

## European Association for Psychotherapy Newsletter

January 2020

### Establishing the independent profession of Psychotherapy within the European Commission

During the Lisbon Board Meetings a presentation was given to Board Members to inform them about the work of the EU Lobbying Group. The Psychotherapy Act has been submitted to the European Commission:

” The Psychotherapy act encompasses all the professional actions, i.e. the autonomous, interdisciplinary, relationship-based and evidence-informed psychotherapeutic methods, for the treatment of psychological, psycho-social and psycho-somatic disorders and difficulties. A relationship of trust, empathy and confidentiality between the Psychotherapist and the client is essential for effective clinical practice. The Psychotherapy act is underpinned by national and international ethical codes which respect the dignity, autonomy and uniqueness of all human beings. Psychotherapy is an independent profession from psychology, psychiatry and counselling. Psychotherapists usually have a first degree followed by a professional, highly specialized, theoretical and clinical training which includes research methodology and continuous professional development. The range of psychotherapeutic modalities is broad, and the profession is constantly evolving new developments in theory and clinical practice.”

The EU Lobbying Group have written and published a booklet has been written to present the Psychotherapy Act and the profession of Psychotherapy to the EU. This will be circulated to EU Commissioners and to all MEPs. Copies of the booklet were circulated to EAP Board Members in Lisbon and the comments received about this were excellent. The most up to date version booklet of this available through the link below, and is also available on the EAP website - [www.europsyche.org](http://www.europsyche.org)

[https://www.europsyche.org/app/uploads/2019/11/eap-booklet\\_a4\\_191111\\_corrected\\_web.pdf](https://www.europsyche.org/app/uploads/2019/11/eap-booklet_a4_191111_corrected_web.pdf)

The next step in the process of establishing the independent profession of Psychotherapy within the EU is to submit the Common Training Frameworks (CTF) of nine EU countries to the European Commission. The CTF comprises the training standards, professional and ethical documents for each country. The European Commission require the CTFs from one third of EU countries, and the demonstration that the profession of Psychotherapy is at postgraduate level and meets the European Qualification Standard 7, which is Masters level. The European Commission also require that a transparent process is conducted through a vote.

The votes conducted were:

- That the EAP Board supports the submission to the EU of the Common Training Frameworks from representative EU countries.

For: 54      Against: 0      Abstentions: 0

❖ That the countries who will submit their Common Training Frameworks and represent EAP in the submission to the EU are:

Malta	Spain	Romania
Italy	Ireland	Portugal
Austria	Croatia	Belgium
Germany (reserve)	Slovenia (reserve)	Lithuania(reserve)

For: 53      Against: 1      Abstentions: 0

Once the Common Training Frameworks have been received from the nine countries Professor Theodorus Koutroubas, who is acting for EAP as a Consultant to the European Commission in this work, and I will go to Brussels to submit the documentation.

It is worth emphasising that the EU's aim in this process is **not** to take over the work of professional regulation but to empower self-regulatory professional bodies to conduct their own regulation. If EAP is successful this will be a major advancement for the profession of Psychotherapy.

Patricia Hunt

President Elect of the European Association for Psychotherapy