



**EFPA**

**STANDING COMMITTEE  
ON PSYCHOTHERAPY  
Convenor : PETER PRAPER**

**REPORT to the  
GENERAL ASSEMBLY 2003 in VIENNA**

## **Executive summary**

### **❖ Period of Task Force:**

Standing Committee on Psychotherapy was following the priority tasks, starting at the meeting in Ljubljana in April 20-21, 2002 and continuing at the meetings in Brussels, in September, 13-14, 2002 and 28th of March – 1st April.

### **❖ Scope of work:**

The first meeting was organised with the intention to continue the work on establishing psychotherapy as a specialism within psychology and to implement EFPA Training Standards for psychologists specializing in psychotherapy, as accepted by EFPA General Assembly

The third meeting in Brussels, (28th Feb. – 1st March 2003) introduced the work on the European Advanced Diploma in Psychotherapy – the Accreditation Procedure, Appeal Procedure and required evidence and Regulations Concerning the Award of the European Advanced Diploma in Psychotherapy.

The reports, including the Final Report were coordinated by the E-mail.

### **❖ Recommendations:**

EFPA should (partly through the SC for psychotherapy) inspire national associations to form competent National Association Boards in the field of psychotherapy, ready to implement the criteria and to promote the education and training toward meeting the EFPA standards.

Through its members associations EFPA should promote and grant European Advanced Diploma in Psychotherapy according to the accepted granting procedures.

SC on psychotherapy made a proposition that the International Examinations Committee (for the interim two year period) consists of the members of the SC.

## **Literature**

- ❖ the Report to the General Assembly 2001;
- ❖ Training standards for psychologists specializing in psychotherapy 2001 – 2003.

## **Annex**

- ❖ the specimen of the European Advanced Diploma in Psychotherapy;
- ❖ Regulations Concerning the Award of the European Advanced Diploma in Psychotherapy.

## **Members of the Standing Committee:**

Katharina Althaus (Liaison Person)  
Birgit Hallerfors  
Jean Marc Priels  
Thomas Slunecko

Yvonne Kronberg  
Francisco Labrador - Encinas  
Ivan Ulehla

Peter Praper (Convenor)  
David Lane  
Heinrich Bertram

# S P E C I M E N

## *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  
of XXX land

Members of the National Examinations  
Committee  
of XXX land

# **Regulations Concerning the Award of the European Advanced Diploma 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 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 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 Metacode of professional ethics of 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 fulfils 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 fulfil 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 EFPA Examinations Committee.

The level of this fee will be set by the National Examinations Committee but must be agreed with the EFPA Examinations Committee at a rate sufficient to cover the costs 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 EFPA 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 Council 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 EFPA 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 Council 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 EFPA International Examinations Committee. The National Association will cooperate with the EFPA 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 EFPA International Examinations Committee.
- to take a decision on each individual application for the Diploma, either issuing the Diploma or informing the applicant of the reasons why the application failed.
- to keep a public record of psychologists awarded the Diploma.
- to prepare an annual report of activities for the EFPA International Examinations Committee.

3.6. A National Examinations Committee that in the opinion of the EFPA International Examinations Committee does not work in accordance with these Regulations shall be suspended by the EFPA 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 EFPA International Examinations Committee, providing the grounds for the appeal.

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

