

Comparison EFPA-EAP Positions concerning Psychotherapy

Issue	EFPA	EAP
1. Basic Training Level	University-Masters in Psychology (TS 1*) <i>Comment: in the existing version there is only mention of 5 years of university studies.</i> Broad psychological knowledge, all holders are trained to psychological thinking 1 year of supervised practice (Europsy pg.27**) <i>Comment: in the existing version of the training standards 2 years is asked for</i>	The first 3 years being the equivalent of a university degree. 4.1.*** General part of university or professional training 4.2.2.***...University or professional courses leading to a first University degree or its equivalent professional qualification in subjects relevant to psychotherapy EAP will determine the proportion of the training elements that need to be completed prior to the ECP being awarded 4.1.*** Placement in a mental health setting or equivalent professional experience 4.2.4.***/ no indication of the length of the placement
2. Psychotherapy Training	Post-Qualification (after Masters degree) TS3*	<i>No clear criteria for entry of training</i> Access to training is through various preliminary qualifications, in particular human and social sciences (Strasbourg Declaration on Psychotherapy, 5.) The later four years of which must be in training specific to psychotherapy 4.1.***
3. Duration of Training	Basic training in Psychology: 6 years/Europsy** (360 ECTS; i.e. 9000 hrs /including the students "study load") Specialist training: 3 years full time/1150 hrs (not including students' active work outside training courses) TS3+4	"Not less than 3200 hours, spread over a minimum of seven years" 4.1 *** (not specified whether these are lessons or credit points or anything else)
4. Relevant Training Contents	Academic education and professional training in Psychology (Europsy, pg. 23-27**) Psychotherapy TS3-5*	Psychotherapy and general training in subjects relevant to Psychotherapy (not specified) 4.2.2.***

5. Information about basic training available in specialist certificate	Yes: EFPA Certificate holders are all Psychologists with a Specialist Training	No: EAP Certificate holders basic training is not revealed; consumers don't get all the necessary information for informed consent
6. Age of Candidate after Completion of Specialist Training	At least 27 (<i>estimated</i> : entry to University at age 18/19, 5 y. University, 1 y. practical work under supervision & 3 y. Psychotherapy training)	At least 23 (<i>estimated</i> : 3 years professional training is possible: this can begin at the age of 16!)
7. Grandparenting Arrangements	Temporary Time Limits after Introduction of Training Standards/Title Award TS5.1* <i>Comment: this is our intention, but I could not find any clear reference in our papers, thus this should be written somewhere explicitly</i>	Unlimited (3 years in anyone country after the registering process has started; different for every Country/Member Association 9.4.5.***). It may be appropriate to insist that some practitioners demonstrate that they had training, which meets the criteria of the ECP, but this would be unreasonable in the case of practitioners who were already recognised as experts in their field but who have acquired most or all of their expertise through professional practice. 9.1.***
8. Criteria for Accepted therapeutic schools/modalities	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. TS5.5*	3. Psychotherapy modalities: 3.1.*** The method of psychotherapy used (hereafter, modality) must be well defined and distinguishable from other psychotherapy modalities and have a clear theoretical basis in the human sciences. 3.2.*** The theory must be integrated with the practice, be applicable to a broad range of problems, and have been demonstrated to be effective. 3.3.*** The scientific validity of the modality must have been accepted by the EAP and it must have been recognised in several European countries as valid by relevant professional organisations.

9. Status of Psychotherapy within the Science	<ul style="list-style-type: none"> No recognized University Master in Psychotherapy Specialization, mainly for Psychologists and Medical Doctors, in some countries for some other professionals (limited) 	<ul style="list-style-type: none"> Claims for University Master in Psychotherapy (started with Private University in Vienna) Profession (PTh is an independent scientific discipline, the practice of which represents an independent and free profession/ (Strasbourg Declaration on Psychotherapy, 1.)
10. Ethical Code	...the trainee should be able to adhere to ethical guidelines as specified by the ethical code agreed by EFPA (TS 8*)	The practitioner must be in a professional organisation which has an ethical code...5.4.***
11. Representativeness	In 32 countries, representative psychological associations are members of EFPA	Unclear, no members in several countries
12. Scientific Base of the Organization	Scientific Journal, contains Information about Editor/Editorial Board	Journal without Information about Editor/Editorial Board
13. Acknowledged National Awarding Organization	EFPA Member Associations National Awarding Committees (Regulations Concerning the Award of the EFPA Specialist Certificate)	Either: a National Umbrella Organization: i.e. “demonstrably the largest org. representing the broadest range of different approaches to PTh in that country/ if not available: any org. may be recognized by EAP or even a suitably qualified practitioner upon recommendation of National Awarding Organisation of another country” 1.2.3.***

* EFPA Training Standards for Psychologists Specializing in Psychotherapy; the figures show the relevant paragraph

** Europsy – European Diploma in Psychology

*** EAP The European Certificate for Psychotherapy, Version 3.2, Vilnius July 2005

*/**/*** All documents are available on the relevant websites.