

Autumn 2023

Minister for Health/Social Welfare/Education

Dear Minister

This letter is being sent to you from the European Association for Psychotherapy (EAP), the leading organisation for Psychotherapy in Europe and a Non-Governmental Organisation with consultative status to the Council of Europe. EAP has 43 Members European countries both EU and non-EU, and it works to ensure that high quality accredited Psychotherapy is available in all 43 countries to the people who need it. (www.europsyche.org).

Psychotherapy can cause harm if it is not conducted by properly trained Psychotherapists, who follow the strict codes of professional conduct, ethics and professional development which EAP demands of their members. In your country anyone can call themselves a psychotherapist because there is no Psychotherapy Law. EAP is campaigning to change this, and ensure that a Psychotherapy Law exists in all European countries to protect people and ensure that only high quality fully professional Psychotherapy is conducted.

The International Standardised Classification of Occupations (ISCO) has set the following classification for the profession of Psychotherapist:

Psychotherapist (ISCO Classification): which is: 2634.2.4

[Psychoterapist](http://ec.europa.eu)

ec.europa.eu

<https://esco.ec.europa.eu/en/classification/occupation?uri=http://data.europa.eu/esco/occupation/af69484e-b43f-4685-b22d-f3418df45c4d>

Psychotherapists are not required to have academic degrees in psychology or a medical qualification in psychiatry. It is an independent occupation from psychology, psychiatry, and counselling.

THE EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY, WORKING WITHIN THE ISCO CLASSIFICATION, HAS ACHIEVED A COMMON AND AGREED A COMMON FRAMEWORK OF TRAINING TO BECOME A PSYCHOTHERAPIST ACROSS ALL 43 MEMBER COUNTRIES.

- **THE TRAINING STANDARDS OF EAP ARE THAT THE TOTAL DURATION OF THE EDUCATION AND TRAINING IS AT MASTERS LEVEL OR EQUIVALENT, AND THAT IT FULFILLS EQF LEVEL 7. THE TOTAL LENGTH OF TRAINING MUST NOT BE LESS THAN 3200 HOURS. THE EUROPEAN CERTIFICATE OF PSYCHOTHERAPY (ECP) IS AWARDED UPON SUCCESSFUL COMPLETION OF TRAINING.**
- **THE TRAINING IS CONDUCTED EITHER: Spread over a minimum of seven years with the first three years being a relevant University degree or equivalent. The later four years must be in a training specific to Psychotherapy, and must contain all the essential academic, research and practical elements required to become a Psychotherapist.**

OR: Conducted as a five year full time academic education and training in Psychotherapy organized by a University. This must include both general training and training specific to Psychotherapy, and must include all the essential academic, research and practical elements required to become a Psychotherapist.

Within the last 10 – 20 years the work of Psychotherapists has changed significantly. The stigma surrounding Psychotherapy has reduced, and people don't think it is a negative thing to receive Psychotherapy. This is particularly true for the younger generation, and a Psychotherapy Law in your country will ensure that there are only fully trained and accredited Psychotherapists working to offer safe and effective Psychotherapy.

The countries that have already have a Psychotherapy Law: Austria, Germany, Malta, Croatia, Finland, Italy, Luxembourg, Netherlands, Poland and Sweden report benefits from their national legal regulations, and report good results which are reflected through the increase in the quality of Psychotherapy Services provided and the reduction of waiting times for people in urgent need of Psychotherapy treatments. Psychotherapy research has demonstrated the beneficial financial effects of Psychotherapy to Governments, including reduced numbers of days of work lost due to mental health problems, and reduced need for hospitalisation.

www.europsyche.org/app/uploads/2021/03/eapbooklet_a4_210326_web.pdf

THE VISION OF THE EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY IS OF EUROPE BEING A PLACES WHERE EMOTION AND MENTAL WELLBEING ARE A HUMAN RIGHT. A COMPONENT PART OF FULFILLING THIS VISION IS THAT EUROPE'S CITIZENS NEED ACCESS TO HIGH QUALITY PSYCHOTHERAPY. IN EAP WE HAVE THE EXPERTISE, EXPERIENCE AND KNOWLEDGE TO HELP YOU DEVELOP AN EFFECTIVE PSYCHOTHERAPY LAW IN YOUR COUNTRY WHICH WILL HELP THIS VISION BECOME A REALITY. PLEASE BE IN CONTACT WITH US SO THAT WE CAN DISCUSS THIS WITH YOU AND WORK WITH YOU.

With cordial greetings,



Irena Bezić, President of the European Association for Psychotherapy



Tom Warnecke, General Secretary of the European Association for Psychotherapy



Patricia Hunt FRSA, Former President of the European Association for Psychotherapy



ESCO is een project van de Europese Commissie, beheerd door het Directoraat-Generaal voor Werkgelegenheid, Sociale Zaken en Inclusie (DG EMPL).

ESCO (European Skills, Competences, Qualifications and Occupations) is de Europese meertalige classificatie van vaardigheden, competenties en beroepen.

ESCO beschrijft, identificeert en classificeert beroepen en professionele vaardigheden die relevant zijn voor de EU-arbeidsmarkt en voor onderwijs en opleiding.

Het doel van ESCO is het ondersteunen van arbeidsmobiliteit in heel Europa en daardoor een meer geïntegreerde en efficiënte arbeidsmarkt door het aanbieden van een "gemeenschappelijke taal" over beroepen en vaardigheden die gebruikt kan worden door verschillende belanghebbenden op het gebied van werkgelegenheid, onderwijs en training.

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Description

Psychotherapists assist and treat healthcare users with varying degrees of psychological, psychosocial, or psychosomatic behavioural disorders and pathogenic conditions by means of psychotherapeutic methods. They promote personal development and well-being and provide advice on improving relationships, capabilities, and problem-solving techniques. They use science-based psychotherapeutic methods such as behavioural therapy, existential analysis and logotherapy, psychoanalysis or systemic family therapy in order to guide the patients in their development and help them search for appropriate solutions to their problems. Psychotherapists are not required to have academic degrees in psychology or a medical qualification in psychiatry. It is an independent occupation from psychology, psychiatry, and counselling.

Beschrijving

Psychotherapeuten helpen en behandelen zorggebruikers met verschillende gradaties van psychologische, psychosociale of psychosomatische gedragsstoornissen en pathogene aandoeningen door middel van psychotherapeutische methoden. Ze bevorderen persoonlijke ontwikkeling en welzijn en geven advies over het verbeteren van relaties, capaciteiten en probleemoplossingstechnieken. Ze gebruiken wetenschappelijk onderbouwde psychotherapeutische methoden zoals gedragstherapie, existentiële analyse en logotherapie, psychoanalyse of systemische gezinstherapie om de patiënten te begeleiden in hun ontwikkeling en hen te helpen bij het zoeken

naar passende oplossingen voor hun problemen. **Psychotherapeuten hoeven geen academische graad in psychologie of een medische kwalificatie in psychiatrie te hebben. Het is een onafhankelijk beroep van psychologie, psychiatrie en counseling.**