

IAPTP: Irish Association for Play Therapy & Psychotherapy

Bye Law 10

Criteria for Training for accreditation as a Psychotherapist with the Irish Association for Play Therapy and Psychotherapy

1. Introduction

- 1.1 This Bye Law sets out the minimum criteria than an applicant must meet in order to be accredited as a psychotherapist with a specialization in play therapy and accepted as a member of the Irish Association for Play Therapy and Psychotherapy.
- 1.2 These criteria have been set to fit with the required standards and criteria (ECP) for training as a psychotherapist at European level and as recommended to the state by the Psychological Therapies Forum as a standard for statutory registration in Ireland.
- 1.3 To be accredited as a psychotherapist and accepted as a member of IAPTP the applicant must:
 - a. Be able to demonstrate that they are appropriately qualified and skilled in the practice of psychotherapy
 - b. Have given specific undertakings as to their behaviour if they are accredited

2. Undertakings

- 2.1 To be accredited as a psychotherapist and accepted as a member of IAPTP an applicant must have given specific undertakings about their behaviour as a psychotherapist if they are granted accreditation and membership of the Association. These undertakings are as follows:
 - a. To abide by the Codes of Ethics and Practice of IAPTP;
 - b. To present themselves for re-accreditation as IAPTP requires;
 - c. To show commitment to ongoing professional development in accordance with IAPTP Bye Law 13;
 - d. To be committed to maintaining appropriate ongoing supervision and support in accordance with IAPTP requirements.

3. Declarations

- 3.1 To be accredited as a psychotherapist and accepted as a member of IAPTP an applicant must have given specific declarations and commitments about their professional life:
 - a. Declare that they have never been expelled from membership of a professional body or had a complaint of a professional nature upheld against them;
 - b. Declare that they are not currently under investigation by any employer or professional body and are not aware of any reason why they may be subject to such an investigation in the future;

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- c. Commit to informing IAPTP if they become the subject of an investigation by any employer or professional body or if they become aware of any reason why they may be subject to such an investigation in the future.

4. **Implementation**

- 4.1 The Accreditation Committee and the National Executive Committee hold joint responsibility for the interpretation and implementation of this Bye Law in accordance with the provisions of Bye Law 6.
- 4.2 Decisions, made on the basis of such joint interpretations, of the Accreditation Committee as to whether an applicant for accreditation fulfils the conditions of membership shall, subject to the right of appeal provided for under the rules of the Association, be final.
- 4.3 Should the National Executive Committee be unclear as to whether the ruling of the Accreditation Committee in relation to a particular applicant is based on the agreed interpretation, ratification or refusal of membership may be deferred until clarity is achieved.

5 **Overview of requirements for suitable training program:**

- 5.1 Total length: 3,200 hours, spread over a minimum of 7 years
 - First 3 years of general training in human sciences (medical, psychological, social, educational, etc.) or equivalence. Estimated length = 1,800 hours
 - Minimum of 4 years in a training programme specific to psychotherapy = 1400 hours, incorporating the following:
 - 250 hours of *personal psychotherapeutic experience*, or equivalent in individual and/or group settings;
 - 500 – 800 hours of training in *skills and theory*;
 - 300 – 600 hours of supervised *clinical practice* with clients including a minimum of 300 hours with children and adolescents and associated sessions with carers in relation to these young clients. Clinical practice will include practice with individual clients and may also include sessions with families and/or groups in a variety of private, statutory or voluntary services or settings which may include mental health settings, community services, social settings, and/or private practice;
 - 150 hours of *supervision* of an effective clinical practice of the trainee.

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6. Duration of Psychotherapy Training

- 6.1 The psychotherapy specific training course must extend over a minimum of 4 years, preceded by a relevant general training in human sciences (medical, psychological, social, educational, etc.) or equivalence.
- 6.2 The estimated length of the preliminary general training will have been approximately 3 years and in the region of 1,800 hours.

7. Personal Psychotherapeutic Experience

- 7.1 Applicants must have engaged in personal psychotherapy as clients throughout their training.
- 7.2 Individual psychotherapy shall involve a minimum of 100 hours with fully qualified psychotherapist/s.
- 7.3 Applicants must also have engaged with and explored their own process in a group setting. The facilitators shall be familiar with the theory and practice of group work and have considerable experience conducting groups. Group work shall comprise a minimum of 60 hours over the duration of the training course.
- 7.4 Other personal psychotherapeutic experience may include experiential learning designed to promote personal growth and development, e.g. experiential workshops, verifiable personal reflection (e.g. tutor led assessment sessions, assigned self and group reflection) and/or additional individual or group process sessions.

8. Skills and Theory Training

- 8.1 Core course content should be rooted in experiential learning and will address all 7 essential areas relevant to IAPTP's 'Benchmark Criteria for Psychotherapists with a specialization in Play Therapy' as described in Standard 12, plus the following areas:
 - Principles and process of psychotherapy;
 - Model/s of psychotherapy;
 - Theories of Personality and Change;
 - Legal, Professional and Ethical Issues;
 - Human Development;
 - Psychopathology and emotional difficulties;
 - Clinical Skills.
- 8.2 Applicants whose core training did not cover any specific area within the Benchmark Criteria will be required to undertake specific related training prior to accreditation.

9 Clinical Practice during Training

- 9.1 The psychotherapy training course shall include a minimum of 300 supervised clinical practice hours with clients of diverse ages and with diverse issues.

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- 9.2 Clinical practice will include working with secondary clients e.g. intake and review sessions with carers of vulnerable clients, or parents/carers with concerns in relation to children/young people.
- 9.3 Trainees will not graduate from their core training until they have completed this supervised client work.
- 9.4 The course may set a deadline for the completion of this clinical practice.
- 9.5 The trainee's supervisor/s shall take part in the assessment procedure.
- 9.6 Professional practice shall include collaboration with other professional specialists in the mental health field.
- 9.7 Trainees should be individually assessed for readiness prior to commencing clinical practice.

10 Clinical Supervision

- 10.1 Trainees must have engaged in a minimum of 150 hours of clinical supervision, and average at least one supervision hour per month for each 10 hours of clinical practice.
- 10.2 Supervision may be individual or group or a combination of both.
- 10.3 Where supervision is in a group, the group shall not exceed six supervisees and each supervisee shall have the opportunity to make a meaningful presentation. The duration of group supervision sessions are determined by the number of members; 30 minutes should be allocated for each supervisee (this does not imply that the time will be evenly distributed between the group members).
- 10.4 Each supervisee shall receive 1 hour of credit for each hour of group supervision.
- 10.5 Clinical seminars may be included as supervision of clinical practice up to a maximum of 50 hours out of the required minimum of 150 hours.

11. Acceptable Supervisors

- 11.1 Clinical Supervision should be provided by an appropriately accredited, qualified and experienced supervisor (see 13.2 for details), with a substantial experience of supervising play therapists and psychotherapists who use play therapy and creative approaches.
- 11.2 Acceptable supervisors include:
 - IAPTP accredited supervisors;
 - IAPTP approved supervisors, particularly those who have successfully completed play therapy training and have extensive experience in the practice of play therapy;

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- Play Therapists and Psychotherapists from equivalent professional organisations who meet criteria detailed in Bye Laws 15 or 16 that would make them eligible to become an IAPTP accredited or approved supervisor.

11.3 At least half of the clinical supervision requirement should be provided by a supervisor who is qualified and experienced in the practice of play therapy and proficient in the linkage of theory and practice in this area.

12. Supervisor Reports

12.1 Supervisors reports should form an integral part of ongoing assessment during training.

12.2 Supervisor's report/ reports must be submitted with accreditation application.