



**EFPA**

**STANDING COMMITTEE  
ON PSYCHOTHERAPY  
Convenor : DAVID LANE**

**REPORT to the  
GENERAL ASSEMBLY 2005 in GRANADA**

# Report of the Standing Committee on Psychologists Specialising in Psychotherapy

Convenor David Lane

## **Work of the group:**

- ❖ Period of Task Force; this group has been meeting over a number of years. It was tasked by the last GA with bringing practical proposals to establish an Advanced Diploma. This report relates to the work of the last year and our final recommendations.
- ❖ Scope of work; The group has, through a series of meetings, and a pilot study in four countries, created the procedures through which an Advanced Diploma for Psychologists Specialising in Psychotherapy could be awarded.
- ❖ Methodology: We have trialled different approaches to achieve this and base our recommendations on that pilot work. The methodology used was to test various forms of grand parenting using the experience of the committee and agree trial forms. Four countries then agreed to set up a pilot examinations group and to seek volunteers who would complete an application process. These applications were then assessed by the local group and then by The Standing Committee acting as an International Examinations Committee. We examined issues that arose in the process and made modifications. Of those that completed the process 15 experienced psychologists were recommended for the award (provisional and subject to EFPA GA agreement) and one was rejected. Four countries participated Germany, Spain, Slovenian, and UK, providing a wide range of examples. Two countries Denmark and Finland decided not to participate as they found the grand parenting process either complicated or in the case of Denmark objected to the idea that individuals rather than training courses were assessed. We have taken these views into account and the final forms are simplified but also are offered as options for associations to use. They can propose alternatives.
- ❖ Findings: There is a sound case for the creation of an Advanced Diploma for Psychologists Specialising in Psychotherapy on the basis of the Training Curriculum and Regulations proposed and a grand parenting process has been tested and is recommended. We believe that for a period of two years this should continue as a pilot (an experimental garden) and more countries should be asked to participate. During this period EFPA should award the Advanced Diploma to the candidates completing the process (including the current pilot candidates). However, to allow for changes we suggest that a Provisional Register be established and the names of the successful candidates be entered onto that provisional register. At the end of the experimental garden the names can be transferred to the formal EFPA register of holders of the Advanced Diploma. We would also ask that EFPA run discussions between it and the European Commission on matters related to acceptance of the Diploma in Psychology alongside discussion of the Advanced Diploma so that the principle of recognition of advanced diplomas be established.

- ❖ Recommendations; The Standing Committee recommends:
  - That EFPA establish an Advanced Diploma for Psychologists Specialising in Psychotherapy.
  - The Diploma should be based on the Regulations and Training Standards proposed and previously agreed by EFPA.
  - The Standing Committee functions for a pilot period of two years, as the EFPA International Examinations Committee to work with a group of National associations to award the Diploma. (This was previously agreed by EFPA.)
  - That National Associations establish Examinations committees in accordance with the recommendations. These committees working with reference to the EFPA International Examinations Committee.
  - The application process should be based on one of two routes:
    - Where programmes or existing registers exist in a country acceptable to EFPA, the National recommends to EPFA those psychologists eligible for the award based on EPFA PSP Form 1. (Attached)
    - Where psychologists have substantial relevant experience equivalent to the standard that they apply to the national association through a grand parenting route agreed with EFPA. (Two alternative forms, EFPA PSP Forms 2 and 3, for this have been trialled and are recommended to National Associations. However, National Associations may propose an alternative route for approval by EFPA.)
  - Those psychologists who have completed the pilot process and who have been judged to meet the standard be awarded the EFPA Diploma should be awarded the Diploma. (Letter of provisional award attached.)
  - An extended pilot (experimental garden) run for two years alongside the work on the Diploma in Psychology.
- ❖ This Task Force report was presented to EFPA at the GA July in Granada. 2005.

On behalf of the members of the Standing Committee.

BERTRAM Heinrich  
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 GROSOBOIS Philippe  
 KRONBERG Yvonne  
 LABRADO Francisco  
 LANE David - Convenor  
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European Federation of  
Psychologists Associations

**Advanced Diploma for  
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# **Advanced Diploma for Psychologists Specialising in Psychotherapy**

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## **Membership Process**



December 2004

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## Introduction

This pack has been written to enable appropriately qualified Psychologists to apply for The EFPA Advanced Diploma for Psychologists Specialising in Psychotherapy. Applicants are advised that it is essential to read *this entire application process including its appendices* before they start the application process. The Application should then be completed under the headings listed below. Applicants are also reminded that admission to the Advanced Diploma will only be available to Psychologists who hold the EFPA Diploma in Psychology or its equivalent and have appropriate training and experience in practising psychotherapy.

## The Standards Required

Regular Membership is for those who have completed EFPA-accredited psychotherapy courses.

## Benefits of The Advanced Diploma

The Advanced Diploma will allow psychologists to have public recognition of their psychotherapy skills through the EFPA International Examinations Committee or where authorised the National Association Examinations Committee. It will increasingly provide recognition of competence for employment purposes and will provide the public with identification of those who are appropriately qualified and skilled as Psychologists Specialising in Psychotherapy. Furthermore, it will indicate that those who hold the Advanced Diploma are committed to ongoing personal development and professional training relevant to the practice of psychotherapy.

## Steps toward The Advanced Diploma as a Regular Member

### The Application Pack

The Application Pack contains all the relevant information to guide you through the process. It contains the following:

1. *Advanced Diploma of Psychologists Specialising in Psychotherapy (Curriculum and Regulations)*;
2. Overview;
3. Guidance for the Completion and Submission of the Application;
4. Checklist.

**A Final check should reconcile the pack against this list.**

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# Overview (continued)

## Responsibilities of the Applicant

The applicant should read the criteria for the Advanced Diploma as a Psychologist Specialising in Psychotherapy to determine if it is likely they will meet the requirements. **Applicants are reminded to read *EFPA Curriculum and Regulations* in close conjunction with the application process.**

If you **DO NOT** hold the EFPA Diploma in Psychology or its equivalent do not start to complete this application, as you must apply for Diploma Status first.

## Guidance for Completion and Submission of the Application

In Establishing the Advanced Diploma of Psychologists Specialising in Psychotherapy, we are creating a new identity.

As an applicant for Regular Membership you will be helping to shape this identity. We are asking you to describe yourself as a psychologist specialising in psychotherapy. You are asked to provide evidence that your training meets the requirements for EFPA approved three-year programmes for psychologists specialising in psychotherapy. You may supply additional documentation if you wish.

Applicants are responsible for ensuring all completed components of the Application Pack are returned to the EFPA International Examinations Committee or Authorised National Association Committee. Please type or complete your application in black ink. It cannot be processed until all the items identified on the checklist are received by the EFPA International Examinations Committee, along with the appropriate fee. The application is available in electronic form, please e-mail [headoffice@efpa.be](mailto:headoffice@efpa.be) for a Word version.

Please submit your application in one of the following ways.

- **By Post** – Send Sections 1 and 2 on single sided A4 paper, and this booklet completed, along with any supporting documentation.
- **By e-mail** – Send all Sections apart from the References and Supervisor's Statement, signed copies of these should be sent by post directly from the Referees and Supervisors to the EFPA International Examinations Committee. Supporting documentation can be submitted by e-mail or post.

For the pilot process applications will only be accepted upon invitation from the National Committees in the pilot countries.

# Application for Foundation Membership

## Biographical information

Surname \_\_\_\_\_ First Names: \_\_\_\_\_ . Title: \_\_\_\_\_

National Association Membership  
Identification \_\_\_\_\_

Address for Communication: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day Time Telephone No: \_\_\_\_\_ . Fax No: \_\_\_\_\_

E-mail address: \_\_\_\_\_

## Membership Status within your National Association

Confirm you hold the EFPA Diploma in Psychology or the recognised equivalent of six years university approved training and supervision (5+1). See EFPA Regulations. Confirm your current status within your National Association and provide supporting evidence.

# Application for Foundation Membership

## 1. The Psychologist Specialising in Psychotherapy

### Introduction

EFPA has identified that many psychologists have a specialist training and contribution to make in the field of psychotherapy. The particular contribute they bring combining the principles and practice of psychology and psychotherapy require special recognition. EFPA has therefore established an Advanced Diploma for Psychologists Specialising in Psychotherapy. Many holders of the EFPA Diploma in Psychology, particularly those working in health, have substantial psychotherapy training and undertake the practice of psychotherapy as a prime task. However, until the publication of *EFPA Curriculum and Regulations for the Advanced Diploma*, EFPA International Examinations Committee has not specifically accredited Psychotherapy Training or members' individual skills. Many psychologists will have undertaken specialist psychotherapy training provided by institutions accredited by other organisations.

In making an application to have your skills recognised you are required to reflect on your psychotherapy practice. You will be asked to identify specifically how you meet the EFPA standards.

You are required to consider as a psychologist specialising in psychotherapy the main ways in which psychological theories and psychotherapy concepts have shaped your general approach to practice.

You are asked to consider the principles, aims and competencies detailed in *EFPA Curriculum and Regulations* and demonstrate how your approach to practice reflects the principles. You are asked to provide coherent evidence in support of your statement which is consistent with the approach you have outlined.

In carrying out this task applicants will find it is essential to complete their review in conjunction with reading the relevant sections of *EFPA Curriculum and Regulations*. You may wish to attach additional documentation in support of your application, for example, a CV and/or case study.

# Application for Foundation Membership

## Principle: Psychologists as Psychotherapists

(a) **Principle:** In creating a Advanced Diploma of Psychologists Specialising in Psychotherapy there is a recognition that those involved have continuing commitments to both psychology and psychotherapy, and to the development of constructive relationships between those disciplines and value systems.

Please summarise your understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be familiar with, and able to draw on, knowledge and approaches in psychology, which have particular relevance for psychotherapeutic understanding and practice.*
- (ii) *To be able to think about approaches and issues in psychotherapy, which have significant implications for psychology and apply this knowledge and understanding to practice.*

It could be helpful to briefly outline your general lineage as a Psychologist Specialising in Psychotherapy. Summarise the major psychological and psychotherapeutic influences that have shaped your current practice. Conclude with a phrase or sentence that pulls together the influences that guide or underpin your practice. Please outline your approach to practice and the philosophies and values which underpin it. Please state where in your application you have included evidence in support of the statements you have made.

# Application for Foundation Membership

## 2. Training, Learning and Experience in Psychotherapy

In this section please describe your core training in psychotherapy in a way which demonstrates that you have undertaken the equivalent of three years full-time postgraduate training. Please give details of long courses (style, type, theoretical approach, and teaching methods). Please indicate the psychotherapeutic work you have undertaken in training. Make specific reference to the EFPA Curriculum and Regulations and identify how you meet the quantitative requirements or how your experience is equivalent.

In this section you must indicate, *what* has been learnt, and *how*. Considerable flexibility will be used in the assessment process, but you must make a good case for your training and learning being equivalent in extent and depth to a three year, full time, course. You should articulate the major features of your training, learning and experience.

EUROPEAN FEDERATION OF PSYCHOLOGISTS' ASSOCIATIONS (EFPA)

Training Standards for Psychologists Specializing in Psychotherapy (Checklist For National Association Examinations Committee)

Standards

Basic Qualifications (prior to specialization)

**We certify that the candidate has met this standard**

Professional Experience

**We certify that the candidate has met this standard**

Postqualification Training in Psychotherapy

**We certify that the candidate has met this standard**

Quantitative Standards

**We certify that the candidate has met this standard**

Personal Suitability and Ethical Code

**We certify that the candidate has met this standard**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

December 2004

# European Advanced Diploma in Psychotherapy

This is to certify that

[Academic title]RRRRR

having demonstrated the scientific knowledge and professional competences required for psychologists to practice psychotherapy in the federated countries of EFPA according to the training standards for Psychologists Specialising in Psychotherapy

and

having agreed to abide by the ethical standards of the Meta-Code of the European Federation of Psychological Associations (EFPA), as well as the professional Code of Ethics in [country of residence].

has been awarded the

European Advanced Diploma in Psychotherapy

We, the undersigned, have assured ourselves that the said evidence is in accordance with the Regulations for the European Advanced Diploma in Psychotherapy, approved by the European Federation of Psychologists on XX XX, 20XX.

This Advanced Diploma is valid until XX XX, 2XXX

President of the National Examinations  
Committee

Members of the National Examinations  
Committee

of XXX land

of XXX land

Endorsed by the EFPA International Examinations Committee

Signed Authorised Officer:

# **Regulations Concerning the Award of the European Advanced Diploma in Psychotherapy for Psychologists Specialising in Psychotherapy**

## **0. Preamble**

The European Advanced Diploma in Psychotherapy, hereafter called the Diploma, is intended to provide a standard of academic knowledge and professional skill informing clients, patients and employers that the bearer of the Diploma can be considered competent in the provision of psychotherapy services. The award of the Diploma is restricted to those who hold approved qualifications (including practice and supervision) in psychology and psychotherapy. As such it recognises the unique contributions that psychologists make to this field of specialisation. The Diploma aims to set a common standard of competence in all the countries where it is issued. It is intended to facilitate the free movement of Psychologists Specialising in Psychotherapy across the countries of the Europe.

The Diploma is awarded to individual persons who have achieved the standard of training as a Psychologist Specialising in Psychotherapy as specified by EFPA.

A person in possession of the Diploma will be entitled to the EFPA designation as a “Psychologist Specialising in Psychotherapy”.

The following articles and appendices provide the regulations governing the award of the Diploma.

## **1. Definitions**

1.1. For the purpose of these Regulations a Psychologist Specialising in Psychotherapy is a person who has successfully completed a programme of training approved by the National Association and accredited by EFPA.

1.2. For the purpose of these Regulations the National Association of Psychologists in a country is the Association or Federation of Associations that holds membership in the European Federation of Psychologists’ Associations (EFPA).

## **2. Requirements for the Diploma**

2.1 A psychologist can apply to be awarded the Diploma for a period of 5 years if s/he satisfies the requirements laid down in the training standards; and,

The applicant has submitted a pledge in writing that s/he will conduct professional activities in accordance with the Meta-code of professional ethics the EFPA and with the national code of the country of residence. This

undertaking implies inter alia that the applicant will not work in areas beyond her/his professional competence, respect confidentiality, and work in the interest of clients and patients.

2.2. The Diploma is re-validated on application, each time for a further period of 5 years, to psychologists who demonstrate maintenance of professional competence in the form agreed by the National Association and approved by EFPA.

2.3. Psychologists who have a psychotherapy training fulfilling the EFPA criteria would individually apply for the Diploma to their National Association Board.

2.4. In countries where there is existing legislation or regulation concerning psychotherapy and an EFPA approved National Association with training which fulfills the EFPA criteria the National Association will have the right to grant the Diploma.

2.5. In countries where training does not yet exist but where training is being developed that satisfies the EFPA criteria then individuals who complete the training will have the right to apply for the Diploma.

2.6. There will be a transition time during which those people whose training does not totally fulfill the EFPA criteria (but who are in the opinion of the National Association suitably qualified and experienced) may be considered for the award of the Diploma.

2.7. On application the applicant will pay a fee meant to cover the administrative costs of the examination procedure.

Of this fee 75% will go to the National Examinations Committee and 25% to the International Examinations Committee.

The level of this fee will be set by the National Examinations Committee but must be agreed with the International Examinations Committee at a rate sufficient to cover the cost to EFPA of administering the Diploma.

### 3. Examination agencies

The responsibility for the implementation of these Regulations in a country rests with a National Examinations Committee which is authorized by an EFPA International Examinations Committee, in accordance with the following rules:

3.1. The International Examinations Committee consists of a Chairperson and four other Members. They are appointed for a term of up to four years, once renewable, by the Executive Committee of EFPA. The five members will each be from a different country within the EFPA Federation. There will be two members who are psychologists and who mainly work as researchers and teachers, representing the major fields of psychotherapy, and three members who work mainly as psychologists specializing in psychotherapy.

An administrative officer of EFPA will be responsible for the secretariat.

3.2. The tasks of the International Examinations Committee include the following:

- to coordinate the work of the National Examinations Committees.
- to supervise the proper implementation of these Regulations by each National Examinations Committee.
- To prepare a biannual report for the Executive Committee and the General assembly of EFPA.
- to deal with appeals against decisions of National Examinations Committees
- to take steps in collaboration with the National Association towards the suspension of a National Examinations Committee if there is evidence of mismanagement or misuse of these Regulations.

3.3. In each country where the Diploma is awarded there is a National Examinations Committee appointed by the National Association in accordance with these Regulations and in consultation with the International Examinations Committee. The National Association will cooperate with the International Examinations Committee to remedy the causes of a suspension of the National Examinations Committee as meant in Article 3.2.

3.4. The National Examinations Committee consists of a Chairperson and four other Members. They are appointed for a term of up to four years, once renewable. There will be two members who mainly work as researchers and teachers, representing the major fields of psychotherapy, and three members who work mainly as Psychologists Specialising in Psychotherapy. If required by the work load the number of Members in a National Examinations Committee can be extended, according to the balance stated in this Article.

3.5. The tasks of a National Examinations Committee include the following:

- to accredit curricula that meet the requirements as laid down in these regulations and to prepare and publish a list of accredited curricula.
- to advise institutions of higher learning of conditions for accreditation.
- to stipulate the manner in which an applicant has to submit evidence of professional competencies.
- to prepare a form on professional ethics to be signed by applicants.
- to determine the fee for administrative costs to be paid by applicants.
- to submit all national regulations for approval to the International Examinations Committee.
- to take a decision on each individual application for the Diploma, either informing the applicant of the reasons why the application failed or issuing the Diploma.
- to keep a public record of psychologists awarded the Diploma.
- to prepare an annual report of activities for the International Examinations Committee.

3.6. A National Examinations Committee that in the opinion of the International Examinations Committee does not work in accordance with these Regulations shall be suspended by the International Examinations Committee, until the failure to observe the Regulations has been remedied. No EFPA Diploma can be issued by a National Examinations Committee when it is suspended.

#### 4. The accreditation procedure

4.1. The applicant submits an application for the Diploma, or for a renewal, to the National Examinations Committee in the country of residence.

4.2. Normally, within 12 weeks after an application is received the Examinations Committee shall examine the evidence submitted and decide whether or not more information is needed from the applicant.

4.3. Normally within 12 weeks after the required information has been submitted the National Examinations Committee shall take a decision on awarding or not awarding the Diploma and inform the applicant accordingly.

#### 5. Entitlements and obligations

5.1. A psychologist who has been awarded the Diploma is entitled to independent practice within the field of psychotherapy in all the countries of EFPA and the European Union, and whichever other countries that have accepted the EFPA Diploma and these Regulations.

5.2. The European Advanced Diploma in Psychotherapy is automatically withdrawn if a psychologist is judged to have committed a violation of the professional code of ethics and if a sentence or measure is imposed, either by a court of law or by a national committee on professional ethics. Such a withdrawal is suspended any period during which there is an appeal pending against this measure or sentence.

#### 6. Appeal procedures

6.1. An applicant whose application has been rejected by the National Examinations Committee can lodge an appeal against this decision with the International Examinations Committee, providing the grounds for the appeal.

6.1.1. The International Examinations Committee can seek the advice of a national ad hoc advisory committee established in consultation with the National Association in the country of residence of the applicant.

6.2. The International Examinations Committee will decide on the appeal within 20 weeks after the required evidence has been submitted, and inform the applicant and the National Examinations Committee concerned of the outcome; unless Article 6.2.1 applies.

6.2.1. When the advice is sought of a national arbitration committee a decision has to be made within a period of 30 weeks.

6.3. The National Association in a country where the National Examinations Committee has been suspended can appeal against this measure with the Executive Committee of EFPA.

The EFPA Executive Committee will seek the advice of an international advisory committee which is established for the occasion and with the EFPA President as convener.

## Training Standards for Psychologists Specializing in Psychotherapy

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 specialization):**

The EFPA Diploma in Psychology.

### **2 Where an applicant does not hold the EFPA Diploma in Psychology:**

They must hold an approved equivalent of five years university training plus one of supervised practice.

### **3 Postqualification Training in Psychotherapy:**

Three years if training if full time, 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 training therapy 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. Where supervision is not normally 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.

### **4 Quantitative Standards:**

Hours of supervision 150

Hours of supervised practice\* 500

Theory, therapeutic methodology and technique 400

Personal therapy or other personal training as specified (see 3) 100\*\*

\*This will include a minimum of 10 cases, supervised over the entire therapeutic process by the same supervisor in anyone case. In certain therapeutic schools this may include some cases of supervised consultation.

\*\*In certain therapeutic schools the minimum number of hours will be higher.

## **5 The Training Curriculum:**

5.1 Psychotherapy training should follow a curriculum. However "grandparenting arrangements" will permit accreditation of prior learning. ("Grandparenting arrangements" means arrangements by which psychologists who were trained prior to the establishment of these criteria can put forward their training and experience for consideration for accreditation).

5.2 Every psychologist specializing in psychotherapy should be trained in one of the major therapeutic schools. 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.

5.3 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. Some schools may wish to set minimum standards for what could lead to such 'sufficient understanding'.

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

5.5 Accepted therapeutic schools: 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:**

Psychologists training in psychotherapy should be trained by psychologists with specialism in that field or persons 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 criteria established by the professional organization 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

7.2 provide qualified trainers recognized by the professional body of psychologists

7.3 ensure 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

In addition they should:

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

7.6 accept regular audit by the professional body of psychologists

7.7 ensure that the entire conditions and costs of training are made explicit to all applicants for training

7.8 be organized 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 EFPPA.

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 individual's 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 and conceptual 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.

European Federation of  
Psychologists Associations

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# **Advanced Diploma for Psychologists Specialising in Psychotherapy**

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## **Membership Process**



December 2004

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# Overview

## Introduction

This pack has been written to enable appropriately qualified Psychologists to apply for The EFPA Advanced Diploma for Psychologists Specialising in Psychotherapy. Applicants are advised that it is essential to read *this entire application process including its appendices* before they start the application process. The Application should then be completed under the headings listed below. Applicants are also reminded that admission to the Advanced Diploma will only be available to Psychologists who hold the EFPA Diploma in Psychology or its equivalent and have appropriate training and experience in practising psychotherapy.

## The Initial Route to The Advanced Diploma

The initial path to the Advanced Diploma will be via the Foundation Membership route (often known as Grandparenting). This route will be available for a period of five years from 1 July 2005. All applications for foundation membership must be submitted fully completed within the five-year period. For countries where there are established EFPA recognised training programmes a shorter process applies through the Regular Membership route.

## The Standards Required

In the absence of EFPA-accredited psychotherapy courses, the EFPA International Examinations Committee recognises that it will be necessary to evaluate applications in a flexible manner, which takes into account the more diverse routes and training experiences (Foundation Membership phase). Nevertheless, applicants must be able to demonstrate that they have a good understanding of the way that their practice is related to the EFPA Curriculum and Regulations (see Appendix) and that they have sufficient skill to practice at the level of expertise required. The Application has been designed to elicit the applicant's depth and breadth of training and experience in psychotherapy

## Benefits of The Advanced Diploma

The Advanced Diploma will allow psychologists to have public recognition of their psychotherapy skills through the EFPA International Examinations Committee or where authorised the National Association Examinations Committee. It will increasingly provide recognition of competence for employment purposes and will provide the public with identification of those who are appropriately qualified and skilled as Psychologists Specialising in Psychotherapy. Furthermore, it will indicate that those who hold the Advanced Diploma are committed to ongoing personal development and professional training relevant to the practice of psychotherapy.

## Steps toward The Advanced Diploma as a Foundation Member

### The Application Pack

The Application Pack contains all the relevant information to guide you through the process. It contains the following:

1. *Advanced Diploma of Psychologists Specialising in Psychotherapy (Curriculum and Regulations)*;
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4. The Application Requirements;
5. Choosing and Briefing Referees;
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**A Final check should reconcile the pack against this list.**

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# Overview (continued)

## Responsibilities of the Applicant

The applicant should read the criteria for the Advanced Diploma as a Psychologist Specialising in Psychotherapy to determine if it is likely they will meet the requirements. **Applicants are reminded to read *EFPA Curriculum and Regulations* in close conjunction with the application process.**

If you **DO NOT** hold the EFPA Diploma in Psychology or its equivalent do not start to complete this application, as you must apply for Diploma Status first.

## Guidance for Completion and Submission of the Application

In Establishing the Advanced Diploma of Psychologists Specialising in Psychotherapy, we are creating a new identity.

As an applicant for Foundation Membership you will be helping to shape this identity. We are asking you to describe yourself as a psychologist specialising in psychotherapy. We recognise that this is a substantial undertaking requiring a significant amount of thought and time. The application is structured so that you can make your case as a psychologist specialising in psychotherapy in terms of the principles detailed in *EFPA Curriculum and Regulations*.

You are asked to provide evidence to support your statements in relation to the principles in the remaining sections of the application. You may supply additional documentation if you wish.

Assessors will consider your application in terms of the **overall coherence of the case you present**. We hope that you will find this exercise both challenging and interesting.

Applicants are responsible for ensuring all completed components of the Application Pack are returned to the EFPA International Examinations Committee or Authorised National Association Committee. Please type or complete your application in black ink. It cannot be processed until all the items identified on the checklist are received by the EFPA International Examinations Committee, along with the appropriate fee. The application is available in electronic form, please e-mail [headoffice@efpa.be](mailto:headoffice@efpa.be) for a Word version.

Please submit your application in one of the following ways.

- **By Post** – Send Sections 1 and 2 on single sided A4 paper, and this booklet completed, along with any supporting documentation.
- **By e-mail** – Send all Sections apart from the References and Supervisor's Statement, signed copies of these should be sent by post directly from the Referees and Supervisors to the EFPA International Examinations Committee. Supporting documentation can be submitted by e-mail or post.

For the pilot process applications will only be accepted upon invitation from the National Committees in the pilot countries.

# Application for Foundation Membership

## Biographical information

Surname \_\_\_\_\_ First Names: \_\_\_\_\_ . Title: \_\_\_\_\_

National Association Membership  
Identification \_\_\_\_\_

Address for Communication: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day Time Telephone No: \_\_\_\_\_ . Fax No: \_\_\_\_\_

E-mail address: \_\_\_\_\_

## Membership Status within your National Association

Confirm you hold the EFPA Diploma in Psychology or the recognised equivalent of six years university approved training and supervision (5+1). See EFPA Regulations. Confirm your current status within your National Association and provide supporting evidence.

# Application for Foundation Membership

## 1. The Psychologist Specialising in Psychotherapy

### Introduction

EFPA has identified that many psychologists have a specialist training and contribution to make in the field of psychotherapy. The particular contribute they bring combining the principles and practice of psychology and psychotherapy require special recognition. EFPA has therefore established an Advanced Diploma for Psychologists Specialising in Psychotherapy. Many holders of the EFPA Diploma in Psychology, particularly those working in health, have substantial psychotherapy training and undertake the practice of psychotherapy as a prime task. However, until the publication of *EFPA Curriculum and Regulations for the Advanced Diploma*, EFPA International Examinations Committee has not specifically accredited Psychotherapy Training or members' individual skills. Many psychologists will have undertaken specialist psychotherapy training provided by institutions accredited by other organisations.

In making an application to have your skills recognised you are required to reflect on your psychotherapy practice. You will be asked to identify specifically how you meet the EFPA standards.

You are required to consider as a psychologist specialising in psychotherapy the main ways in which psychological theories and psychotherapy concepts have shaped your general approach to practice.

You are asked to consider the principles, aims and competencies detailed in *EFPA Curriculum and Regulations* and demonstrate how your approach to practice reflects the principles. You are asked to provide coherent evidence in support of your statement which is consistent with the approach you have outlined.

In carrying out this task applicants will find it is essential to complete their review in conjunction with reading the relevant sections of *EFPA Curriculum and Regulations*. You may wish to attach additional documentation in support of your application, for example, a CV and/or case study.

# Application for Foundation Membership

## **Principle: Psychologists as Psychotherapists**

(a) **Principle:** In creating a Advanced Diploma of Psychologists Specialising in Psychotherapy there is a recognition that those involved have continuing commitments to both psychology and psychotherapy, and to the development of constructive relationships between those disciplines and value systems.

Please summarise your understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be familiar with, and able to draw on, knowledge and approaches in psychology, which have particular relevance for psychotherapeutic understanding and practice.*
- (ii) *To be able to think about approaches and issues in psychotherapy, which have significant implications for psychology and apply this knowledge and understanding to practice.*

It could be helpful to briefly outline your general lineage as a Psychologist Specialising in Psychotherapy. Summarise the major psychological and psychotherapeutic influences that have shaped your current practice. Conclude with a phrase or sentence that pulls together the influences that guide or underpin your practice. Please outline your approach to practice and the philosophies and values which underpin it. Please state where in your application you have included evidence in support of the statements you have made.

### **Principle: Inquiry and Communication**

- (a) **Principle:** *The major psychotherapeutic approaches can demonstrate that they are based on a substantive body of psychological knowledge about human development, change and psychopathology, and have an associated theory of and strategies for, intervention. The body of knowledge must be scientifically recognized and open to research. The approaches have different modes of inquiry and communication- psychologists will be able to demonstrate how they use these modes of inquiry and communication in relation to their practice.*

Please summarise **your** understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be familiar with, and able to make use of, a range of approaches (both quantitative and qualitative) to psychological inquiry relevant to psychotherapy, and to adopt a continuing attitude of inquiry in relation to psychotherapeutic practice.*
- ii) *To be familiar with, and to undertake, the range of modes of communication required in psychotherapeutic practice and inquiry, and the dissemination of knowledge and understanding (formally and informally) arising from psychological and psychotherapeutic practice and research.*
- iii) *Demonstrate a range of methods of inquiry including research and exploration of literature including the way you evaluate your practice.*

**Principle: Psychotherapeutic Practice and Understanding**

- (a) **Principle:** *Every psychologist specializing in psychotherapy should be trained in one of the major therapeutic approaches however they should be familiar with a broader range of models. This 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. Psychotherapy, in its many forms, involves intimate, interpersonal modes of inquiry which engage the 'heart' as well as the 'head', feelings as well as ideas, involvement and responsibilities in relation to the lives of others as well as reflection and re-framing of what may be going on*

Please summarise **your** understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be able to undertake, in professional ways all aspects (e.g. theoretical, practical, relational, scientific, organisational) of at least one approach to the practice of psychotherapy.*
- (ii) *To be conceptually knowledgeable about a number of approaches (e.g. theories and models) and with ways of working (e.g. individual, family, group) in psychotherapy, and be familiar with relevant clinical and scientific information.*
- (iii) *Where you are integrating different approaches indicate how you have used your training and experience to achieve this.*

**Principle: Personal and Professional Development**

- (a) **Principle:** *It is intended that Psychologists Specialising in Psychotherapy will be engaged in ongoing supervision and personal development This experience will include supervision and supervised practice; theoretical & practical knowledge; and personal training (e.g. personal training therapy or other arrangements to ensure that practitioners 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 practitioners carry out their work with competence and integrity. Where supervision is not normally 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.*

Please summarise **your** understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be actively and systematically engaged in personal development work of a variety of kinds, so that greater understanding of personal issues is developed and impediments to effective practice are recognised and reduced.*
- (ii) *To be actively engaged in being supervised (in a non-managerial sense), so that personal, clinical and professional issues in psychotherapy are open to continuing questioning review and reconsideration.*

**Principle: Ethical and Competent Practice**

- (a) **Principle:** *In addition to knowledge about psychological and psychotherapeutic approaches and issues, it is required that Psychologists Specialising in Psychotherapy will operate in accordance with the EFPA Meta Code of Conduct and any National Codes in their own jurisdiction. They should be able to relate these to the wider contexts within which psychotherapy is practised and the issues facing the profession. They should ensure that they practice only within areas in which they are competent.*

Please summarise **your** understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be familiar with the ethical implications for practice of the major social, cultural and political issues and controversies concerning psychotherapy, including multicultural, and equal opportunity issues.*
- (ii) *To be familiar with related disciplines and aspects of life outside the context of psychotherapy and to be able to make use of this knowledge in appropriate ways in psychotherapeutic reflection, practice and inquiry to ensure ethical and competent practice.*

**Principle: Re-accréditation of the Advanced Diploma and Further Professional Development**

(a) **Principle:** *The Advanced Diploma shall be valid for five years after which the psychologists must apply for re-accréditation. Psychologists Specialising in Psychotherapy are expected to continue with education and training relevant to both psychological and psychotherapeutic understanding and practice*

Please summarise **your** understanding and practice in the light of this principle. Suggested areas you might like to include:

- (i) *To be involved in ongoing personal and professional development work in ways which maintain, develop and refresh psychological and psychotherapeutic knowledge, understanding and practice in relation to requirements of the re-accréditation of the Advanced Diploma.*
- (ii) *Where relevant, to be engaged in the creative development of professional understanding, knowledge and practice, including systematic and carefully planned continuing professional development training.*

# Application for Foundation Membership

## 2. Training, Learning and Experience in Psychotherapy

In this section please describe your core training in psychotherapy in a way which demonstrates that you have undertaken the equivalent of three years full-time postgraduate training. Please give details of long courses (style, type, theoretical approach, and teaching methods). Please indicate the psychotherapeutic work you have undertaken in training. Make specific reference to the EFPA Curriculum and Regulations and identify how you meet the quantitative requirements or how your experience is equivalent.

In this section you must indicate, *what* has been learnt, and *how*. Considerable flexibility will be used in the assessment process, but you must make a good case for your training and learning being equivalent in extent and depth to a three year, full time, course. You should articulate the major features of your training, learning and experience.





# Notes on Choosing and Briefing Referees

The function of the Referees is to read and comment on your application. They have a responsibility to provide information about your eligibility for the Advanced Diploma as a Psychologist Specialising in Psychotherapy. They are asked to comment on your professional and personal suitability to be awarded the Advanced Diploma.

Please ask your Referees to supply their signed references. There is no reason why they should not also supply you with a copy of the reference provided that both you and the Referee are happy with this arrangement.

It is your responsibility to collect the two References and the Statement from the Supervisor. The EFPA International Examinations Committee (or National Association) will only start processing applications once all the material has been received. Some applicants for Foundation Membership may have a number of potential Referees. If appropriate a reference may be provided from the past, however, at least one reference must be current.

## What you need to provide the Referees

It may be helpful to show Referees the complete Application Pack. However they must have access to the following items: (a) *EFPA Curriculum and Regulations*; (b) your completed Application and (c) the Guidance Notes for Referees.

# Referee's Form

Name of Applicant: \_\_\_\_\_

Applicant's Membership identification within an EFPA National Association.

\_\_\_\_\_

Referee's details:

Surname: \_\_\_\_\_ First Names: \_\_\_\_\_ Title: \_\_\_\_\_

Membership No. (if applicable): \_\_\_\_\_

Contact Address: \_\_\_\_\_

\_\_\_\_\_

Telephone No \_\_\_\_\_ Fax No \_\_\_\_\_

Job Title \_\_\_\_\_ Employer/Organisation: \_\_\_\_\_

**Please state in what capacity you have known the applicant and how long you have known them.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please describe what opportunities you have had to observe or become familiar with the candidate's practice of psychotherapy.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Do you believe the applicant has the competency to practice independently as a Psychologist Specialising Psychotherapy (with ongoing supervision)?**

\_\_\_\_\_  
\_\_\_\_\_

You may attach additional sheets as necessary, which should be signed. Number of additional sheets:

Statement:

To the best of my knowledge the information provided by the applicant is a truthful account of his/her training, practice and experience.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Guidance Notes for Supervisors

We thank you for agreeing to provide a Supervisor's Statement for this person's application for the EFPA International Examinations Committee's Advanced Diploma of Psychologists Specialising in Psychotherapy.

You should have these notes together with a Supervisor's Statement Form. The applicant may show you the Advanced Diploma details as contained in *EFPA Curriculum and Regulations* and or their application if you and the applicant both wish to do so. The Referees are responsible for evaluating the psychologist's skills. The main function of the supervisor is to confirm that the applicant has regular supervision at the time of application.

The tasks of the Supervisor are to confirm that supervision is ongoing, stating when it started and its frequency. It is also helpful to have information on the approach to psychotherapy that is supervised, the client/patient group(s) and information regarding recent issues that have been addressed in supervision. While the task of the Supervisor is not to provide a formal evaluation of the psychologist, it is nevertheless helpful to have your views on the strengths and limitations of the applicant's practice as a Psychologist Specialising in Psychotherapy.

Supervisors are not required to be EFPA International Examinations Committee members, however, it is helpful to have some brief information on your professional background.

The completed form should be returned to the applicant in a sealed envelope. You may give the applicant a copy of your statement if you wish.

The EFPA International Examinations Committee offers its thanks for your help in this matter.

# Supervisor's Statement

Name of Applicant: \_\_\_\_\_

Applicant's National Association Membership No  
\_\_\_\_\_

Supervisor's details  
Surname: \_\_\_\_\_ First Names: \_\_\_\_\_ Title: \_\_\_\_\_

Membership No. (if applicable): \_\_\_\_\_

Supervisor's Professional Qualifications and/or The Advanced Diploma within the EFPA or other professional body as appropriate:  
\_\_\_\_\_

Details of the supervision arrangements:

1. Context of the provision of supervision.

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2. When approximately did supervision start?

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3. Frequency of Supervision sessions.

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4. How long are the sessions?

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5. Supervision Method(s). (case discussion, tape, etc.)

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\_\_\_\_\_

8. Type of clients/patients.

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

9. I believe this person competent to practice.

\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature:.....

Date:.....

# Checklist for Application

Name: \_\_\_\_\_

National Association Membership No: \_\_\_\_\_

I certify that the information I have provided is to the best of my knowledge accurate.

I specifically acknowledge that I will abide by the Meta Code of Practice of EFPA and any national code within the jurisdictions in which I practice.

Signed:

Date:

Please use this form to indicate and check that you have returned all the relevant material.

Failure to enclose all the necessary documentation will delay the processing of your application.

Application describing training and employment details.

Two Referee's Forms - to be sent directly to the EFPA International Examinations Committee.

Statement from Supervisor - to be sent directly to the EFPA International Examinations Committee.

Fee – cheque made payable to The National Association or EFPA International Examinations Committee.

EUROPEAN FEDERATION OF PSYCHOLOGISTS' ASSOCIATIONS (EFPA)

Training Standards for Psychologists Specializing in Psychotherapy (Checklist For National Association Examinations Committee)

Standards

Basic Qualifications (prior to specialization)

**We certify that the candidate has met this standard**

Professional Experience

**We certify that the candidate has met this standard**

Postqualification Training in Psychotherapy

**We certify that the candidate has met this standard**

Quantitative Standards

**We certify that the candidate has met this standard**

Personal Suitability and Ethical Code

**We certify that the candidate has met this standard**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

December 2004

# European Advanced Diploma in Psychotherapy

This is to certify that

[Academic title]RRRRR

having demonstrated the scientific knowledge and professional competences required for psychologists to practice psychotherapy in the federated countries of EFPA according to the training standards for Psychologists Specialising in Psychotherapy

and

having agreed to abide by the ethical standards of the Meta-Code of the European Federation of Psychological Associations (EFPA), as well as the professional Code of Ethics in [country of residence].

has been awarded the

European Advanced Diploma in Psychotherapy

We, the undersigned, have assured ourselves that the said evidence is in accordance with the Regulations for the European Advanced Diploma in Psychotherapy, approved by the European Federation of Psychologists on XX XX, 20XX.

This Advanced Diploma is valid until XX XX, 2XXX

President of the National Examinations  
Committee

Members of the National Examinations  
Committee

of XXX land

of XXX land

Endorsed by the EFPA International Examinations Committee

Signed Authorised Officer:

# **Regulations Concerning the Award of the European Advanced Diploma in Psychotherapy for Psychologists Specialising in Psychotherapy**

## **0. Preamble**

The European Advanced Diploma in Psychotherapy, hereafter called the Diploma, is intended to provide a standard of academic knowledge and professional skill informing clients, patients and employers that the bearer of the Diploma can be considered competent in the provision of psychotherapy services. The award of the Diploma is restricted to those who hold approved qualifications (including practice and supervision) in psychology and psychotherapy. As such it recognises the unique contributions that psychologists make to this field of specialisation. The Diploma aims to set a common standard of competence in all the countries where it is issued. It is intended to facilitate the free movement of Psychologists Specialising in Psychotherapy across the countries of the Europe.

The Diploma is awarded to individual persons who have achieved the standard of training as a Psychologist Specialising in Psychotherapy as specified by EFPA.

A person in possession of the Diploma will be entitled to the EFPA designation as a “Psychologist Specialising in Psychotherapy”.

The following articles and appendices provide the regulations governing the award of the Diploma.

## **1. Definitions**

1.1. For the purpose of these Regulations a Psychologist Specialising in Psychotherapy is a person who has successfully completed a programme of training approved by the National Association and accredited by EFPA.

1.2. For the purpose of these Regulations the National Association of Psychologists in a country is the Association or Federation of Associations that holds membership in the European Federation of Psychologists’ Associations (EFPA).

## **2. Requirements for the Diploma**

2.1 A psychologist can apply to be awarded the Diploma for a period of 5 years if s/he satisfies the requirements laid down in the training standards; and,

The applicant has submitted a pledge in writing that s/he will conduct professional activities in accordance with the Meta-code of professional ethics the EFPA and with the national code of the country of residence. This

undertaking implies inter alia that the applicant will not work in areas beyond her/his professional competence, respect confidentiality, and work in the interest of clients and patients.

2.2. The Diploma is re-validated on application, each time for a further period of 5 years, to psychologists who demonstrate maintenance of professional competence in the form agreed by the National Association and approved by EFPA.

2.3. Psychologists who have a psychotherapy training fulfilling the EFPA criteria would individually apply for the Diploma to their National Association Board.

2.4. In countries where there is existing legislation or regulation concerning psychotherapy and an EFPA approved National Association with training which fulfills the EFPA criteria the National Association will have the right to grant the Diploma.

2.7. In countries where training does not yet exist but where training is being developed that satisfies the EFPA criteria then individuals who complete the training will have the right to apply for the Diploma.

2.8. There will be a transition time during which those people whose training does not totally fulfill the EFPA criteria (but who are in the opinion of the National Association suitably qualified and experienced) may be considered for the award of the Diploma.

2.7. On application the applicant will pay a fee meant to cover the administrative costs of the examination procedure.

Of this fee 75% will go to the National Examinations Committee and 25% to the International Examinations Committee.

The level of this fee will be set by the National Examinations Committee but must be agreed with the International Examinations Committee at a rate sufficient to cover the cost to EFPA of administering the Diploma.

### 3. Examination agencies

The responsibility for the implementation of these Regulations in a country rests with a National Examinations Committee which is authorized by an EFPA International Examinations Committee, in accordance with the following rules:

3.1. The International Examinations Committee consists of a Chairperson and four other Members. They are appointed for a term of up to four years, once renewable, by the Executive Committee of EFPA. The five members will each be from a different country within the EFPA Federation. There will be two members who are psychologists and who mainly work as researchers and teachers, representing the major fields of psychotherapy, and three members who work mainly as psychologists specializing in psychotherapy.

An administrative officer of EFPA will be responsible for the secretariat.

3.2. The tasks of the International Examinations Committee include the following:

- to coordinate the work of the National Examinations Committees.
- to supervise the proper implementation of these Regulations by each National Examinations Committee.
- To prepare a biannual report for the Executive Committee and the General assembly of EFPA.
- to deal with appeals against decisions of National Examinations Committees
- to take steps in collaboration with the National Association towards the suspension of a National Examinations Committee if there is evidence of mismanagement or misuse of these Regulations.

3.3. In each country where the Diploma is awarded there is a National Examinations Committee appointed by the National Association in accordance with these Regulations and in consultation with the International Examinations Committee. The National Association will cooperate with the International Examinations Committee to remedy the causes of a suspension of the National Examinations Committee as meant in Article 3.2.

3.4. The National Examinations Committee consists of a Chairperson and four other Members. They are appointed for a term of up to four years, once renewable. There will be two members who mainly work as researchers and teachers, representing the major fields of psychotherapy, and three members who work mainly as Psychologists Specialising in Psychotherapy. If required by the work load the number of Members in a National Examinations Committee can be extended, according to the balance stated in this Article.

3.5. The tasks of a National Examinations Committee include the following:

- to accredit curricula that meet the requirements as laid down in these regulations and to prepare and publish a list of accredited curricula.
- to advise institutions of higher learning of conditions for accreditation.
- to stipulate the manner in which an applicant has to submit evidence of professional competencies.
- to prepare a form on professional ethics to be signed by applicants.
- to determine the fee for administrative costs to be paid by applicants.
- to submit all national regulations for approval to the International Examinations Committee.
- to take a decision on each individual application for the Diploma, either informing the applicant of the reasons why the application failed or issuing the Diploma.
- to keep a public record of psychologists awarded the Diploma.
- to prepare an annual report of activities for the International Examinations Committee.

3.6. A National Examinations Committee that in the opinion of the International Examinations Committee does not work in accordance with these Regulations shall be suspended by the International Examinations Committee, until the failure to observe the Regulations has been remedied. No EFPA Diploma can be issued by a National Examinations Committee when it is suspended.

#### 4. The accreditation procedure

4.1. The applicant submits an application for the Diploma, or for a renewal, to the National Examinations Committee in the country of residence.

4.2. Normally, within 12 weeks after an application is received the Examinations Committee shall examine the evidence submitted and decide whether or not more information is needed from the applicant.

4.3. Normally within 12 weeks after the required information has been submitted the National Examinations Committee shall take a decision on awarding or not awarding the Diploma and inform the applicant accordingly.

#### 5. Entitlements and obligations

5.1. A psychologist who has been awarded the Diploma is entitled to independent practice within the field of psychotherapy in all the countries of EFPA and the European Union, and whichever other countries that have accepted the EFPA Diploma and these Regulations.

5.2. The European Advanced Diploma in Psychotherapy is automatically withdrawn if a psychologist is judged to have committed a violation of the professional code of ethics and if a sentence or measure is imposed, either by a court of law or by a national committee on professional ethics. Such a withdrawal is suspended any period during which there is an appeal pending against this measure or sentence.

#### 6. Appeal procedures

6.1. An applicant whose application has been rejected by the National Examinations Committee can lodge an appeal against this decision with the International Examinations Committee, providing the grounds for the appeal.

6.1.1. The International Examinations Committee can seek the advice of a national ad hoc advisory committee established in consultation with the National Association in the country of residence of the applicant.

6.2. The International Examinations Committee will decide on the appeal within 20 weeks after the required evidence has been submitted, and inform the applicant and the National Examinations Committee concerned of the outcome; unless Article 6.2.1 applies.

6.2.1. When the advice is sought of a national arbitration committee a decision has to be made within a period of 30 weeks.

6.3. The National Association in a country where the National Examinations Committee has been suspended can appeal against this measure with the Executive Committee of EFPA.

The EFPA Executive Committee will seek the advice of an international advisory committee which is established for the occasion and with the EFPA President as convener.

## Training Standards for Psychologists Specializing in Psychotherapy

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 specialization):**

The EFPA Diploma in Psychology.

### **2 Where an applicant does not hold the EFPA Diploma in Psychology:**

They must hold an approved equivalent of five years university training plus one of supervised practice.

### **3 Postqualification Training in Psychotherapy:**

Three years if training if full time, 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 training therapy 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. Where supervision is not normally 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.

### **4 Quantitative Standards:**

Hours of supervision 150

Hours of supervised practice\* 500

Theory, therapeutic methodology and technique 400

Personal therapy or other personal training as specified (see 3) 100\*\*

\*This will include a minimum of 10 cases, supervised over the entire therapeutic process by the same supervisor in anyone case. In certain therapeutic schools this may include some cases of supervised consultation.

\*\*In certain therapeutic schools the minimum number of hours will be higher.

## **5 The Training Curriculum:**

5.1 Psychotherapy training should follow a curriculum. However "grandparenting arrangements" will permit accreditation of prior learning. ("Grandparenting arrangements" means arrangements by which psychologists who were trained prior to the establishment of these criteria can put forward their training and experience for consideration for accreditation).

5.2 Every psychologist specializing in psychotherapy should be trained in one of the major therapeutic schools. 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.

5.3 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. Some schools may wish to set minimum standards for what could lead to such 'sufficient understanding'.

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

5.5 Accepted therapeutic schools: 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:**

Psychologists training in psychotherapy should be trained by psychologists with specialism in that field or persons 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 criteria established by the professional organization 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

7.2 provide qualified trainers recognized by the professional body of psychologists

7.3 ensure 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

In addition they should:

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

7.6 accept regular audit by the professional body of psychologists

7.7 ensure that the entire conditions and costs of training are made explicit to all applicants for training

7.8 be organized 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 EFPPA.

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 individual's 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 and conceptual 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

EUROPEAN FEDERATION OF PSYCHOLOGISTS' ASSOCIATIONS (EFPA)

Training Standards for Psychologists Specializing in Psychotherapy

Standards

Basic Qualifications (Diploma in Psychology or equivalence)

**We certify that the candidate has met this standard**

Professional Experience

**We certify that the candidate has met this standard**

Postqualification Training in Psychotherapy

**We certify that the candidate has met this standard**

Quantitative Standards

**We certify that the candidate has met this standard**

The Training Curriculum

**We certify that the candidate has met this standard**

Criteria for Trainers

**We certify that the candidate has met this standard**

Criteria for Training Institutions

**We certify that the candidate has met this standard**

Personal Suitability

**We certify that the candidate has met this standard**

Exit Requirements for Completion of Training

**We certify that the candidate has met this standard**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Name  
Address

Date

Dear .....

I have great pleasure in writing, on behalf of the Provisional International Examinations Committee of EFPA for the Advanced Diploma for Psychologists Specialising in Psychotherapy, to inform you that you have been successful in your application for inclusion on the Provisional Register of Psychologists Specialising in Psychotherapy holding the award of the Advanced Diploma. You are admitted as a Provisional Member as of the date of this letter following an assessment of your application portfolio by two members of the International Committee and its moderation by the full Committee.

Full membership of the Register will be effective subject to ratification by the EFPA General Assembly in July 2005. Your certificate will be issued to you after this date if agreed by the General Assembly.

As one of an international select group you are first to receive this proposed award. You have played a vital part in defining a new identity, that of Psychologist Specialising in Psychotherapy, congratulations on your success.

With very best wishes.

Yours sincerely,

Professor David A Lane

Chair