
Universities Training College

Standards of Education and Training: Child Psychotherapy

These SETS are in addition to the UKCP Child Psychotherapy Standards of Education and Training (2019).

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 Child Psychotherapy Standards of Education and Training (2019). Thus, successful completion of a UTC approved training programme and any post qualifying requirements leads to registration as a UKCP Child Psychotherapist. In addition to the UKCP SETS, University based training programmes would need to refer to the QAA level descriptors and subject benchmark statements for Counselling and Psychotherapy and the SETS below:

2. Basic Requirements: these apply to all child 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. Minimum Curriculum

- 3.1. Observation Studies are a critical component of child psychotherapy trainings, and training programmes must include the requirement for weekly infant and child observations normally for a period of two years. Training courses must specify the number of hours students are required to complete for both infant and child observations, at least one of which must include the observation of an infant from birth through their first year of life. Training programmes must articulate procedures and protocols in line with best practice in the field, and ensure the safety of the student, the infant and the mother. Training courses must provide support seminars and procedures for students.

4. Mental Health Familiarisation Criteria

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- 4.1. Training programme must provide clear guidelines for the completion of a 60 hours mental health observational placement. Placement objectives, contexts and process must be clearly articulated, and case study parameters defined. Appropriate support mechanisms must be in place to ensure that students are able to meet the required mental health learning outcome requirements, and to demonstrate the required skills and competencies.

5. Personal Psychotherapy

- 5.1. Personal therapy is a key component of personal development for child psychotherapists and trainees must undertake a minimum of 160 hours of personal therapy, normally concurrently with their training. Therapy undertaken prior to the commencement of training may not normally be counted towards this requirement. The therapy must normally be with a qualified registered UKCP psychotherapist practicing in a modality congruent with the training and must take account of impact of training and delivery of child psychotherapy on trainees

6. Qualifications and Registration

- 6.1. 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.
- 6.2. Minimum requirements for accreditation and registration as a child psychotherapist:
- The completion of a post-graduate professional training process of at least 4 years
 - 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 1:4 for the first 100 hours of practice and thereafter at a minimum of 1:6, subject to supervisor approval.
 - Group supervision should reflect this ratio (a minimum 15 minutes per client hour for the first 100 hours of practice; thereafter 10 minutes of supervision for each client hour)
 - A minimum of 30 hours of personal therapy 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.

7. Staffing

- 7.1 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 child psychotherapists in a relevant modality
 - Have some publications.
- 7.2. Staff student ratios must be congruent with the complexity and intensity of the process of training professional child counsellors, and with industry standards for similar courses, normally no more than a 1:12 ratio overall.