

## **Psychotherapeutic Counselling College (PC College)**

### SETs for Intersubjective Psychotherapist

#### 1. Aims and purposes

The purpose of this document is:

- a) To guide organisational members (OMs) of the Psychotherapeutic Counselling College of UKCP to assess individual applicants wishing to register for the title of psychotherapist within the PC college.
- b) To demarcate the parameters and the content of the additional requirements whereby an individual registrant of the PC College is eligible for the title of psychotherapist within the PCC and UKCP.
- c) To serve as a guide to future organisations who may wish to join the PCC college.

This document should be read alongside the UKCP Generic SETs for Psychotherapy, the PCC SETs for Psychotherapeutic Counsellor and the PCC flag statement. This document is based on developments of agreements reached in 2011 by UKCP.

#### 2. Introductory notes

Psychotherapeutic Counselling, as understood by the Psychotherapeutic Counselling College and by UKCP, is an interactive approach involving relational methodology at its centre. Central to all approaches is that psychotherapeutic counsellors consider the complexity of the person/client/patient within the context of their theoretical model. As such the Psychotherapeutic Counselling College is a non-modality specific college of which all individual registrants, accrediting organisations and training organisations embrace the following principles:

- a) The therapeutic alliance is key to all forms of Psychotherapeutic Counselling and the therapeutic relationship facilitates the opportunity for the client to experience acceptance, change, development and understanding.
- b) A relationship-based method is common to all approaches, for some of which it is the actual main medium of work, and for others simply the necessary background framework.

- c) The qualities of the practitioner in interaction with the qualities of the client are seen as essential to an effective outcome. This is demonstrated by a belief in adequate emotional preparation of the psychotherapeutic counsellor, for work of an intensity and complexity, which may be severely taxing of the practitioner's personal resources, and capacity for response.
- d) Inclusion within its field is both longer-term and shorter-term work, and work with different numbers and groupings of clients. This would be dependent on appropriate training for individual, couple or group work.
- e) The psychotherapeutic counsellor would be required to be in supervision with an appropriately qualified supervisor on an ongoing basis.
- f) Psychotherapeutic Counsellors registered within the PC College already meet the training for a psychotherapeutic counsellor which is set at the minimum level as stated in the PC college Training Standards and work in keeping with the flag statement defining relational practice. The training standards and selection for entry into the Psychotherapeutic Counseling College are rigorous and thorough and are based on linking theory, skills, practice and personal therapy.
- g) Psychotherapeutic Counsellors who have been registered with UKCP for a minimum of one year as a psychotherapeutic counsellor, and who meet the generic UKCP Psychotherapy SETS for psychotherapy with adults and with the additional Psychotherapeutic Counselling College SETS for psychotherapy for adults, will be eligible to apply for the title of Intersubjective Psychotherapist with UKCP within the PC College.

### 3. PCC Psychotherapy standards for adults

In addition to meeting the PC college Training Standards for Psychotherapeutic Counsellors, those electing for title of Intersubjective Psychotherapist through the additionality of title route will:

- a) normally have been registered with UKCP for a minimum of one year as a psychotherapeutic counsellor and have been in practice for a minimum of four years.
- b) normally have undertaken, in addition to the minimum of 105 hours of personal therapy required to meet the training standards of the psychotherapeutic counsellor further personal therapy or its equivalent. **This would amount to an overall minimum of 160 hours of personal therapy or its equivalent from the beginning of training.**

- c) have met the generic UKCP Psychotherapy SETS for psychotherapy with adults (to include *all* areas covered by UKCP Adult Psychotherapy SETs, i.e. clinical work, training supervision, therapy requirements, research and mental health familiarisation placement) or can evidence equivalence to these.
- d) have established themselves in practice with substantial experience in the practice of psychotherapy evidencing a training minimum of 500 hours of supervised client work (gained during training and post qualification) with a UKCP registered or equivalently qualified or experienced psychotherapy supervisor in line with UKCP PC college standards of safe practice. Normally, and as an overall average, the supervision ratio for these clinical hours would meet the training standard of 1 hour of supervision to 6 client hours or equivalent.
- e) have experience and awareness of the requirements in terms of frame and boundaries in which psychotherapy can effectively and safely take place, and an awareness of what might not be possible in a particular professional setting. The applicant will demonstrate their ability to reflect critically, and show qualities of empathy, maturity and creativity. They will understand the nature and purpose of psychotherapy with a focus on how the dynamics of the therapeutic relationship, including an advanced awareness of the workings of transference and counter transference, affect therapy.
- f) have an awareness of boundary issues, including confidentiality, in a range of settings and in keeping with the best practice of psychotherapy.
- g) have a capacity to handle complex, unpredictable and specialised situations within the limits of psychotherapy.
- h) have the capacity to recognise severely disturbed clients and when the practitioner should seek other professional advice.
- i) have an understanding of the theories of mental disorder and procedures used in psychiatric assessment and liaison with other professionals involved in mental health as evidenced by a MHFP or equivalent.
- j) be able to demonstrate and evidence continuous professional development post qualification in line with the minimum requirements of UKCP which show a commitment to life long learning and the need for monitoring their practice as an intersubjective psychotherapist for the best interests and protection of the public.

- k) be able to demonstrate autonomy in professional practice as a psychotherapist and responsibility for self-monitoring including adherence to legal processes involved in record keeping , data protection and the giving of evidence.
- l) be able to evidence an adherence to safe practice and best standards of clinical practice in line with the recommendation that clinical work should normally comprise a minimum of 4 hours per week and not normally exceed a maximum of 22 face-to-face client contact hours a week or the equivalent, for the best interests of the public.
- m) have an understanding of basic research techniques and their application to the investigation and evaluation of psychotherapeutic practice.