



UKAHPP Newsletter

31 January 2026

Happy New Year!

And welcome to the first edition of the UKAHPP newsletter

January 2026

Message from the Chair

As we move into a new year, it feels like both a continuation of what UKAHPP has always stood for, and also a moment of turning.

We remain strongly committed to our mission: to raise our profile as a genuinely humanistic organisation that can offer thoughtful and principled challenge to the increasingly restrictive direction of our profession. Many practitioners are feeling the pressure of compliance, targets, and standardisation, and we want to keep UKAHPP as a place that holds onto humanity, relationship, and depth as central.

UKAHPP has recently taken the step of leaving the PSA. We recognise that this brings both disadvantages and advantages.

While there are practical and regulatory implications, it also offers us greater freedom to reflect, re-clarify our identity, and shape our direction in a way that feels more closely aligned with our humanistic values.

We may be a small organisation, but we have a clear intention: to be a real home for practitioners and supporters who value debate, questioning, and the courage to think differently. A place where we can speak honestly with one another, and where humanistic psychotherapy and counselling is allowed to be complex, alive, imperfect, and real.

Over the coming year, we hope to grow UKAHPP in ways that feel true to this spirit: strengthening connections between members, creating more opportunities for dialogue and learning, and finding ways for your voices to shape where we go next. We also hope this year to provide more opportunities to connect with each other in different ways, which we intend to highlight in our bulletins.

We would really welcome your reflections, responses, and involvement. This newsletter is one small step towards a more connected and participatory UKAHPP, and we hope it becomes a living space for shared thinking and creativity.

With warm wishes for the year ahead,

Jo Molle

Chair, UKAHPP

Obituary



We are extremely sad to hear that the former Chair of the UKAHPP Accreditation Committee and Board member, Dr. Jane Frances, has died. She passed peacefully in late November after a prolonged illness. Jane trained as a Body Psychotherapist in the 1980s and worked in private practice, mostly at the Cambridge Body Psychotherapy Centre. She provided some training for CBPC and acted as tutor for Anglia Ruskin University during the time that they provided an MA in Body Psychotherapy. She also worked for Changing Faces, a charity providing resources for people with facial disfigurement. In 2023, she published a book on this topic, 'Educating Children with Facial Disfigurement: Creating Inclusive School Communities.' Some years later, she completed a PhD at the University of Essex in Colchester on a similar topic.

Jane was very much loved by all members of the Accreditation Committee which she chaired very successfully for a number of years. Her brilliant mind and non-defensive leadership style, together with her sense of humour and creative use of language made her a joy to work with.

The Lunch Club

Leeanne Fowler is a newish Board member and is interesting in hosting an informal online lunch club as a monthly drop in for members who might like to meet and feel a bit more connection. Please contact **Leeanne Fowler** leeannelccp@gmail.com if you'd be interested in coming along. Please put '**Newsletter Lunchclub**' in the subject line.

Call for Articles, *Anecdotes, Inspirational quotes anything that you can offer to unite our Association as a cohesive group which can start to create a ball of energy which may attract others looking for a home which offers thought-provoking views on our field and the state of the world. Real connection!*

Please send anything you would like to be included in the next issue to:

Sasha Rosen Sasha@AlchemyPsychotherapyServices.co.uk with '**Newsletter Articles**' in the subject heading.

Workshops

Following positive feedback from the workshop facilitated by Julie Jenner, we would like to invite anyone with a workshop to offer, to put forward your ideas to **Julie Jenner** juliejennerpsychotherapy@gmail.com with **Newsletter Workshops** in the subject line. Workshops can be offered to a wider public and this will generate interest and awareness of our existence as a meaningful organisation as well as possibly increasing income and providing a platform for those of you who want to gain a wider audience for your work.

CPD offered by members

Any members who would like to offer a CPD, contact:

Julie Jenner juliejennerpsychotherapy@gmail.com with **Newsletter CPD** in the subject line.

THE UK ASSOCIATION OF HUMANISTIC PSYCHOLOGY PRACTITIONERS

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