

STATES OF JERSEY



Jersey

DRAFT HEALTH AND SOCIAL CARE PROFESSIONALS REGISTER (JERSEY) LAW 202- (P.15/2026): AMENDMENT

**Lodged au Greffe on 19th February 2026
by Deputy T.A. Coles of St. Helier South
Earliest date for debate: 10th March 2026**

STATES GREFFE

**DRAFT HEALTH AND SOCIAL CARE PROFESSIONALS REGISTER (JERSEY) LAW
202- (P.15/2026): AMENDMENT**

1 PAGE 42, ARTICLE 1 –

In Article 1(1) –

- (a) delete the definition “registration in the United Kingdom”;
- (b) delete “UK” wherever it occurs in –
 - (i) the definition “relevant UK regulatory body”;
 - (ii) the definition “relevant UK registration number”.

2 PAGES 44 to 72 –

In the following provisions, delete “UK” wherever it occurs –

- (a) Article 3;
- (b) Article 5;
- (c) Article 9;
- (d) Article 14;
- (e) Article 16;
- (f) Article 17;
- (g) Article 21;
- (h) Article 22;
- (i) Article 36;
- (j) Schedule 1.

3 PAGE 44, ARTICLE 3 –

In Article 3(2), delete “but only so that the list contains occupations for which registration in the United Kingdom is required to practise in the United Kingdom”.

4 PAGE 45, ARTICLE 7 –

In Article 7(4)(b), for “in the United Kingdom as having that title or annotation” substitute “as having that title or annotation by virtue of their registration with a relevant regulatory body”.

5 PAGE 49, ARTICLE 16 –

In Article 16(1)(b)(i) and (ii), for “in the United Kingdom” substitute “with a relevant regulatory body”.

6 PAGE 51, ARTICLE 20 –

In Article 20(1)(a), (c) and (e), for “in the United Kingdom” substitute “with a relevant regulatory body”.

7 PAGE 52, ARTICLE 21 –

In Article 21(2)(d), for “in the United Kingdom” substitute “with a relevant regulatory body”.

8 PAGE 53, ARTICLE 23 –

In Article 23 –

- (a) in paragraph (1), for “relevant UK regulatory body has been suspended (“a suspension in the UK”)” substitute “relevant regulatory body has been suspended by that body”;
- (b) in paragraphs (2), (4), (8) and (9), for “in the UK” substitute “by the relevant regulatory body”.

9 PAGE 65, SCHEDULE 1 –

(1) In the Schedule, in paragraph 1(1) –

- (a) before the definition “Health Professions register” insert –
“accredited by the PSA” means accredited under section 25G(3) of the NHS Reform Act;
- (b) after the definition “Health Professions register” insert –
“NHS Reform Act” means the National Health Service Reform and Health Care Professions Act 2002 of the United Kingdom;
- (c) after the definition “prescription only medicine” insert –
“PSA” means the Professional Standards Authority for Health and Social Care established under section 25 of the NHS Reform Act;
“voluntary register” has the meaning given in section 25E(2) of the NHS Reform Act.

(2) In the Schedule, in the table in paragraph (2) –

(a) before the row for arts therapist insert –

Animal assisted psychotherapist/therapist	Entry as an animal assisted psychotherapist/therapist in a voluntary register accredited by the PSA	The person that maintains the voluntary register	
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(b) after the row for biomedical scientist insert –

Child and young person’s therapist	Entry as a child and young person’s therapist in a voluntary register accredited by the PSA	The person that maintains the voluntary register	
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(c) after the row for clinical scientist insert –

Counsellor	Entry as a counsellor in a voluntary register accredited by the PSA	The person that maintains the voluntary register	
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(d) after the row for physiotherapist insert –

Play therapist	Entry as a play therapist in a voluntary register accredited by the PSA	The person that maintains the voluntary register	
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(e) after the row for prosthetist insert –

Psychotherapist	Entry as a psychotherapist in a voluntary register accredited by the PSA	The person that maintains the voluntary register	
Psychotherapist counsellor	Entry as a psychotherapist counsellor in a voluntary register accredited by the PSA	The person that maintains the voluntary register	

(f) after the row for speech and language therapist insert –

Talking therapist	Entry as a talking therapist in a voluntary register accredited by the PSA	The person that maintains the voluntary register	
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10 PAGE 73, SCHEDULE 2 –

In Schedule 2, for paragraph 17 substitute –

17 [Health Insurance \(Approved Prescribing Practitioners\) \(Jersey\) Order 2025](#)

In the [Health Insurance \(Approved Prescribing Practitioners\) \(Jersey\) Order 2025](#) –

(a) for the table in Article 2(3)(b) there is substituted –

Prescribing practitioner	Registration requirement
Non-GP doctor	Registered to practise the scheduled occupation of medical practitioner under the HSC Professionals Register Law
Nurse – independent prescriber	Registered to practise the scheduled occupation of nurse under the HSC Professionals Register Law and permitted to hold themselves out as having this protected title or permitted annotation by virtue of their registration with a relevant regulatory body

Paramedic – independent prescriber	Registered to practise the scheduled occupation of paramedic under the HSC Professionals Register Law and permitted to hold themselves out as having this protected title or permitted annotation by virtue of their registration with a relevant regulatory body
Pharmacist – independent prescriber	Registered to practise the scheduled occupation of pharmacist under the HSC Professionals Register Law and permitted to hold themselves out as having this protected title or permitted annotation by virtue of their registration with a relevant regulatory body

(b) after the table in Article 2(3)(b) there is inserted –

(4) For the purposes of paragraph (3) –

- (a) “HSC Professionals Register Law” means the Health and Social Care Professionals Register (Jersey) Law 202-;
- (b) “relevant regulatory body” has the meaning given in Article 1 of the HSC Professionals Register Law.

11 PAGE 73, SCHEDULE 2 –

In Schedule 2, in paragraph 36 –

(a) for sub-paragraph (a) substitute –

(a) in Article 1(1) –

(i) after the definition “health record” there is inserted –

“HSC Professionals Register Law” means the Health and Social Care Professionals Register (Jersey) Law 202-;

(ii) for the definition “registered optometrist” there is substituted –

“registered optometrist” means a person who is registered to practise the occupation of optometrist under the HSC Professionals Register Law;

(b) in sub-paragraph (j), in the substituted paragraph (2) –

(i) for “in the United Kingdom as having that protected title or permitted annotation” substitute “as having that protected title or permitted annotation by virtue of their registration with a relevant regulatory body”;

(ii) for “Health and Social Care Professionals Register (Jersey) Law 202-” substitute “HSC Professionals Register Law”;

(c) in sub-paragraph (j), in the substituted paragraph (3) –

(i) for “Health and Social Care Professionals Register (Jersey) Law 202-” substitute “HSC Professionals Register Law” in the 2 places it occurs;

(ii) for “permitted to hold themselves out in the United Kingdom as having 1 or more of the following protected titles or permitted annotations”

substitute “permitted to hold themselves out as having 1 or more of the following protected titles or permitted annotations by virtue of their registration with a relevant regulatory body” in the 2 places it occurs;

- (iii) after the definition “nurse – independent prescriber” insert –
 - “relevant regulatory body” has the meaning given in Article 1 of the HSC Professionals Register Law;
- (d) in sub-paragraph (c), in relation to Schedule 2, Part 3, for “Health and Social Care Professionals Register (Jersey) Law 202-” substitute “HSC Professionals Register Law”;
- (e) in sub-paragraph (e), in relation to Schedule 2, Part 3, for “Health and Social Care Professionals Register (Jersey) Law 202-” substitute “HSC Professionals Register Law”.

12 PAGE 73, SCHEDULE 2 –

In Schedule 2, in paragraph 39, in the substituted text –

- (a) before the definition “nurse independent prescriber” insert –
 - “HSC Professionals Register Law” means the Health and Social Care Professionals Register (Jersey) Law 202-;
- (b) in the definition “nurse independent prescriber” –
 - (i) in sub-paragraphs (a) and (b), for “Health and Social Care Professionals Register (Jersey) Law 202-” there is substituted “HSC Professionals Register Law”;
 - (ii) in sub-paragraphs (a) and (b), delete “in the United Kingdom”;
 - (iii) in sub-paragraph (a), after “midwife – independent prescriber” insert “by virtue of their registration with a relevant regulatory body”;
 - (iv) in sub-paragraph (b), after “the following protected titles or permitted annotations” insert “by virtue of their registration with a relevant regulatory body”;
- (c) after the definition “nurse independent prescriber” insert –
 - “relevant regulatory body” has the meaning given in Article 1 of the HSC Professionals Register Law.

13 PAGE 73, SCHEDULE 2 –

In Schedule 2, in paragraph 40 –

- (a) before sub-paragraph (a) insert –
 - (aa) in Article 1(1), after the definition “health prescription” there is inserted –
 - “HSC Professionals Register Law” means the Health and Social Care Professionals Register (Jersey) Law 202-;
- (b) in the following provisions, for “Health and Social Care Professionals Register (Jersey) Law 202-” substitute “HSC Professionals Register Law” –
 - (i) sub-paragraph (a), in the substituted text;
 - (ii) sub-paragraph (b), in the substituted text;

- (iii) sub-paragraph (c), in the substituted text;
- (iv) sub-paragraph (d), in the substituted text;
- (v) sub-paragraph (e), in the substituted text;
- (vi) sub-paragraph (f), in the substituted text;
- (c) in the following provisions, delete “in the United Kingdom” –
 - (i) sub-paragraph (d), in the substituted text;
 - (ii) sub-paragraph (e), in the substituted text;
- (d) at the end of the substituted text in sub-paragraphs (d) and (e), insert “by virtue of their registration with a relevant regulatory body”;
- (e) after sub-paragraph (d), insert –
 - (da) in Article 1(1), after the definition “registered premises” there is inserted –
 - “relevant regulatory body” has the meaning given in Article 1 of the HSC Professionals Register Law;

DEPUTY T.A. COLES OF ST. HELIER SOUTH

REPORT

Summary

The intention of these legislative amendments can be categorised into 3 different sections.

First, to remove references to United Kingdom (UK) from the legislation. Whilst this will not affect the ability of the Minister to use UK legislation to set the requirements of health and social care professionals it will, if approved, allow for standards from around the world to be considered, without needing to amend primary legislation later.

Second, to insert additional interpretations in Schedule 1 (Article 3). This, if approved, would insert the Professional Standards Authority, their accreditation and their voluntary register into the interpretations, therefore, allowing additional Scheduled Occupations to appear in Schedule 1.

Third, to reinstate Psychotherapist, associated psychotherapy occupations and add Counsellor into Schedule 1 (Article 3), Scheduled Occupations (Column 1), as well as setting out the requirements under Qualification Requirements (Column 2) and Relevant Regulatory Body (Column 3).

Removing references to the UK & United Kingdom from the Legislation

Jersey is a self-governing jurisdiction with our own legislative Assembly, courts and regulatory bodies. The United Kingdom (UK) centric drafting of this legislation raises questions about the constitutional position of our Island and our accountability to the electorate.

By removing the reference to the UK, this does not compromise the Minister's ability to utilise UK legislation or cooperate with UK regulators to ensure that Jersey's health and social care professionals comply with their standards and obligations.

A Jersey-focused legislative framework is more flexible and easier to update, allowing future Ministers to react quickly to local priorities without having to wait for UK lawmakers to update their position. It would also allow the Minister to adopt standards and regulatory bodies from different jurisdictions, in addition to the UK standards and bodies, if they believe these are better suited to Jersey and are in the interests of the Island.

Removing unnecessary references to the UK aligns with general good practise for drafting legislation which aims to be clear, precise and jurisdiction specific.

Inserting the Professional Standards Authority in the Interpretation of Schedule 1

The [Professional Standards Authority](#) (PSA) are the regulator of regulators, introduced through the [National Health Service Reform and Health Care Professions Act 2002](#). They have direct oversight of how organisations like the General Medical Council (GMC), Nursing and Midwifery Council (NMC) and Health Care Professions Council (HCPC), all operate and ensure high standards of regulation. The inclusion of the PSA in the interpretation of Schedule 1 provides clarity and certainty as to the standards framework that underpins both statutory and voluntary regulation.

All the UK regulatory bodies in Column 3 of Schedule 1 are overseen by the PSA, and the introduction of this interpretation reduces ambiguity when the law refers to accreditation, standards or assurances. This interpretation will allow better flexibility for the Minister, if, in future, they wish to add an accredited voluntary regulator to tackle an issue that is apparent in Jersey but has not yet caused sufficient issues in the UK for this regulator to be made statutory.

By using the PSA, this will allow those being regulated better choice of who will be providing that regulation. This is important when it comes to understanding the differences between health and social care services being offered, for example, a practitioner offering psychotherapy only to adults would need different oversight than a psychotherapist that works with children and young people.

Reinstating Psychotherapist to the list of Registered Professionals

The [Health Care \(Registration\) \(Jersey\) Law 1995](#) currently requires anyone calling themselves a psychotherapist or practicing psychotherapy to register. Since 2014, applications and registrations by psychotherapists have been made to the Jersey Care Commission, with the register made available to the public. However, Psychotherapist does not appear in the [Health Care \(Registration\)\(Prescribed Qualifications\)\(Jersey\) Order 2003](#). This has led to the Jersey Care Commission using the membership to a PSA accredited voluntary regulator as confirmation of qualifications.

In response to [Oral Question 17/2026](#), in the Assembly, the Minister made it clear that the lack of statutory regulation in the UK is the main reason for not including psychotherapists in the [Draft Health and Social Care Professionals Register \(Jersey\) Law](#).

As a consequence of not including Psychotherapist in Schedule 1, Column 1 of the draft Law, Schedule 1, Column 4 (Protected titles and permitted annotations) only includes one form of psychotherapist required to register: an Arts psychotherapist. No other psychotherapist needs to register, and it is not clear why this one form of psychotherapy needs better oversight than any others.

The 2nd paragraph of the Minister’s report in [P.15/2026](#), has 3 bullet points that clearly set out the main objectives of the Jersey Health and Social Care Professionals Register (the “Register”) –

- assure Islanders that all regulated healthcare professionals are suitably qualified and fit to practise in Jersey;
- mitigate the risk that professionals who have been found unfit to practise in the UK may continue to practice in Jersey; and
- provide oversight of who exactly is practising in the Island and their employment status (for example who their employer is, whether they are self-employed, etc).

When strengthening our registration of health and social care professionals it makes no sense to then decide to weaken an area. Given the knowledge and understanding of mental health and how vulnerable people can be when in crisis or seeking support, it seems neglectful and irresponsible to omit a previously registered profession.

The move to include the occupation of Counsellor in the Register is both practical and logical given that the majority of PSA accredited bodies that regulate psychotherapists also regulate counsellors. If we recognise a body that will provide oversight to both types of therapists, it makes sense to have both registered. By requiring this type of regulation, we will ensure Islanders can access suitably qualified and fit to practise psychotherapists and counsellors in Jersey.

The new entries proposed in this amendment, in Schedule 1 (Column 1, Scheduled Occupation), are based on the [PSA Accredited Register](#) and include an annotation of Psychotherapist. This list makes a clear distinction between those offering oversight for counselling services, psychotherapy and, most importantly, child and young person’s therapy.

The **Appendix** provides an article from the Times and is one story of why regulation of Psychotherapy and Counsellors is necessary.

Conclusion

Taken together or individually, these amendments strengthen Jersey’s health and social care regulatory framework in a way that is proportionate, flexible and firmly rooted in the Island’s constitutional position.

Removing unnecessary references to the United Kingdom modernises the legislation and reinforces Jersey's autonomy, while preserving the Minister's ability to draw on UK or other international standards where this is in the best interests of Islanders. This futureproofs the law and avoids the need for repeated primary legislative change as regulatory practice evolves.

The inclusion of the Professional Standards Authority within the interpretations of Schedule 1 provides clarity and coherence to the regulatory framework. It aligns existing statutory regulators under a recognised oversight body and enables the controlled use of accredited voluntary registers where this offers a pragmatic and effective regulatory solution, particularly in areas not subject to statutory regulation in the UK.

Finally, reinstating psychotherapists and introducing counsellors to the register corrects an inconsistency that has emerged over time and avoids the unintended weakening of safeguards in an area involving vulnerable individuals. The proposed approach reflects existing practice, aligns with PSA accredited regulation, and ensures that Islanders can have confidence that those providing counselling and psychotherapy services are suitably qualified, appropriately regulated and fit to practise.

These amendments therefore support the stated objectives of the Register: improving public assurance, mitigating regulatory risk, and providing clear oversight of who is practising in Jersey. For these reasons, the amendments represent a sensible, necessary and responsible enhancement to the draft Law.

Financial and staffing implications

There would be no additional financial or staffing implications as the regulation of Psychotherapists is current covered by the Jersey Care Commission. The cost of adding the regulation of Counsellors to the work of the Jersey Care Commission would be covered by the required fees within the existing fee structures.

Children's Rights Impact Assessment

I consider that this proposition has no direct or indirect impact on children and that the duty to have due regard to the UN Convention on the Rights of the Child does not arise. Accordingly, a Children's Rights Impact Assessment is not required under the [Children \(Convention Rights\) \(Jersey\) Law 2022](#).

APPENDIX TO REPORT

10/08/2025, 12:58 My therapist told me Mum had abused me. She hadn't

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My therapist told me Mum had abused me. She hadn't

This woman severed ties with her mother after false memories of childhood sexual abuse emerged during sessions with her counsellor. Francesca Angelini talks to her and other families shattered by unregulated therapists



Sarah Strutt, left, and her daughter Hui Hue, 38, right, photographed at Hue's house in Lewes, East Sussex. They are now in contact every day

LAURA PANNACK FOR THE SUNDAY TIMES MAGAZINE

Francesca Angelini, Deputy Editor, Sunday Times Magazine
Thursday August 07 2025, 5.00am BST, The Sunday Times

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My therapist told me Mum had abused me. She hadn't

Steve was at home in Oxfordshire four years ago when his phone pinged with a video message from his daughter Joni. She was rarely in contact these days, so he quickly pressed play. "It was horrendous," he recalls. "Joni looked awful, her face was drawn and she was looking at the camera making all these accusations of all kinds of abuse that I was meant to have done to her when she was two years old."

Steve called her immediately and sent several messages. He desperately wanted to talk to his daughter, to tell her that this abuse had never happened, but Joni wouldn't answer. "I got all the family together then and showed them the video. They couldn't believe that Joni was saying this," he recalls. "It devastated the family, absolutely devastated us."

Steve holds one person to blame: a therapist whom Joni began seeing after she left home in her early twenties. Until then, Steve says, the family had been tight. But shortly after the therapy began, Joni told her parents she needed space. "She'd give us excuses that she was busy, that she couldn't meet up," Steve says.

It was strange behaviour, out of character, but they dismissed it as Joni growing up and seeking independence. In fact, "she was being brainwashed", he says.

Within two years Joni was in thrall to her therapist, Rebecca, and had rinsed her savings on sessions with her. Next Joni cut off all contact with her friends and family and moved away without giving an address.

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Out of despair, Steve and his wife read the journal Joni had left behind in her old flat. "We weren't going to but we wanted to

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know what had happened,” Steve says. It contained details of intense, unorthodox therapy sessions, of Rebecca’s suggestion that there was buried trauma in Joni’s past.

“We looked up this woman’s website and it said all this stuff about how your mind has to heal your body. And if you have any buried traumas in your life, we will find them.”

Steve is adamant he never abused his daughter and believes that Rebecca was determined to reveal buried memories of abuse, whether or not they existed. “I had no idea someone could do this. This therapist has ruined our family’s life. I used to be an outgoing person; now I’m a shell.”

Steve sought advice from the London-based Cult Information Centre, a charity that helps people affected by the type of brainwashing that goes on in cults. They suggested all the family could do is wait for “her lightbulb to come on” — the pivotal point when an indoctrinated person begins to question their new belief system.

However, Steve and his wife felt useless just waiting. Two years after the video message they tracked down an address for Joni and waited outside. After several hours she came around the corner. “Her face was like thunder when she saw us but she said, ‘You’d better come in,’ ” he recalls. “She had nothing — just clothes and a bed, not even a kettle. Then we were all in tears, weeping. But we didn’t say much because you have to tread really, really carefully.”

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It was too much for Joni. After meeting for a coffee the following day, “she burst into tears, said, ‘I can’t do this,’ and ran off. And that was it,” Steve says. His daughter “felt like a total stranger”.

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Steve and his family are not alone in this situation. Last year the podcast series *Dangerous Memories* by Tortoise Media investigated a London-based life coach called Anne Craig who, it was alleged, had made several young women believe horrific, untrue things about their parents via therapy sessions, leading them to cut themselves off from friends and family for years.

After it aired, a number of other parents came forward with accounts of similar experiences with different psychologists and therapists. The podcast producers put them in touch with me. Steve — not his real name — was one of them. Except for one family who have been reunited, none wanted to be identified. They were worried exposure would further drive away their estranged daughters. All said they had been happy families and that the accusations of abuse were entirely unfounded. Each parent expressed horror and bafflement that therapy could turn so manipulative and abusive, and that they had no legal means to stop these rogue therapists. They wanted to know what could be done to change that.



The life coach Anne Craig outside the High Court in 2016. She denies manipulating clients including Hue

PAUL KEOGH

The problem with therapy

In the UK therapy is booming. Nearly a third of adults have sought help from a counsellor or psychotherapist in the past year, according to a YouGov survey commissioned this year by

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the British Association for Counselling and Psychotherapy (BACP), which found that 75 per cent of people who have had therapy would recommend it to someone struggling with their mental health.

It is widely acknowledged that therapy can be incredibly beneficial, life-saving even. Yet a therapist-patient dynamic is unique and vulnerable to abuse. For many people, their therapist is the person they trust most.

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What many people who sign up for therapy don't realise is that, unlike other healthcare roles, there is no statutory regulation of the profession in the UK. NHS practitioners must be registered, but in private practice "psychotherapist", "psychologist", "psychoanalyst", "hypnotherapist", "therapist" and "counsellor" are all unprotected terms – meaning anyone without any form of qualification can set themselves up as one tomorrow, with a plaque on the door. This excludes "clinical psychologist", "counselling psychologist" and some other titles, which are statutorily regulated, and art, drama and music therapy, which are regulated professions.

There are several professional bodies – of which BACP is the largest – that require a minimum amount of training to join and have a non-legally binding complaints procedure, but it is up to the individual practitioner if they want to accredit themselves. There is no law to stop a therapist from continuing to practise even if they are struck off a professional register after misconduct; and they are under no obligation to report this to their patients.

The UK is unusual in this. Therapists in every state in America must have a licence. In Europe, the European Certificate of Psychotherapy is often demanded from practising therapists,

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while countries including Germany, France, Italy, Sweden and the Netherlands all require training and registration in psychotherapy.

There are of course many private unregistered therapists in the UK who are ethical and very good at their work, but there are some who are the opposite.

The idea of uncovering buried or repressed memories of trauma is not new. It took hold in the 1980s when increasing numbers of people began to claim that in the course of psychotherapy they had unearthed memories of childhood sexual abuse.

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Some experts were sceptical and began to investigate whether therapists were inadvertently implanting false memories of childhood trauma in clients through suggestive techniques, memories in which the person came to believe fully. A key sceptic was the American psychology professor Elizabeth Loftus, whose studies have found that, through guided imagery, dream analysis and suggestion, patients can become convinced that they suffered deeply traumatic events in childhood that never happened. Others, especially therapists, stood by the validity of these recovered memories: the debate was dubbed "the memory wars".

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The psychologist Elizabeth Loftus's studies have shown how memories can be manipulated

GRAEME ROBERTSON / EYEVINE

The American Psychiatric Association went on to warn that “recovered” repressed memories in which the person believes strongly were often not true. Former clients began suing their therapists. In a landmark case in 1995, a jury in Minnesota awarded \$2.6 million to a woman who claimed her psychiatrist told her that if she recovered her buried memories she would discover that she had been sexually abused by relatives.

In Britain in 2017 the British Psychological Society published an article saying “there is now widespread agreement on the existence of false memories of sexual abuse and on the immense harm they can cause”.

In 2019 a group of memory scientists in America, including Loftus, concluded that therapists were still using techniques that had the potential for creating false memories, “potentially leading to false accusations”.

Known as false memory syndrome, it remains highly controversial, with survivors of sexual abuse saying that it can be used as a get-out by perpetrators in genuine cases.

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Peter Naish, a psychologist and former president of the section for hypnosis and psychosomatic medicine at the Royal Society of Medicine, is in no doubt that the syndrome is real. "It's not unusual that therapists do think there is probably something lurking in your past," he says.

They are not implanting false memories deliberately, he says, but "it's very dangerous and the effect can be devastating. It feels entirely like a memory — [the clients] 'remember' it clearly, so they are deeply affronted when a person suggests it might not be true. If the alleged perpetrator denies it, then yes, the chances are they will cut them off."

The indoctrination of Hui Hue

Sarah Strutt's daughter Hui Hue stopped replying to her messages shortly after she began therapy sessions with Anne Craig in 2010. Strutt didn't yet know it, but Hue had come to believe that she was the victim of extreme sexual abuse in childhood and that her mother had been at the centre of it all. All Strutt knew was that she was losing her daughter. "I was always trying to hang on, not trying to be too pushy. But she was slipping away."

By 2012 Hue had cut her off completely. Strutt "ambushed" her daughter on three occasions after this, demanding to know what was going on. None of them went well. "It was agony. Every morning it was like waking up in a vat of black oil," Strutt says softly. "But I never gave up hope; you can't live without hope."

Eventually Strutt learnt from another family — whose daughter was also a client of Craig — about the allegations of abuse. For years Strutt had no idea where Hue was, but the lightbulb moment came in 2017.

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Hue as a child
COURTESY OF HUI HUE

Pregnant with her first child, Hue agreed to meet her mother in a café in Brighton. It was the first time they had seen each other in more than three years. “My heart was in my mouth but I stayed calm and just listened to her,” Strutt says. Until at one point Hue brought up the sexual abuse.

“I said she had to accept that false memories had been planted and it all blew up,” Strutt says. “Hui started screaming that it was a waste of time.” Strutt managed to calm things down, telling Hue that although she didn’t have a right to tell her what had happened, she just didn’t remember it that way herself.

Today Strutt, 70, is sitting next to Hue, 38, at the table of Hue’s kitchen in Lewes, East Sussex, patting her daughter’s golden retriever. She and Hue are now in contact every day but it took a long time for them to get to this point of reconciliation.

Over rooibos tea, Hue tells me she first met Craig shortly after she had finished her training as a portrait artist at the prestigious Charles H Cecil Studios in Florence. She had moved back to London and was feeling vulnerable, “lost in this massive pond”. Friends who were clients of Craig extolled her powers of spiritual therapy. They told Hue that Craig could “see things in yourself that you couldn’t see”. She made an appointment.

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Sessions at Craig's house in Camberwell cost £90 and almost always ran over the therapy standard of 50 minutes. Hue began to see her weekly. They were also in regular contact outside of sessions. Craig would, Hue claims, ask her to draw and write down her feelings using her left hand (she is right-handed) and later burn these pictures. She would also tell Hue to write down her dreams when she woke up so Craig could interpret them.

Hue didn't recognise the red flags. Why would she? She was young and had never had therapy before. "To me it was just lovely that the sessions were so long, that she was in touch with me outside of them," she says. "Looking back I can see that even the first chat was weird. Immediately she made me feel she knew things about myself that I couldn't access. She had the power and I wanted to please her."

Craig's interpretations of what had gone on in her past got darker, Hue claims. "If I told her that I didn't believe something could have happened to me she'd ask me what I was avoiding, lead me back towards what she wanted me to believe."

Hue began to think that she had repressed memories that involved gang rape, paedophile rings and murdered children. "Craig forbade me from telling my family what she was discovering in these sessions – the rule was never confront them, never tell them," she recalls. "I was terrified. The abuse I was believing was really severe."

Craig vehemently denies implanting false memories into Hue or any client.

Hue says her dependency on Craig grew and eventually she cut herself off from family and friends and disinherited herself – without explaining why. "I was stripped of every pleasure and every joy," she says. "It got to the point where I needed Anne's permission for absolutely everything. I was like a very fragile child who couldn't make any decisions."

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Strutt with Hue, right, and her siblings, Charles and Sophie, c 1992
COURTESY OF HUI HUE

The unravelling

Craig had no formal training or qualification to deal with the issues that arose in her sessions with Hue. Her professional background was as a development coach for companies. In 2014 lawyers acting for the family of another of Craig's clients wrote to the life coach demanding that she stop planting false memories in their daughter. Eight months later Craig was arrested for fraud and for causing psychological harm, though the latter charge was dropped. She spent six months on bail — and, crucially, was not allowed contact with Hue and the other young women who were her clients. In 2015 the CPS decided not to pursue the case.

For Hue the sudden loss of contact with Craig was torturous, but in hindsight she believes that being forced back out into the world was what she needed. She went out busking and started talking to people again. Doubts began to set in about Craig. "Isolation is so powerful. When that's not there, it doesn't have that same grip on you," she says.

Lawyers for Craig deny all these accusations. "These allegations have been presented to Mrs Craig on a number of occasions and on every occasion have lacked supporting factual evidence. They are, and always have been, considered by Mrs Craig to be malicious and intended to cause Mrs Craig harm and damage."

Hue — who has changed her name by deed poll — now has two young children and is working as a portrait artist and musician.

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She is still fragile, still rebuilding herself, and finds it overwhelming to talk about the years of damaging therapy. She has been diagnosed with PTSD. "The big abuse stuff like the paedophile ring fell away quickly, but then you have to sort out what memories are real and what you actually know," she says.

For years, she says, she felt "like I must have been sexually abused because I feel so much pain. That was the conclusion that fitted most. Because what bigger validation is there for your suffering?"

A social psychologist who specialises in helping people who have left cults later explained to Hue that this was very normal. "A lot of people can attach that solution to feelings of emptiness or pain, she told me. But I'd still say to Mum stuff like, 'I trust you but I just need to know, did you ever sexually abuse me?' And I saw in her eyes that she didn't. But I'm still unpacking the whole thing today. It's so toxic."



LAURA PANNACK FOR THE SUNDAY TIMES MAGAZINE

Should there be tougher laws around therapy?

Strutt and others are campaigning for a change to the law – Section 76 of the Serious Crime Act 2015, which criminalises coercive or controlling behaviour within intimate or family relationships. They want it widened to include therapists and counsellors. As it stands, it is a crime for a parent or partner to commit this kind of abuse, but not for a therapist.

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Four years ago, Lord Marks of Henley-on-Thames tried to introduce such an amendment. It didn't get through but, he says, there was plenty of crossbench support. In the face of numerous accounts of fake-memory hucksters, he believes it is urgent. "Often it is financially led," he says. "Where therapists — or so-called therapists — can alienate children from their families, they can exercise a great deal of control and charge a lot of fees over a long period because they increase the dependence. It's a form of transference."

Marks and others — including Jonathan Coe, a specialist in professional regulation — are also trying to introduce statutory regulation of therapists and mental health professionals. Voluntarily signing up to professional bodies isn't enough, they say. It doesn't necessarily get rid of bad or incompetent therapists and it isn't easy for people to differentiate between someone who is well qualified and someone who isn't.

The government has resisted calls for statutory regulation, urging people to use qualified practitioners accredited by the Professional Standards Authority for Health and Social Care.

The parents I spoke to felt powerless to stop their daughters from being manipulated by their life coaches or therapists — as long as their daughters were seeing their therapists, they couldn't do anything. Each was waiting for the lightbulb moment.

Steve is hopeful that Joni's might arrive soon. Recently Joni got back in contact with her sibling and, to everyone's surprise, turned up at a party. "She was talking to everybody, laughing and joking, but not to me and my wife," Steve recalls. He tried to speak with her, to tell her these accusations weren't true. All she would tell him was, "Dad, I didn't have a choice."

Then earlier this year the family visited Joni, with her permission. "It went well — much better. We saw each other a few times," he tells me. "We know it's going to be very slow. We don't want to put pressure on her, but we are still hopeful she will come home to us."

The real names of Steve, Joni and Rebecca have been changed

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ASK PROFESSOR TANYA BYRON

My teenage daughter criticises me in therapy speak all the time

August 03 2025, 11.00pm BST

Professor Tanya Byron

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M **Mr Gareth Barnes** ...
7 AUGUST, 2025

As a counsellor, I sincerely wish my job was a legally regulated one. I choose to be a member of the BACP and point this out to my clients so they can check my registration details if they want to.

I do sometimes see that therapists "prey" on clients, the vast majority do not, if I feel that therapy...

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M **Mrs Jane Parsons** ...
7 AUGUST, 2025

Excellent comment. Regulation is long overdue.

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E **Edward Morgan** ...
7 AUGUST, 2025

Our Pam went to see an unregulated therapist . A woman in beige with a voice like gentle drizzle, told her she'd been gaslighted by uncle Len. Pam had to look it up. She thought it had something to do with Victorian street lamps or that time he set fire to the fondue set. But no, apparently it was ...

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G **G Gordon** ...
7 AUGUST, 2025

Excellent writing. You should turn it into short story. :)

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J **J Wells** ...
7 AUGUST, 2025

I sought a psychologist for my daughter last year when she became so anxious she could barely leave the house. I found an amazing therapist on the BACP website, who also worked for CAHMS (child and adolescent mental health service) through the NHS. Within 3 months she was feeling back to her normal...

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J Jason Barbour ...

2 DAYS AGO

Who was the therapist?

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B Ben Rapp ...

7 AUGUST, 2025

Here we are again with this perverse desire for trauma. Most people haven't experienced trauma and don't need therapy, they just need to accept that life doesn't always come up roses. The therapy boom is simple economics - supply increasing to meet demand - and if we keep peddling this nonsense tha...

See more

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F Frank Hodgson ...

7 AUGUST, 2025

Good to hear you're so well balanced and adjusted to everything that life throws at you - hurrah!

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L L Brown ...

7 AUGUST, 2025

When I was in my early twenties an alternative therapist (can't remember the modality) told me my father had abused me. I reported her to the body she said she was a member of, and it turned out they'd never heard of her. My father and I had a difficult relationship but there is no way he was an ab...

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L Les Jones ...

7 AUGUST, 2025

Thank goodness your commonsense overcame your need for validation from the therapist.

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J

J Smith
7 AUGUST, 2025

...

Therapy can often in my experience accentuate existing family tensions. A challenging relationship with parents can become the focus of therapy and parents can then be blamed for all types of problems experienced in later life. Some of this may indeed be valid, but often family and parents in par...

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M

Mr B Armitage
7 AUGUST, 2025

...

You know that you have achieved adulthood when you stop blaming your parents for everything. Blaming being the operative word. For some, there has to be a culprit. We live in a world of blame and counter blame. Which doesn't help those who truly have been abused.

Mrs A

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L

Larry Shaw
7 AUGUST, 2025

...

Everyone I know who has been with a BACP registered therapist has come out of it a happier person. Therapy can be life changing. Regulating it and ensuring therapists have supervision, would be very easy and make absolute sense. This will become even more important as more people are turning to AI ...

See more

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M

Mr Gareth Barnes
7 AUGUST, 2025

...

Good to hear that, you're right about supervision, its compulsory monthly for BACP therapists.

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P

Pauline Toop
7 AUGUST, 2025

...

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10/08/2025, 12:58

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Why would anybody object to regulation and a licensing body ensuring all are properly qualified and take responsibility for the results?

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J Julian Bassett ...
7 AUGUST, 2025

I asked myself the same question.

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S Sutherland ...
7 AUGUST, 2025

Much of the therapy is doing more damage than good now. Far too many unregulated or quack therapists out there preying on anxious and suggestible clients which is a booming business.

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C Caroline Buck ...
7 AUGUST, 2025

It certainly isn't sorting out the mental health "crisis" is it?

More therapists obviously equals more therapy and seems well correlated with more psychological misery rather than less (if you consider the whole population). Obviously individual therapists will claim good results - but they would, ...

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S S Lassman ...
7 AUGUST, 2025

"Nearly a **third of adults** have sought help from a counsellor or psychotherapist in the past year, according to a YouGov survey commissioned this year by the British Association for Counselling and Psychotherapy (BACP), which found that 75 per cent of people who have had therapy would recommend it t...

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M M France ...
7 AUGUST, 2025

Sometimes people need to ask themselves, "does it pass the smell test" and the idea that a third have sought help is nonsense.

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