

INTRODUCTION

At the delegates meeting in Stockholm in March 2007 the adult section decided to form a working party and gave them the task to review and rewrite the byelaws of the adult section of the EFPP so as to clarify the issue of training standards and make them acceptable to a large majority of the member countries. The working party was to have six members and the delegates that offered their services and were consequently nominated are as follows: Juanita Forssell, Sweden (later nominated as the chair), Tove Mathiesen (Denmark), Luisa Perrone (Italy), Jan van de Sande (the Netherlands) Zvi Fajerman (Israel) and Hansjoerg Messner (United Kingdom). It was felt at the time that this group represented a diversity of viewpoints that was representative of the whole spectrum of the viewpoints about training standards in the adult section. Zvi could not attend the meetings and the working party therefore was made up of five members.

We met first in October 2007 in Berlin where we worked and unravelled the whole package of the byelaws over the weekend and hammered out minimum training standards that could be acceptable to a large majority of the membership. We then met for a second time in Utrecht in the Netherlands in April 08 in order to finalise and draft our findings. These are the findings that we are presenting.

REMIT

We have been asked to define the minimum standards for training for psychoanalytic psychotherapists in the member countries of the EFPP as outlined in “Objects of the Federation 7.2a” which states the following: “to define and protect the standards of training for psychoanalytic psychotherapists that the Federation would accept as a minimum qualification for being a qualified practitioner in the member countries, competent to practice on behalf of the service providers outlined in 7.1a”; above.

The minimum standards for training in the adult section have been a considerable source of conflict in the section that created an impasse over time. (This not only made the attempt of establishment of an EFPP diploma in the adult section impossible, but also seemed to have become an obstacle of some member countries working effectively with others in the section.) This conflict is mirrored by amendments in 91 & 95 in the byelaws which have not found a large enough basis of approval as to be viable.

CONCLUSION

The new byelaws which regulate training and training standards for psychoanalytic psychotherapy for adult individual therapy as we present them here to the executive of the EFPP and to the delegates of the member countries centre around minimum acceptable standards for training for the diverse member countries in the adult section. Some countries might wish to apply higher training standards of course, but all should be obliged to adhere to these standards for training psychoanalytic psychotherapists and we believe that all member countries could assemble around the minimum standards that we are proposing.

THE PRESENT BYELAWS

BYLAWS

THE FOLLOWING MINIMAL TRAINING STANDARDS HAVE BEEN AGREED FOR QUALIFICATION OF PSYCHOANALYTIC PSYCHOTHERAPY PRACTITIONERS IN THE PUBLIC SECTOR

A) PSYCHOANALYTIC PSYCHOTHERAPY TRAINING FOR ADULT INDIVIDUAL THERAPY

- 1) Training can only occur in an organisation with training as one of its specific purposes. The organisation will keep a record of its members.
- 2) That record will clearly define those who are, according to the organisation, entitled to practice as qualified Psychoanalytic Psychotherapists or Psychoanalysts.
- 3) For recognition as a qualified Psychoanalytic Psychotherapist by EFPP, that organisation's minimal criteria for qualification and recognition of a Psychoanalytic Psychotherapy practitioner of individual therapy should be
 - a) a minimum of a 3 year training in psychoanalytic psychotherapy. Candidates for this training should already possess a degree or a qualification to practice in the caring professions.

THE NEW PROPOSED BYELAWS

Byelaws for the Adult Section

The following minimal training standards have been agreed for qualification of Psychoanalytic Psychotherapy practitioners in the public sector

- 1) Training is organised and implemented by an organisation with training as one of its specific purposes. The organisation must keep a register of members and trainees, which clearly defines those who are entitled to practice as qualified Psychoanalytic Psychotherapists.
- 2) An academic degree or an equivalent theoretical and clinical experience is precondition for application to the training programme. Every organisation should have a Training Committee that furthermore evaluates the suitability of applicants.
- 3) National laws define the standard requirements for training in the member countries. The EFPP states the minimal criteria for qualification as a Psychoanalytic Psychotherapist. For recognition as a Psychoanalytic Psychotherapy practitioner of individual therapy the criteria should be as follows:
 - a) *Duration of training*
A minimum of four years training course in psychoanalytic psychotherapy.

b) the training has the following MINIMAL requirements:

- i) In 1991, personal psychoanalysis or individual psychoanalytic therapy of an intensity not less than twice a week for three years commencing during (or preferably before) the formal training and with a therapist formally approved by the organisation as suitable to offer a training therapy.
- ii) By 1995, personal psychoanalysis or individual psychoanalytic therapy of an intensity not less than three times a week for four years, in sessions of at least 45 minutes commencing during (or preferably before) the formal training and with a therapist formally approved by the organisation as suitable to offer a training therapy.
- iii) individual supervised psychoanalytic psychotherapy treatment of patients of whom the number and intensity of treatment is to be agreed by the section. The frequency of supervision should be at least 40 hours of individual supervision / year. Training supervisors should be formally approved as such by the organisation. At least two cases should be supervised by different supervisors.

b) *Personal Psychotherapeutic experience*

During the training program the trainees are required to undergo individual psychoanalysis or psychoanalytic psychotherapy with a qualified psychoanalyst or psychoanalytic psychotherapist for not less than twice a week over a minimum period of four years. It is recommended to start the individual psychoanalysis or psychoanalytic psychotherapy before the training and continue thereafter.

The individual psychoanalysis or psychoanalytic psychotherapy is conducted on a non-reporting basis.

c) *Supervision requirements*

The candidate sees at least two patients, for not less than 360 sessions in total.

One patient is seen for 2 or preferably 3 sessions a week for not less than 240 hours.

The training organisation will decide number, frequency and duration of other cases.

The total supervisory sessions should be not less than 200 sessions, and at least one case should be supervised for at least two years on a weekly basis. Each trainee should have at least two different supervisors.

All cases used for qualification should be supervised and it is recommended that it includes at least one ending phase of treatment.

iv) Theoretical and clinical seminars on Psychoanalytic Psychotherapy and its applications over at least three years totalling a minimum of 200 hours.

v) Before qualification as an individual Psychoanalytic Psychotherapist the candidate should also have had clinical contact in a variety of settings where psychological disturbance will be encountered. These experiences should acquaint him or her with a full range of mental disturbances, different modes of therapy, and the professional and institutional dimensions to the provision of health services.

vi) the candidate's personal suitability and progress should be evaluated by a Training Committee throughout the training.

d) *Theoretical requirements during the training*

The training period includes theoretical and technical seminars on Psychoanalytic Psychotherapy and its applications and clinical presentations material for not less than 360 hours in total.

Final qualification should include a written clinical paper based on a supervised case.

e) *Clinical experience*

Before qualification the trainees should have clinical experience in different clinical settings including institutional dimensions to the provision of health services and to be acquainted with a wide range of mental disturbances. Infant observation is also recommended

4) The Training Committee should continuously monitor the candidate's suitability and progress on the basis of verbal or/and written reports from teachers and supervisors throughout the training.

Addendum

Organisations should make provisions for training and continuous development of supervisory skills and for CPD (Continuing Professional Development) for their members.

Organisations should have an ethical code, an ethical committee and complain procedures.

Changes approved of dd.mm.2009.