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OF PSYCHOLOGISTS'
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STANDING COMMITTEE
OF
PSYCHOTHERAPY
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REPORT TO THE
GENERAL ASSEMBLY JULY 2009 IN OSLO

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Report to the General Assembly 2009

Title of the SC: Standing Committee on Psychotherapy

1. Executive summary :

- ❖ Period of SC: We have continued to meet as a Standing Committee since the last General Assembly
- ❖ Scope of work: To complete the work plan set in 2007, namely to establish practical processes to implement the EFPA award for Psychologists Specialising in Psychotherapy
- ❖ Recommendations :

National Associations are continuing to develop their work plans to address the areas agreed in the work plan in 2007.

We recommend to the General Assembly that the work of the Standing Committee continue to establish the basis for the recognition of psychologists with specialist expertise in psychotherapy.

Given the likely full implementation the EuroPsy award we recommend the following steps:

Psychologists who have taken part on the pilot process have been assessed in a two step process. They have been assessed as meeting the standard for EuroPsy (five years university to Master level plus one years supervised practice). They have then been assessed as meeting the advanced standard for the award of EuroPsy (Specialist Expertise in Psychotherapy). We therefore recommend that all members on our provisional register be entered onto the EuroPsy Register on its implementation with the advanced award suitably marked.

Psychologists will be eligible to meet the standard by one of three routes, a recognised Register in a member country, completion of a recognised training programme, or completion of an assessment process where the individual psychologist is assessed as meeting the EFPA criteria.

Until such time as the EuroPsy designation is fully available those whose names are entered on the provisional register will receive a certificate attesting to that achievement and a letter as previously approved setting out the provisional standing of the register and its further review in 2009. So far more than five hundred psychologists have established that they meet the standard. This number will increase significantly once the General Assembly is able to endorse the further work of the Standing Committee.

We also recommend that once the EuroPsy register is fully established that members of the Provisional Psychotherapy register be transferred to become EuroPsy with Specialist Expertise in psychotherapy.

2. Introduction :

The Standing Committee has continued to operate according to the work plan agreed by the General assembly in 2007. We have created National Committees to establish frameworks to assess psychologists within their own country who meet the EFPA standards. These

standards and the regulations governing the award have been accepted by two successive assemblies.

The work has continued in different countries to meet the needs of that country in ways that are consistent with the EFPA agreed standards.

3. The position and work proceeding in different countries involved in the pilot process.

Review of current position in each country in relation to its progress on the Specialist award.

It is clear that the position is rapidly changing in many countries in relation to the regulation of psychotherapy. As this is changing so fast an update country by country has not been included. We concentrate here on the action of each country that has created frameworks for the EFPA specialist award. However, many of our members are working actively within their countries in relation to developing regulatory frameworks. Others are awaiting decisions from the General Assembly before beginning.

Germany: A national committee for the EFPA award has been established. An individual assessment process has been agreed and piloted and psychologists have been assessed against that process. Since the pilot no further psychologists have been assessed awaiting the decisions on EuroPsy.

Spain: A national committee for the EFPA award has been established. An individual assessment process has been agreed and piloted and psychologists have been assessed against that process. Significant numbers have been assessed against the process.

Portugal: Discussions around the award continue and they are looking at the possibility of a Register based approach.

Slovenia: A national committee for the EFPA award has been established. An individual assessment process has been agreed and piloted and psychologists have been assessed against that process. Since the pilot no further psychologists have been assessed awaiting the decisions on EuroPsy.

Denmark: The process of forming the National Committee is complete and the route for the award has been agreed as solely through recognised trainings. A group has met to assess the current trainings. Programmes have been reviewed and those meeting EFPA criteria established. The first group of candidates meeting EFPA criteria through the training route has been approved by the National Committee. They are sharing information with Latvia.

Latvia: A National Committee has been formed. An individual assessment process has been agreed and piloted and psychologists have been assessed against that process. They plan based on collaboration with Denmark to look to establish a training route.

Belgium: They have prepared a plan for programs but confusion on the position of the EFPA Specialist Award in relation to the EuroPsy has hindered this work. A clear

statement from this General Assembly that this work is authorised will help to clear the confusion.

United Kingdom: The National Committee is established as a sub group of the existing BPS Register for PSP. They are only pursuing a mutual recognition of registers route. Thus only psychologists who are full or senior members of the BPS register will be eligible for the EFPA Certificate. Names of psychologists meeting the criteria been forwarded to EFPA and accepted

Turkey: A national committee for the EFPA award has been established. An individual assessment process has been agreed.

Poland: A national committee for the EFPA award has been established. An individual assessment process has been agreed.

4. Other Issues which have emerged

Title of the award

It was made clear that the title of the award should prominently display that it was an award for Psychologists Specialising in Psychotherapy, rather than being an award in Psychotherapy. The final title should match the EuroPsy thus we recommend:

EuroPsy (Specialist Expertise in Psychotherapy)

Layout of the Certificate for the Award

This should follow the layout to be agreed for EuroPsy.

Relation to EuroPsy (given further delays)

We believe that EuroPsy will go ahead this time and the integration of the EuroPsy Register with the Specialist award can take place.

However, in the event of further delays to the EuroPsy it was thought to be important to continue to progress the award for Psychologists Specialising in Psychotherapy. Other psychotherapists are taking the space and unless we establish a clear position with a list of recognised psychologists it will be difficult to maintain our credibility. This is causing considerable difficulties in a number of countries and EFPA must establish that this is space occupied as a specialism within psychology. The current position is that, psychologists can receive recognition by one of the three routes agreed. This recognition is currently marked by:

- Receipt of a Letter of Recognition (which was part of the Report accepted by the GA in Prague) and which is provisional until agreed otherwise by the General Assembly)
- A letter setting out the terms and limits of the recognition.
- Membership of a provisional EFPA List (which will be modified subject to EFPA General Assembly decisions).

This reluctantly will have to continue if the EuroPsy Register is not put in place. We greatly hope that it will be in place. However, the recognition of the speciality, its curriculum and training requirements and the regulations governing it have all been accepted by vote of the General Assembly on several occasions.

It is currently envisaged that there will be one EuroPsy Register in which those who hold specialist expertise recognised by EFPA can add that to the Register information. Thus:

“EuroPsy with Specialist Expertise in Psychotherapy”,

is our proposed final designation.

We recommend that the EuroPsy implementation committees within National Associations meet with the committees established for the specialist award to find effective ways to work together to quickly implement new procedures going forward. We suggest an interim period of two years (until the General assembly or 2011) in which the European Awarding Committee for the specialist award continue to assess against both the EuroPsy and specialist criteria unless candidates have already been accepted as members of the EuroPsy Register. We believe this is necessary to prevent a blockage occurring in considering candidates for the specialist award. The procedures for the specialist award are well established and committees are operating effective processes. This should continue.

5. Summary data

We have now clearly established three routes to the award of recognition of the specialty:

1. Through mutual recognition of national registers as equivalent to the EFPA standard.
2. By recognising training courses that meet the EFPA standard.
3. Through an individual assessment process in which candidates present their credentials to be reviewed by a committee of the National Awarding Committee approved by the Standing Committee on Psychotherapy (acting as the European Awarding Committee) based on the process agreed by the Standing Committee to ensure experienced psychologists who meet the standard can receive recognition.
4. We have established in three previous General Assemblies that those holding the specialist title should be eligible for the basic EuroPsy award and the regulations as agreed state that those considered for the award should hold EuroPsy (where it exists in a member country) or the equivalent (where it is not yet established).

6. Future tasks of Standing Committee

National Association Committees should continue to work as they are with the Standing Committee to further development the three routes to membership of the provisional register

and should liaise closely with the EuroPsy committees where they exist to ensure a smooth transfer to that Register.

The Standing Committee currently acts as the European Examination Committee in accordance with prior decisions endorsed by the General Assembly. That position should continue until the EuroPsy is fully established which we assume will be by 2011.

Previously it was agreed that the award should be at no cost to EFPA and that approved national associations can endorse the certificate and letter to successful candidates. Any fee in future should be charged at the same rate as that for the EuroPsy. However, some countries have decided that during the pilot they should not charge candidates and absorb the cost themselves, others are charging candidates.

7. Conclusion

We continue to believe that unless EFPA firmly establish that this is an area of specialist psychological practice and recognise its practitioners in the way outlined above that the field will be increasingly taken by others. In the later case it will be difficult for psychologists to subsequently assert rights of practice that they do not now endorse.

The Standing Committee has continued to work to achieve the task it was set and has done so diligently in spite of difficulties that have arisen. Their work is commended to the General Assembly.

We therefore propose to the General Assembly that:

At the date that the EuroPsy Register becomes operational that members approved for the specialist award be transferred to the EuroPsy Register as;

EuroPsy with Specialist Expertise in Psychotherapy.

This is in accord with the conclusions of the General Assembly 2007 confirmed in the minutes of the Executive Committee of 23/06/2008 that holders of the Letter of Recognition be awarded EuroPsy under Grand Parenting arrangements.

Standing Committee on Psychotherapy

Report to the General Assembly – Oslo – 2009

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