



Annual Review 2014



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CEO's Message



It has been an inspiring year at TCCR as we pressed on with our key strategic ambition to broaden the base of our work through developing new services that reach out to a wider population and support couples “throughout the lifecycle”. This Annual Review highlights some of our achievements and the impact TCCR has had on couples’, families’ and society’s wellbeing.

Our Mission

To ensure that every couple can access effective, affordable couple interventions to support their relationship and family life.

Our Values

- We believe that family stability, good quality relationships and emotional security are the foundation to wellbeing in both individuals and society
- We believe that our mission must be delivered with a real concern for social justice and with a commitment to celebrating diversity in every area of our work
- We believe that intellectual curiosity and rigour must run through all the work that we do
- We believe that TCCR should be a ‘learning community’ with opportunities for the development of all staff
- We believe that we must deliver no less than excellence in all of our services

Our Aims

- To promote the study and practice of psychotherapy and counselling and its application in a variety of settings
- To provide professional clinical services designed to improve the quality of adult couple relationships and alleviate family distress and breakdown
- To deliver training, consultation and innovative programmes which are designed to enhance and develop services to couples and families
- To undertake research and publication of work that contributes to and promotes both professional and public understanding of couple and family relationships

This year we have developed new ways of working, delivering effective, ground-breaking services to couples and parents from all walks of life; all ethnic groups; all sexualities and all ages. We have also introduced new training programmes that reach out to practitioners working in tough, deprived areas of the country as well as to senior advanced therapists looking for stimulating, high quality professional development.

Across this complex and varied programme of work, our focus remains firmly on the couple relationship both because we see this focus as central to societal and individual wellbeing and also because there is so much more to learn about this most private relationship.

No couple exists in isolation from either their personal history or their social context and these influences are vividly alive in the relationship created between long-term partners. TCCR's work therefore must take account of both the internal and external worlds; on the one hand, helping couples negotiate real life challenges such as child-rearing, work and ill health and, on the other, helping couples to examine and negotiate the intergenerational psychological terrain that colours all relationships.

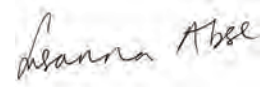
Indeed, understanding the true nature and complexity of relationships demands that knowledge and understanding is inched forward using a broad but rigorous multi-disciplinary, multi-modal approach.

TCCR firmly believes in the centrality of the couple relationship to a healthy, thriving society. Couples provide the containing framework that underpins how we care and nurture families, children, the old and the vulnerable as well as importantly providing care and nurture for ourselves. The pressures on the public purse, brought about by the recession, have focused minds on the need for families to become more self-reliant and for interventions to build resilience so that families can be both socially and economically productive.

Working with the couple relationship needs to be at the heart of building such resilience. The exact cost of relationship breakdown to society is hard to calculate but it is generally acknowledged to be in the tens of billions of pounds and each pound powerfully symbolises the multiple painful impacts of unhappy families.

During the year we have also developed relationships with existing and new partners, created strategic alliances and embarked on a number of ambitious projects, further strengthening our voice at the heart of a changing social policy landscape.

Over the last few years, small but significant steps have been taken towards the recognition of the importance of relationships to our health, wellbeing, economic prosperity and happiness – there is still much more to be done, but a seismic shift is getting underway. Here at TCCR, with our ears to the ground, we can feel it coming.



Susanna Abse
CEO

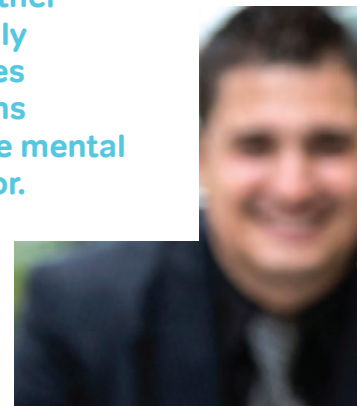
Highlights



An innovative parenting programme was launched in July 2013 for parents who want to resolve relationship issues that can impact on their ability to parent their children effectively. TCCR joined forces with Family Action to successfully pilot the **Parents as Partners** programme across six London boroughs, before expanding the sessions to families in Manchester in summer 2014.



In September 2013 TCCR launched **Living Together with Dementia**, an exciting and unique programme which addresses the specific needs and challenges of couple relationships when one partner has dementia. TCCR not only delivers a service for couples with dementia but also trains professionals working in the mental health and social care sector.



In October 2013 TCCR was further praised for its provision of sensitive, quality services for the LGBT community and was presented with the **Bernard Ratigan Award for Psychoanalysis and Diversity** at the British Psychoanalytic Council's 'Psychoanalytic Psychotherapy Now' conference.



October was also the month that TCCR opened the doors to brand new premises. The opening of the “New Street” centre in the City, allowed the charity to meet the increasing demand for counselling and therapy services from couples experiencing difficulties with their relationships, offering an additional 3,000 sessions in its first six months.



In January 2014 the DfE sponsored CanParent Quality Mark for Parenting Classes was launched in Parliament. The Quality Mark supports charities and independent providers of parenting classes to offer more effective and relationally focused services. TCCR forms part of the consortium, led by Parenting UK together with The Family and Childcare Trust and Ecorys UK, to deliver the Quality Mark assurance process and other support to the parenting sector.



November 2013 saw the launch of the Relationships Alliance in Parliament with cross party support from Andrew Selous MP, Jon Cruddas MP and Baroness Tyler. The Relationships Alliance is a consortium of the four leading relationship support organisations consisting of TCCR, Relate, One Plus One and Marriage Care. The aim of the Alliance is to ensure that good quality personal and social relationships are more widely acknowledged as central to societal health and wellbeing.



Couple Therapy for Depression: A Clinician's Guide to Integrative Practice was published by Oxford University Press in June 2014. The book, written by senior TCCR faculty staff is derived from TCCR's training programme in Couple Therapy for Depression which was originally commissioned by the Department of Health in 2009.

Courses & Training

TCCR training courses provide vital thought leadership and support to the family relationship field and this year we again saw increased demand for our training and consultation services with a 17% increase in student numbers. Over 4,600 practitioners from the family support, health, family justice, social care and education sectors attended our courses and conferences across the UK and internationally.

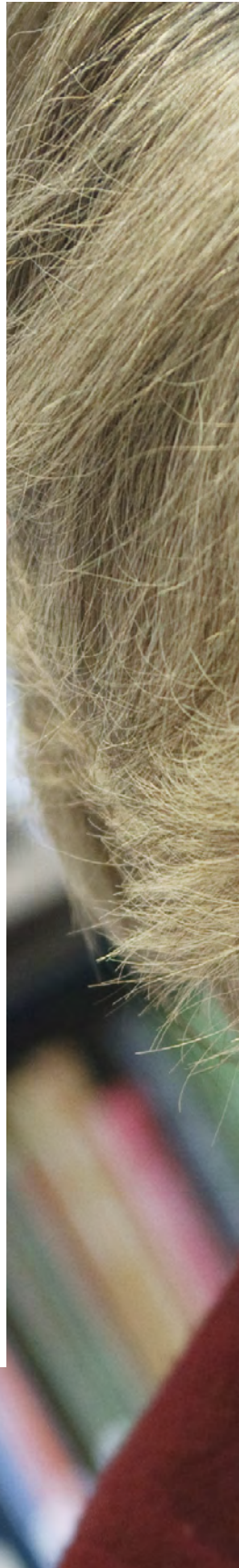
Accredited Professional Qualifications

TCCR's professional training programmes are designed to meet the demand for expert training in couple counselling, psychotherapy and psychosexual therapy. TCCR offers a ladder of training to suit different practitioner needs, from introductory right through to doctoral training programmes.

The popularity of TCCR's professional training programmes is reflected in the wide variety of professional backgrounds from which students apply, such as mental health nursing, social work and psychiatry.

CPD Workshops & Seminars

A revitalised and innovative Continuing Professional Development programme proved a success amongst our audience of therapists and frontline practitioners, with high attendance levels at our courses. Training days ranged across themes as diverse as substance and alcohol misuse within the couple, to the effect of grief and loss on relationships. We also developed a course to address the challenges and opportunities therapists face with the rise of the Internet and social media.





Internationally Recognised

The demand for TCCR's training has also extended to international audiences with the delivery of training in couple psychotherapy to practitioners in New York via video link and the delivery of lectures from TCCR senior staff at a wide range of events worldwide, including clinical presentations in Prague, Helsinki and Stockholm. Students have also come from across the globe to attend TCCR's Summer School and a group of psychotherapists travelled from San Francisco for a 4-day advanced training course.

Commissioned Training

Due to the successes of last year's training, the Department for Education (DfE) once again commissioned TCCR to deliver its Building and Increasing Effectiveness and Value courses to frontline staff working in children's and family services.

This year the DfE also commissioned TCCR to create and deliver a new training programme for senior staff working in Child and Adolescent Mental Health Services.

TCCR is aiming for radical system change in the way that children's services work with families. Tailored trainings, developed by TCCR and aimed at senior members of staff, give frontline workers both the understanding and the tools needed to address relationship issues within their sectors. Data gathered from 499 Early Years and CAMHS course participants showed that they and their 2,620 supervisees

were working with over 46,000 cases; demonstrating the breadth of influence and impact of our courses. Further analysis has shown that for every supervisor TCCR trains, it impacts on around 93 families.

A wide range of agencies across the UK have contacted TCCR this year for training in understanding and working with relationship distress. TCCR presented bespoke courses to agencies as diverse as Changing Futures in Hartlepool, who support families and young people, and the family department of international law firm Mishcon De Reya.

Training on domestic violence was provided to senior NSPCC staff and training in peri-natal couple dynamics was delivered to health visitors at City University. The Linda McCartney Cancer Centre in Liverpool also commissioned training, as did several London boroughs including Islington and Westminster.

Number of
students
increased to
4,649
representing a
17% increase

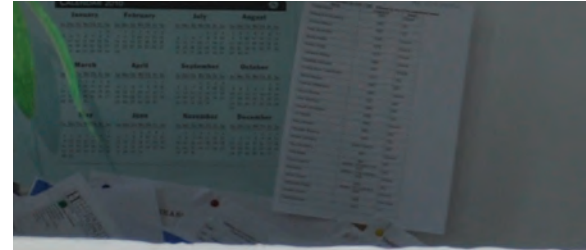
93%
of our students
rated their
learning
experience good
or excellent



“One of the best training courses I’ve been on. Relevant issues delivered in a helpful and informative way.”

Therapy Services

TCCR's counselling and psychotherapy services continue to go from strength to strength. This year has seen an increase of more than 25% in the number of therapy sessions delivered, bringing the total to more than 15,000 sessions. This was partly due to the opening of our New Street centre, enabling us to offer services to the City and the whole of East London.



“We had an attentive, caring therapist that made us find the inner strength to assess the faults in our relationship. She gave us the second chance to build our relationship’s foundation, even when this seemed hopeless.”



TCCR continues to have a rigorous focus on quality and this year we have undertaken a range of projects to further enhance services including a small scale study looking at why some couples drop out of therapy. We increased supervision provision for experienced psychotherapists and introduced mandatory training on child protection and domestic violence for all clinicians in our services.

We were pleased that our service was recognised this year with the Bernard Ratigan Award given by the British Psychoanalytic Council for our inclusive, sensitive services for lesbian and gay couples.

Measuring Our Impact

TCCR services are routinely evaluated by administering clinically valid and reliable psychometric measures to all clients at intake and at three month intervals while undergoing treatment.

At intake, 59% of TCCR clients were shown to be “clinically” distressed, suffering from anxiety and/or depression, with 55% recovering by the end of treatment. Clients also showed statistically significant improvements in relationship quality from intake to end of treatment.

During the year we also implemented a new ‘Experience of Service Questionnaire’ which showed almost universal positive feedback. From over 3,150 respondents, 95% rated our services good or excellent and 90% would recommend our services to others.

A man and a woman are sitting on a light-colored couch, facing each other. The man is on the left, wearing a light blue button-down shirt, and the woman is on the right, wearing a blue and white plaid shirt. They appear to be in a conversation. The background shows a window with white blinds.

We delivered
over
15,000
therapy sessions
representing a
25% increase

We helped
over
3,150
people with
their
relationships

95%
of our clients
rated our
services good
or excellent

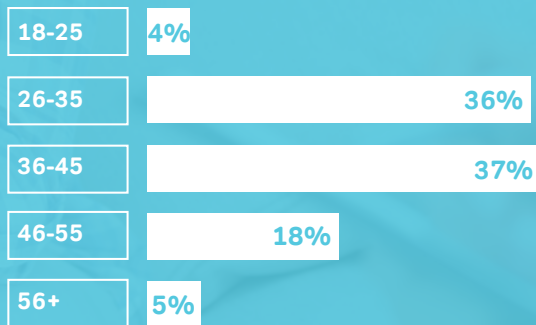
90%
of our clients
would
recommend
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Services for Everyone

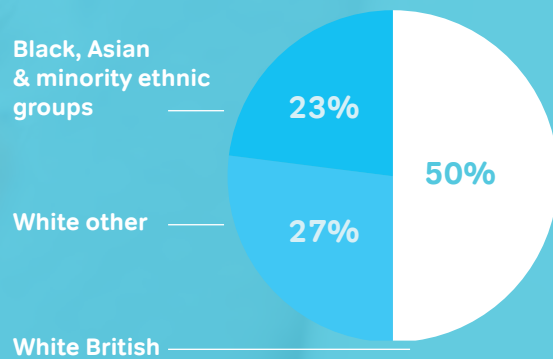
TCCR continues to offer its services to everyone, whatever their financial circumstances. The charity serves a highly diverse community, with the ethnic mix of our clients continuing to represent London's diversity, with many of our couples being in mixed race partnerships. Analysis of our demographic data shows that just fewer than 9% of our clients described themselves as lesbian, gay or bisexual and our gender mix was equally balanced between men and women, with 1% describing themselves as transgender.



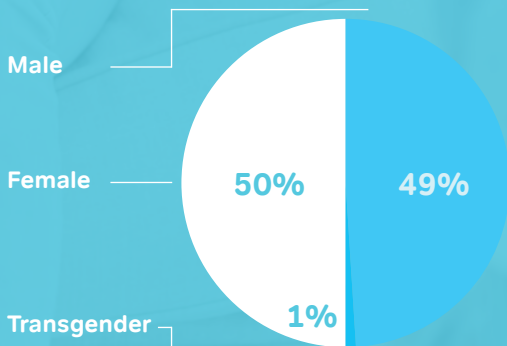
Our Clients by Age



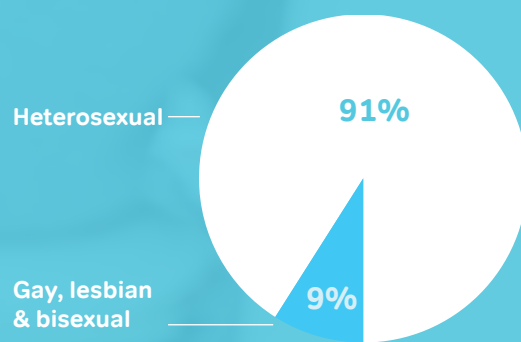
Our Clients by Ethnic Background



Our Clients by Sex



Our Clients by Sexual Orientation

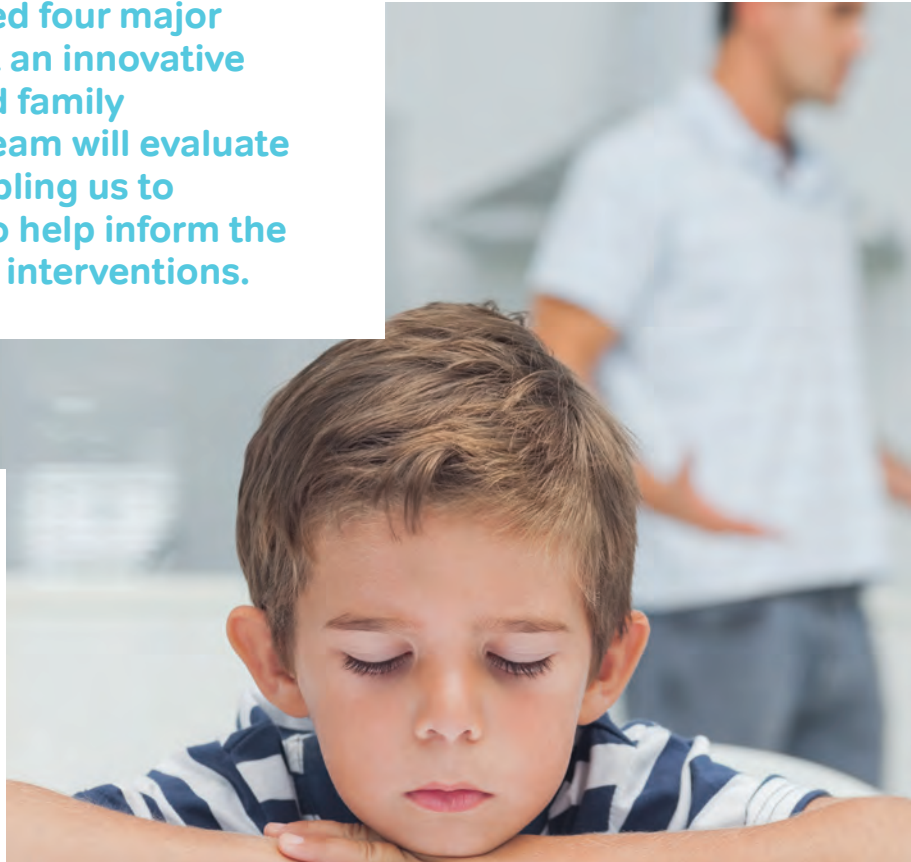


Projects

During 2013-14, TCCR has developed four major new projects, each designed to test an innovative therapeutic approach to couple and family relationship issues. The research team will evaluate the outcomes for each project, enabling us to gather detailed data and learning to help inform the development of future projects and interventions.

Mentalisation Based Treatment – Couple Therapy

TCCR extended its interest in Mentalisation Based Treatment (MBT) approaches by developing a model for couple's therapy alongside our current MBT intervention for separated parents. MBT-CT is designed to help couples where problems are complex and emotional self-control is extremely limited. These developments place TCCR in the unique position of developing a variety of mentalisation based interventions for a range of vulnerable clients with unmet needs and this has already sparked interest both nationally and internationally.



Living Together with Dementia

TCCR strives to find effective and relational ways of addressing one of society's biggest problems of how to help give those diagnosed with dementia the best quality of life, whilst also supporting the partner to experience being a partner first and a carer second. The ground-breaking Living Together With Dementia intervention pilot, funded by Camden Council, is designed to test the idea that sustaining a positive experience of the couple relationship will help couples to continue to live together and reduce the need for residential care. This new intervention is seeking to change the way older peoples' services are designed and commissioned.



Parents in Dispute

TCCR is committed to both early intervention, and late, effective intensive help such as the Parents in Dispute programme, which began in March 2014 following a successful tender process to the Department for Work and Pensions' Innovation Fund for post separation services. The project, run in conjunction with London Cafcass, which has experienced unprecedented demand, is working with some of the most challenging parents who are locked into long term destructive court battles.



Parents as Partners

This year has seen the pilot and delivery of an exciting 16-session group work programme for parental couples in London. Parents as Partners is based on the highly successful model developed by Professors Philip and Carolyn Cowan in the US and focuses on families who want to reduce the effect of their arguments on their children and learn more positive ways of communicating with each other. The programme, funded by the Department for Education, is a

partnership between TCCR and Family Action, who offer family casework support to participating couples as a unique feature of this programme. Our joint pre-group interviewing process is thought to be a major contributing factor to the extraordinarily high rate of retention – 92% of couples joining the groups completed the 16 week course.

This high completion rate and encouraging feedback from participants has led to the programme being commissioned in other parts of the UK.

Policy

During 2013-14 TCCR has been increasingly active in influencing policy-makers and politicians, evidencing the need for a wider provision of relationship support to commissioners, responding to government consultations, as well as producing a number of reports and policy briefings.

Central to our policy and communications activity has been our work as a partner in the increasingly influential Relationships Alliance. Together with our partners Relate, One Plus One and Marriage Care, the Relationships Alliance has been successful in raising the profile of the importance of relationships as a key factor to achieving positive change in a range of social policy areas.

The policy work produced during 2013/14 consists of a series of reports, including *Relationships: the Missing Link in Public Health* - which investigates the links between relationship quality and key public health concerns - and several policy briefings, including *The Role of Children's Centres in Supporting Couple Relationships* and *Couple Relationships and Work*.

TCCR also presented on the links between relationship quality and public health at the symposium *Stronger Families and Communities: Unlocking the Potential of Relationships*, held at St. George's House, Windsor. The symposium was attended by leading officials from Government departments, as well as academics, representatives from think-tanks and voluntary sector leaders.



TCCR has positively contributed to several other consortia and groupings. Following the publication *A Drop in the Ocean*, a report on the availability of couple therapy for depression in the NHS' Improving Access to Psychological Therapies Service (IAPT), TCCR was instrumental in the creation of Action for Choice in Therapy (ACT).

This new grouping is an alliance of bodies responsible for developing the competency frameworks and training in therapy modalities recommended in the NICE depression guidelines. ACT's mission is to ensure that the commitment of successive governments to improve access to the widest range of NICE compliant therapy modalities for depression is delivered.

The charity has also continued to provide the secretariat for the All Party Parliamentary Group on Strengthening Couple Relationships and held four meetings with parliamentarians on a range of topics. In March 2014, Susanna Abse, CEO, spoke about the importance of relationships to a thriving society at the Labour Party Family Policy Symposium.

Research

This year saw a huge growth in the number of publications produced by TCCR, which included both peer-reviewed, expert journal papers alongside articles that reached out to a wider readership.





In June, the Oxford University Press published *Couple Therapy for Depression. A Clinician's Guide to Integrative Practice*.

Written by TCCR's Dr David Hewison, Dr Christopher Clulow and Harriet Drake, all senior couple therapists, the book is based around TCCR's training programme Couple Therapy for Depression that was commissioned by the NHS for use in IAPT. It outlines the treatment of four different couples to illustrate the therapy in action, highlighting the particular techniques needed for safe and effective work with distressed couples.

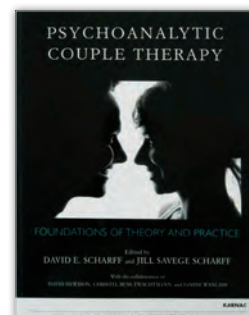
The book also features the national competencies for the treatment of depression through couple therapy, and includes an assessment form to enable therapists and clinicians to rate themselves against the competencies.



A collaboration with the International Psychotherapy Institute (IPI) based in Washington D.C. resulted in the publication of an important new book - *Psychoanalytic Couple Therapy: Foundations of Theory and Practice* published by Karnac.

The book outlines current international theoretical debates around psychoanalytic work with couples and draws on examples of contemporary clinical practice within the field.

TCCR senior staff Mary Morgan, Dr David Hewison, Pierre Cachia, Dr Damian McCann, Christopher Vincent, Susanna Abse and Dr Christopher Clulow all contribute chapters, as do authors from the IPI to create a truly international perspective to the publication. This text will be a useful aid to therapists, as well as a helpful primer for new students of couple psychoanalytic psychotherapy.



Our Finances

The financial year ending 31 March 2014 saw another year-on-year increase in income generated from training and clinical fees as well as contract and project income.

Income from the delivery of training increased by 1.4% and income generated from the delivery of clinical services increased by 22.2%. This growth enabled the charity to train more therapists and front-line staff as well as support more couples, regardless of their financial status.

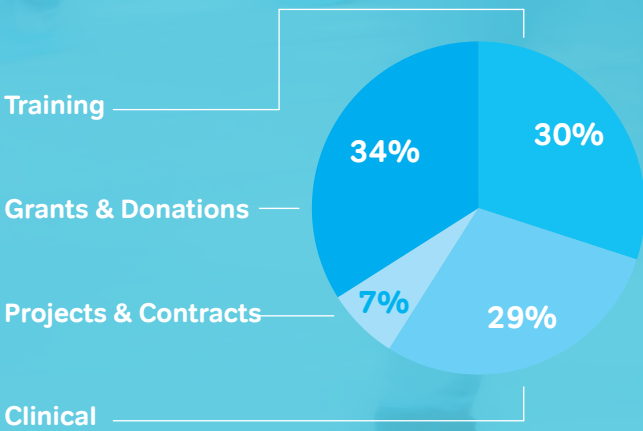
Total income including grants, donations and interest was £4.150m. This includes income from sub-contractors under consortia arrangements for certain services and projects. Net income, excluding this third party income, was £3.348m, an increase of 28.5% on the previous year.

	31 July 2013	31 July 2014
INCOME		
Training Fees	769,000	780,000
Clinical Fees	762,000	931,000
Projects & Contracts	167,000	1,367,000
Grants & Donations	885,000	260,000
Other	20,000	11,000
Total	2,605,000	3,348,000

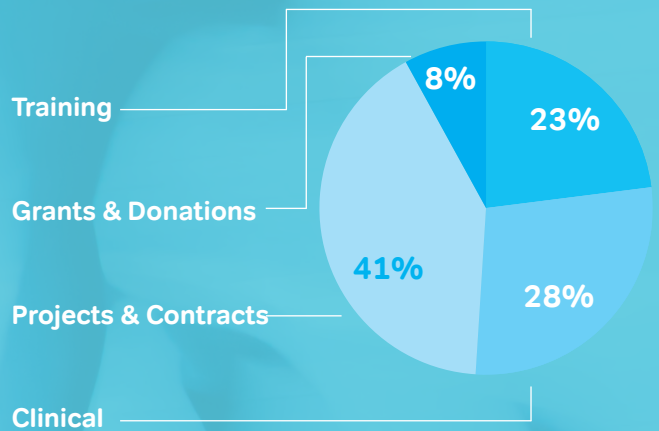
There is also a marked movement away from grant funding to contractual and project-based income. This continues to reflect the strategic aim of the charity to become less reliant on grants and donations while at the same time expanding the organisation.



2012-13



2013-14



Looking Forward

TCCR looks forward to another year full of growth and development. The acquisition of further space at Warren Street will create more space for clinical delivery so that we can meet the growing demand for our clinical and training services.





Highlights ahead include a packed autumn 2014 event programme, including our conference Exploring Intimacy and Separateness in Lesbian and Gay Couple Relationships and the Writers on Writing series with eminent authors such as Stephen Grosz, Adam Phillips and Susie Orbach.

Autumn 2014 will also see the launch of the Relationships Alliance Manifesto which will call for a cross party consensus on relationship support and the need for this to be a public policy priority in election campaigning. The Prime Minister's announcements in August 2014 to increase funding for relationship support, gives us hope that there will be opportunities to consolidate programmes and develop new initiatives.

In 2015, we plan to publish outcomes from some of our recent work including the results from the randomised control trial of Parenting Together.

By March 2015, we will also be able to look closely at the results of the Parents as Partners project and we will be beginning to pull together early findings from the Living Together with Dementia intervention. We hope that the results of these pilots and studies will encourage further investment.

Finally, we very much hope to continue to have fruitful partnerships and alliances. Relationships are central to TCCR and we value the organisational and individual connections and links we have made and hope to sustain and extend these in the future. We know that these are critical to our success both to us as an organisation and to helping families in need.

Board of Trustees

Dr Anton Obholzer (Chair)
Mr Kip Meek (Vice Chair)
Ms Agnes Bryan
Prof. Ros Bryar
Mrs Linda Chung
(resigned July 2014)
Dr Bob Jezzard
Mr Gordon Lane
Mr Bruce Mauleverer QC
Ms Ann Pleshette-Murphy
(resigned July 2014)
Mr Martin Roddy
Mr Robert Rowland-Smith
Mr Stan Ruszczyński
Ms Hazel Wright

Dr Anton Obholzer has announced his intention to step down as Chair. He has been Chair of the Tavistock Institute of Medical Psychology, TCCR's governing body, for nearly 10 years, during which the organisation has undergone considerable change and growth. He will step down in September 2014 and will be replaced by Nick Pearce.

Nick Pearce, Director of the Institute of Public Policy and Research, previously worked as an adviser in 10 Downing Street, the Home Office, the Cabinet Office and the former Department for Education and Employment. He is also an honorary fellow of the Royal Institute of British Architects and is a member of the UK India Roundtable.

List of Publications by TCCR Staff 2013 - 2014

- Abse, S. (2013a). Learning the Lessons of Client Contact. *The Review*, 164, 37.
- Abse, S. (2013b). *The Relational State*. Bridges Project Publication Brochure by Counterpoint and Open Society Network.
- Abse, S. (2013c). When a Problem Shared Is a Problem... Whose Illness is it Anyway? Questions of Technique When Working with a Borderline Couple. *Couple and Family Psychoanalysis*, 3, 163-177.
- Abse, S. (2013d). Further Thoughts on When a Problem Shared Is a Problem... Whose Illness is it Anyway? Questions of Technique When Working with a Borderline Couple. *Couple and Family Psychoanalysis*, 3, 178-187.
- Abse, S. (2014a). Intimacy - the Long and Winding Road. In: Savege Scharff, J. and Scharff, D.E. (eds.) *Psychoanalytic Couple Therapy: Foundations of Theory and Practice*. London: Karnac.
- Abse, S. (2014b). Labour Needs to Use Family Policy to Support and Strengthen Relationships. *New Statesman*. London.
- Cachia, P. (2013). Book Review of Men and Mothers: The Lifelong Struggle of Sons and Their Mothers, by Hendrika C. Freud. (2011). London: Karnac Books. *Couple and Family Psychoanalysis*, 3, 258-260.
- Cachia, P. and Savege Scharff, J. (2013). Clinical Narrative and Discussion: Planned Ending of Therapy with a Couple Who Recovered Joy. *Couple and Family Psychoanalysis*, 3, 229-243.
- Cachia, P. and Savege Scharff, J. (2014a). Clinical Narrative and Discussion: A Couple Who Lost Joy. In: Scharff, D.E. and Savege Scharff, J. (eds.) *Psychoanalytic Couple Therapy: Foundations of Theory and Practice*, London: Karnac, pp.201-212.
- Cachia, P. and Savege Scharff, J. (2014b). The Ending of Couple Therapy with a Couple Who Recovered Joy. In: Scharff, D.E. and Savege Scharff, J. (eds.) *Psychoanalytic Couple Therapy: Foundations of Theory and Practice*, London: Karnac, pp.295-302.
- Clulow, C. (2013). *Response to Psychic "Geodes"- the Presence of Absence*. 18th Enid Balint Lecture Given by Professor Joan Raphael-Leff. 3, 156-162.
- Clulow, C. (2014a). Attachment, Affect Regulation and Couple Psychotherapy. In: Scharff, D.E. and Savege Scharff, J. (eds.) *Psychoanalytic Couple Therapy: Foundations of Theory and Practice*, London: Karnac, pp.44-58.
- Clulow, C. (2014b). Othello and the Questioning of Difference: A Reflection on James Fisher's and Nicholas Hytner's Representations of Shakespeare's Tragedy'. *Couple and Family Psychoanalysis*, 4 (1): 101-103.
- Clulow, C. (2014c) *Foreword to Castellano, R., Velotti, P. & Zavattini, G. What Makes us Stay Together? Attachment and the Outcomes of Couple Relationships*. London: Karnac, pp xi-xiv.
- Clulow, C. (2014d). *Foreword to Collett, A. It Couldn't Happen to Me... The Unsavoury Truth About Domestic Abuse That Every Woman and Man Should Read*. London: Oldacres.
- Coleman, L. (2013). Book Review of Poulton, James, L. (2012). Object Relations and Relationality in Couple Therapy: Exploring the Middle Ground. New York, Ny: Jason Aronson. *Couple and Family Psychoanalysis*, 3, 256-257.
- Glausius, K. and Hertzmann, L. (2013). *When Parents Separate: Getting It Right for Children*. London: TCCR.
- Hewison, D. (2013). Review of Clinical Issues in Analyses over the Telephone and the Internet by Jill Savege Scharff. (2012) *International Journal of Psychoanalysis*, 93, 1, 81-95. *Journal of Analytical Psychology*, 58, 572-574.
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- Hewison, D. (2014b). Projection, Introjection, Intrusive Identification, Adhesive Identification In: Scharff, D.E. and Savege Scharff, J. (eds.) *Psychoanalytic Couple Therapy: Foundations of Theory and Practice*, London: Karnac, pp.158-169.
- McCann, D. (2014). Responding to the Clinical Needs of Same-Sex Couples. In: Scharff, D.E. and Savege Scharff, J. (eds.) *Psychoanalytic Couple Therapy: Foundations of Theory and Practice*, London: Karnac, pp.81-90.
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- Meier, R. (2013b). *A Drop in the Ocean: Couple Therapy for Depression in IAPT Services*. London: Tavistock Centre for Couple Relationships.
- Meier, R. (2013c). *Engaging Business to Support Relationships*. Tavistock Centre for Couple Relationships.
- Meier, R. (2013d) *Couple Relationships and Work; Work and Couple Relationships*. A Policy Briefing from the Relationships Alliance. London: Relationships Alliance.
- Meier, R. (2013e) *Couple Relationships and Health and Wellbeing in Later Life*. A Policy Briefing Paper from the Relationships Alliance. London: Relationships Alliance.
- Meier, R. (2013f) *What Do Couple Relationships Have to do with Children's Academic Achievement?* A Policy Briefing from the Relationships Alliance. London: Relationships Alliance.
- Meier, R. (2013g) *Couple Relationships and Mental Health*. A policy briefing from the Relationships Alliance. London: Relationships Alliance.
- Meier, R. (2014a) *The Role of Children's Centres in Supporting Parental Relationships*. A Policy Briefing from the Relationships Alliance. London: Relationships Alliance.
- Meier, R. (2014b) *Helping Families in Trouble Through the Parents as Partners Programme*. A Policy Briefing Paper from TCCR. London: Tavistock Centre for Couple Relationships.
- Medawar, C. (2013) Review of Family Secrets: Living with Shame from the Victorians to the Present Day, by Deborah Cohen, *Couple and Family Psychoanalysis*, 3(1), pp. 251-252.
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Through its clinical, training and research programmes it supports and improves services to couples and families.

From Central London and the City we operate high quality counselling and psychotherapy services in a safe and confidential environment. Our services are offered on a sliding scale and we aim to see everyone who approaches us, whatever their income. Our experienced therapists aim to help people get their relationships back on track so that it can be a partnership from which they can grow and develop.

Our services also include help for parents who need support to work together effectively for the sake of their children, as well as specialised help for those going through divorce and separation or those facing specific problems in their sexual relationship.

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