# FiP’s Criteria for Accreditation

# as a Psychodynamic Psychotherapist

## Accreditation leads to full clinical membership of FiP  and provides entry to the UKCP Register of Psychotherapists as a psychodynamic psychotherapist within the CPJA college.

The core criteria used to assess applications for accreditation as a practising member of FiP are derived from the criteria described by the UKCP and CPJA Standards of Education and Training documents (SETs).  Candidates are able to consult the full [*CPJA* and *UKCP* SETs here.](https://www.psychotherapy.org.uk/wp-content/uploads/2019/06/UKCP-Adult-Standards-of-Education-and-Training-2017.pdf)

## Criteria for Accreditation

Applicants for FiP accreditation should inform themselves fully of the FiP criteria as laid out here.[(Click for pdf copy)](https://www.fip.org.uk/wp-content/uploads/2020/10/2020-Accreditation-Criteria-.pdf) Before submitting their application candidates should ensure they meet the required criteria and have set out their application information in a manner that demonstrates compliance in as clear a manner as possible.

FiP’s accreditation criteria are founded on the principle of ‘Equivalence’. Successful applicants will have accumulated at least the level of training and experience required of candidates undertaking a relevant training overseen by a training organisation within the CPJA college of UKCP.

FiP’s accreditation criteria incorporate a number of elements:

* Training
* Personal Psychotherapy
* Supervised clinical practice (including ‘training cases’)

Candidates should be aware of interactions between these various elements, e.g. the requirement for overlaps between personal therapy and training and between personal therapy and ‘training cases. Candidates should make clear in their application how they have met these requirements. In addition to the application form candidates are encouraged to submit a timeline document in the example format shown. [Link to timeline document]

### Training

* Psychoanalytically informed training will have been equivalent to a Master’s Level.

The IPSS requirements are the same for Psychoanalytic and Psychodynamic accreditation except where psychodynamic has been substituted for psychoanalytic (highlighted in red). In paragraph 1 this change is probably inconsistent with CPJA’s flag statement regarding psychoanalytic orientation

* Accumulated psychoanalytically informed training will have been for a minimum of four years (excluding any introductory year) extending over a normal maximum of seven years.
* The training should include at least 250 hours of formal teaching time (or 500 hours, if tutorials, supervisions, groupwork, and any infant observations are also counted).
* The training should include knowledge of and experience of working with serious mental disorders. This should ordinarily include a psychiatric placement of at least 6 months duration as part of their post-graduate training.
* Some training in infant development and/or baby observation is considered desirable.

In addition to providing relevant certificates and proofs of attendance at the training(s) they are claiming as part of a ‘portfolio of equivalence’, applicants should provide details of the course syllabus from their university or training organisation(s) to enable an assessment of content.

**Please note we cannot accept elements of training that are not independently verifiable.**

Completeness of the training portfolio will be assessed in light of the following requirements of CPJA SETs:

* Psychoanalytic theory
* Theory as understood in practice
* Human Development/Life cycle theory
* Sexuality
* Awareness of diversity and intersectionality
* Research techniques, critical assessment, and recent developments within the field of psychotherapy (including neuroscientific findings)
* An understanding of UKCP’s Code of Ethics and Practice and an awareness of safeguarding concerns and responsibilities
* An awareness of practice management including the use and implications of technology and Data Protection regulations and principals

### Personal Psychotherapy

CPJA requires the professional development of applicants to be consistent with CPJA’s flag statement which makes a core commitment to psychoanalytic theory and technique.

The following criteria in respect of personal therapy therefore apply to applicants for accreditation as psychodynamic psychotherapists:

1. The applicant’s therapist(s) will have been an accredited psychoanalytic psychotherapist from the [CPJA](http://cpja.org.uk/) ([UKCP](http://www.psychotherapy.org.uk/)) or [BPC](http://www.bpc.org.uk/) or equivalent.
2. Applicants should ordinarily have been in an appropriate psychoanalytically based weekly personal therapy for about twelve months before the commencement of their training portfolio.
3. Applicants will have been in an appropriate psychoanalytically based weekly personal therapy for a minimum of 4 years in total. We would also expect a substantial overlap with the relevant training and clinical work for which the applicant wishes to be accredited.

It is considered *highly desirable* as part of a personal development journey but there is no CPJA requirement for twice-weekly therapy for applicants seeking to accredit as Psychodynamic Psychotherapists. The requirement at 3. above can therefore be met via appropriate once-weekly personal therapy which must in any case cover the period of clinical casework for which the applicant seeks to be accredited.

#### Personal therapy references

Applicants are required to provide the name and either contact email or postal address of their individual psychotherapist(s). They will be sent a request for the dates and frequency of their personal psychotherapy. No request will be made in respect of the details of the work.

### Clinical Experience including supervision

CPJA requires the professional development of applicants to be consistent with CPJA’s flag statement which makes a core commitment to psychoanalytic theory and technique. The following criteria in respect of supervised clinical experience apply to applicants for accreditation as psychodynamic psychotherapists:

1. Supervisors must be UKCP or BPC registered (with an appropriately analytic accreditation) and have at least five years post-qualified experience.
2. All applicants should have seen two supervised ‘training’ cases, each once weekly for a minimum of 18 months
3. Ideally, supervision for training cases should have been with different supervisors on a weekly one-to-one basis. As a minimum however applicants should have experienced supervision with at least two different supervisors.
4. Ideally, training case supervisors will have been required to report periodically to the training in respect of the applicant’s clinical work.
5. Applicants will have been in appropriate psychoanalytically based psychotherapy throughout the duration of the training casework and at a frequency commensurate with the frequency of the work for which the applicant wishes to be accredited.
6. Applicants must have accumulated a total minimum of 450 hours of appropriately supervised clinical practice (including training cases) over a period of no less than 3 years.

#### Supervision references

Applicants are required to provide the names and contact email or postal addresses of the supervisors of the clinical work for which they are seeking accreditation. They will be contacted for confirmation of the details of their supervision.

### Applications from ECP Holders.

FiP’s accreditation route is not open to holders of an ECP. However, holders of a valid European Certificate of Psychotherapy (ECP) awarded by the European Association of Psychotherapy (EAP) may be eligible for full membership of FiP via our membership application process. Please [follow this link](https://www.fip.org.uk/membership-eap-holder/) for further information regarding this possibility.