

## CRITERIA FOR RECOGNITION OF TRAINING THERAPISTS AND SUPERVISORS

### INTRODUCTION

An important function of the Training Committee is to ensure that our trainees receive high quality personal therapy and supervision from recognised psychoanalytic psychotherapists. At the same time, we understand the need for a discrete therapeutic relationship between trainee and personal therapist and therefore encourage trainees to find for themselves therapists with whom they wish to work. Apart from a simple request for an indication of a trainee's readiness to take a First Training Patient, our function is limited to ensuring that therapists satisfy the criteria set out below.

We understand that some psychotherapists might see a request for information on the trainee as an intrusion into the work. The Training Committee takes the view that the trainee is in a 'training therapy' which is subtly different from what be termed 'ordinary' therapy, and where all parties owe a duty of care to both the trainee and her/his potential patients. Nonetheless, please note that training therapists are not required to respond to our request concerning the readiness of a trainee to see training patients: therapists are invited to simply say 'yes', 'no', or not respond.

With the supervisors of trainees, we have more direct contact throughout the period of training, including requiring supervisors to make reports on a trainees' progress at regular intervals, including readiness to take a second Training Patient, and consulting the supervisor when the trainee is ready to apply for professional membership. Obviously if there are concerns about the trainee by either the supervisor or Training Committee, there will be more contact.

While the choice of both therapist and supervisor is left to the discretion of trainees, they are encouraged to consult the members of the Training Committee, their tutors and teachers, and others within AGIP when selecting supervisors and, should the need arise, a new training therapist.

Because the training group is taught as a whole, single cohort, the Training Committee is concerned to protect the privacy of the personal therapy arrangements of trainees. The Committee has agreed that a training therapist may be allowed to take as a patient, more than one student or trainee at any one time.

### CRITERIA FOR RECOGNITION

1. Training therapists and supervisors must be psychoanalytic psychotherapists or analytical psychologists or psychoanalysts trained in individual psychotherapy by an organisation recognised by AGIP. Only trainings which have required a minimum of twice a week therapy for both the trainee and their patients are acceptable. Normally these organisations are members of either the College of Psychoanalysis and Jungian Analysis (CPJA, a college of the UKCP), or of the BCP.
2. Those applying for recognition should be professionally qualified members of their organisations of at least five years standing. It would be an advantage if the applicant were recognised as a training therapist or supervisor by his or her own organisation or by other recognised equivalent organisations. Experience as a training therapist or training supervisor would be an advantage.
3. Applicants should be able to show that they have had a consistent and appropriate practice as a psychoanalytic psychotherapist, psychoanalyst or analytical psychologists since qualification. Usually this would mean a practice in excess of twenty hours per week (which can include offering psychotherapy and supervision, and the therapist's own supervision) and post-qualifying experience of working at a frequency of twice a week, or more.

4. Where an applicant has only worked part time in private practice, the Training Committee will consider the applicant's case load, length of time since registration, and type of cases seen, including frequency and length of time. The Training Committee is unable to provide a blanket policy statement about what this means in practice as each case is considered on its own merits.
5. In the case of potential training supervisors, the Training Committee would expect that the supervisor would have significant prior experience of supervision (both group and individual) of supervisees who work psychodynamically or psychoanalytically, and have been in supervision for their own supervision work. Membership of BAPPS or inclusion on the UKCP Directory of Supervisors is seen as considerably strengthening an application.
6. An application may also be strengthened by evidence of work closely related to clinical practice, such as publications, teaching, participation in clinical seminars and so on.
7. In some circumstances, an applicant will be asked to attend an interview with members of the Training Committee.
8. Members of AGIP are invited to apply for recognition when they believe that they satisfy the above criteria.
9. An application should include a *curriculum vitae* that addresses the above criteria. Two letters of reference are required of applicants who are not already training therapists and/or supervisors for a comparable training organisation, preferably their own registering organisation.

Please note that these criteria are a minimum. AGIP may accept an applicant on condition that the training psychotherapy is supervised for an agreed period by a recognised supervisor.

## **RESPONSIBILITIES OF TRAINING SUPERVISORS**

Training supervisors:

- are responsible for ensuring that the trainee understands and meets the professional standards expected in the training, for example record keeping and communicating with other professionals when required
- must provide an opportunity for trainees to develop the capacity to use supervision for the benefit of the patient
- are expected to reflect upon and review the trainee's clinical practice
- are expected to discuss individual cases and groups in depth
- are required to develop and maintain a psychoanalytic perspective on all aspects of the trainee's clinical work and relationship
- are expected to support the trainee to undertake or have knowledge of the assessment process
- are expected to have developed a psychoanalytic approach to assessing and managing risk
- are expected to enable the trainee to learn from critical feedback
- are expected to develop the trainee's clinical skills and knowledge
- are expected to raise issues that might arise from the trainee's personal therapy when this is relevant to their clinical work
- are required to review the trainees work in relation to the implementation of codes of ethics and practice and clinical guidelines
- are expected to identify and plan for the trainee's further learning and developmental needs

- are required to keep all records required by the training, which may include a record of supervision attendance
- must provide any assessment reports required by the training organisation and as appropriate to the needs of the trainee

## **PROFESSIONAL CONSIDERATIONS**

*Please see: AGIP Practice Guidelines for Supervisors (2019)  
UKCP Practice Guidelines for Supervisors (2018)  
CPJA Supervision Statement (2013)*

Supervisors are expected to manage their work in a professional manner. For example, are expected to disclose their qualifications when requested and not claim, or imply, qualifications that they do not have.

Supervisors must establish and maintain a consistent working environment and clear boundaries of time and space, clarifying arrangements for the fees and giving adequate notice of any changes or planned breaks.

As a general principle, supervisors must not reveal confidential material concerning the supervisee or their clients to any other person without the express consent (where practicable in writing) of all parties concerned. Where exceptions relating to the Safeguarding of Children and Vulnerable Adults may apply, these should be noted in detail.

Supervisors need to consider whether their approach is appropriate for a particular supervisee and be prepared to make referrals at any stage in the work if that appears to be in the supervisee's and/or the patient's interest. Supervisors should use such experiences to help them identify their own further training needs.

Supervisors should discuss with their supervisees the need for a suitable professional will.

Supervisors should have a similar safeguard for their practice.

Supervisors should discuss with their supervisees the need for appropriate professional indemnity insurance.

## **CLINICAL RESPONSIBILITY**

Clinical responsibility for the psychotherapy will normally remain with the supervisee, although the supervisor remains responsible for their supervisory input.

Where the supervisee is a trainee, clinical responsibility is usually shared between the supervisor and trainee, and the institution where the work is taking place within an agency. Whatever the particular situation, the lines of responsibility for the trainee's clinical work needs to be made clear.

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