

The goal of this document is to propose updates of the TS 2006

TS - Training Standards

TSC - Training Standards Committee

TI - Training Institute

NUO - National Umbrella Organization

NAO - National Awarding Organization

EABP - European Association for Body psychotherapy

EAP - European Association for Psychotherapy

BA - Bachelor of Arts

EFQ European Framework of Qualifications

ECP European Certificate of Psychotherapy.

EWAO European Wide Awarding Organization

TAC Training Accreditation Committee

EAPTI - European Accredited Psychotherapy Institute

General:

All TI processes need be transparent and well documented

1. Professional Standards Requirements

1.1 Entry requirements to all body psychotherapy Trainings be set at graduated level or the equivalent in order to comply with the European standards of a professional training (Graduate level: Level 5, BA, EFQ-6 or equivalent) (1) and be in line with EAP Strasbourg Declaration 1990 for an independent profession of psychotherapy, which defines the access to a psychotherapy training as possible through various preliminary qualifications, in particular in human and social sciences.

1.2 Training Institutes in body psychotherapy screen applicants to their body psychotherapy training courses about aspects concerning their personal and professional backgrounds and are able to demonstrate:

1.2.(a) That the applicants all have an equivalence to an academic 1st degree in a field relevant to psychotherapy (e.g. in human and social sciences, psychology, medicine, health disciplines, or equivalent) Or have a combination of work and life experiences that add up to a similar competency (2);

1.2.(b) That they have already had a reasonable personal experience of body psychotherapy;

1.2.(c) That they have an appropriate level of emotional maturity to manage the content of the training course and subsequently a client caseload.

The acceptance body get the impression that they demonstrate a capacity to develop attunement to another, is assessed as mentally and emotionally stable enough to undertake a training; and demonstrates capacity to develop their critical self-reflection and emotionally and physically attune. Where a criminal record is in existence, or in the history of the applicant this should be evaluated in light of ethical guidance from EABP. The personal ethical standards of the applicant should be in accordance with EABP Ethical Guidelines.

1.3 Training Institutes keep records documenting the admission process. (3).

1.4 Training Institutes inform their trainees that they (rather than the Training Institutes) carry the responsibility to have a legal status and to obtain national registration, certification, accreditation and/or licensure requirements for the independent practice of psychotherapy in a professional setting shortly after the end of their training course.

1.5 Training Institutes offer a minimum of four years training in body psychotherapy, approximately 1,400 hours, divided into and needs to be as a postgraduate level (EQF-7):

- 250 hours of personal body-psychotherapeutic experience in an individual and/or group setting (at least 100 hours from which should be on an individual basis)
- Personal body-psychotherapeutic experience should be taken to include training analysis, self-experience, and other methods involving elements of self-reflection, therapy, and personal therapeutic experience (not less than total 250 hours where min. 100 hours of which should be on an individual basis, but it can be less (100 hours) if the hours of past therapy are recognised) normally spread over 4 years. Any training shall include arrangements to ensure that the trainees can identify and appropriately manage their

involvement in and contributions to the processes of the body psychotherapy that they practice in accordance with their specific methods;

- **STUDY OF THE THEORY AND PRACTICE OF PSYCHOTHERAPY & PROFESSIONAL SKILL DEVELOPMENT:** 500-800 hours of theory, methodology and clinical practice during the training including psychopathology, in accordance with the usual standards of body psychotherapy;
- **CLINICAL PRACTICE UNDER SUPERVISION:** This will include sufficient practice with psychotherapy clients under continuous supervision. Minimum 400 hours of clinical practice with clients/patients (adults, children and adolescents), either in a mental or social health setting, or with individual clients/patients, under regular supervision;
- **SUPERVISION** (not less than 150 hours) should be continuous and appropriate to the psychotherapeutic modality and will be at least two years in duration with Training Institutes keeping a written account of the training hours and at least 100 hours must be body psychotherapy supervision;

1.6 Training Institutes maintain professional memberships; stay in good standing; are properly registered with local, educational, national and European bodies; and have their administration and finances in good order.

2. European and National Compatibility Requirements

2.1 Training Institutes in body psychotherapy make sufficient and necessary changes in their training programs to enable their trainees to obtain EABP full membership and the European Certificate of Psychotherapy (ECP).

This will be achieved without having to take any further training modules or repeat any aspects of training. If the Training Institute does not provide training for a particular required module, Training Institute could make a suitable arrangements for their trainees to take this module elsewhere.

2.2 Training Institutes aim to establish collegial contact with other training organizations in psychotherapy in that country and work to get recognition for body psychotherapy in their country.

Note 1. This is set at a minimum of 7 years of further training after leaving school at 17 or 18 (A-levels or Baccalaureate). The first 3 years are to the level of a First Degree at University (Bachelor's degree) and should be relevant in some way to the profession of psychotherapy. Alternatively applicants should have had an equivalent form of 'life education' or training and experience in a related field. Entry to the specialized Professional Training (in Body - Psychotherapy) is thus at postgraduate level - or the equivalent - and extends for a minimum of a further 4 years.

Note 2. Body psychotherapy Training Schools need to assess applicants prior to entry specifically for previous education; academic capabilities; life experiences relevant to (body-) psychotherapy; alternative professional or work experiences; levels of emotional maturity; capacity to work with people previous personal therapy; and their level of knowledge about psychology and psychotherapeutic theory.

If they accept an applicant who has a notable deficit in one of these areas, the applicant should be notified about any additional requirements needed and informed where or how to make up any such deficits.

The Training Institute could aim to provide any 'Ground Years' or Pre-Training Courses necessary, so that the trainee, at the start of the training, can be shown at least to be comparable to someone with a relevant first degree or equivalent;

An equivalent will be constructed from: at least 3 previous years of work experience in a related field (means 4,500 -5,500 hours for 3 years or 180 ETCs, 1 ETC =25- 30 hours in different countries), a sufficient academic background, a sufficient experience of body psychotherapy. Any specific deficit that has been recognized, will be made up before entry into the training or (in minor cases) during the training.

Note 3. The application procedure needs to be transparent, documented and available for an appropriate external audit.

2.3 Training Institutes have to be clear about the current legal possibilities of recognition as a Body-Psychotherapist and the ability to work as a Body-Psychotherapist in that country after the completion of the training and convey these, and any subsequent changes, explicitly to the trainees.

2.4 Training Institutes facilitate transfer of trainees between different Training Institutes according to the personal and professional needs of the trainees.

3. A transparent Training Agreement or Contract between the Training Institute and the Trainee include the following Training Requirements:

3.1 Training Institutes have to be specific as to the content of their training, structure and process of their training course defined and described in an available curriculum format.

3.2 That each training module is identified as (i) general, or (ii) common to other psychotherapies, or (iii) common to other Body-Psychotherapies, or (iv) specific to their own particular approach.

3.3 That the following are stated clearly:

3.3.a. The admission requirements and process

3.3.b. The number of tuition hours per annum (which does not include personal study time or personal therapy).

3.3.c. The expected minimum personal therapy requirement for that training

3.3.d. The proportions (in hours or %) of the training spent on theory, methodology and practice in experiential learning.

3.3.e. The nature of evaluation criteria throughout the course in terms of formal exams, written assessments, clinical practice demonstration, clinical supervision, etc.

3.3.f. The graduation process.

3.4 The individual personal psychotherapy training is clearly defined in terms of its extent and type as well as any requirements as to identity or quality of accepted psychotherapists. Personal therapy costs must be separate from the training and paid for separately.

3.5 The amount of the mandatory training fees, and what is additional to these training fees is clearly defined; and that the times and conditions of payment are clearly stated; and that arrangements for late payments or individual differences can be implemented.

3.6 The above information is readily available in a written form and is contractual, and that any significant variations in the balance of theory, method and practice in the training programme are justifiable and discussed with the trainees before implementation.

4. Theory Syllabus Requirements A total of 500-800 hours mainly on topics related to Body Psychotherapy

4.1 Training Institutes in body psychotherapy conform with the general standards of professional training in psychotherapy; include the theories and practices of fundamental psychotherapies in their syllabus (or make suitable provisions for their trainees to have access to such modules); teach these in relationship to any general theory of body psychotherapy and also to their specific theory of body psychotherapy. The following categories are generally required:

4.1.a. Background theory (including historical overview of the most important approaches in psychotherapy and body psychotherapy); a theory of personal and professional development changes; social and scientific aspects of psychotherapy; a theory of the dynamic between body and psyche.

4.1.b. General and specific theories of psychotherapy, possibly including human development; sexuality; gender sensitivity; trauma; the possibilities and limitations of psychotherapy; psychopathology and an introduction to psychiatry; the psychotherapeutic process; elements of psychosomatics; theory of salutogenesis; etc.

4.1.c. A general theory of practice (possibly including the dynamics of the psychotherapeutic process and contact; theory and methods of intervention; transference and counter-transference; defense mechanisms; assessment, diagnosis and prognosis; indications and contra-indications; appropriate referrals; research methods; group dynamics; the Ethical guidelines; data protection guidelines; etc.).

4.2 Training Institutes teach a general theory of body psychotherapy that generally include:

4.2.a Fundamentals (include common ground. i.e. fundamental principles) of body psychotherapy as defined by EABP

4.2.b. A history of body psychotherapy and experiential awareness of other types of body psychotherapy

4.2.c. Basic knowledge of anatomy and physiology including processes (such as breathing, vegetative regulation, posture and movement) in their somatic and psychodynamic and psychological trauma contexts.

4.2.d. Perspectives on body psychotherapy that generally include:(i) Personal development approaches, (ii) Goals of self-regulation and empowerment of the client (iii), Notions on a

healing or curative approach, (iv) Different theories of body-energy, (v) Notions of traditional therapeutic approaches, noetic recognition.

5. Specific Theory Requirements

5.1 Training Institutes define the theoretical basis of their particular methodology in body psychotherapy and place this in the context of body psychotherapy and Psychotherapy (in general.)

5.2 The particular body psychotherapy can provide a comprehensive statement of its theory and practice.

5.3 Training Institutes conduct basic research into the validity and efficacy of their method of body psychotherapy.

6. Practice and Experiential training Requirements

6.1 Training in body psychotherapy includes an experiential training component wherein the general theory and process of body psychotherapy and psychotherapy (both general and specific to the Training School). The different components are taught, demonstrated and experientially practiced. Trainees are supported through supervision and feed-back throughout the training and assessed as to their competencies in all of these areas.

6.2 Physical contact and closeness are integral parts of body psychotherapy. Special and specific competencies are required in the areas of contact, boundaries, interactional dynamics, psychological trauma, ethics and limitations that need to be applied to the physical contact and touch. Training Organizations ensure that these competencies are achieved.

6.3 The Training Institutes provide trainees with a substantive grounding in: (1) basic clinical practices and sound business practices (i.e. contracts; preparation of case histories; referrals and reports; record keeping; keeping accounts and financial records; invoicing; insurance matters; etc.). (2) How to maintain appropriate relationships with colleagues and other professionals. (3) Awareness of relevant legal issues; and other issues relating to the profession.

7. Personal Therapy Requirements

7.1 The Training Institutes ensure that their trainees obtain a minimum of 250 hours of on-going individual or group psychotherapy (within or out of the training) to meet the requirements for personal experience of body psychotherapy; similar to the method being taught. At least 100 hours should be individual one-to-one sessions of body psychotherapy.

7.2 The Training Institutes ensure that the trainees receive the major part of their personal therapy during the training from someone who should not be one of their main trainers, supervisors or assessors (also depending on the specific school situation in different Countries).

7.3 The Training Institutes appoint suitably qualified, experienced and accredited psychotherapists in their own modality.

7.4 The trainees may submit a limited number of hours of personal psychotherapy with a non-appointed psychotherapist upon review and approval of their training director.

8. Supervised Practice Requirements

8.1 The Training Institute supports the trainee to find suitable opportunities so that the trainee can obtain sufficient supervised practice as a Body-Psychotherapist, during or after the training.

8.2 The Training Institutes appoint suitably qualified, experienced and accredited supervisors in their own modality to the trainee.

8.3 The Training Institute informs the trainees that in case they wish to apply for EABP full individual membership, they are obliged, for all the 400 hours of practical work with clients from outside of the training to have a total of 150 hours of supervision (including the supervision hours as part of the training), over a period of at least two years. Of the 150 hours of supervision, a minimum of 100 hours must be done by a fully qualified body psychotherapist. Individual and group sessions of supervision are both counted as one hour.

9. Assessment and Certification Requirements

9.1 The Training Institutes ensure that:

9.1.a The completion of the training involves a substantive piece of written work or a recorded professional presentation, and that copies are kept of the trainees' written work (The TI can keep the written material for the length of time that is agreeable with the European data protection).

9.1.b The standards and processes of the assessment and final qualification of their trainees meet the professional criteria of their particular country's National Awarding Organization (NAO) and/or National Umbrella Organization (NUO) when this exists.

9.1.c There is a continuous assessment of the trainee's core competency and achievements of learning outcome as a psychotherapist, which includes emotional, personal, social and professional maturity, and integration. Moreover, TIs assess the suitability of the trainee to work with clients according to a professional code and ethical standards, in line with EABP Ethical Guidelines.

9.1.d The principle of an external examiner (or assessor) being part of this assessment process could be considered, so that the assessment panel can include at least one person who is not a trainer of the organization.

9.1.e The trainee's personal psychotherapist cannot be the trainee's examiner, assessor or involved in the trainee's assessment process.

9.2 Records of the final assessment process (final thesis) are kept for external verification.

9.3 Training Organizations include in their training program the requirements of EABP membership or the EAP's European Certificate for Psychotherapy (ECP).

9.4. Training Organizations have to follow the Ethical Code/Guidelines for organization as will be required by the EC regarding the ethical issues and/or different kinds of conflict of interests. This will include an external ethical moderator.

10. Trainers and Supervisors Requirements

10.1 Training Institutes ensure that the most representative regular Trainers:

10.1.a The Basic Level Trainers or Junior Trainers should have worked as Body-Psychotherapist for a minimum of 5 years; and Main Trainers (for example: Senior Trainers, Training Directors) should have worked as Body-Psychotherapist for a minimum of 10 years in that particular approach in body-psychotherapy.

10.1.b Ideally, maintain a personal practice as a Body-Psychotherapist with clients (individual or group) outside of the training activities.

10.1.c. The majority of the Trainers should be EABP full members and ECP holders, or the equivalent.

10.1.d. Have a training or a preparation to become a trainer/teacher, formally or by apprenticeship (for example: assistant, co-trainer) and have undergone an assessment as a trainer by the Body-Psychotherapy Training Institute

10.1.e Belong to an ongoing supervision group or to a peer supervision (interview) group for trainers and appropriately assessed for competency on a regular basis as a continuous process.

10.1.f.- Follow on-going professional developments in psychotherapy and body psychotherapy and, when appropriate, publish written work

10.1.g. Fulfil any other general requirements set by NUO / NAOs and EAP

10.1.h. Or satisfy clear criteria to warrant exceptions to the above.

10.2 That Training Institute require that Supervisors:

10.2.a. have had experience working as a Body-Psychotherapist for a minimum of 7 years;

10.2.b. ideally maintain a personal practice as a Body-Psychotherapist with clients (individual or group)

10.2.c. have a training or a preparation to become a supervisor, formally or by apprenticeship (for example: assistant) and have undergone an assessment as a supervisor,

by the Body-Psychotherapy Training Institute. Supervisors do not need to be trainers as well.

10.2.d. Be EABP full members and ECP holders, or the equivalent.

10.2.e. Follow on-going professional developments in psychotherapy and body psychotherapy and, when appropriate, publish written work.

10.2.f. Fulfil any other general requirements set by NUO / NAOs and EAP.

10.2.g. Or satisfy clear criteria to warrant exceptions to the above.

11. Organisational Coherence and Qualities Requirements for Training Institutes (TI)

11.1 That Training Institutes ensure that their organizational back-up is professional, coherent and in line with their stated philosophy and methods and are governed by written policies and procedures.

11.2 That Training Institutes are properly:

11.2.a. Constituted, legally sound, have proper documentation; keep proper records and accounts; be properly insured;

11.2.b. Use appropriate premises and training facilities;

11.2.c. Have a published ethical code, grievance and complaints system for their trainees, trainers, supervisors, TI and psychotherapists (when there is not an EABP - National Association in the country);

11.2.d. In case of ethical conflict, it's recommended to nominate an Ethical Moderator/Officer to ensure proper procedures according to the EABP EC;

11.2.e. Do everything reasonable to ensure the welfare, safety and security of their trainees.

11.3 Training Institutes maintain a record of professional relationships, membership of appropriate bodies and associations, scientific committees, boards of journals, publications, etc.

11.4 Training Institutes keep clear records as to their legal constitution; which trainees (with addresses) have been trained, have obtained a certificate of completion, have been allowed to start a psychotherapy practice under supervision, etc.

11.5 Training Institutes involve sufficient trainers, supervisors and psychotherapists so that trainees are provided with a broad range of personal and professional styles.

The principle of having a regular turnover of external or visiting trainers from other institutes is recommended.

11.6 Training Institutes respect the rights and differences of their trainees and are aware of the multiple intersectional aspects requiring attention from an equality, equanimity and diversity perspective like: age, disability, power, class, race, ethnic, marriage and civil partnership, sex, sexual orientation, religious or belief and gender reassignment issues and how these influence the trainees and the training group.

11.7 Training Institutes are prepared to examine these matters without prejudice, both internally with the trainees, trainers, supervisors and externally with other organizations.

12. Registration and Accreditation Requirements for Training Institutes

12.1 Training Institutes ensure all relevant procedures are complied with;

12.1.a. namely the professional registration and accreditation with the FORUM and EABP (functioning as EWAO)

12.1.b. any of their country's NAO's and EAP requirements.

12.2 When going for FORUM, National or European accreditation, Training Institutes prepare properly for any visitations, cooperate with the assessors as fully as possible, and claim, where appropriate, the principle of subsidiarity in line with the European Data Protection guidelines.

13. Implementation Requirements for Training Institutes for registration, accreditation and re-accreditation

13.1. All Training Institutes after their first accreditation will go through a re-accreditation process every 7 years.

13.2 Application forms for re-accreditation have to be filled in details and signed by the chair/director of the Training Institute

13.3. Training Institutes who seek to meet these standards can expect professional support and technical assistance from EABP.

13.4 Training Institutes in the process of accreditation or reaccreditation that are uncertain about their capacities to achieve these standards:

13.4.a. may be subjected to an assessment process and review by an appointed body of the EABP (viz: FORUM, or EABP National Associations). The result can be pass, pass-on-condition or suspension of TI accreditation until further assessment process and review.

13.4.b. Must cooperate fully, openly and promptly with such an assessment process and review, and will have sight of any report(s) and the opportunity to suggest corrections or make a supplementary statement, prior to final submission of the report

Post Qualification Training in Body Psychotherapy Variant Training Standards

These Training Standards are for a for psychotherapists who are already fully qualified in another psychotherapy modality and wish to train in body psychotherapy.

Training Institutes make the final decision about the suitability of candidates for such a training.

The Variant Training Standards are as follows:

- The Post Qualification Training in Body Psychotherapy consists of 6 numbers in 6 different categories:
- total duration;
- total number of hours;
- number of training hours;
- number of personal therapy hours;
- numbers of clinical hours (practical work with clients); and
- number of supervision hours.
- Normally the total duration of a post qualification training in body psychotherapy should be a minimum of three years, unless there are good reasons (such as local legislation) to make it shorter. At least two out of the three years of training need to be completed with the same institution and within two consecutive calendar years. The total number of hours needs to be maintained separately.
- The total number of hours should be at least 700, or half that of the EAP and EABP training standards for people with no previous training.
- Training hours (direct tuition hours) should be a minimum of 300.
- In principle the personal therapy requirement is 120 hours for those with less than 100 hours of previous personal therapy experience. For those with substantially more personal therapy previously, the requirement can be reduced by up to 60 hours to leave a minimal requirement of 60 hours. Some of the personal therapy hours can be group therapy, but this is limited to 40% of total personal therapy hours maximum, and the minimum of individual personal therapy must be maintained at 60 hours.
- We recognise that people's level of experience can vary and suggest that the required clinical hours can be adjusted according to how many clinical hours a person has already got, but the minimum must be 250 clinical hours (hours of client work) of body psychotherapy.
- There should be 50 supervision hours, preferably individual supervision by an experienced Body Psychotherapist, as part of this training.
- There must be a final assessment, both written and practical, showing how a trainee understands the implication of deeper body psychotherapy both for their practice and for themselves personally.
- The total of hours delineated here will be less than 700 if an applicant completes minimal hours in every category ($300 + 60 + 250 + 50 = 660$). This means that people cannot be accredited as Full EABP Members if they have only completed minimal hours in all four categories – they have to do more hours in one or more of the categories outlined above.
- The Training Standards of the **Variant Training Standards** needs to include everything that is not part of the General therapeutic competencies to all psychotherapeutic modalities.

It needs to be emphasised especially that Training Institutes are in no way obliged to offer such post qualification training courses. However they may do so if they wish.