

Setting standards for the profession of counselling / psychotherapy

BACP Annual Conference
18 October 2008

Introducing us

- Rebecca Grace – Quality and Standards Manager, BACP
- Christina Docchar – Project Manager – Supervision and CPD, BACP

Training - Context

- Disparate nature of training in counselling / psychotherapy
- Statutory regulation of counsellors / psychotherapists

Health Professions Council - Introduction

- Regulator for counsellors / psychotherapists
- Working date of 2010 / 2011
- Ways to register
 - Transfer from existing register (transitional phase)
 - Approved qualification (transitional phase and long term)
 - Grandparenting (transitional phase)

Health Professions Council - Training

- Standards of Education and Training (SETs)
 - Generic standards for all approved qualifications
- Standards of Proficiency (SoPs)
 - Both generic and profession specific
- Approved qualification
 - Must meet all of the SETs and equip 'graduates' to be competent in all areas of the SoPs

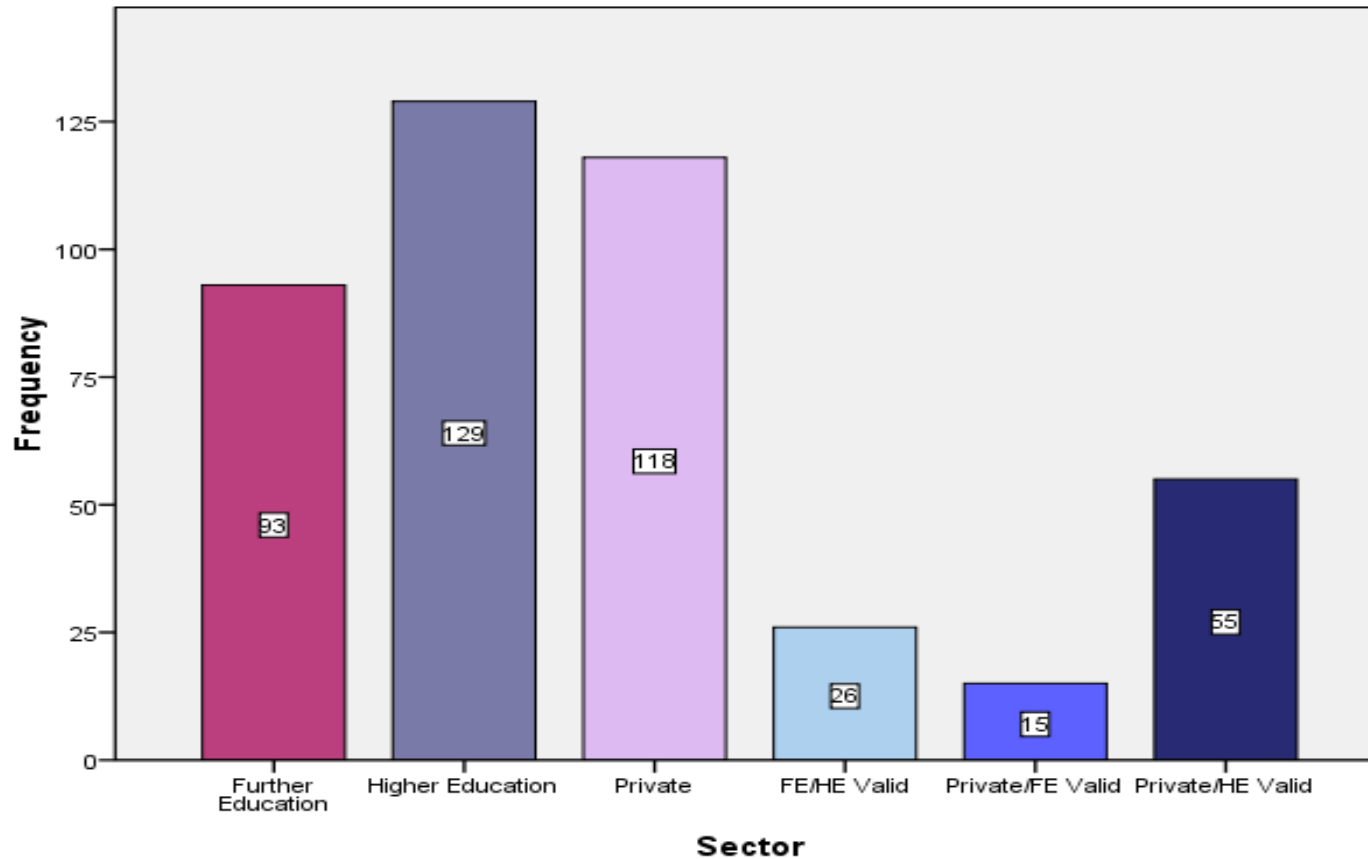
Counselling / Psychotherapy Training - Current

- 420+ 'practitioner' training courses
 - Practitioner – minimum 1 year FT / 2 year PT with placement

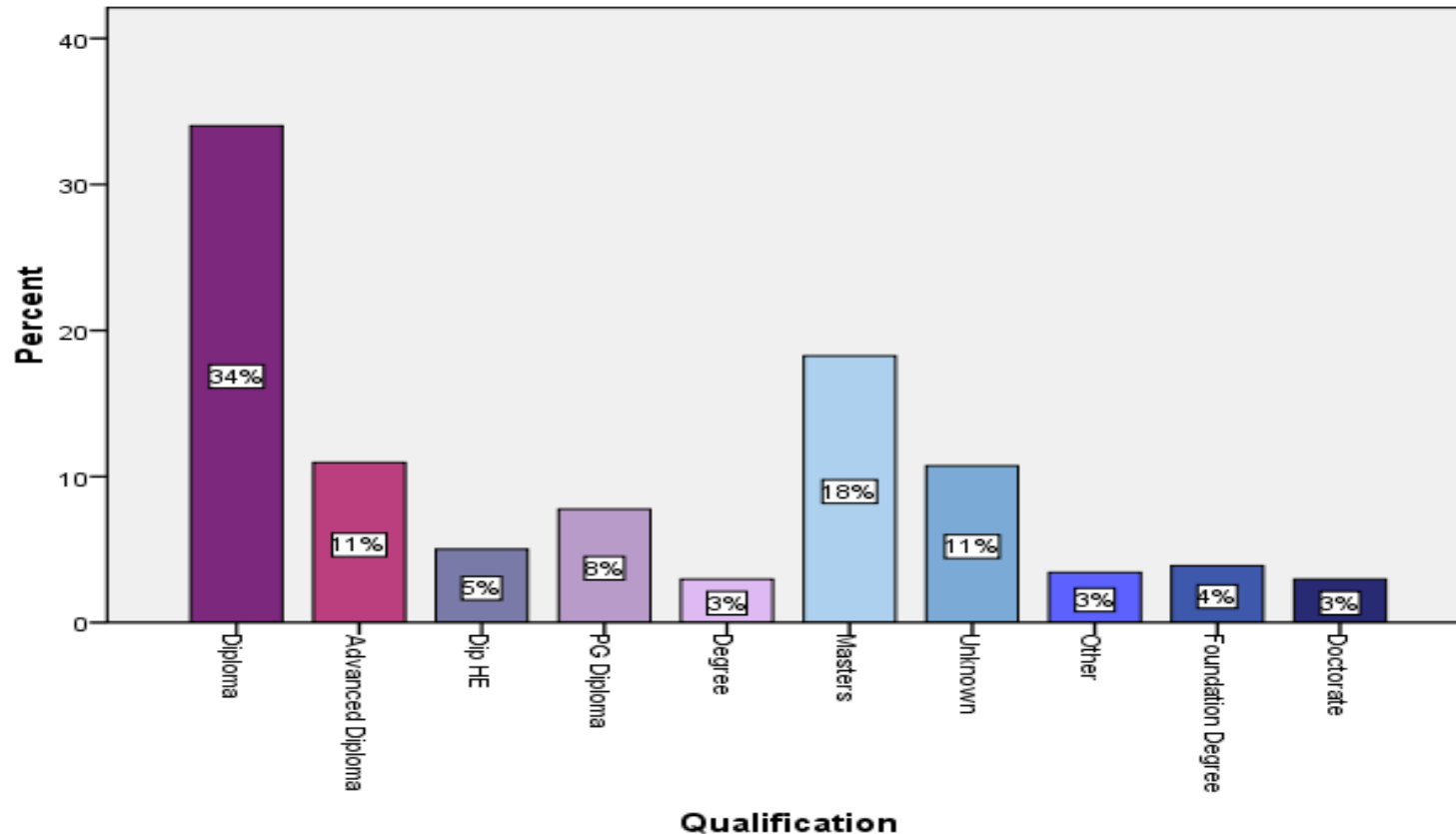
Counselling / Psychotherapy Training - Current

- Subject of Training
 - Counselling 60%
 - Psychotherapy 25%
 - Counselling and Psychotherapy 5%
 - Other 10%

Counselling / Psychotherapy Training - Current

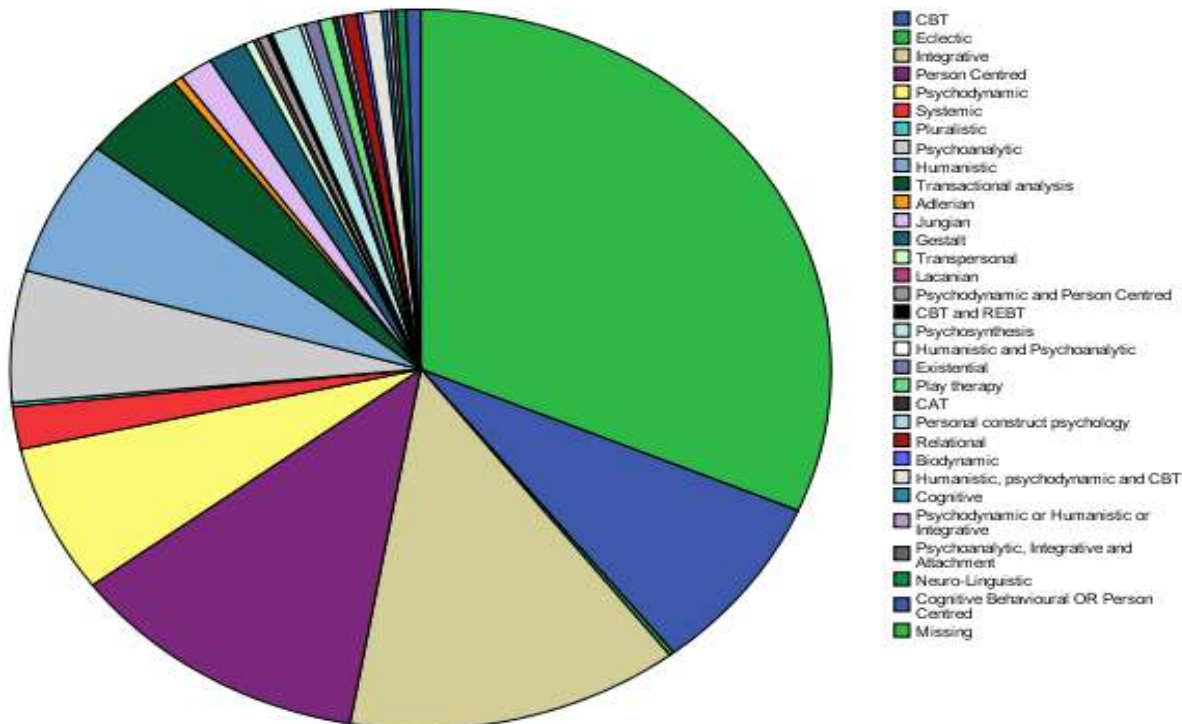


Counselling / Psychotherapy Training - Current

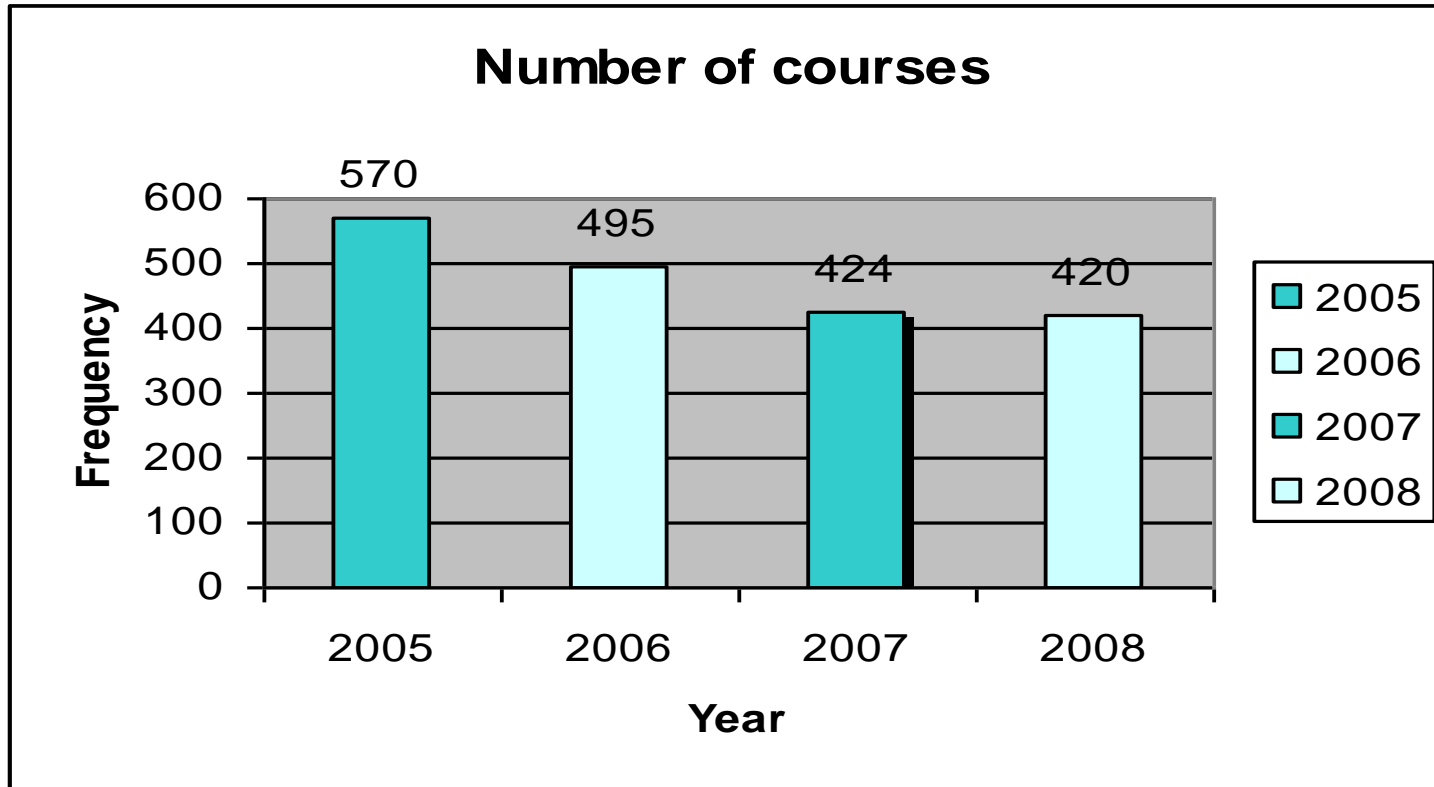


Counselling / Psychotherapy Training - Current

Theoretical orientation



Counselling / Psychotherapy Training - Trends



Counselling / Psychotherapy Training - Trends

- Courses are closing but: -
 - No changes in the sector of delivery
 - No changes in the academic level
 - No changes in the qualification (although more foundation degrees)

BACP Core Curriculum

- Internal and external reasons for development
 - Disparate nature of training
 - HPC – ‘Apply a defined body of knowledge’
- Consortium (9 trainers)
 - Range of training settings
 - Representing different theoretical approaches

Core Curriculum

- Four domains – learning outcomes associated with each
 - A The professional role and responsibility of the therapist.
 - B Understanding the client.
 - C The therapeutic process.
 - D The social, professional and organisational context for therapy

Core Curriculum

- Learning outcomes
 - Recognise and maintain appropriate professional boundaries even when these are challenged by the client or others.
 - Recognise the signs and symptoms associated with mental distress and regularly update knowledge about mental health and well-being.
 - Manage the beginning, middle and end of a therapeutic relationship according to their theoretical perspective of practice.

Core Curriculum

- Emphasis on practical requirements
 - 150 hours of client work
 - 50 hours of associated work
 - requirement for personal development

Core Curriculum

- Approved by BACP Board
- Aligned with existing course accreditation requirements
- Launched to accredited courses
November / December 2008
- A new 'Gold Book' launched this year

Subject Benchmark Statements

- None approved by QAA for counselling / psychotherapy
- BACP, and others, looking to develop these for the profession
 - Will be working with academics representing a range of perspectives
- Hope to use aspects of the Core Curriculum in this development
- Usual for regulated professions to have benchmark statements or for them to be in development

Skills for Health

- Commissioned to develop NOS for psychological therapies
 - Psychodynamic / psychoanalytic
 - Humanistic person centred / process experiential
 - Cognitive behavioural therapy
 - Systemic and family therapy

Skills for Health

- Each modality is at a different stage of development
- BACP involvement
- Intention to look at generic as well as specific factors
- May be used by training providers in course development

Conclusion

- Training field can still be confusing
- Core Curriculum will hopefully go some way to changing this
- Regulation will mean that the training field will become more standardised (threshold academic level will be set, specific criteria)
- BACP hopes to influence regulatory agenda

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British Association for
Counselling & Psychotherapy

