

# Universities Training College

## Standards of Education and Training: Psychotherapy with Adults

These SETS are in addition to the UKCP Standards of Education and Training (2017).

### 1. Introduction

The University Training College includes University based programmes in psychotherapy education which represent a broad range of modalities. University programmes are all subject to rigorous quality assurance processes within their host university. They share a commitment to the highest professional as well as academic standards of education. These programmes draw on, and contribute to, a wide range of research traditions within the fields of counselling and psychotherapy.

Training programmes that are accredited by a UTC member organisation would need to conform to the UKCP Standards of Education and Training (2017). Thus, successful completion of a UTC approved training programme and any post qualifying requirements leads to registration as a UKCP Psychotherapist. In addition to the UKCP SETS, University based training programmes would need to refer to the QAA subject benchmarks in Counselling and Psychotherapy and the additional SETS below:

### 2. Basic Requirements: these apply to all psychotherapy modalities

- 2.1. The length of training shall be appropriate to permit the consolidation and integration of theoretical knowledge and clinical experience. It shall not be shorter than four years and university regulations on maximum periods of study must be explicit and not exceed ten years.

### 3. Supervised Practice of Psychotherapy

- 3.1. Supervisors should normally be UKCP, UPCA or BPC registered psychotherapists, and trained in a modality congruent with that of the training being undertaken.
- 3.2. Training organisations should stipulate that a minimum of 200 hours of supervised practice is required during the life of the course contributing to the 450 hours required for registration as a psychotherapist.
- 3.3. Consistent with their modality philosophy, trainings should stipulate their requirements with regard to long and short-term work and clearly define these terms to candidates.

## 4. Personal Psychotherapy

- 4.1. Programmes shall include arrangements to ensure that candidates can identify and manage appropriately their personal involvement in, and contribution to, the process of the psychotherapy approach they practice. This will normally be achieved through the experience of personal psychotherapy delivered by a UKCP, UPCA or BPC registered psychotherapist, or equivalent, and will not normally be less than 30 hours per year during the training and a minimum of 160 hours over the four-year training.

## 5. Qualifications and Registration

- 5.1. Where completion of personal therapy and/or supervised practice requirements do not coincide with qualification, training organisations will have in place clear provision for supporting students during the stage between completion of their degree and registration.

- 5.2. Minimum requirements for accreditation and registration as a psychotherapist:

- The successful undertaking of a four-year postgraduate professional programme of education.
- A total number of supervised client hours accumulated should be not less than 450.
- The ratio of individual supervision hours to overall client hours should be a minimum of 1:6.
- Group supervision should reflect this ratio (minimum 10 minutes supervision for client hour)
- Supervised hours should be made up of client contracts that reflect the approach to be practiced and demonstrate that the candidate has the appropriate experience and competence for the model of psychotherapy that they are practicing.
- A minimum of 30 hours per year during the training and a minimum of 160 hours over the four- year training of personal psychotherapy congruent with the psychotherapy in which they are training.

## 6. Staffing

- 6.1. Programmes shall have a majority of appropriately qualified and experienced staff in place to deliver the program effectively. This would normally mean that the majority of staff, working on psychotherapy programmes will:

- Have or be doing a PhD in a relevant subject area,
- Be UKCP registered psychotherapists in a relevant modality
- Have some publications.