



EFPA

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

**REPORT to the
GENERAL ASSEMBLY 2007 in PRAGUE**

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 2005, namely to establish pilot 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 2005.

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 delays in fully implementing the Euro Psych award we further recommend that the current position be maintained, namely:

Psychologists' meeting the EFPA standards continue to be entered on a provisional register until such time as the EuroPsych Register is established. At that time the provisional register will be absorbed into the EuroPsych.

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 a grandparenting process where the individual psychologist is assessed as meeting the EFPA criteria.

Until such time as the EuroPsych 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 fifty 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 EuroPsych register is fully established that members of the Provisional Psychotherapy register be transferred to become EuroPsych 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 2005. 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

Germany: A national committee for the EFPA award has been established. The position is complicated by the number and variety of organisations which play a role in this field and the multiple memberships with EFPA. Collaboration between the bodies has been difficult to establish. The decisions they currently have to make include:

- How to ensure trainings meet the EFPA criteria
- How to control translations of documents
- How to handle applications from people who have trained via different routes
- How to handle applications from non BDF members
- What approaches to psychotherapy are acceptable to psychologists?

Spain: A national committee for the EFPA award has been established. As of the 1st February applications for the award can be accepted. Questions they are currently addressing are:

- The current route based on the agreed grand parenting process, and for the future a training route
- Who must be a supervisor of training
- Who can be an assessor of training
- Discussions on establishing the EFPA PSP award as a viable route to working in clinical settings
- The structure of committees (for example should all members be recognised as PSP).

Portugal: Discussions around the award continue and they are looking for support to develop in this area. The Spanish Association offered to support them in taking the next steps. A national committee has now been established.

Slovenia: The National Committee is established (March) and they have been working hard to ensure that forthcoming laws on psychotherapy include EFPA recognised practitioners. There is a strong European Association of Psychotherapy lobby in Slovenia. Psychologists have to work hard to retain this field of practice. Having the EFPA Certificate has been helpful to that endeavour. All the procedures are in place to start awarding in Slovenia but they are awaiting the outcome of the legal decision on who can be registered before proceeding. Statements from some EFPA Presidents are seen as unhelpful to their position.

France: There are continuing disputes with psychotherapy associations and the legal position is unresolved. The National Committee cannot be established until this is resolved. There is a current plan to integrate the three different psychological associations which will be helpful in forming a committee.

Denmark: The process of forming the National Committee is complete and the route for the award will be 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 and they are currently considering a parenting route. 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 EuroPsych 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 for recognition.

4. Other Issues which have emerged

Translation of documents into different languages

It was agreed that the translation of the documents into national languages would be the responsibility of each national committee but that in the event of any dispute on meaning the English version approved by EFPA would be considered the official document.

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.

Layout of the Certificate for the Award

It was concluded after much discussion that it would be useful for have a certificate in A3 size that could have English and national language translation side by side. The Spanish Association agreed to produce a draft layout.

Relation to EuroPsych (given further delays)

Given the possibility of further delays to the EuroPsych 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. It is felt that confusion is undermining the position that this is an area of psychological practice as

it has been stated by some that EPFA is not pursuing this area (or that the Certificate does not exist) until EuroPsych is fully established. This is not the position agreed at the General Assembly in Spain or in subsequent communications with the EFPA Presidency.

The current position is that, psychologists can receive recognition by one the three routes agreed. This recognition is currently marked by:

- Receipt of a Certificate (which was part of the Report accepted by the GA in Spain) 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 Register (which will be modified subject to EFPA General Assembly decisions).

Important note:

It is made clear to all recipients of the award; its title and the register are all subject to subsequent General Assembly decisions:

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.

What is still to be decided is the final title and the amalgamation of the specialist register into one EFPA EuroPsych Register.

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

“EuroPsych with Specialist Expertise in Psychotherapy”,

is likely to be the final designation.

5. Summary data

The position is clearly stated that we are asking for national associations to establish one of 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 a grand parenting format 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 two previous General assemblies that those holding the specialist title should be eligible for the basic EuroPsych award and the regulations as agreed state that those considered for the

award should hold EuroPsych (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 EuroPsych project to ensure a smooth transfer to that Register when it fully exists. Delays in the implementation of Euro Psych should not prevent the Standing Committee from continuing to develop their work towards establishing the award by one of the three recognised routes. A clear statement to this effect needs to emerge from the General Assembly, any further confusion will be detrimental (or fatal) to the work of the Standing Committee and undermine the status and standing of psychologists who practice in this specialty.

The Standing Committee currently acts as the International Examination Committee in accordance with prior decisions endorsed by the General Assembly. That position should continue until the EuroPsych is established.

Currently it is 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 charged should result in a contribution to EFPA of Euro 50 per candidate. 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 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 inspite of difficulties that have arisen. Their work is commended to the General assembly.

Standing Committee on Psychotherapy

Report to the General Assembly – Prague - 2007

▪ **Annex**

Membership of Task Force

Chair David Lane United Kingdom

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Members:

Nady van Broeck Belgium

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