

## IRISH ASSOCIATION OF HUMANISTIC AND INTEGRATIVE PSYCHOTHERAPY

### BYE LAW 10

#### **INTERIM CRITERIA (2009) FOR ACCREDITATION OF HUMANISTIC AND INTEGRATIVE PSYCHOTHERAPISTS**

1. This Bye Law sets out the minimum criteria that those whose psychotherapy training had commenced before 1<sup>st</sup> January **2009** must meet in order to be accredited as psychotherapists and accepted as members of the Irish Association of Humanistic and Integrative Psychotherapy.
  - 1.1 These Interim Criteria apply only to those whose psychotherapy training had commenced before 1<sup>st</sup> January **2009**. Different criteria, in line with standards agreed for all member bodies of the Irish Council for Psychotherapy and the European Association for Psychotherapy, apply to all applicants for IAHIP accreditation whose psychotherapy training commenced on or after 1st January **2009**.
2. To be accredited as a psychotherapist and accepted as a member of the Irish Association of Humanistic and Integrative Psychotherapy an applicant must have fulfilled the following four conditions:
  - (a) He or she must have completed a psychotherapy training course which includes specified elements, with a specified minimum number of hours devoted to each. (The required elements and hours are set out below in clause 3 and its sub-clauses.)
  - (b) He or she must have completed a post-course practicum period (i.e. pre-accreditation period) of a minimum of two years, during which he or she must have worked as a psychotherapist with individual clients for a specified minimum number of hours, and during which other specified conditions must have been met. (The minimum requirements for the post-course practicum (pre-accreditation) period are set out below in clause 4 and its sub-clauses.)
  - (c) The client work done by the person during the training course and during the post-course practicum (pre-accreditation) period must have been supervised in a way that meets the conditions laid down in sub-clauses 5.1 to 5.4.
  - (d) He or she must have given specific undertakings about their behaviour as psychotherapists if they are granted accreditation and membership of the Association. (Details of the required undertakings are set out below in clause 6.)
3. **Psychotherapy Training**

To be accredited as a psychotherapist and accepted as a member of the Irish Association of Humanistic and Integrative Psychotherapy a person must have completed a specific training course specialising in humanistic and integrative psychotherapy.

3.1 In exceptional circumstances, the attainment of equivalent trained standards in humanistic and integrative psychotherapy by means of amalgamated relevant piecemeal trainings/apprenticeships or recognised expertise in this field gained largely through professional practice rather than training may be considered as a substitute for completion of a specific training course specialising in humanistic and integrative psychotherapy.

**3.2 Theoretical Content of Training Course.**

The training course shall include a minimum of **150** hours of **Theory**. The theoretical topics dealt with shall be drawn primarily from humanistic and integrative modalities and be rooted in experiential learning. They shall also include:

- An understanding of other psychotherapeutic approaches
- Human development throughout the lifespan
- Theories of change
- Assessment and intervention
- Social issues
- Psychopathology
- Research
- Professional issues [ethics, law and networking]

**3.3 Group Learning during Training Course**

The training course shall include a minimum of **200** hours of **Group Learning**.

3.3.1 Such Group Learning shall include:

- Skills practice and training rooted in experiential learning and primarily informed by modalities of psychotherapy that are humanistic and integrative in nature
- Personal development and exploration of one's own process [including experiential training workshops] which may include group work within the course which engages and explores one's own process in a group setting.

**3.4 Psychotherapy during Training Course**

During the training course the person applying for accreditation and membership of the Association must have undertaken a minimum of **160** hours of psychotherapy from a humanistic and integrative perspective.

3.4.1 Psychotherapy undertaken during training shall include:

- Individual Psychotherapy:  
A minimum of **100** hours
- Group Psychotherapy, which engages and explores one's own process in a group:  
A minimum of **60** hours

- 3.4.2 It is the responsibility of the training course to ensure  
(a) that all psychotherapy undertaken by students during training is conducted with accredited psychotherapists who work from a humanistic and integrative perspective. (This applies to both individual and group psychotherapy.)  
(b) that the required number of psychotherapy hours has been met.
- 3.4.3 Group psychotherapy undertaken outside of the training course cannot be used to fulfil the requirements set out above in clauses 3.4 and 3.4.1 unless it was approved by the training course and took place while the applicant was a trainee on the course.
- 3.4.4 No hours of group work used to fulfil the requirement for Psychotherapy detailed in clauses 3.4 and 3.4.1 may be used to fulfil the requirement for Group Learning detailed above in clauses 3.3 and 3.3.1.

**3.5 Supervised Psychotherapy Practice during Training Course**

During the training course the person applying for accreditation and membership of the Association must have maintained a clinical practice with clients, supervised within the training, and must have completed a minimum of **130** client hours within that practice.

- 3.5.1 The client work referred to in clause 3.5 above must have been supervised in the way set out in clause 5 and its sub-clauses below.

**4. Post Course Practicum (Pre-Accreditation) Period**

To be accredited as a psychotherapist and accepted as a member of the Irish Association of Humanistic and Integrative Psychotherapy an applicant must have completed a post-course practicum (pre-accreditation) period of a minimum of two years.

**4.1 Psychotherapy during Post-Course Practicum (Pre-Accreditation) Period**

During the post-course practicum (pre-accreditation) period the applicant must have undertaken a minimum of **80** hours of further psychotherapy (from a humanistic and integrative perspective), in the form either of individual or group psychotherapy or a combination of both. Such further psychotherapy becomes a mandatory requirement of accreditation only for those successfully completing training and moving into the post-course practicum (pre-accreditation) period **on or after 1st April 2010**.

**4.2 Work with Clients during Post-Course Practicum (Pre-Accreditation) Period**

During the post-course practicum (pre-accreditation) period the applicant must have worked as a psychotherapist with clients for at least two years and must have completed a minimum of **400** supervised client-contact hours.

4.2.1 Their total supervised client-contact hours, between their client work during training and during the post-course practicum (pre-accreditation) period, must amount to at least **600** hours, of which at least **100** must have been in the 12 months immediately preceding application for accreditation.

4.2.2 During the post course practicum (pre-accreditation) period all of the applicant's psychotherapy work must have been supervised in a way that meets the conditions laid down in sub-clauses 5.1 to 5.4 below.

**4.3. Perspective or Modality of Practice during Post-Course Practicum (Pre-Accreditation) Period**

The applicant must be able to demonstrate that they practise psychotherapy from a humanistic and integrative perspective. (This is normally ascertained through a comprehensive report from the applicant's supervisor, a personal statement submitted by the applicant and, occasionally, through interview.)

**5. Supervision of Psychotherapy Practice during Training and during Post-Course Practicum (Pre-Accreditation) Period**

The client work done by the applicant during the training course and during the post-course practicum (pre-accreditation) period must have been supervised in a way that meets the conditions laid down in sub-clauses 5.1 to 5.4 below.

5.1 During training a ratio of **one** hour of supervision to **four** hours of client work is required.

5.2 Where such supervision is in a group, the group shall not exceed four supervisees and each supervisee shall receive one hour of credit for every hour of group supervision. Within a training course, clear equivalence within a different structure may be allowed in certain circumstances.

5.3 During the post-course practicum (pre-accreditation) period, a minimum ratio of **one** hour of supervision to **eight** hours of client work is required. Supervision may be either individual or in group, or a combination of both. Where supervision is in a group, the group shall not exceed **four** supervisees and each supervisee shall have the opportunity to make a meaningful presentation and shall receive one hour of credit for every hour of group supervision.

5.4 For trainees starting client work on or after 1<sup>st</sup> September 2011, and for those beginning their post-course practicum (pre-accreditation) period on or after that date, supervisors must be either:

(a) IAHIP accredited supervisors

or

(b) psychotherapists from equivalent professional organisations who are accredited or have formal recognition as supervisors by their own professional organisation and who pursue their own practice from a shared humanistic and integrative perspective.

5.4.1 In the case of trainees who started client work before 1<sup>st</sup> September 2011, and in the case of those who completed Part 1 of their training and began their post-course practicum (pre-accreditation) period before that date, supervisors must be either accredited or formally recognised supervisors as referred to above in clause 5.4, or supervisors who have been accredited members of the Association for at least five years and who also have a minimum of two years experience of giving supervision and have undergone, or are undergoing, qualifying training in preparation for accreditation by IAHIP as supervisors. (If however trainees or pre-accreditation therapists change to a new supervisor after 1<sup>st</sup> September 2011, it must be to an accredited or formally recognised supervisor as referred to above in clause 5.4)

5.4.2 During the post-course practicum (pre-accreditation) period supervisees should not be supervised by their training supervisor or by a supervisor who had a significant role in their training. On completion of training, a period of three months shall be allowed to enable the graduate supervisee seek out a new supervisor.

## **6. Undertakings**

To be accredited as a psychotherapist and accepted as a member of the Irish Association of Humanistic and Integrative Psychotherapy 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 IAHIP
- (b) to present themselves for re-accreditation as IAHIP requires
- (c) to show commitment to ongoing professional development
- (d) to be committed to maintaining appropriate ongoing supervision and support in accordance with IAHIP requirements

## **7. Implementation**

The Accreditation Committee is the competent body to interpret and implement this Bye Law in accordance with the provisions of Bye Law 1 and the decisions 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.