Association for Family &
Systemic Psychotherapy

Financial report 2025

2026 AGM

Summary

The Association for Family and Systemic Psychotherapy is a member organisation limited by guarantee and a registered charity (England & Wales). Founded in 1975, the organisation is managed by the trustees on behalf of the membership with the day-to-day operations undertaken by a small, professional team.

AFSP continues to undertake CPD management for those members registered to the UKCP, accredit courses provided by external training organisations, produce two publications – *Context* and the *Journal of Family Therapy*, provide webinars and training events and host an annual conference.

As the UK's foremost organisation representing Family and Systemic Psychotherapy, we are proud to maintain our core values and are committed to our stated objects:

> *to benefit the public by the promotion by all available means of the scientific study, practice, research and teaching of family therapy and to bring together those of whatsoever professional discipline who are concerned with the care or treatment of families.*

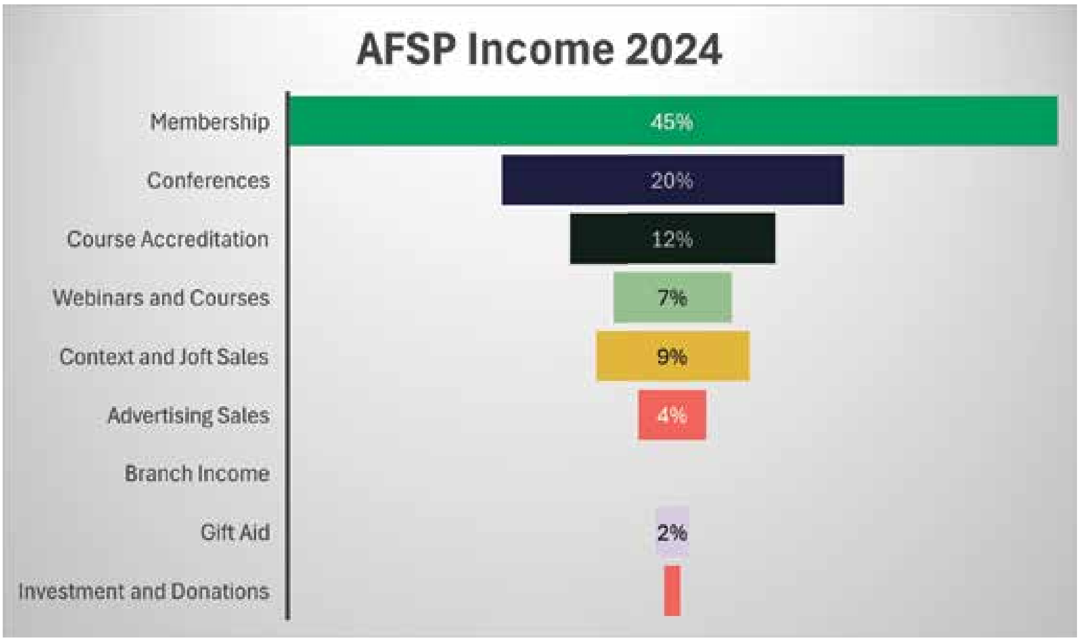
In 2025 the AFSP was proud to host the largest ever gathering of family and systemic psychotherapists at our annual conference in Brighton. This fantastic event provided networking opportunities, renewing old acquaintances and forging new, all coming together to celebrate our 50th anniversary. We also commenced two significant projects which will come to fruition in 2026 – the design and production of a bespoke membership platform and website and the review and update of the cornerstone of training within the UK – the *Blue Book*. These projects represent a significant investment in our future and very much seeks to maintain the position of ensuring the organisation is not overly reliant on any single income stream so providing a level of protection from the surprises and sometimes shocks all organisations encounter within the day-to-day operational activities.

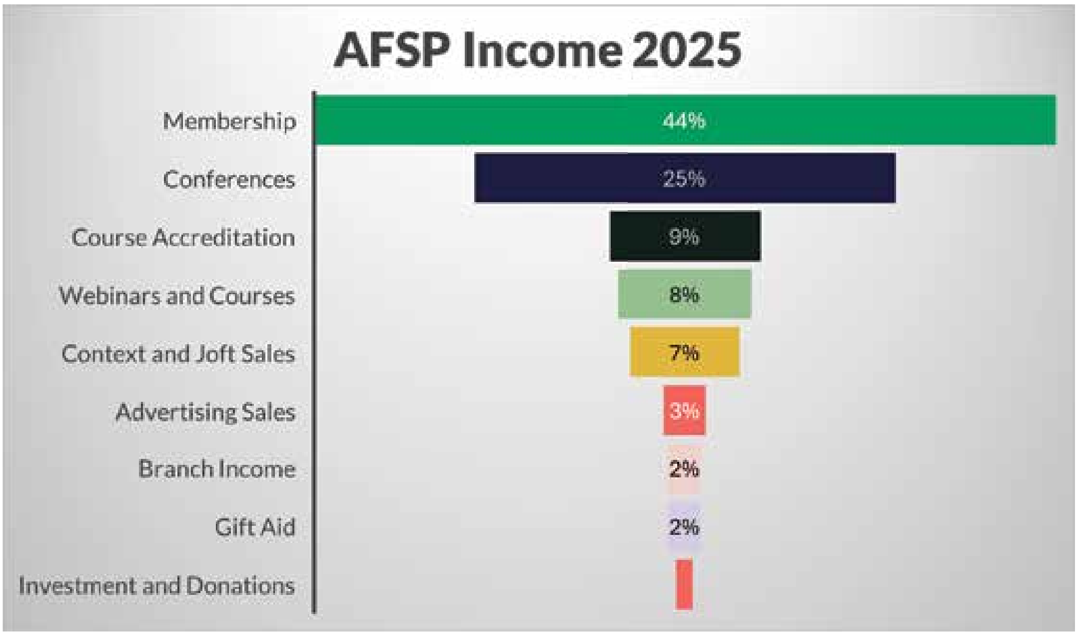
2025 at glance

Total membership	3039	Courses accredited	19
Total income	£ 803564	Webinars provided	15
Total expenditure	£ 925705	Courses provided	1
Conferences/key events	1	Bursaries granted	14

Income

As previously stated, our income streams were structured to help reduce over-reliance on membership fees. In doing so, we have been able to minimise annual rises in these fees which provides a direct benefit to our members. The following charts show the split of our income streams:





Membership

This remains stable compared to 2024 with a slight drop against the previous year. This is due to increased income provided from other areas rather than a drop in actual income.

Conferences

As previously mentioned, this was our 50th anniversary event and saw the largest attendance ever, providing a growth in income.

Course accreditation

We changed the methodology relating to invoicing in 2025, preferring to await a purchase order prior to invoicing, rather than adopting the previous invoice first system which saw a carry-over of debtors into the next financial year. This balance has been addressed in 2026.

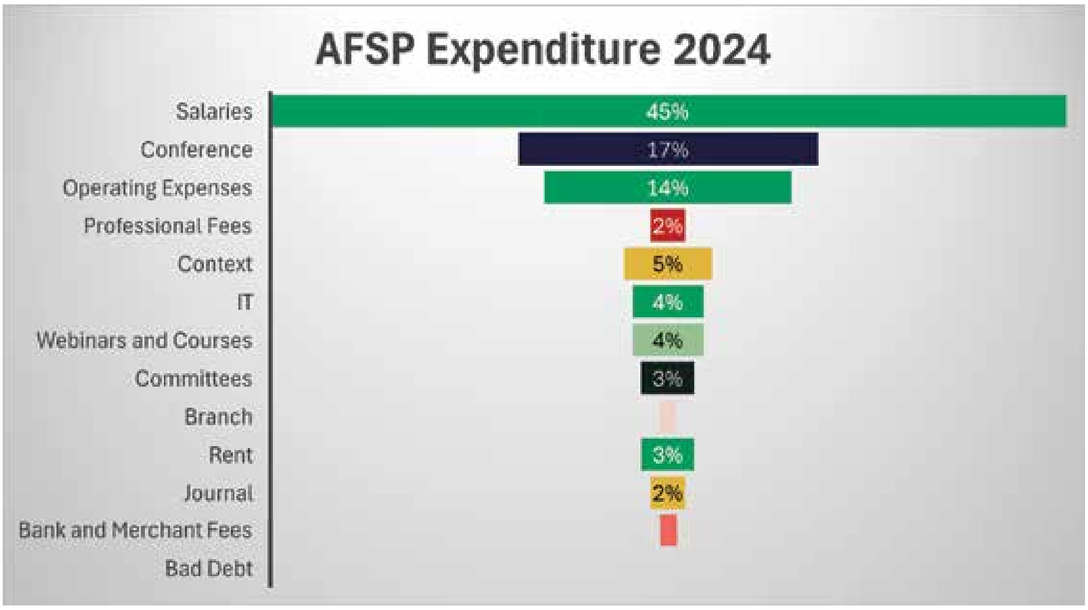
Webinars & courses

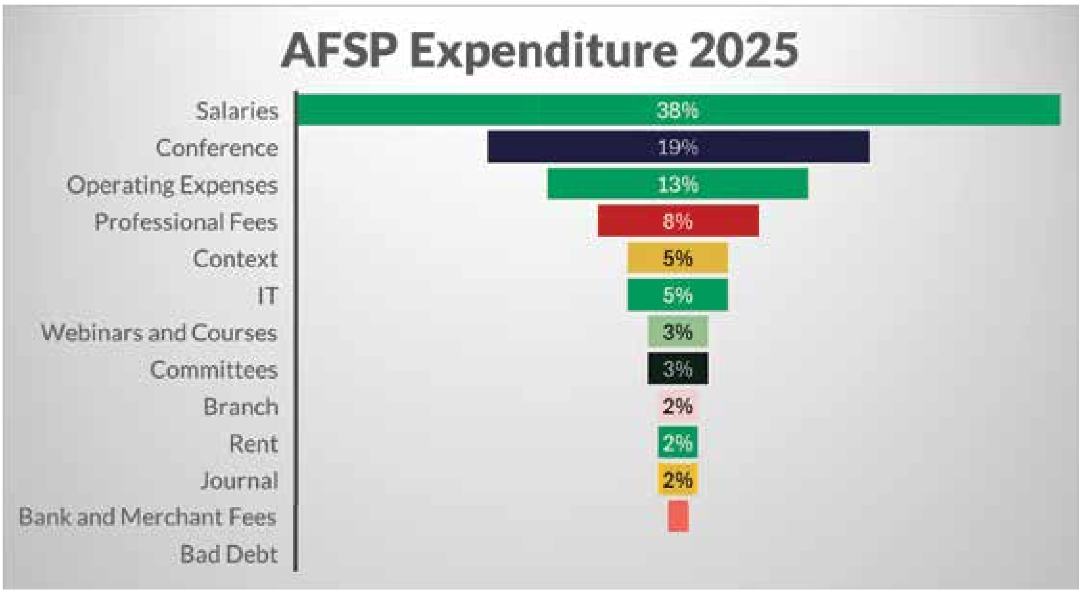
Whilst there appears to be a slight growth in income from the webinars and leadership courses, we did see an overall decline in attendances for both elements. The webinars still provide a positive contribution to AFSP and we are looking closely at both the content and marketing to encourage further attendances.

Context & Journal of Family Therapy sales	Again, the overall contribution looks to be lower than 2024 but the actual contribution increased for both publications. Indeed, the Journal continues to buck the trend experienced with alternate publications where world-wide sales are dropping.
Advertising	2025 saw an actual drop in this area. Recruitment drives within NHS (in particular) seemed to be on hold which has directly impacted on our advertising income.
Others	These areas remain steady. We particularly noted a greater number Gift Aiding their membership fee. The number of members doing this remains relatively low and with greater sign up we could see a significant increase from this area. The new member portal should help with this.

Expenditure

There were a number of notable increases in some areas of our expenditure this year. We paid specific attention to ensuring that our IT infrastructure and data protection were fit for purpose. We also saw an above inflation increase in salary costs whilst experience and overall reduction against overall expense. This was partly due to the HM government increases in employer National Insurance contributions along with additional roles added in communications and professional standards; again, to ensure we considered our commitment to compliancy and governance. The delivery of our new member portal and website saw considerable planned investment requiring draw down against reserves. These will be returned to previous status over the next few years. Again, the two charts provided show year on year comparisons with the variations on expenditure within each year:





Salaries	Whilst the overall percentage impact from salaries fell, the actual cost rose due to the NI increases imposed within the government budget together with a new team member.
Conference	The actual conference was much bigger than previous years bringing more income along with greater consequential costs. The overall impact was a positive return to the organisation.
Operating expenses	The single largest bill within this was the first payment for the development and build of the new website along with the rebrand. Removing this would show a significant drop in overall expense.
Professional fees	The organisation was met with a number of issues throughout the year which required specialist input from professional disciplines. These were necessary to protect the organisation from potential high costs which would have been incurred should we have not used their services.
Context	The financial impact of producing Context remained the same as 2024 which, in real terms meant a considerable increase in its production. This was due to the impact of postal services increasing significantly along with the printing. This was kept to a minimum by moving from the Royal Mail to an alternate provider.
IT	We finalised the process of digitisation in 2025, a project that was committed to in 2021. In doing so, all committee members along with the staff moved to the Microsoft 365 operational platform. We also invested in the Vade AI protection software and ensured all hardware used by the office was protected by the Bitdefender antivirus software. Additionally, some of the older hardware needed to be replaced creating the bigger spend. We also invested in a better Zoom operational platform to enhance the options for the webinar programme.
Webinars & courses	The costs here remain relatively static from previous years and do not include staffing costs which are shown in the overall staffing costs.
Committees	As with webinars and courses, the financial impact remains the same as our committees continue to provide the valuable support services the organisation very much needs and depends upon.
Branch activity	Branch activity, traditionally, was not included within the organisation's financial reporting. However, as part of the organisation and in consideration of what happens to branch funds should they close (they are returned to AFSP) it became clear that financial activity within branches should be reported within the overall return.
Rent & Journal	The costs here remain static though the rent (for the office) is currently under negotiation for the next three years.

For the coming year AFSP will be focusing on strengthening it governance to ensure that we remain fit for purpose and retain flexibility to meet ongoing operational demands. We will continue to look for additional funding streams whilst seeing how we can continue to expand our current offering. The new website/member portal, alongside our new brand identity will ensure we remain at the forefront of our modality and provide the platform to allow us to continue to move forward positively and build an organisation that is fit and ready for the future.

The Board of Trustees.