**APPLYING FOR THE EUROPEAN CERTIFICATE OF PSYCHOTHERAPY**

Application Procedure

1. This document is intended to guide you through applying for the European Certificate of Psychotherapy (ECP) by ‘Grandparenting’ and supersedes earlier advice.

2. Latest information can be found on the European Association for Psychotherapy (EAP) website ([www.europsyche.org](http://www.europsyche.org)). The application fee is £200.

3. UKCP’s ‘grandparenting’ rules require a practitioner to be a full clinical member of UKCP and to have practiced for 3 years post-registration (or have a proven 1500 hours practice) in the modality in which the psychotherapist trained, under continuous supervision.

4. A checklist is attached. In brief you will have to:

4.1. Complete the 2-page *ECP Practitioner Registration Form*;

4.1.1. Include 2 photographs for EAP Register and put your name on the back;

4.2. Complete the single-page *ECP UKCP OM & College Declarations form*;

4.3. Prepare a CV outlining your training, practice and supervision arrangements, using the *CV for ECP by Grandparenting GAP-EWAO form*;

4.4. We recommend that you retain a copy of the application for reference;

4.5. Pay the application fee of £200 to UKCP by contacting our Regulations Team on 020 7014 9955 or at regulation@ukcp.org.uk

4.6. Send all the above to your UKCP Organisation Chair to sign the single page UKCP form.

4.7. Send the completed application and supporting documents to the UKCP office.

5. The EAP expects a detailed CV of 3-4 pages. A checklist is included below as guidance.

6. The UKCP office will send your application to the relevant UKCP College for your modality to check your application.

6.1. If there is a European modality body (EWAO) for your specialism, your application will also be scrutinised there. When College and EWAO are satisfied, the file will be passed to the UKCP International Officer for checking and forwarded on the EAP Registrar and EAP office for the final decision.

If there is no EWAO, the file will be passed to UKCP and taken before the ‘Grandparenting Accreditation Panel’ (GAP); these meetings usually take place in February, July and October. When approved, the EAP office will process it. **Please note that some EWAOs (European modality bodies) will only process applications from individuals who are members of that body.**

7. The EAP office will:

7.1 Put your name, details and photo on the Register and on the ECP website. Please note that there is an annual charge for the Register’s upkeep.

7.2 Issue a certificate, which will be returned to you via UKCP. This may take 2-3 months.

For further advice on the ECP grandparenting process, please contact the UKCP Regulation and Quality Assurance Team at regulation@ukcp.org.uk

ECP Application Checklists

|  |  |  |  |
| --- | --- | --- | --- |
| **PROCESS CHECKLIST** | **YES** | **NO** | **REASON IF NO** |
| Completed ECP Practitioner Registration Form? |  |  |  |
| * Clarified your mailing address?
 |  |  |  |
| * Signed and dated form?
 |  |  |  |
| * Included photograph?
 |  |  |  |
| * Put name on back of photograph?
 |  |  |  |
| Completed ECP UKCP OM & College Declaration form? |  |  |  |
| * Countersigned by your OM?
 |  |  |  |
| * Indicated how the Certificate is to be inscribed?
 |  |  |  |
| Prepared detailed CV? |  |  |  |
| Retained copy of application for your records? |  |  |  |
| Paid application fee of £200[[1]](#footnote-1) to UKCP? |  |  |  |

|  |
| --- |
| **CV CHECKLIST** |
| **Your CV should extend to 3/4 pages with evidence of:** | **YES** | **NO** | **REASON IF NO** |
| **Training** |  |  |  |
| Relevant primary 3 year degree [[2]](#footnote-2) |  |  |  |
| Evidence of psychotherapy training, minimum 4 years |  |  |  |
| Total training of at least 3200 hours |  |  |  |
| Personal Therapeutic Experience of at least 250 hours2/3 |  |  |  |
| Theoretical study includes: |  |  |  |
| * Theory of change
 |  |  |  |
| * Human development throughout life cycle
 |  |  |  |
| * Social & cultural issues in relation to psychotherapy
 |  |  |  |
| * Theories of psychopathology
 |  |  |  |
| * Theories of assessment and intervention
 |  |  |  |
| * Understanding of other therapeutic approaches
 |  |  |  |
| Placement in mental health setting2 |  |  |  |
| Practice under supervision of at least 2 years duration[[3]](#footnote-3)3 |  |  |  |
| Other relevant training in support of the application |  |  |  |
| **Post-UKCP Registration Experience** |  |  |  |
| Registered with UKCP for at least 3 years **or** practice post-registration of over 1500 hours under supervision (provide evidence) in modality of training |  |  |  |
| Professional Practice in modality |  |  |  |
| * Clearly indicate average practice hours per week
 |  |  |  |
| Supervision – clearly indicate frequency |  |  |  |
| * Clearly indicate total hours since qualification
 |  |  |  |
| Activities as trainer or supervisor |  |  |  |
| Publications |  |  |  |
| Professional activities: Evidence of an average of 50 hours per annum of CPD with a minimum total of 250 hours over a period of the last 5 years. **CPD hours should not consist of more than 30% from any one listed CPD category.** |  |  |  |

Extract From EAP Regulations for ECP

(Full text available: [www.europsyche.org](http://www.europsyche.org))

**Length and content of psychotherapy training:**

4.1. The total duration of the education and training will not be less than 3200 hours:

a) Either spread over a minimum of seven years, with the first three years being the equivalent of a relevant university degree. The later four years must be in a training specific to psychotherapy, must contain all the elements defined in **4.2** of this document, and will not be less than 1400 hours.

b) Or conducted as a 5-year full-time academic education and training in psychotherapy, organised by a university, which must contain all the theoretical and practical elements defined in **4.2** of this document.

4.2. The training meets the EAP's criteria for basic professional training, and includes the following elements:

4.2.1. **Personal Psychotherapeutic Experience, or equivalent:** This should be taken to include training analysis, self-experience, and other methods involving elements of self-reflection, therapy, and personal experience (not less than 250 hours) normally spread over 4 years. No single term is agreed by all psychotherapy methods. Any training shall include arrangements to ensure that the trainees can identify and appropriately manage their involvement in and contributions to the processes of the psychotherapies that they practice in accordance with their specific methods.

4.2.2. **Theoretical Study:** There will be a general part of university or professional training and a part, which is specific to psychotherapy. University or professional courses leading to a first University degree or its equivalent professional qualification in subjects relevant to psychotherapy may be allowed as a part of, or the whole of, the general part of psychotherapy theory, but cannot contribute towards the 4 years of specific psychotherapy training. Theoretical study (500 to 800 hours) during the 4 years of training specific to psychotherapy should include the following elements:

* Theories of human development throughout the life-cycle
* An understanding of other psychotherapeutic approaches
* A theory of change
* An understanding of social and cultural issues in relation to psychotherapy
* Theories of psychopathology
* Theories of assessment and intervention

4.2.3. **Practical Training:** This will include sufficient practice (not less than 300 hours) under continuous supervision (not less than 150 hours) appropriate to the psychotherapeutic modality and will be at least two years in duration.

4.2.4. **Placement in a mental health setting or equivalent professional experience:** The placement must provide adequate experience of psycho-social crisis and of collaboration with other specialists in the mental health field.

4.3. Supervision, training and, where applicable, personal psychotherapy should be provided by practitioners whose training meets the criteria of the ECP. Advanced trainings for trainers and supervisors are not covered by these criteria, but will be required.

1. This may change without prior notification [↑](#footnote-ref-1)
2. Or equivalent [↑](#footnote-ref-2)
3. 3 According to modality [↑](#footnote-ref-3)