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# Universities Training College (UTC)

## Standards of Education and Training: Psychotherapeutic Counselling with Adults

In addition to the standard UKCP SETs, the following are college-specific for UTC.

### 1. Training length

- 1.1. A minimum of 3 years.

### 2. Clinical supervisors

- 2.1. UKCP, UPCA, BACP registered psychotherapists or equivalent.

### 3. Supervised Practice

- 3.1. 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.
- 3.2. Trainees should have experience of both in-person and online practice. A maximum 49% of total hours can be online/remote therapy. Remote must be face-to-face e.g. Zoom.

### 4. Client age

- 4.1. Trainees may work with people aged 18 years old and above.

### 5. Qualifications and Registration

- 5.1. Minimum requirements for accreditation and registration:
  - The successful undertaking of a three-year postgraduate professional programme of education.
  - The 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 and the full time can be counted provided that trainees are contributing to, and learning from, the supervision of others in the group.

- 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, including online and in-person practice.
- A minimum of 30 hours personal therapy per year during the training and a minimum of 105 hours over the three-year training of personal psychotherapy congruent with the therapeutic approach in which they are training.
- The training therapist must be registered as a psychotherapist with UKCP, UPCA, or equivalent.

## 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 be a UKCP-registered psychotherapist, or psychotherapeutic counsellor, or have completed a UKCP recognised training, in a relevant modality. They must be registered with an appropriate governing body
- will have or be doing a doctorate in a relevant subject area
- will have some publications.

6.2. Total staff-to-student ratio should be 1:12.