

## Accredited Registers Impact Assessment

**Accredited Register: British Psychoanalytic Council (BPC)**

**Type of Review:** Full renewal assessment

**Period under review:** 2025-26

**Date Approved for Panel:** 15 May 2025

---

### Introduction

Before we make a decision about accreditation, we undertake an impact assessment to understand likely effects on different groups, and the wider health system. We begin to gather the information required for the impact assessment when a Register first applies for accreditation. We consider any changes to impacts when we renew accreditation, and when taking other decisions that affect accreditation status such as imposing Conditions or suspension.

A key part of the impact assessment is consideration of equalities. The Equality Act 2010 imposes a legal duty, the Public Sector Equality Duty on all public bodies to consider the equality impact of its policies and decision making. The duty is known as the Equality Duty and it requires a public authority, in the discharge of its function to consider the following three aspects which form the basis of the duty:

- Consider the impact and eliminate unlawful (direct or indirect) discrimination and any other conduct prohibited under the Equality Act 2010.
- Advance equality of opportunity between people with protected characteristics and those who do not share these characteristics
- Foster good relations between people with protected characteristics and those who do not share these characteristics.

This means that public bodies must consider equality impact on individuals protected under the Equality Act 2010 in carrying out their work. The Authority, therefore, needs to be always mindful of the public duty when carrying out its oversight role which includes the approving of registers. It needs to have 'due regard' to the needs to balance the three aspects which make up the Equality Duty when achieving its goals.

The Equality Impact Assessment is an important tool/mechanism for demonstrating 'due regard' through the consideration of evidence and analysis, actual and potential to identify positive and/or adverse impacts. The key groups we need to consider when making our decisions are, sex, age, ethnicity, disability, religion and belief, sexual orientation, gender reassignment, marriage and civil partnership, pregnancy, and maternity.

## Accredited Registers Impact Assessment

**Accredited Register: British Psychoanalytic Council (BPC)**

**Type of Review:** Full renewal assessment

**Period under review:** 2025-26

**Date Approved for Panel:** 15 May 2025

### Impacts

#### Equalities impact – summary

- The BPC's registrants work as psychoanalytic and psychodynamic psychotherapists. It is estimated that 1 in 6 people a week in England experience a common mental health problem (NHS Digital, 2014). Approximately 1 in 4 people within the UK will experience a mental health problem each year<sup>1</sup>.
- The BPC appears to be engaged in promoting EDI in a range of areas, and this was considered further as part of the Standard Nine (EDI) assessment.
- Accreditation should help to have a positive impact on groups with protected characteristics. BPC also publishes [guidance](#) on specific areas relating to EDI.
- Every three years, the BPC gathers EDI data regarding the diversity of registrants. It intends to use this to better understand any areas of potential unfairness.
- The BPC understands the barriers to psychoanalytic training and psychoanalytic treatment, namely class and disposable income, and continue to consider how to remove these barriers whilst maintaining high standards.
- The BPC has a Task Group on Gender, Sexuality and Relationship Diversity and BPC Ethnicity, Culture and Racism Task Group. It has helped to publish research in various fields for registrants. BPC have compiled bibliographies on sexual orientations and race, racism and ethnicity, they can assist further a psychoanalytic understanding of diversity.

---

<sup>1</sup> McManus, S., Meltzer, H., Brugha, T. S., Bebbington, P. E., & Jenkins, R. (2009). Adult psychiatric morbidity in England, 2007: results of a household survey. The NHS Information Centre for health and social care.

## Accredited Registers Impact Assessment

**Accredited Register:** British Psychoanalytic Council (BPC)

**Type of Review:** Full renewal assessment

**Period under review:** 2025-26

**Date Approved for Panel:** 15 May 2025

- The BPC diversity [webpage](#) says the BPC opposes any discrimination of any kind. It is expected that this same standard will be used in the appointment and promotion of members of educational faculties, including training and supervising therapists.

### Impacts on groups with protected characteristics

#### Age

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive	Children and adolescents	The data supporting the use of psychoanalytic and psychodynamic psychotherapy with children and adolescents has been thoroughly examined in association with the Association of Child Psychotherapists (ACP), the Anna Freud National Centre for Children and Families, and the University College London. According to the conclusion, "a number of studies have found that psychodynamic treatment is effective for the treatment of anxiety disorders." These results imply that		May 2025

## Accredited Registers Impact Assessment

Accredited Register: British Psychoanalytic Council (BPC)

Type of Review: Full renewal assessment

Period under review: 2025-26

Date Approved for Panel: 15 May 2025

		psychodynamic psychotherapy is just as effective as other psychological therapies like CBT or systemic family therapy at producing favourable results across a range of variables <sup>2</sup> . Another systematic review showed evidence of psychodynamic therapy's effectiveness in treating a range of mental health conditions (depression, anxiety) in children and adolescents and suggested further research into it <sup>3</sup> .		
--	--	---	--	--

### Disability

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified

### Gender reassignment

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive		BPC published a <a href="#">Bibliography</a> on Gender, Sexuality and Relationship Diversity. It was developed with the BPC		May 2025

<sup>2</sup> [Systematic Review. ACP Report January 2021 .pdf \(childpsychotherapy.org.uk\)](#)

<sup>3</sup> [Psychodynamic psychotherapy for children and adolescents: an updated narrative review of the evidence base: Journal of Child Psychotherapy: Vol 43, No 3 \(tandfonline.com\)](#)

## Accredited Registers Impact Assessment

Accredited Register: British Psychoanalytic Council (BPC)

Type of Review: Full renewal assessment

Period under review: 2025-26

Date Approved for Panel: 15 May 2025

		Task Group on Gender, Sexuality and Relationship Diversity.		
--	--	---	--	--

### *Marriage and civil partnership*

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified

### *Pregnancy and maternity*

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified

### *Race*

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive		BPC has published a <a href="#">Bibliography</a> on 'race', ethnicity, culture and racism for registrants of the. It developed with the BPC Ethnicity, Culture and Racism Task Group.		May 2025

### *Religion or belief*

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified

### *Sex*

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified

## Accredited Registers Impact Assessment

Accredited Register: British Psychoanalytic Council (BPC)

Type of Review: Full renewal assessment

Period under review: 2025-26

Date Approved for Panel: 15 May 2025

<i>Sexual orientation</i>				
Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive		The British Psychoanalytic Council opposes discrimination on the basis of sexual orientation <a href="#">Bibliography</a> . This provides a statement <sup>4</sup> as <i>there must be no discrimination in the selection or progression of those who wish to train, who are training and who train others in psychoanalytically informed practice.</i>		May 2025

### Cost and market impacts – summary

- The BPC's registrants may work in private/self-employed settings, but also in education, charity/voluntary sector, within the NHS and local authorities, or in other settings. People seeking talking therapies may self-refer or be referred through their GP or other services. They may use NHS, private services, or charities and voluntary organisations. The Authority's accreditation of the BPC may encourage people to prefer services offered by its registrants, and for mental health providers to refer to such registrants.
- BPC has stated that registrant fees differ based on membership type: the fee for full registrants is **£375.00**, while the fee for registrants with NHS-only teaching and/or supervisory roles is **£156.00**.

<sup>4</sup> [Microsoft Word - 6.2 Position statement on homosexuality.doc](#)

## Accredited Registers Impact Assessment

**Accredited Register: British Psychoanalytic Council (BPC)**

**Type of Review:** Full renewal assessment

**Period under review:** 2025-26

**Date Approved for Panel:** 15 May 2025

---

### Social and environmental impacts – summary

- Greater recognition of registrants on Accredited Registers, who are appropriately trained and meet standards of conduct, competence and business practice, may help increase access to mental health services and reduce risks of harm from seeing unregistered or unregulated practitioners.
- We note that the BPC closely collaborates with Member Institutions to advance the beneficial aspects of EDI. To exchange best practices and learn from one another, this is discussed in council meetings and other gatherings, which should have a positive impact.

### Decision

The Accreditation Panel noted the Conditions issued as part of the assessment, and the areas looked at in greater detail during the Standard Nine (EDI) assessment. It determined that overall, it is in the public interest to renew accreditation of the BPC. Reaccrediting the BPC is anticipated to positively impact all protected characteristics.