

GUIDELINES TO BECOME A MEMBER OF DIVISION OF PSYCHOTHERAPY

Please read these guidelines before starting the application process

These guidelines have been written to enable appropriately qualified Psychologists to apply for membership of the Division of Psychotherapy and to use the designation Chartered Psychologist Specialising in Psychotherapy. Admission to the Division will only be available to Chartered Psychologists who have appropriate training and experience in practising psychotherapy. The initial path to membership of the Division for many psychologists will be via the Grandparenting route. This route will be available until 30 September 2019.

In the absence of accredited psychotherapy courses, PSI recognises that it will be necessary to evaluate applications in a flexible manner, which takes into account the more diverse routes and training experiences (Grandparenting route). Nevertheless, applicants must be able to demonstrate that they have a good understanding of the way that their practice is related to the eligibility criteria and that they have sufficient skill to practice at the level of expertise required. The Application Form has been designed to elicit the applicant's depth and breadth of training and experience in psychotherapy.

Membership of the Division will allow psychologists to have public recognition of their psychotherapy skills. It will increasingly provide recognition of competence for employment purposes and will provide the public with identification of those who are appropriately qualified and skilled as Psychologists Specialising in Psychotherapy. Furthermore, it will indicate that those who are members are committed to ongoing personal development and professional training relevant to the practice of psychotherapy and subject to an ethical regime.

Guidance for Completion and Submission of the Application

1. Personal Information: This section requires you to provide information and confirmation that you are already a Chartered Psychologist

2 Psychotherapy Training: In this section please describe your core training in psychotherapy in a way which demonstrates that you have undertaken the equivalent of three years full-time postgraduate training. Please give details of such courses (style, type, theoretical approach, and teaching methods). Please indicate the psychotherapeutic work you have undertaken in training. Make specific reference to the eligibility criteria and identify how you meet the quantitative requirements or how your experience is equivalent, with supporting documentation.

In this section you must indicate, what has been learnt, and how. Considerable flexibility will be used in the assessment process, but you must make a good case for your training and learning being equivalent in extent and depth to a three year, full time, course. You should articulate the major features of your training, learning and experience.

3. Relevant Employment experience: Please give the three most recent employment positions

4. Personal Statement: Please reflect on your psychotherapy practice and identify how you specifically meet the criteria for membership of the Division. Please focus on the Psychotherapy elements of your training and experience.

5. Supporting documents from Referees and Supervisor: You are required to nominate two referees who can vouch for your work as a psychologist specialising in psychotherapy. You are also required to submit a reference from your personal supervisor attesting to your suitability as well as confirming your supervision attendance requirements.

Criteria for membership

- **Basic qualifications (prior to specialization): Undergraduate degree in Psychology**
- **Post graduate qualification in an area of applied psychology**
- **Post qualification Training in Psychotherapy:** Three years of training if full time, equivalent if training is part time. (The quantitative hours below must be met whatever the route)

This training will include supervision and supervised practice; theoretical & practical knowledge; and personal training (e.g. personal training therapy or other arrangements to ensure that trainees are aware of and can manage appropriately their personal involvement in, and contribution to, the processes of the psychotherapies they practice).

Supervision must aim to ensure that the trainees carry out their work with competence and integrity. Where supervision is not normally based on direct observation, further evidence of competence and integrity must be demonstrated by measures such as monitoring of outcome, discussion of case material with a panel, interviewing selected patients or recording of specified sessions.

Quantitative Standards

Hours of supervision	150
Hours of supervised practice*	500
Theory, therapeutic methodology and technique	400
Personal therapy or other personal training as specified)	100**

*This will include a minimum of 10 cases, supervised over the entire therapeutic process by the same supervisor in anyone case. In certain therapeutic schools this may include some cases of supervised consultation

**In certain therapeutic schools the minimum number of hours will be higher

To be considered for membership

Please complete the form below with all required attachments and email to:

membershipsecretary@psychologicalsociety.ie

Foundation Principles

Principle 1: Psychologists as Psychotherapists

In creating a Specialist Certificate in Psychotherapy there is a recognition that those involved have continuing commitments to both psychology and psychotherapy, and to the development of constructive relationships between those disciplines and value systems

Principle 2: Inquiry and Communication

The major psychotherapeutic approaches can demonstrate that they are based on a substantive body of psychological knowledge about human development, change and psychopathology, and have an associated theory of, and strategies for, intervention. The body of knowledge must be scientifically recognized and open to research. The approaches have different modes of inquiry and communication- psychologists will be able to demonstrate how they use these modes of inquiry and communication in relation to their practice

Principle 3: Psychotherapeutic Practice and Understanding

Every psychologist specialising in psychotherapy should be trained in one of the major therapeutic approaches; however they should be familiar with a broader range of models. This enables psychologists specializing in psychotherapy to undertake a consultant role within the psychotherapies and also be better placed to know the limits of applicability of a particular model and of their own capabilities. Psychotherapy, in its many forms, involves intimate, interpersonal modes of inquiry which engage the 'heart' as well as the 'head', feelings as well as ideas, involvement and responsibilities in relation to the lives of others as well as reflection and re-framing of what may be going on

Principle 4: Personal and Professional Development

It is essential that psychologists specialising in psychotherapy be engaged in ongoing supervision and personal development. This experience will include supervision and supervised practice; theoretical & practical knowledge; and personal training (e.g. personal training therapy or other arrangements to ensure that practitioners are aware of and can manage appropriately their personal involvement in, and contribution to, the processes of the psychotherapies they practice). Supervision must have the aim of ensuring that practitioners carry out their work with competence and integrity. Where supervision is not normally based on direct observation, further evidence of competence and integrity must be demonstrated by measures such as monitoring of outcome, discussion of case material with a panel, interviewing selected patients or recording of specified sessions

Principle 5: Ethical and Competent Practice

In addition to knowledge about psychological and psychotherapeutic approaches and issues, it is required that Psychologists Specialising in Psychotherapy will operate in accordance with the PSI Code of Ethics. They should be able to relate these to the wider contexts within which psychotherapy is practised and the issues facing the profession. They should ensure that they practice only within areas in which they are competent.

Principle 6: Membership renewal and Further Professional Development

Membership of the Division shall be valid for one year after which it must be renewed annually. All members are expected to continue with education and training relevant to both psychological and psychotherapeutic understanding and practice

Application Form: Division of Psychotherapy

Name

Email

Phone

PSI Membership Number

Psychotherapy Training (with dates)

Relevant Employment experience (3 most recent)

Personal Statement in Support of Application (max 200 words)

Referees (Names & Contact Details)

Supervisor Declaration: (Please attach scanned version)

Applicant: I declare the above to be true: Signed

Date