

# College for Family, Couple and Systemic Therapy (CFCST)

## Policy for ECP holders applying to join UKCP

The following information outlines how systemic, family and couple, and family therapists who hold the European Certificate of Psychotherapy (ECP) can apply to be accredited onto the UKCP Register.

### Background

The College of Family, Couple and Systemic Therapy (CFCST) is the professional body in UKCP that ensures the registration process is undertaken in compliance with UKCP policy. The College is comprised of two Organisational Members (AFT and IFT). The Association of Family Therapy (AFT) accredits training programmes, and holds the register of systemic family therapists.

The College welcomes holders of the ECP who have trained systemically, but has a duty to ensure that any applicant meets specific CFCST requirements. UKCP registration provides an assurance to employers and to those seeking family therapy that the registrant can carry out the work expected of a Systemic Psychotherapist (Family Therapist or Family and Couple Therapist).

ECP holders who wish to apply to UKCP will first become members of the Association for Family Therapy (AFT), which will then accredit the ECP holder onto the UKCP Register. They will also receive two widely respected printed magazines: the Journal of Family Therapy and Context, and become part of a community of systemic psychotherapists. This puts them in touch with current issues, gives them information about job opportunities as well as opportunities to further their continued professional development. It is possible for registrants to continue their registration as a direct member after their first year, without membership of AFT. We would strongly recommend that registrants continue to retain membership of AFT however.

### Process for registering with AFT

1. After expressing their interest to UKCP, ECP applicants will be directed to AFT. For more information, we encourage applicants to consult [AFT's website](#).
2. AFT will require applicants to complete a form and submit an administrative fee. The form will not request detailed information on training but will ask for confirmation that the training is systemic. It will also ask for details of supervision and indemnity insurance. You will further need to submit a professional development statement as this is seen as an important way of engaging with continued professional development.

3. If the psychotherapy training or any other further education training has not been delivered in English, evidence of proficiency in English will be asked. This is usually by gaining a score of 7.5 in the academic version of IELTS.
4. The application for registration will be considered by the AFT Registration Committee.
5. If the application is successful registrants will undertake a re-accreditation after 3 years and from this point the re-accreditation process will be carried every 5 years.
6. If there is uncertainty about any aspect of the application, AFT reserves the right to follow up within the year following the initial registration.
7. If for any reason an applicant is not accepted by AFT there is a right of appeal to the Chair of CFCST.

Rory Worthington  
**Chair of CFCST**  
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