



## ANNUAL REPORT April 2019–March 2020

**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.

### Constitution and Current Trustees

**MEET in Oxford** (“MEET”) 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 a CIO was granted on 25<sup>th</sup> February 2019. This is our first year of operation as a registered charity.

Current trustees of the new CIO as from 25<sup>th</sup> February 2019 are:

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

Trustees met on 08/04/2019, 15/07/2019 (AGM), 09/12/2019 and 24/02/2020.

### Therapists working with MEET in Oxford April 2019 – March 2020

MEET’s services are provided by experienced psychotherapists who are working pro bono. All are registered with UKCP or BACP and have additional trainings in either Eye Movement Desensitisation and Reprocessing (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.

- **Jane Fisher: MEET therapist** since Jan 2014 (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)
- **Kate Moberly: MEET therapist** since March 2019 (EP and EMDR - UKCP registered Integrative Psychotherapist and EMDR practitioner, shortly to be accredited as an EMDR consultant)
- **Lina Jordan: MEET Associate** since 2018 (EP - BACP accredited Integrative Psychotherapist)
- **Kina Malmberg-Lovatt: MEET Associate** since 2015 (Somatic Experiencing - UKCP registered Integrative Psychotherapist)
- **Lucy-Jean Lloyd: MEET Associate since 2018** (EP - UKCP registered Psychodynamic Psychotherapist)
- **Marigold Brown: MEET Apprentice since September 2019** (UKCP registered Psychodynamic Psychotherapist)
- **Jules Selby: MEET Apprentice September 2019 -March 2020** (UKCP registered Psychodynamic Psychotherapist)

At 31/03/20 we had a total of 17 client sessions to offer each week.

We 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. From September 2018 to December 2019 Lina Jordan also worked on a self-employed basis to support the administration and development of MEET.

## Summary of Accounts for the year April 2019- March 2020

INCOME	2019-2020	EXPENDITURE	2019-2020
Transferred from the small unregistered charity MEET in Oxford	£5340.28	Advertising/website	£ 223.20
Donations including Gift Aid	£2853.24	Stationery/ equipment	£ 66.20
Client Contributions	£5564.50	Phone & stamps	£ 57.99
Training Days	£ 275.00	Therapists expenses	£2669.49
		Insurance	£ 231.00
		OCVA membership	£ 25.00
		Safeguarding	£ 12.50
		Self Employed Development Worker	£ 675.00
		Recruitment advertising	£ 700.00
<b>Total Income</b>	<b>£14,033.02</b>	<b>Total Expenses</b>	<b>£4660.38</b>
<b>Total in Hand at April 1<sup>st</sup> 2020</b>	<b>£ 9372.94</b>		

Thanks to the generosity of Oxford Quaker Meeting in offering us therapy rooms rent free, and because our therapists are working *pro bono*, we have been able to run MEET on a very small budget. We make a small contribution to therapist expenses for four therapists and pay professional liability insurance for MEET as an organisation. We received a donation that allowed us to have the services of a self-employed development worker for up to one day a week, which demonstrated the need for more substantial administrative and organisational support. Raising money to fund such support would have been an almost insurmountable challenge for an already stretched small charity but we learnt in the autumn of 2019 that MEET was to benefit from an unexpected legacy left to one of our Trustees. This money was received after the end of this financial year but knowing that it was promised has allowed us to advertise for and recruit a 0.5 full-time administrator/development worker to help take MEET forward. We have also successfully applied to the Quaker-founded Retreat York Benevolent Fund ([www.retreatyorkbfund.com/Home](http://www.retreatyorkbfund.com/Home)) for a small grant to supplement the legacy money.

## Referrals and Self-referrals

We had 34 referrals and self-referrals between 01/07/2019 and 14/03/20, when we closed to new referrals to catch up with a backlog on our waiting list, and to recruit and induct our new administrator/development worker.

In order to bring our reporting year for client statistics in line with our financial year, the statistics for this report cover a nine month period, not a full calendar year.

The table shows the status of cases as at 31/03/20 with figures for previous years given below:

	Waiting for assessment	Waiting to start therapy	Deferred	Live cases	Referred on	Did not proceed	Completed	Total
<b>July 2019- March 2020</b>	<b>2</b>	<b>19</b>	<b>3</b>	<b>17</b>	<b>0</b>	<b>10</b>	<b>20</b>	<b>71</b>
2018-19	0	11	4	16	2	8	26	67
2017-18	5	21	included in waiting	14	3	12	26	81
2016-17	6	15	included in waiting	16	3	9	21	70
2015-16	6	12	included in waiting	10	8	2	9	47
2014-15	6	4	included in waiting	11	3	4	13	41

**20 cases completed between July 2019 and March 2020** (including cases opened in the previous year):

<b>Gender</b>	<b>Male 4</b>	<b>Female 16</b>				
<b>Age Range</b>	<b>18-30 5</b>	<b>31-40 9</b>	<b>40-50 6</b>	<b>51-60 0</b>	<b>61-70 0</b>	<b>71+ 0</b>
<b>Referral Source</b>	Self-referred (includes signposted to MEET) 8	GP / NHS 4	Elmore 3	Oxon. Domestic Abuse Service 2	Other counsellors/ counselling services 2	Crisis 1
<b>Issues (most clients in more than one category)</b>	<b>Childhood trauma 16</b>	<b>PTSD symptoms 19</b>	<b>Adult trauma 14</b>	<b>Anxiety/ depression 18</b>	<b>Psychiatric diagnosis 5</b>	<b>Relationship issues 14</b>
<b>Sessions attended</b>	<b>1-6 4</b>	<b>7-10 1</b>	<b>11-15 0</b>	<b>16-20 2</b>	<b>21-26 13</b>	<b>26 + 0</b>
<b>Ethnicity/ nationality</b>	<b>White British 14</b>	<b>White other 4</b>	<b>Pakistani 1</b>	<b>Algerian 1</b>		

## Evaluations and Practice Based Evidence

We ask 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 developed by the National Center for PTSD that assesses the 20 DSM-5 symptoms of PTSD. 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 39 clients (in 18 further cases we did not succeed in collecting the end score). The numbers are 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 challenging circumstances, we are encouraged by the results so far. In the table below, clinically significant improvement is highlighted in yellow. An increase in the PCL-5 score generally indicates that the client was undergoing further adverse life experiences during the period of therapy.

Energy Psychotherapy						EMDR		
PCL-5 scores	Change	Number of sessions	PCL-5 scores	Change	Number of sessions	PCL-5 scores	Change	Number of sessions
38-39	+1	22	55-12	-43	22	34-50	+16	30
65-33	-32	22	37-4	-33	17	72-36	-36	26
38-9	-29	26	39-29	-10	16	42-6	-36	26
54-18	-36	26	42-42	0	26	38-12	-26	27
39-25	-14	24	43-35	-8	26	37-3	-34	8
28-21	-7	9	35-36	+1	12	55-59	+4	22
40-8	-32	12	69-39	-30	22			
66-41	-25	22	25-18	-7	25	<b>Somatic Experiencing</b>		
41-29	-12	15	35-7	-28	24	PCL-5 scores	Change	Number of sessions
26-9	-17	18	61-15	-46	9	47-20	-27	26
66-22	-44	6	39-55	+16	19	39-25	-14	24
40-47	+7	25	49-26	-23	26	45-25	-20	26
35-21	-14	7	36-13	-23	5			
25-11	-14	23	46-12	-34	26			
35-19	-16	26	30-57	+27	26			

Our evaluation form includes the questions: **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?** Please see below some of the responses. A common theme is a sense of finding inner strength and empowerment and of taking away tools for ongoing self-support.

“I acknowledged the impact of stress and violation upon me, re-owned my body and my voice – tapping especially helpful with this. I feel empowered by having tools I can use to support myself.” (PCL-5: 66-22)

“I have much better boundaries and communication with my Mum. I still need to work on boundaries with men and in sexual relationships – knowing what I need and what is OK. I feel braver about the future. I have coping strategies and tools.” (PCL-5: 49-26)

“I learned that I did not have to give in to my anxiety and that using techniques I could manage it and even get over it. I have had significantly fewer panic attacks and lower anxiety. No longer have recurring issues related to my trauma. I take away the coping techniques learned and how to deal with issues like this in the future. Also a lot more freedom because of improvements in my life due to this therapy. I really enjoyed the group therapy sessions they gave as well and would recommend they run those again.” (PCL-5 not recorded)

“I have belief in myself that my past does not define me and I can look forward to a future without blame or shame. This process clearly works and should be recommended more by doctors/NHS.” (PCL-5: 46-12)

## **Making EMDR and Energy Psychotherapy better known in Oxfordshire**

MEET in Oxford aims to raise the profile of the trauma focused therapies EMDR and Energy Psychotherapy in Oxfordshire. We do this primarily by offering treatments at low cost to clients and by encouraging accredited psychotherapists to add these methods to their therapeutic repertoire. MEET does not provide professional training in these methods but offers therapists who have undertaken appropriate trainings the opportunity to practice their new skills with clients who are already assessed as suitable for these methods. We have run occasional workshops providing an introduction to Energy Psychotherapy for potential clients, referrers and psychotherapy colleagues.

This year we have also twice run a waiting list support group, with four sessions for each group. These provide some psycho-education and teach basic self-help techniques. The final session for the second group was after lockdown and conducted over zoom.

While we have been quite successful in growing our team of energy psychotherapists, we have so far been less successful in attracting EMDR practitioners. However, we are delighted that Kate Moberly will shortly gain accreditation as an EMDR consultant and we hope that the EMDR support group she will run in this capacity will help to draw in therapists who have completed recognised EMDR trainings but need client hours and supervision by an EMDR consultant to gain accreditation.

## **Covid-19 Lockdown**

Lockdown came into effect just before the end of March 2020. We had just advertised the post of administrator/development worker and decided to go ahead with recruitment, with interviews taking place over zoom. We arranged to continue working with clients over video links where they had the technology and access to a private space for the therapy sessions. We have had to pause some clients until we can meet in person again. Unfortunately, these are often our most vulnerable clients. On the positive side, we are growing more confident in working over video-links and have become aware that this provides opportunity to work with clients who might find travelling to 43 St Giles challenging. It also allows us to recruit therapists from outside the Oxford area.

## **Acknowledgements and thanks to:**

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



## MEET in Oxford

### Income & expenditure summary for the period 25 February 2019 – 31 March 2019

MEET in Oxford was registered as a CIO on 25/02/19 and this summary covers the five weeks (25/02/19 – 31/03/19) before the start of the new charity's first full financial year (01/04/19)

INCOME		EXPENDITURE	
Donations	£ 167.20	Advertising/website	£55.80
Client Contributions	£ 635.00	Phone & stamps	£4.04
Training Days	£ 112.50	Therapists expenses	£150.00
		Self Employed Development Worker	£225.00
<b>Total Income</b>	<b>£914.70</b>	<b>Total Expenses</b>	<b>£434.84</b>