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STANDING COMMITTEE
OF
PSYCHOTHERAPY

CONVENOR : YVONNE KRONBERG

REPORT TO THE
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IN ISTANBUL

EFPA
AGORA GALERY _ GRASMARKT 105/39
B_1000 BRUSSELS
BELGIUM
WWW.EFPA.EU

TITLE OF THE SC: STANDING COMMITTEE ON PSYCHOTHERAPY

Report to the General Assembly in Istanbul 2011

1. Executive Summary:

*** Period of SC: We have continued to meet as Standing Committee since the last General Assembly in 2009. We have had 3 meetings since the last General Assembly. Between meetings the committee communicate by mail.**

*** Scope of work: To work with the plan accepted at GA 2009, that is to finish the pilot. It was not possible to finish the pilot as planned before 1.1.2010, as the new awarding committee was not formed, so the SC- psychotherapy continued to make the EFPA award for psychologists specializing in psychotherapy at the meeting in Cyprus may 2010, according to the GA decision of 2009.**

*** Recommendations:**

The Standing Committee has fulfilled the goals of the 1999 GA decision about establishing psychotherapy as a specialist expertise in psychotherapy. An important part of this work has been focused on another GA decision, namely the Standing Committee of psychotherapy functioning as EAC. This function ended officially with New Year 2010. Therefore the committee must redefine its working areas, that is the committee is in need of a new mandate.

We recommend that the General Assembly accept the suggested working areas for the Standing committee in psychotherapy for the next two years as described below.

Introduction to new mandate:

The SC-psychotherapy has been working partly according to the agreed plan from the General Assembly 2009, partly working with suggestions for redefinition of the tasks which would fall naturally within the scope of the standing committee of psychotherapy.

To this end we have discussed the training standards as they were made and accepted in 1999.

Some member countries have suggested a revision of the training standards. It would be natural task for the SC, but it might still be premature.

We have discussed the way the individual assessment route has been implemented and several member countries have suggested needs for a simplification. There is a proposal from a member country that suggest a more direct matching between the assessment questions and training standards.

This also would be a natural task for the committee.

It is our impression that the individual assessment route (the grand parenting route) would be needed for rather a long time, because of the many differences between the countries.

There has been a lively debate in the group concerning the question of future training guidelines.

To find a model, that could give support and inspiration to countries that are planning to shift from individual assessment route to a training route would be valuable for the future europsy/specialist certificate.

We also have discussed the possibility of accreditation of institutional guidelines.

Beside these working areas, which are part of the old mandate for the standing committee, we have discussed more professional issues concerning the use of our specialist expertise in different contexts.

It has been put forward, that psychologists with specialist expertise have not been visible; that it is important to show who we are and what we can convey in relation to important questions in the time.

Our discussions opened for three areas of focus:

A. Standards and guidelines

- a. how EFPA training standards could inspire to curricula guidelines**
- b. accreditation of institutional guidelines (that meet the EFPA standards)**
- c. update of the individual assessment route**

B. Visibility and profession

Contribution from psychologists with specialist expertise in psychotherapy in the health care systems, to assist with mental health and well-being.

C. Cross national cooperation

- a. communications and publications**
- b. updating of information concerning of the different conditions in member countries**
- c. Position statements**

2. Other issues which have emerged

***Cooperation with the S-EAC**

It would be natural to strengthen cooperation between the SP-psychotherapy and the S-EAC in connection with certain training issues or changes in these:

The individual assessment route, the training routes, what approaches to psychotherapy are acceptable and other things.

***The non-psychologist psychotherapist**

The non-psychologists psychotherapist issue has been much debated. It represents a difficult issue, because of the different “cultures” and attitudes toward this question. It has “cost” the group one of its members and attention is drawn to the fact that in some countries it lead to identity issues which means that there are psychologists who do not have their primary identity as psychologist.

The committee is in agreement with the EFPA position that our main focus is our identity as psychologists and that psychology is the best background for specializing in psychology. With non-psychologist psychotherapist we refer to people with masters in other areas than psychology.

3. The current position of member countries:

Rewiew of the current position of the member countries as it looked from the meeting in January 2011 till now.

18 countries are members of the SC-psychotherapy. Around 10 countries are usually represented at the meetings.

Austria: Has just recently joined the SC-Psychotherapy.

Belgium:

Belgium was not part of the pilot; they wanted to wait with the formation of nac and s-nac til the europsy was officially launched. The psychological association plans the establishment of a nac and a s-nac and is represented in the S-EAC.

**The europsy standards matches the Belgium standards.
The title of psychologist is regulated under the ministry of commerce.**

Croatia:

Croatia has not participated in the pilot for europsy/specialist expertise in psychotherapy.

Only psychiatrists with education in psychotherapy can have the title psychotherapist. Title as well as practise of the psychologist is regulated by law (so called: PSYCHOLOGY PRACTICE ACT). According to the law psychologist can provide psychological treatments, a term used for psychotherapy, as the Croatian Psychological Association wanted to avoid arguing with the Psychiatric association.

The europsy standards match the Croatian standards.

Nac and s-nac will be formed this year by Croatian Psychological Chamber.

Cyprus:

Is in a process of establishing nac and s-nac.

Cyprus is currently in the process of establishing a nac.

Psychology is protected by law, even though our law was changed a few times in the past years.

Czech Republic:

On account of the different attitudes to non-psychologist psychotherapists, our Czech members decided to withdraw from the SC-psychotherapy.

Denmark:

The Danish psychological association has established a nac and a s-nac. Denmark is represented in the S-EAC.

In Denmark all psychologists applying for europsy/specialist expertise in psychotherapy must use the training route, which corresponds to the specialization requirements as developed by the Danish psychological association. This training route has been accepted by EFPA.

In Denmark the title of psychologist is protected by law, but not psychotherapy. Everybody can call themselves psychotherapists.

France:

A NAC for europsy has been established. The demands in the europsy is higher than demanded by French law but some psychology departments accepted to complete their courses and to organize for one year supervised practice; they have agreed to give EuroPsy award for psychologists.

France has not participated in the pilot for europsy/specialist expertise in psychotherapy. Europsy/specialist expertise in psychotherapy is in project and a committee is being establish

The title of psychologist is protected by law since 1985, not the practice of psychology.

The title of psychotherapist is protected by law since 2004, but not psychotherapy practice.

Germany:

Germany has been part of the pilot project for europsy/specialist expertise in psychotherapy. The application for europsy/specialist expertise in psychotherapy will continue in the new S-EAC.

Europsy and specialist certificate will not have very much influence in Germany, as title and practice of psychotherapy are protected by law. Approved psychotherapeutic approaches: psychodynamic psychotherapy, (cognitive-)behavioral therapy, person-centered therapy, and systemic therapy.

In Germany, “Guidelines for Psychotherapy” ensure that patients will be cared for in a qualified way via evidence based treatments.

Greece:

In Greece psychology is protected by law

There is no law for psychotherapy

A nac has been established

Ireland:

Ireland has just recently rejoined the SC-Psychotherapy. A provisionel s-nac is ready but the nac has not been formally announced as of yet and so therefore the s-nac is not formally in place. Ireland expects the nac and s-nac to be in place this year.

The Irish psychological association will use the individual assessment route.

Italy:

Following the Leonardo Group invitation, at the meeting of October 21, 2006 the Italian National Awarding Committee has decided to start the experimentation of EuroPsy in Italy. The NAC is nominated by INPA (Italian Network of Psychologists Associations), the National Association of EFPA. The four member associations of INPA are the Italian Union of Psychologists Associations (AUPI), the Italian Psychological Association (AIP), the National Board of Italian Psychologists (CNOP), and Italian Federation of Scientific Psychology Associations (FISSP) and they represent both professional and academic psychologists. Together, the four Associations have almost 72,000 members, with a very large overlap among them. INPA invites the Conference of the Deans of the Faculties of Psychology to nominate a member of the NAC in order to favour direct communication among professionals involved in education and training of Italian psychologists.

The NAC Psychotherapy it was appointed by INPA (Italian Network of Psychologists Associations), in October 2010.

Today, in order to attain the specialization in psychotherapy must attend a recognized school for five years and are only allowed a degree in psychology and medicine.

There are currently 350 schools recognized, in addition 11 schools in the university, of different orientation: psychoanalytic, cognitive-behavioural, systemic, group, family, psychodynamic, etc.

The profession of psychologist is regulated by law n. 56 of 1989 and in the article 3 we find the rule of psychotherapy: can be practiced only psychologists' and physicians they have made a specialization school a minimum 4 years.

Latvia:

Latvia had S-NAC in Psychotherapy approved by the EFPA SC-Psychotherapy, and for five years (2006-2010) Latvian S-NAC has been participating in the SC - psychotherapy pilot phase of development of certification routes, procedures, and assessment of psychologists with expertise in psychotherapy:

- from 2009 S-NAC has been working on development of the training route: general requirements, training guidelines and example training programme for the 'training route' has been created and presented for discussions and approval at two SC-Psychotherapy meetings in 2009 (Lisbon Meeting 9/10 May 2009 and Copenhagen Meeting 9/10 October 2009).

New Latvian S-NAC in Psychotherapy is planned to be formed at the end of 2011, soon after the approval of the NAC from representatives of different professional psychological associations.

In November 2010 EFPA MA Latvian Professional Psychologists' Association (LPPA) has formed the EuroPsy NAC in Latvia, and in February Latvian NAC has applied to the EAC for recognition to award the EuroPsy certificates. So the NAC is in the process of approval

and preparation for certification. NAC is formed by the LPPA from representatives - members of main psychological societies of Latvia; LPPA together with other professional bodies in Psychology is working with Latvian Government on Legislation of psychology for several years. Few project proposal have already been discussed. An agreement has been achieved, that all community of psychologists in Latvia is supporting the EuroPsy implementation , and the new Proposal on Latvian legislation will be created in accordance with the Regulations on EuroPsy. We hope that fruitful cooperation of Latvian psychologists on launching of the EuroPsy will be beneficial for promotion of this Law.

Poland:

Poland has been part of the pilot. A nac and a s-nac has been formed.

Poland has used the individual assessment route.

A new law concerning regulation of psychotherapy (as one of the medical professions) has not been voted yet and nobody knows if it will ever be voted.

It will include master degree from other areas than psychologists and medical doctors.

Portugal:

Psychologist title and Psychology as profession are recently protected by law. The Portuguese standards match the EuroPsy standards.

There no law for the regulation of Psychotherapy, neither the title of Psychotherapist.

The presentation of the NAC and S-NAC was postponed because of the recent changes in the national legal framework of the professional regulation of Psychology.

Since 2009 a new organization “Ordem dos Psicólogos Portugueses” (OPP) is responsible for the compulsory registration of all Portuguese Psychologists.

Now it is necessary with an agreement between SNP, the Portuguese member of EFPA since 1984, and OPP, towards the constitution of a Federation or other organizational solution for the Portuguese representation in EFPA.

At the last meeting in SC-psychotherapy Portugal was still represented in our committee.

San Merino: no recent update

Slovenia:

NAC has been established; there is no separated S- NAC, three psychotherapists are the members.

Slovenia don't have a law for psychotherapy profession yet (it is prepared, but still on the waiting list of our government; other issues and areas are for the government more important- so the proposal of psychology law is being put aside for a while).

Spain:

Has been part of the pilot, using the individual assessment route.

They have had a NAC for three years, which has recognized over 2100 psychologists as europsy/specialist expertise in psychotherapy.

In Spain psychology is protected by law, but psychotherapy is not recognized or protected by law.

Turkey:

Turkey has been part of the pilot for europsy/specialist expertise in psychotherapy. The individual assessment route has been used.

Turkey is in a process of forming an NAC, but has not completed putting together all the required materials. We hope this will be ready sometime this summer. Turkey is represented in the S-EAC

A new mental health law was passed this winter. This law recognizes clinical psychology as a mental health profession, provided the individuals have at least a masters degree in clinical psychology, including supervision.

According to this law, clinical psychologists can practice psychotherapy. They can formulate diagnostic impressions but cannot make formal diagnosis!

United Kingdom:

The UK has been part of the pilot for europsy/specialist expertise in psychotherapy.

Has used a route of mutual recognition of registers, which means that only full or senior members of the BPS register will be eligible for the europsy/specialist certificate.

The practise of psychology is regulated by law. The British member of SC-Psychotherapy wishes to promote the europsy register. The EuroPsych specialist recognition for psychologists specialising in psychotherapy is not needed in the UK for psychologists to practice as psychotherapists but may be important in establishing specialist competence in this area. The practice and use of the title of psychotherapist is at present unregulated.

At present there is no NAC or S-NAC in place although plans to do so are established

4. Conclusion:

The SC-psychotherapy is in transition.

It has moved from developing training standards for specialist expertise in psychotherapy to implementation strategies and their implementation in a pilot.

In these years the SC-psychotherapy functioned as EAC.

As planned the work with awarding the europsy/specialist expertise is now continued by the S-EAC.

We have suggested some sort of future cooperation between the two units.

We have suggested, that the SC-psychotherapy continue its work along three lines of Development:

- **Standards and guidelines**
- **Visibility and profession**
- **Cross national cooperation**

The work of the Standing Committee is commended to the General Assembly.

Standing Committee on Psychotherapy