



EuroPsy

Specialist Certificate in Psychotherapy

**Training Standards for Psychologists
Specialising in Psychotherapy**

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Training Standards for Psychologists Specialising in Psychotherapy September 2011

These standards are guidelines for the future. They are open to revision in the light of developments in the field. In some countries they may not yet be attained, but they are standards for the development of training for psychologists specializing in psychotherapy. Specifically they recognise those who have continued commitments to the disciplines of psychology and psychotherapy.

1 Basic qualifications (prior to specialisation):

EuroPsy Certificate in Psychology.

2 Postqualification Training in Psychotherapy:

Three years full time training, equivalent if training is part time. (The quantitative hours below must be met whatever the route of training.)

This training will include supervision and supervised practice; theoretical & practical knowledge; and personal training (e.g. personal development or other arrangements to ensure that trainees are aware of and can manage appropriately their personal involvement in, and contribution to, the processes of the psychotherapies they practice).

Supervision must have the aim of ensuring that the trainees carry out their work with competence and integrity in line in ethical standards. Where supervision is not based on direct observation, further evidence of competence and integrity must be demonstrated by measures such as monitoring of outcome, discussion of case material with a panel, interviewing selected patients or recording of specified sessions.

3 Quantitative Standards (hours):

Hours of supervision 150

Hours of supervised practice* 500

Theory, therapeutic methodology and technique 400

Personal development 100

*This will include a minimum of 10 cases, supervised over the entire therapeutic process by the same supervisor in any one case and refers to direct client contact hours.

4 The Training Curriculum:

4.1 Psychotherapy training should follow a curriculum.

4.2 Every psychologist specialising in psychotherapy should be trained in at least one of the major therapeutic models. To practise psychotherapy in any model requires thorough training in this model.

Familiarisation with a broader range of models in addition to the main model enables psychologists specializing in psychotherapy to undertake a consultant role within the psychotherapies and also be better placed to know the limits of applicability of a particular model and of their own capabilities.

4.3 The hours defined above are the minimum for training in any chosen model. If a psychologist specializing in psychotherapy wishes to integrate other approaches into his or her therapeutic work, he/she needs first to meet the training requirements for the chosen therapeutic model, prior to gaining sufficient understanding of any other approaches which he/she may wish to inform their work.

4.4 Trainees must be trained in evaluating the therapies they practise.

4.5 Accepted therapeutic models: These may include any major psychotherapeutic model or approach which can demonstrate that it is based on a substantive body of psychological knowledge about human development, change and psychopathology, and has an associated theory of and strategies for, intervention. The body of knowledge must be scientifically recognized and open to research. The development of new models and approaches should be compatible with the above requirements in the judgement of the professional organization of psychologists

6 Criteria for Trainers/Supervisors:

Psychologists training in psychotherapy should be trained by psychologists with specialisation in psychotherapy or other professionals with equal qualifications acceptable to the professional organization of psychologists.

6.1 Teachers of theory should be recognized experts in their field at doctoral level or specialists of comparable standing

6.2 Trainers of psychotherapeutic methodology and technique together with supervisors and training therapists should be specialized psychologists with a minimum of 3 years of postqualification professional experience in psychotherapy.

6.3 Training supervisors in addition should themselves have had experience of supervised supervision according to EFPA EuroPsy criteria established by the professional organisation of psychologists.

6.4 Outside the therapeutic relationship there should be no personal links between training therapists and trainees. The same person should not provide supervision and personal therapy to the same trainee.

7 Criteria for Training Institutions:

Such institutions should

7.1 offer a curriculum approved by the professional body of psychologists that meets the EFPA criteria for the Specialist Certificate in Psychotherapy

7.2 provide qualified trainers recognized by the professional body of psychologist

7.3 verify that trainees have access to appropriate training patients

7.4 provide evidence of qualification after successful completion of the curriculum, acceptable to the professional body of psychologists

7.5 be part of or cooperate with university psychology departments or other research institutions for purposes of evaluation and development of the psychotherapies

7.6 ensure that the entire conditions, including curricula and costs of training are made explicit to all applicants for training

7.8 be organised in such a way that they are able to guarantee that candidates will be able, if appropriate, to complete their training

7.9 have an appropriate complaints procedure

8 Personal suitability:

Personal suitability entails, minimally, that the trainee should be able to manage the psychotherapeutic relationship appropriately and to adhere to ethical guidelines as specified by the ethical code agreed by EFPA.

Trainees personal suitability is evaluated:

8.1 At entry of training by means of assessment from personal interview and other sources of information

8.2 Continuously during training by trainers and supervisors. The training institution is required to give feedback to candidates about any doubts concerning personal suitability. In addition it should give advice or offer possibilities for overcoming such difficulties. Where there are severe doubts as to an individuals suitability, advice to withdraw from training may be given. In cases where such doubts are held by the personal therapist, the therapist should in the first instance discuss these with the candidate. With the agreement of the candidate the therapist may discuss the

matter with the training institution. If no such permission were given by the candidate, the training therapist would be obliged to end the therapy as a training therapy.

9 Exit requirements for completion of training:

9.1 Successful completion of the curriculum, demonstrating evidence of theoretical, conceptual and practice proficiency. This may include theoretical exams and/or case reports presented to the training institution.

9.2 Recommendation by supervisors and teachers

10 Registration as a Psychologist Specialising in Psychotherapy

10.1 After successfully completing the training, the psychologist will be accredited and registered by the professional body of psychologists.

10.2 Specialist psychologists in psychotherapy may also be registered by Government Authorities, if there is appropriate legislation.