



ANNUAL REPORT JULY 2018–JUNE 2019

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 Psychotherapy 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.

MEET in Oxford was founded by three members of Oxford Quaker Meeting and is financially supported by the Quaker Meeting through provision of free counselling space and office facilities. It was formally adopted as a concern of the Meeting in July 2018.

Change of Constitution and Current Trustees

MEET in Oxford was constituted as a small Charity in June 2014.

In May 2018 we applied to the charity commission to become a Charitable Incorporated Organisation (CIO). Registration as an CIO was granted on 25th February 2019 with the [registration number 1182200](#)

Janet Toye, who was one of the founding members of MEET, resigned from Trustees as from the date of the new Constitution on account of family responsibilities. We thank her for her contribution to MEET over the last five years and for helping to make MEET happen.

Current trustees of the new CIO as from 25th February 2019 are:

[Nancy Browner](#), [Sandra Figgess \(Chair\)](#), [Jane Fisher](#), [Katharine Nicholas \(Safeguarding Officer\)](#) [Becky Riddell](#), [Karen Stowe \(Treasurer\)](#).

MEET Staff July 2018 – June 2019

MEET is staffed by experienced psychotherapists who are working pro bono. All are registered with UKCP or BACP and have additional trainings in either EMDR or Energy Psychotherapy (EP). The core therapists (MEET Therapists) are already experienced in these trauma focused methods. MEET apprentices are psychotherapists who have recently trained in EP or EMDR and are working at MEET to develop confidence in integrating these new skills into their work.

MEET Associates are psychotherapists with experience of EP, EMDR or similar trauma focused therapies who see clients at their private practice at very low cost.

- [Jane Fisher MEET therapist](#) since Jan 2014 (took leave from MEET for 6 months for family reasons) – (EMDR – UKCP registered Systemic therapist)
- [Sandra Figgess MEET therapist](#) since 2014 (EP and EMDR – UKCP registered Gestalt Psychotherapist)
- [Karen Stowe MEET therapist](#) since 2016 (EP – UKCP registered Integrative Psychotherapist)
- [Amanda Tilbury MEET therapist](#) since 2016 (EP) - UKCP registered Integrative Psychotherapist)
- [Kathryn Mendus MEET apprentice](#) (EP) April 2018 – June 2019 (EP – UKCP registered Psychodynamic Psychotherapist)
- [Anne Reynolds MEET apprentice](#) (EP) June 2018 - April 2019 (UKCP registered Psychodynamic Psychotherapist + EMDR).
- [Kate Moberly MEET apprentice](#) (EP) since March 2019 (UKCP registered Integrative Psychotherapist + EMDR)

- [Lina Jordan MEET Apprentice](#) (EP) BACP accredited Integrative Psychotherapist. Lina is also self employed as a development worker for MEET for one day a week.
- [Kina Malmberg-Lovatt MEET Associate](#) (Somatic Experiencing SE - UKCP registered integrative psychotherapist)
- [Lucy-Jean Lloyd MEET Associate](#) (EP) (UKCP registered Psychodynamic Psychotherapist)

At the moment we have a total of 17 client sessions offered each week.

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 48 enquiries between 01/07/2018 and 02/02/19 when we closed to new referrals to catch up with a back log on our waiting list. We will reopen the waiting list in September.

The table shows the status of cases as at 30/06/19 with figures for previous years given below:

| | Waiting for assessment | Waiting to be seen | Deferred | Live cases including Associates | Referred on | *Abortive | Completed July - June | Total |
|----------------|------------------------|--------------------|---------------------|---------------------------------|-------------|-----------|-----------------------|-----------|
| 2018-19 | 0 | 11 | 4 | 16 | 2 | 8 | 26 | 67 |
| 2017-18 | 5 | 21 | included in waiting | 14 | 3 | 12 | 26 | 86 |
| 2016-17 | 6 | 15 | included in waiting | 16 | 3 | 9 | 21 | 69 |
| 2015-16 | 6 | 12 | included in waiting | 10 | 8 | 2 | 9 | 47 |
| 2014-15 | 6 | 4 | included in waiting | 11 | 3 | 4 | 13 | 41 |

*Abortive cases are those where client either never came to assessment or withdrew or went out of contact between assessment and getting a place.

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

| Gender | Male | Female | | | | |
|---|---|---------------|------------------|---------------------|-----------------------|---------------------|
| | 2 | 23 | | | | |
| Age Range | 18-30 | 31-40 | 40-50 | 51-60 | 61-70 | 71+ |
| | 1 | 6 | 12 | 4 | 3 | 0 |
| Referral Source | Self includes signposted by other organisations | GP /other NHS | Elmore | ODAS | Counsellors | Crisis |
| | 8 | 9 | 3 | 2 | 2 | 1 |
| Issues (most clients in more than one category) | Childhood trauma | PTSD symptoms | Adult trauma | Anxiety/ depression | Psychiatric diagnosis | Relationship issues |
| | 19 | 17 | 16 | 21 | 4 | 16 |
| Sessions attended | 1-6 | 7-10 | 11-15 | 16-20 | 21-26 | 26 + |
| | 5 | 4 | 3 | 3 | 8 | 1 |
| Ethnicity/nationality | White British | White German | White Australian | White Jewish | | |
| | 21 | 1 | 1 | 1 | | |

Evaluations and Practice Based Evidence

For the last 18 months we have asked clients to complete a PCL-5 form at the beginning and end of therapy as an objective means of evaluating progress. This is a 20-item self-report measure that assesses the 20 DSM-5 symptoms of PTSD. [Download PCL-5](#). The base line for a clinically significant result is a downward change of 10-20 points.

Since we started this practice in 2017, we have collected beginning and end scores for 26 clients. We have closed cases for 12 other clients where we did not succeed in collecting the end score. The numbers are still small but we believe we have the beginnings of a small project to provide practice based evidence for the efficacy of the methods we use. These are Energy Psychotherapy, EMDR and Somatic Experiencing . Given that most of our clients have complex trauma histories starting in childhood and many are still living in very challenging circumstances, we are encouraged by the results so far. In the table below clinically significant change is highlighted in yellow.

| Energy Psychotherapy | | | | Energy Psychotherapy | | | |
|----------------------|-----|--------|----------|----------------------|-----|--------|----------|
| Beginning | End | Change | Sessions | Beginning | End | Change | Sessions |
| 38 | 39 | +1 | 22 | 55 | 12 | -43 | 22 |
| 65 | 33 | -32 | 22 | 37 | 4 | -33 | 17 |
| 38 | 9 | -29 | 26 | 39 | 29 | -10 | 16 |
| 54 | 18 | -36 | 26 | 42 | 42 | 0 | 26 |
| 39 | 25 | -14 | 24 | 43 | 35 | -8 | 26 |
| 28 | 21 | -7 | 9 | 35 | 36 | +1 | 12 |
| 40 | 8 | -32 | 12 | 69 | 39 | -30 | 22 |
| 66 | 41 | -42 | 22 | 25 | 18 | -7 | 25 |
| 41 | 29 | -12 | 15 | 35 | 7 | -29 | 24 |
| EMDR | | | | Somatic Experiencing | | | |
| Beginning | End | Change | Sessions | Beginning | End | Change | Sessions |
| 34 | 50 | +16 | 30 | 47 | 20 | -27 | 26 |
| 72 | 36 | -32 | 26 | 39 | 25 | -14 | 24 |
| 42 | 6 | -26 | 26 | | | | |
| 38 | 12 | -26 | 27 | | | | |
| 37 | 3 | -34 | 8 | | | | |
| 55 | 59 | +4 | 22 | | | | |

We quote below some of the responses to the open questions on our evaluation form: [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?](#) A common theme in the responses is a sense of finding inner strength and empowerment and of taking away tools for ongoing self-support.

- ❖ “I have learnt that I am strong and I have learnt your body can tell you how it is feeling...I am more assertive, confident and can heal myself....I can continue my therapy with the tools I have learnt and learn to love myself.” (PCL-5 scores 65-33)
- ❖ “I left every session feeling ‘lighter’, with something resolved and more energy to be able to cope with the day. Certain beliefs/stories/traumas are no longer running me. I no longer feel like a victim. Good to learn Energy Psychology with the support of a therapist but it empowers me to continue on my own and know that the source of healing is in me.” (PCL-5 scores 54-18)
- ❖ “I feel there is more distance between myself and the traumatic events- that there is a boundary between my true self and things that happened to me I am using some of the exercises as part of my routine.” (PCL-5 scores 28-21)
- ❖ “I experienced short term dramatic alleviation of symptoms during treatments on a few occasions which had a lasting effect. I take away gratitude and will use the tapping techniques and chakra clearing. At this stage in life, with 3 young children and working full time, taking time for self-care is a real challenge.” (PCL-5 scores 25-18)
- ❖ “I am more amazing and more of a fighter, perseverer than I realised. Less fear, paranoia, anxiety. I am more positive about myself and comfortable in my own skin. I have techniques to take away and (*my 2 year old daughter*) copies me when I do the tapping and it seems to make her calmer!” (PCL-5 scores 37-4)
- ❖ “I discovered I am stronger than I thought I was. Discovered lots of positive things I am able to do . The negative things don’t take over and I can challenge negative thoughts now. I have strategies I’ll use for self-care. I can prioritise myself sometimes now and recognise that I don’t need to feel guilty about this. I can be honest about what I am feeling and ask for what I need.” (PCL-5 scores 42-6)
- ❖ “I’ve become calmer, accepting of the present moment, kinder to myself ... I have pride in my ability to move forward with freedom, self-knowledge and power”. (PCL-5 scores 37-5)

Making EMDR and Energy Psychotherapy better known in Oxfordshire

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

This year we have continued to run a monthly peer support group for therapists who have trained in EMDR. Currently there are 6 members in this group. We would like to hear from others who may be interested in belonging to such a group.

We have offered one free morning workshop 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. Our connection with Oxford University Counselling Service has encouraged a number of OUCS counsellors to add Energy Psychotherapy techniques to their skills set.

Summary of Accounts for the year April 2019 – March 2019

| INCOME | 2018-2019 | 2017-2018 | EXPENDITURE | 2018-2019 | 2017-2018 |
|------------------------------------|----------------------------------|----------------------------------|--------------------------|------------------|------------------|
| Donations | £1265.51 | £2709.65 | Advertising/website | £223.20 | £223.20 |
| Client Contributions + Gift Aid | £3448.50 £37.50 | £2876.33 | Stationery/ equipment | £2.50 | £21.99 |
| Training Days | £197.50 | £185.00 | Phone & stamps | £33.42 | £44.95 |
| Development Grant | £2499.30 | | Therapists expenses | £2382.00 | £2700.00 |
| | | | Admin assistant | £408.00 | £888.00 |
| | | | Insurance | £231.00 | £231.00 |
| | | | Other | £50.00 | £96.90 |
| | | | Development Worker | £1950.00 | |
| Total Income | £7448.31 | £5770.98 | Total Expenses | £5280.12 | £4206.04 |
| | | | | | |
| | 1st April 2019 | 1st April 2018 | | | |
| Brought Forward | £3171.59 | £1606.65 | | | |
| Income -Expenses | £2168.19 | £1564.94 | | | |
| Total in Hand | £5339.78 | £3171.59 | | | |
| In hand for Development worker | £549.30 | | | | |
| General in hand | £4790.48 | | | | |

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 make 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. A small grant has allowed us to have the services of a self-employed development worker for upto one day a week.

Website – www.meetinoxford.org

Our website has been updated to show our Charity Registration number. We continue to add to the page directing clients to some self-help tools and resources for resilience:

<https://www.meetinoxford.org/phdi/p1.nsf/supppages/6373?opendocument&part=8>.

In accordance with GDPR requirements there is a privacy statement on our website. People who email us from the website are asked to tick a box showing that they have read the statement.

The **DONATE** button on our website has been linked to BT's "My Donate". This service was withdrawn from the end of June 2019 and we are currently working on linking to another provider.

We have used the home page of our website to give notice of closing to new referrals while we work through the waiting list. While we are not comfortable with closing the list for so long, this is a clear indication that the service we are offering is badly needed.

Review of MEET 2019

We held a review meeting on May 17th 2019 to which we invited trustees, other meet therapists and associates to consider our next steps after having secured charitable status.

1. We are expecting that the Oxford Meeting premises will be under development during 2020 – probably from April to December. Two of the four rooms we normally use should still be available during this period but [we need to look for some alternative premises](#). Various suggestions were made to be explored further in the coming months.
2. We considered whether we should reduce the maximum allocation of therapy from the current 26 sessions to a lower number to reduce pressure on the waiting list. We decided to continue to offer a maximum of 26 sessions to clients who need them. However, in addition to the current review point at session 6, [we agreed to introduce a second review point at session 12 to consider how many further sessions are needed](#).
3. We agreed that there is interest and energy within MEET to add group work to our existing service provision of one to one EMDR and Energy Psychotherapy. [We agreed to set up a time limited trauma-themed psychoeducational group for clients on the MEET post-assessment waiting list as a pilot](#). The group would meet weekly for 2 hours and will be facilitated by two MEET therapists.
4. With the future of MEET in mind [we agreed to create a strategic plan covering buildings, service development, roles and fundraising](#).
5. We will continue to explore the possibility of providing a [MEET surgery at the Cowley Road Medical Practice](#). An initial pilot would be for two sessions a week based on offering 6 sessions to each client initially, reviewing at session 6 and extending to a maximum of 12 sessions if required. In the longer term, there may be some income generation from this development as well as the opportunity to reach clients who do not have the confidence to come to 43 St Giles.

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