learnt to help me through the moment that my mind is terrified. My temper is "longer" and I have more space around my rage. I don't hold my breath so much. You taught me to be vulnerable and honest about myself. I have a solid trust in my support networks and a belief in myself and my ability to heal and to release anything that does not serve me. (69-39)

R: "I don't have the flashbacks and nightmares, and can deal with negative thoughts without being overwhelmed. I can dream in a positive way, I can experience joy. I know now that I am not guilty of everything that happened, I'm not a bad person, and I can depend on me.

I know that I have the resources and resilience to deal with adverse situations. I don't live in fear of myself and others. I can look forward to the rest of my life in a positive way."

"At the beginning I thought 'what is this?' After a long and difficult time I started to 'get it'! I would go home surprised that I felt how I did - a feeling of peace, that things could get better. I learnt ways to fight my demons, faith in myself to be strong. Today, it is over. I know that at times I will be afraid or panic, but I have the 'weapons' to protect me, cope and love me!" (66-14)

T: "Learning how to grieve instead of repressing it means I don't have this pent up energy that just goes round and round" (?-24)

Account Summary April 2017- March 2018

INCOME	2016-2017	2017-2018		EXPENDITURE	2016-2017	2017-2018
Donations	£1,586.17	£2709.65*		Advertising	£38.00	-
Client contributions	£2005.00	£2876.33		Stationery/ equipment	£5.49	£21.99
Grant	-	-		Website	£223.20	£223.20
Training	-	£185.00		Phone & stamps	£37.46	£44.95
				Therapists expenses	£2,250.00	£2,700.00
				Admin assistant	£936.00	£888.00
				Insurance	£219.01	£231.00
				other	£12.50	£96.90
Total	£3,591.17	£5770.98		Total	£3,721.66	£4206.04

	1 st April 2017	1 st April 2018
Brought Forward	£1,737.14	£1606.65
Income - expenses	-£130.49	£1064.94
TOTAL IN HAND	£1606.65	£3171.59

***£500 CAF cheque has been presented but hasn't cleared yet.**

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 also 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. Generous donations have helped us to stay in the black this year.

Making EMDR and Energy Psychotherapy better known in Oxfordshire

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.

We have offered three free morning workshops providing an introduction to Energy Psychotherapy with a chance to learn a self help tool . Those attending included therapists with an interest in discovering more about Energy Psychotherapy, people from organisations who refer to us and some clients or potential clients. One unexpected outcome of these workshops was an invitation to go to Crisis Skylight to introduce Trauma Tapping Technique to a Crisis user with very poor English. This indicates that teaching Energy Psychology Methods to others in the helping professions who are not psychotherapists or counsellors is another way of making these methods better known and more available in Oxfordshire.

Website

Our website now carries a message indicating the likely waiting time between initial contact and seeing therapist for ongoing sessions.

This year we have added a page to our website directing clients to some self-help tools and resources for resilience.

We have also, in accordance with GDPR requirements added a privacy statement to our website. People who email us from the website will be asked to tick a box showing that they have read the statement.

Data Protection (GDPR)

We have prepared ourselves for GDPR by including the privacy statement below on our referral and self- referral forms, our contract for therapy and on our website.

In accordance with General Data Protection Register 2018 (GDPR):

1. We keep computer and hard copy records in order to follow the progress of your therapy. We use a non-EU data storage facility.
2. We use strong passwords on our computers.
3. We will not disclose or provide your details to a third party without your written permission.
4. We may compile anonymized statistical data from time to time;
5. We keep your records for a period of seven years after your therapy finishes in accordance with the requirements of our insurers
6. If you would like access to your data or have any concerns about the use of your personal data you can contact Sandra Figgess on the email meetinxford@gmail.com

Review of MEET

We held a meeting on Feb 16th 2018 which included Trustees, other meet therapists and associates, some members of Oxford Quaker Meeting and some other professional allies to consider the future of MEET in relation to the following Question:

Should we accept that MEET is an experimental project with a limited life, like a flower that blooms and dies and scatters seeds which may spring up in the future? If so, how should we contain and manage expectation and maximise our seed scattering potential?

OR

Should we be working towards growing MEET into an organisation with a more solid base which can in some form continue to exist beyond the working life of its original founders? If so, what are the first steps towards doing this?

After further consideration of ideas and constraints put forward, we agreed to explore the following possibilities in support of a future which is a combination of both: spreading seeds and working on a more solid base to build on for the future: *progress since the review is shown in blue*

1. Ask Oxford Quaker Meeting to confirm its support for MEET and consider adopting it as a concern of the Meeting. This could be as part of a wider Quaker concern for better provision for mental health. *Oxford Meeting has formally accepted MEET in Oxford as a concern of the Meeting.*
2. Upgrade our constitution to that of an Incorporated Charitable Organisation (ICO) and register with the Charity Commission). *An application for registration as an ICO was submitted on 25/05/18.*
3. Develop apprenticeships in EMDR and EP for trained therapists which would include them working with MEET clients in exchange for free supervision and support in gaining accreditation. This would include finding an EMDR consultant for our existing EMDR peer group and developing a regular supervision group for EP. *We have two new EP apprentices, have added 3 new members to the EMDR support group and are working on finding an EMDR consultant.*
4. Apply to The Retreat York Benevolent Fund (in accordance with its new criteria) for money to
 - a. fund a part time manager who would ideally have experience of the therapy world as well as in management and organisational development.
 - b. pay more generous expenses to therapists working with MEET who are already accredited in EMDR or EP
 - c. Fund for some alternative space during the building works, if necessary.

We are waiting for the new criteria to be approved by the Charity commission before we can submit an application to The Retreat York Benevolent Fund. We are in process of drafting an application and are taking advice on the maximum the Fund could offer.

5. Run some group trauma work to reduce our waiting lists and teach some methods which support resilience. *Group work is yet to be organised. Three free morning workshops offering an introduction to Energy Psychotherapy and a chance to learn a self help tool have been offered which were well attended.*
6. Develop MEET's website to include links which teach self help practices. *This is now in place.*

7. Find ways of generating funds for core administrative work by accepting some clients who can pay a realistic fee, running groups where some members could pay a fee and charging therapists for supervision and support if they are not taking low cost clients from MEET. [This is still to be explored.](#)

Acknowledgements and Thanks

- ❖ Our therapists, trustees, associates, donors and referrers for making MEET happen
- ❖ Oxford Quaker Meeting – for providing us with rent free rooms and office facilities
- ❖ Deb Arrowsmith and Jacqui Mansefield for their support as Meeting House Managers

June 2018