



**UK Association for Humanistic
Psychology Practitioners**

Full Accredited Member Psychotherapist

*(UKAHPP Register of Humanistic Psychotherapists and
Psychotherapeutic Counsellors)*

Detailed Accreditation Criteria

Introduction

All Psychotherapist Accreditation applications will be processed by the Membership Committee for entry on to the *UKAHPP Register* before Accreditation verification is conducted by the Accreditation Committee.

UKAHPP Full Accredited Membership in the category of Psychotherapist (Registered) is open to applicants who have successfully completed a full practice based post-graduate Master's level training programme in a Humanistic Psychotherapy approach **OR** an equivalent portfolio of post-graduate Master's level trainings including a substantial Humanistic Psychotherapy Training which collectively meet the published Psychotherapy Accreditation criteria.

Any accreditation criteria not covered by a full practice based training or substantial training programme are to be evidenced by completion of additional post-graduate Master's level 7 modular training and qualification awards. The length of training shall be a minimum of 4 years duration and applicants are normally expected to submit an accreditation application within 2 years of completing their core training.

Applicants are required to demonstrate that they have attained sufficient knowledge and experience in accordance with the published accreditation criteria and for this to be reflected in all aspects of their application and for documentary evidence to be submitted to confirm that all aspects of the required criteria or their equivalence have been successfully completed - this may include copies of qualification certificates, course handbooks, curriculum statements, letters of confirmation from academic and training organisations etc.

The UKAHPP is an Organisational Member of the UK Council for Psychotherapy (UKCP) and its standards of training and education for Psychotherapists comply with UKCP Registration requirements. The UKAHPP has the facility to submit the name of applicants who have successfully attained Psychotherapist Accreditation for inclusion on the UKCP Register with the Humanistic and Integrative Psychotherapy College (HIPC) and for their practice to be governed by under the UKCP Central Complaints Procedure. An additional fee applies. The UKCP: HIPC Standards of Education and Training are available if requested.

1. Minimum Curriculum

1.1 The following are a summary of the minimum requirements for accreditation:

- Hold a Humanistic Psychotherapy qualification award at **level 7** or equivalent of the *Quality Assurance Agency (QAA): Framework for Higher Education of UK Degree Awarding Bodies* (Master's Degree, Integrated Master's Degree, Postgraduate Diploma, Postgraduate certificate). As other frameworks exist and may vary, applicants must demonstrate how the academic component of their training equates to level 7 of the QAA framework.
- **900** hours (comprising core training, supervision, mental health familiarisation placement, and self-and peer directed learning)
- Core training contact hours would normally be a minimum of **600** over a minimum of four years part-time
- The total number of supervised adult client hours accumulated should be not less than **450**. Each client hour is regarded as an individual/group contact hour
- The ratio of individual supervision hours to overall client hours should be a minimum of **1:6**. Group supervision should reflect this ratio (minimum 10 minutes supervision per client hour)
- Supervised hours should be made up of client contracts that reflect the approach to be practiced and demonstrate that the trainee has the appropriate experience and competence for the model of psychotherapy that they will be practicing
- **8,000** word dissertation, research thesis or extended case study
- **160** hours of personal therapy consistent with the training approach
- **48** hours attendance at a recognised *Mental Health Familiarisation Placement*

1.2 The *UKAHPP Accreditation Committee* may request an applicant to submit an additional case study/ session transcript; or call an applicant to attend for interview if there is any uncertainty about their application that cannot be verified by other means.

2. Curriculum Content

2.1 A wide variety of Psychotherapy approaches are incorporated within the Humanistic tradition and in order to gain UKAHPP Accreditation the applicant is required to evidence the successfully completing a training in the theory and

practice, form of initial contact and assessment through to closure of therapy and follow-up in one of the following:

- A core Humanistic Psychotherapy approach
- An Integrative Psychotherapy model incorporating Humanistic principles
- Transpersonal Psychotherapy

The common values and philosophical assumptions underpinning these approaches include a belief in one or more of the following:

- The importance of the therapeutic relationship as the medium for change
- The importance of interdisciplinary dialogue and exploration, with emphasis on integration, respect for difference and an ability to work with diversity
- A spiritual dimension to an individual's life and problems, the self-healing capacity of the individual and the individual's sovereignty and responsibility
- The centrality of social relationships in setting the framework in which individuals shape their lives
- The importance of political awareness and an understanding of the individual's experience, personal beliefs and values in problems of living
- The integration of mind, body, feeling, soul and spirit

2.2 Exploration of the applied approach is to include a critical awareness of the multiple layers of human experience and the multi-dimensional nature of the therapeutic relationship including:

- A model of the mind and human nature
- A model of human development
- A model of change
- A model of the therapeutic relationship

2.3 An in-depth knowledge of the thinking of the main Humanistic theorists with a thorough understanding of the clinical application. This will include relevant models of the self along with formulations of developmental processes, psychopathology and therapeutic possibilities. The nature and intersubjectivity of the therapeutic relationship will have been explored both theoretically and experientially.

2.4 Knowledge and appreciation of the application and difference between:

- Existential approaches to psychotherapy
- Psychoanalytical and Object Relations Theories
- Cognitive Behavioural Theory
- Psychiatry

2.5 The applicant's understanding of psychotherapy should be broadly-ranging, incorporating more than one Humanistic school of thought (e.g. Gestalt, Body Psychotherapy, Person Centred, TA, Existential, Transpersonal, Psychosynthesis).

2.6 During training, applicants are expected to have completed at least one substantial piece of written work (such as a dissertation, research thesis, extended

case study) of at least **8,000** words, demonstrating the candidate's capacity for reflecting in depth on their own work and the approach in which they are training and be of a standard equivalent to post-graduate Master's level 7 of the QAA framework. The UKAHPP Accreditation Committee reserves the right to request an applicant to submit an **8,000** word essay(+ - 10%) if such a piece of written work was not included in their core training. Guidelines will be provided and the essay will be assessed against predetermined criteria by at least one academic assessor working in higher education.

2.7 The applicant should be able to communicate the knowledge gained in training and supervised practice in verbal and written form. The application should show that training and supervised practice has led to the development of abilities for critical reflection on the client's process, the therapeutic relationship, therapeutic approaches used and the therapist's own psychological processes. This should be demonstrated in all parts of the application.

2.8 A substantial proportion of this knowledge being gained through experiential methods of learning. As part of the training the applicant will be expected to have had some personal experience of the impact on his or her person of the potential for therapeutic effect of their chosen core theoretical model and this should be apparent in the application.

3. Safeguarding Awareness

3.1 Training must include developing an awareness of safeguarding issues in relation to clients and those likely to be impacted by client's actions/inactions.

3.2 An understanding of a psychotherapist's responsibilities in relation to and compliance with relevant safeguarding legislation including:

- Risk assessment and management
- Reporting mechanisms

3.3 As part of the application process applicants are required to demonstrate their understanding of safeguarding awareness. Course literature (such as course handbook) should be submitted as supporting evidence.

4. Case Study

4.1 Applicants are required to submit a Case Study of **4,000** words (+ - 10%) which demonstrates their practice as a psychotherapist. It should illustrate their theoretical model and show good understanding and application of the therapeutic alliance, as well as an awareness of boundaries and an ability to handle complex presentations competently. The case study will also demonstrate how self-reflection and engagement in supervision has informed the applicant's practice as a Humanistic Psychotherapist. The case study will be assessed a predetermined criteria, guidelines will be provided. .

5. Research & Evaluation

5.1 Training must encompass a basic understanding of principles of psychotherapy research in order to enhance investigation and evaluation of psychotherapeutic practice and include:

- Knowledge and understanding of the basic research approaches and techniques and their application to the investigation and evaluation of psychotherapeutic process and outcome
- Ability to read, understand and critically evaluate psychotherapy research across modalities and with particular reference to the applicant's approach
- Understanding the relevance of research findings in respect of: human development, psychopathology, neurophysiology, memory, sexuality, ethics, the law etc.

5.2 In order to demonstrate this, applicants may provide information about the type of research that they may have undertaken, or in which they have been a participant, which shows a critical understanding of the relevance of studies and research findings - OR

5.3 Provide a statement, with supporting evidence (such as course handbook) demonstrating the applicant's level of research literacy.

6. Mental Health Familiarisation Placement (MHFP)

6.1 The applicant will have completed an MHFP the detailed requirements of which are given below. If the applicant meets all other requirements but has not undertaken an MHFP, accreditation may be granted on condition that the applicant completes an MHFP within the following year and informs the Committee of this.

6.2 The taught element of the applicant's training will support the MHFP in as much as it will have included the following elements:

- Current approaches to the management and treatment of mental illness.
- An understanding of the use and effects of pharmacological treatment.
- The basics of the legislative and organisational framework of the various agencies involved.
- An understanding of the differences between responses to trauma and other severe emotional states and major mental illness as defined by the medical model of mental illness.

6.3 The MHFP will be within a setting which enables the applicant to have experience of, and begin to recognise, major mental illness. This will require the applicant to spend time in such a setting in the role of observer or companion. Whilst the applicant should not be providing psychotherapeutic help they may become involved in providing simple skilled help, such as relaxation or basic counselling, if deemed appropriate by the placement manager.

6.4 The MHFP will be in a professionally structured setting which allows applicants to spend time with those deemed to be suffering from major mental illness. Additionally, the setting must provide opportunities for discussion with staff involved in diagnosis and treatment. This might be achieved in a variety of settings, for example: psychiatric inpatient or day-patient services, community based charities concerned with rehabilitation and support, such as MIND, or other organisations offering help where the client group involves a large proportion deemed to have mental health problems, such as homelessness charities. In the case of the latter example, there must be an identified, trained, mental health worker (e.g. Registered Mental Nurse, Psychiatric Occupational Therapist or Psychologist) who will act as mentor and supervisor and there will need to be specific evidence that mental health issues form the core of the applicant's experience during the MHFP.

6.5 The MHFP, together with the taught element will be in such a setting and so structured as to ensure the following learning outcomes can be achieved:

- Develop basic skills and understanding of psychiatry and models mental illness.
- The capacity to recognise severely disturbed patients and when a psychotherapist should seek advice and refer to other professionals.
- Understand of the main principles of the Mental Health Act, including the compulsory detention, treatment provisions and the rights of patients.
- Enhance their ability to liaise with other mental health practitioners.
- Become familiar with psychiatric assessment and planning of a range of forms of intervention and evaluation procedures.
- Familiarise themselves with the different types of intervention used, including medication and electro-convulsive therapy, and their main side effects.
- Spend time with people who have been diagnosed with severe mental illness.
- Be able to empathise with patients who have been involved with the mental health system.

6.6 The duration of the MHFP will be sufficient to achieve these objectives and the UKAHP considers this to mean a minimum placement of **48** hours, the equivalent of **1** day per week for a placement of **6** weeks.

7. Client Population and Diversity

7.1 Applicants must demonstrate throughout the application an awareness of:

- Cultural and Ethnic differences
- Spiritual differences
- Sexuality and gender differences
- Mental Health issues
- Different aspects of ability
- Class and social differences

7.2 Applicants will have developed an understanding of equality and diversity theory including the principles and provisions of the Equality Act 2010 as a minimum benchmark. See *UKAHP Code of Practice and Ethical Principles*

8. Practice

8.1 Applicants are required to have completed **450** client contact hours congruent with the mode of therapy for which the applicant is requesting accreditation, including a minimum period of **2 years** continuous practice.

8.2 Applicants must have been in practice for a minimum of **6 months** immediately prior to application with a minimum case load of **6** clients per week – and which is maintained for the first period of accreditation.

8.3 Evidence of supervised psychotherapy practice and competency for a minimum of two years during which a minimum caseload of six clients weekly (or equivalent) has been maintained.

8.4 It is recommended that the applicant has experience of working with clients in both long-term and time-limited contracts and can provide evidence of **2** long term therapies – if requested.

8.5 If the applicant's current practice is solely time-limited, the application may be requested to provide caseload details showing at least **12** cases.

8.6 UKAHPP considers 'long-term' to mean psychotherapy having no pre-determined fixed time limit.

8.7 These caseload requirements for accreditation refer to individual adult client contact hours only.

9. Supervision

9.1 Regular supervision of psychotherapy client casework for not less than two years with the same supervisor. The supervisor will not be the same person as the applicant's psychotherapist.

9.2 The total number of supervised client hours accumulated should be not less than **450**. Up to one-third of the **450** client hours may have been supervised on a group basis (but not a peer-group). To calculate the amount of group time that can be counted, divide the group time by the number of supervisees and then double the result; this is intended to recognise the additional learning gained from group supervision. For example, in a 2 hour group of 4 supervisees, there is 30 minutes' supervision per person, doubled to count as 1 hour of supervision. The UKAHPP Accreditation Committee may vary this formula for larger supervision groups.

9.3 Supervised hours should be made up of client contracts that reflect the approach to be practiced and demonstrate that the applicant has the appropriate experience of and competence in the model of psychotherapy for which they are requesting accreditation.

9.4 The supervisor will be a more experienced practitioner who uses the same approach in which the applicant has trained; this applies both to individual and to group supervision. Peer supervision is not deemed appropriate at this stage.

9.5 The **450** supervised client hours will be at a ratio of at least **1:6** (1 hour of supervision for 6 client hours); supervision will normally have been face-to-face. The UKAHPP Accreditation Committee may consider applications where the 1:6 ratio has not been achieved for the full 450 client hours.

9.6 The applicant will provide, when requested by the UKAHPP Accreditation Committee, a supervisor's report which will reflect the applicant's competence and readiness for accreditation as psychotherapist. The supervisor providing this report should normally have supervised the applicant for the submitted case study. See *UKAHPP Continual Professional Development and Supervision Policy* for post accreditation requirements.

9.7 See *UKAHPP Continual Professional Development and Supervision Policy* for post accreditation requirements.

10. Personal Therapy

10.1 Undertake **160 hours** of Personal Therapy over at least 4 years, normally throughout the duration of training, with not less than 40 hours per year and congruent with the applicant's training and practice.

10.2 The psychotherapist with whom the applicant works will not be the same person as the applicant's main trainer, nor their supervisor. It is expected that the applicant will have experience of an extended period of psychotherapy with the same psychotherapist, normally a minimum of **3** years with the same psychotherapist.

10.3 Personal psychotherapy would normally be undertaken with a UKAHPP Accredited Psychotherapist, or equivalent, on a one-to-one basis. While group psychotherapy is not deemed appropriate at this stage, the Accreditation Committee will consider applications which include a mix of individual and group psychotherapy, in exceptional circumstances and where all other criteria are met.

11. Continuing Professional Development (CPD)

11.1 The UKAHPP requires applicant to provide evidence of a continuing curiosity and commitment to personal and professional development as a post accreditation requirement – including the period between attaining UKAHPP Registration and submission of UKAHPP Accreditation application.

11.2 Applicants who have been in practice for a period greater than **12 months** since completing their Psychotherapy training, are required to list CPD events undertaken during this period.

11.3 Applicants who have held UKAHPP Registration for a period greater than **12 months** at the time of their UKAHPP Accreditation application are required to list CPD events undertaken during this period - a minimum of **250 hours** over a **5 year** period with a minimum of **20 hours** within any given year.

11.4 All UKAHPP Registered and Accredited members are required to demonstrate a lifelong commitment to CPD - See *UKAHPP Continual Professional Development and Supervision Policy* for post accreditation requirements.

12. Referee's Statement

12.1 Applications are to provide a valid **Referee's Statement** from an experienced professional in the support of their application. The referee should not be related to the applicant or be their supervisor, trainer or therapist. The referee is to send the completed and signed statement directly to the UKAHPP.

13. Therapeutic Executor

13.1 It is a requirement that accredited Full members have an ongoing Therapeutic Executor arrangement, for which guidelines are available from the Admin office and in the members' area of the website.

14. Professional Indemnity Insurance

14.1 Applicants are required to confirm that they have adequate professional indemnity cover for their practice provided by their employer/place of work or hold appropriate indemnity insurance if in private practice.

15. General

15.1 You will be notified whether your application has been successful or if additional information is required within **14** days of your application being assessed by the Accreditation Committee. If the Accreditation Committee is unable to reach a decision based on the written application, the applicant will be invited to attend an interview with two members of the Accreditation Committee to address the issues requiring further clarification. Applicants will be notified within 14 days of the outcome of the interview.

15.2 UKAHPP accreditation as a psychotherapist is valid for **5** years, after which renewal of accreditation must be applied for via an assessment process which includes Continuing Professional Development.

15.3 Accredited Psychotherapeutic Counsellors are required to complete and return to the UKAHPP an Annual Renewal Declaration and abide by Quality assurance checks as requested.

16. Application

16.1 Applications are to be submitted on the latest version of *Application Forms* (see links below) in *12 point black 'Arial' font* and returned with supporting documents as a '**PDF**' email attachments to admin@ahpp.org.uk.

16.2 As Psychotherapist Accreditation is incorporated into the UKAHPP Register of Psychotherapists and Psychotherapeutic Counsellors, applications will automatically be processed for Registration before the Accreditation process is initiated.

17 Check List

17.1 Please ensure you complete all sections of the application form (most recent version) and ensure that supporting documentation such as certificates and course literature is submitted as evidence of satisfactory completion of all accreditation requirements including:

- Evidence of post graduate Master's level 7 QAA Framework academic training and qualification award or portfolio equivalent – certificates etc as *PDF* attachments
- Case Study (4,000 words + - 10%)
- Humanistic Orientation Statement (1,000 words)
- Indemnity Insurance evidence
- Complaints and conviction details (if applicable)
- Supervisor's Report – signed by supervisor and supervisee
- Referee's Statement
- Evidence of UKAHPP Registration
- Non-refundable fee of £200 – Payable to 'UKAHPP'

18. Unsuccessful Applications

18.1 In the event of an unsuccessful application, a written request can be made to the Chair of the UKAHPP Accreditation Committee for the decision to be reviewed by the Accreditation Committee. Evidence is to be provided as to how identified omissions to the published criteria for UKAHPP Psychotherapist Accreditation have been complied with. The UKAHPP Accreditation Committee's decision will be final.

18.2 The UKAHPP Accreditation will stipulate a time deadline if accreditation is deferred pending the submission of additional information or completion of identified omissions and further professional development requirements.

18.3 A new application may be submitted 12 months after the notification of an unsuccessful application.

19. Data Protection

19.1 The UKAHPP will hold information provided by applicants in accordance with Data Protection requirements and will delete information relating to unsuccessful applications from its records 18 months following submission.

20. Public Protection

20.1 To enhance public protection and the promotion of confidence, the UKAHPP will share and seek information about the professional standing of accredited and registered members with other register holders and professional organisations.

The UKAHPP Administrator (*Accreditation Committee*)
Box BCM AHPP
27 Old Gloucester Street
London WC1N 3XX

July 2019