

# **Accredited Registers**

## **Notification of Change**

**UK Council for Psychotherapy (UKCP)**

**January 2019**



# Contents

Background .....	3
Outcome.....	4
Assessment against the Standards for Accredited Registers .....	6
Share your experience .....	9
Impact assessment.....	10
Equality duty under the Equality Act 2010 .....	10

## About the UK Council of Psychotherapists (UKCP)

The UK Council of Psychotherapists (UKCP) registers:

- Psychotherapists and Psychoanalytic Counsellors working in the United Kingdom and abroad
- Psychotherapists and Psychoanalytic Counsellors with specific skills, training and experience to work with children and families, on a specialist register

Its work includes:

- Setting and maintaining standards of practise and conduct
- Maintaining a register of qualified professionals
- Assuring the quality of education and training
- Requiring registrants to keep up their skills up to date through continuing professional development
- Handling complaints and concerns raised against registrants and issuing sanctions where appropriate.

# Background

The Professional Standards Authority accredits registers of people working in a variety of health and social care occupations not regulated by law. To be accredited, organisations holding such registers must prove that they meet our demanding [Standards for Accredited Registers](#) (the Standards). Accreditation is reviewed every twelve months.

Once accreditation has been granted, significant changes to an Accredited Register need to be assessed by the Authority to ensure ongoing compliance with the Accreditation Standards. These are submitted to the Authority as a notification of change.

Changes can be approved by a Moderator in cases where compliance with the Standards are not affected by the change. A Moderator can issue Recommendations and note Achievements.

Where concerns do exist, or information is not clear, a targeted review will be initiated by a Moderator. The outcome of this review is assessed by an Accreditation Panel, who can decide to approve the change or approve the change with conditions. Panels may also issue Recommendations and note Achievements.

- **Condition** – Changes that must be made within a specified timeframe to maintain accreditation
- **Recommendation** – Actions that would improve practice and benefit the operation of the register, but do not need to be completed for compliance with the Standards to be maintained. Implementation of recommendations will be reviewed at annual renewal
- **Achievement** – Areas where a register has demonstrated a positive impact on one of the four pillars of the programme; protection, choice, confidence and quality.

# Notification of Change

The UKCP is a registering body that exists to ‘promote and maintain high standards of practice of psychotherapy and psychotherapeutic counselling for the benefit of the public throughout the United Kingdom.’ Information about the UKCP and its work can be found at: <https://www.psychotherapy.org.uk/about-ukcp/>

UKCP operates two ‘main’ registers and a ‘specialist’ register. Therapists must meet UKCP’s standards of conduct and competence to be listed on those registers.

UKCP’s ‘main’ registers are for trained Psychotherapists and Psychotherapeutic Counsellors respectively. UKCP requires its registrants to identify themselves as either a Psychotherapist or Psychotherapeutic Counsellor, but may use additional descriptors for their specific modality and approach to psychotherapy, such as ‘Transpersonal Psychotherapist’

UKCP’s ‘specialist’ Children and Young People register is for therapists who have completed specific specialist training and who work exclusively with children and adolescents. At present, such therapists must still refer to themselves as Psychotherapists and Psychotherapeutic Counsellors. They may also use descriptors including ‘Integrative Child Psychotherapist’ and ‘Systemic and Family Psychotherapist’.

**UKCP wished to allow members of the specialist register to directly refer to themselves as:**

- **Child Psychotherapists**
- **Child Psychotherapeutic Counsellors**
- **Family and Systemic Psychotherapists**

These therapists would still be able to use relevant descriptors such as ‘Integrative Child Psychotherapist’.

UKCP stated that therapists who wish to use those titles must be on the Children and Young People register. This reflects meeting UKCP’s specific standards of education and training for working with children and young people.

Psychotherapists and Psychotherapeutic Counsellors not on the specialist register would not be permitted to use those titles, or associated descriptors.

Practitioners who are not on the specialist register but hold UKCP’s ‘Child and Adolescent Proficiency Marker’, would also not be permitted to use those titles or associated descriptors. Their training was designed for work with adults, with a marker to identify having met minimum standards to work with children and adolescents.

UKCP advised of its aim to bring its specialist register in line with other talking therapy registers for children and young people that allow specific titles and related descriptors.

## Outcome

The change was approved by a Moderator following a review of evidence gathered by the Accreditation team and supplied by UKCP.

No Conditions or Recommendations were issued.

The following report provides detail supporting the outcome.

# Assessment against the Standards for Accredited Registers

## **Standard 1: the organisation holds a voluntary register of people in health and/or social care occupations**

- 1.1 The Moderator considered changes to the presentation and communication of register categories under Standards 9 and 10.
- 1.2 The Moderator found that compliance with this Standard was not affected by the change.

## **Standard 2: the organisation demonstrates that it is committed to protecting the public and promoting public confidence in the occupation it registers**

- 2.1 UKCP was asked for further information about how the use of those titles on its specialist register could help to protect the public and promote confidence in the occupations it registers. UKCP responded that:

‘Having these titles will bring the specialist register in line with the registers for psychotherapists and psychotherapeutic counsellors. Having this consistency across all our registers will be less confusing to the public.’
- 2.2 The Authority noted that this change was intended to make clearer that practitioners on the specialist register are qualified to work with children. The Authority further noted that the titles of counsellor and psychotherapist are not protected; the UK Department of Health had previously provided clarification that the listing of the title ‘child psychotherapist’ on the ‘draft Statutory Instrument on the EU Recognition of Professional Qualifications’ was incorrect and was to be removed accordingly.
- 2.3 The Moderator found that compliance with this Standard was not affected by the change.

## **Standard 3: risk management**

- 3.1 UKCP had not identified new risks to clients and the public relating to the proposed changes.
- 3.2 The Authority noted that ‘child psychotherapist’ was a title used by practitioners working within NHS Child and adolescent mental health services (CAMHS) who may belong to other registers. A perceived risk was identified that CAMHS services may not recognise potential differences in the levels of training and competence held between practitioners belonging to such registers. UKCP was asked how its use of this title might impact on NHS employers.
- 3.3 The UKCP highlighted that ‘appropriately trained and qualified UKCP members are already entitled to call themselves Child Psychotherapists’ – there is no statutory protection of the title. UKCP advised:

‘UKCP recognises there are differences in theoretical models, philosophy and approach to working in Child Psychotherapy but the

standards across the regulators are compatible. There may be some areas of specialism and emphasis in different trainings but there is equivalence in the threshold standards for training.'

- 3.4 UKCP was asked if it was aware of risks relevant to CAMHS settings and if it has assessed whether practitioners on the specialist register have suitable competence to work in those settings. UKCP responded that:

'UKCP Child Psychotherapists are working within CAMHS as well as across health, education and social care in independent, statutory and voluntary sectors. UKCP registration is respected as providing reassurance that all registrants have been trained to be able to work in the full spectrum of relevant settings/ where children and young people are to be found. Risk assessment, connected to work setting, is a fundamental part of all trainings.'

- 3.5 UKCP was asked if it had considered a risk assessment regarding registrants working in such settings. UKCP responded:

'From our perspective this is about how we ensure registrants are meeting the needs and expectations required of these roles.

UKCP Child psychotherapists are trained to undertake such roles. Managing risk assessment is integral to all training standards for the purpose of public protection.

UKCP's quality assurance reviews of organisational members ensures that standards of training are meeting these needs.'

- 3.6 The Authority noted that it is for employers and commissioners of services to determine the level of assurance required for a role. All UKCP registrants using the new titles and working in child psychotherapy roles will have met specific standards of proficiency which are available to the public and employers on the UKCP website.

- 3.7 The Moderator found that compliance with this Standard was not affected by the change.

**Standard 4: the organisation demonstrates that it has sufficient finance to enable it to fulfil its voluntary register functions effectively including setting standards, education, registration, complaints and removal from the register**

- 4.1 The Moderator found that compliance with this Standard was not affected by the change.

**Standard 5: the organisation demonstrates that it has the capacity to inspire confidence in its ability to manage the register effectively**

- 5.1 The Moderator found that compliance with this Standard was not affected by the change.

**Standard 6: the organisation demonstrates that there is a defined knowledge base underpinning the health and social care occupations covered by its register or, alternatively, how it is actively developing one. The organisation makes the defined knowledge base or its development explicit to the public**

- 6.1 The Moderator found that compliance with this Standard was not affected by the change.

**Standard 7: governance**

- 7.1 UKCP was asked if it had consulted relevant stakeholders and the public about the need for the change. UKCP responded that it had not undertaken a consultation as it had not proposed to make any alterations to the standards/requirements for this register.
- 7.2 The Moderator found that compliance with this Standard was not affected by the change. He noted that the Authority had conducted its 'Share Your Experience' process as part of its assessment. In addition, the change was relatively minor and affected only the title rather than the qualifications, scope of work or duties of the individuals.

**Standard 8: setting standards for registrants**

- 8.1 The UKCP stated that no changes to its standards would be required when implementing the proposed changes. Therapists on the specialist register must already meet UKCP's published, Standards of Education and Training (SETs) for working with children and young people.
- 8.2 The Moderator found that compliance with this Standard was not affected by the change.

**Standard 9: education and training**

- 9.1 The Notification of Change affected UKCP registrants appearing on its *specialist register*. UKCP child psychotherapists have completed full training or a post qualifying diploma in child psychotherapy.
- 9.2 UKCP has specific SETs for child psychotherapy and child psychotherapeutic counselling which require training courses to have covered relevant outcomes and practical competencies. These are separate from UKCP's adult standards. UKCP confirmed that the SETs that must be met for entry to the specialist register would not be affected by this change.
- 9.3 UKCP family psychotherapists are members of UKCP's *College of Family, Couple and Systemic Therapy* of which there are two Organisational Members that may train or accredit prospective registrants.
- 9.4
- 9.5 UKCP was asked whether enough information is made available to the public about the education and training held by those on the specialist register. UKCP stated that it publishes information about its standards and responds to queries for further information and advice. UKCP's communications team would work with its professional experts to see how further improvements could be made in providing understandable information to the public.

- 9.6 The Moderator found that compliance with this Standard was not affected by the change.

### **Standard 10: management of the register**

- 10.1 UKCP registrants refer to themselves as psychotherapists and psychotherapeutic counsellors. If UKCP's change was approved, practitioners on UKCP's specialist register could also refer to themselves as Child Psychotherapists, Child Psychotherapeutic Counsellors, and Family & Systemic Psychotherapists.
- 10.2 UKCP advised that registrants on the specialist register will be able to 'use relevant descriptors such as Integrative Child Psychotherapist'. The Authority considered a risk that such descriptors may confuse the public by, for example, implying advanced training over practitioners using only the 'child psychotherapist' title. UKCP was asked about how descriptors were presented.
- 10.3 UKCP responded that it had no evidence that the range of titles and descriptors in use was confusing to the public, however the change of title would improve consistency across its registers and could reduce any potential for confusion.
- 10.4 UKCP was asked if it had considered placing more importance on its descriptors reflecting modality and approach, instead of introducing the proposed register titles. UKCP responded that 'having a combination of broad titles and focussed descriptors is the best option, and that is why we want to extend this to the specialist register'.
- 10.5 The team had found examples of registrants who were not on the specialist register and did not hold UKCP's Child Marker but used descriptors such as Child Psychotherapist and Adolescent Psychotherapist. UKCP confirmed that the registrants should have been displayed on its specialist register and would be corrected. UKCP confirmed that only those on the specialist register could use such descriptors.
- 10.6 UKCP registrants using the new titles, or holding the 'Child Marker', will be displayed as such on the Find a Therapist service, UKCP's primary public search mechanism. UKCP's Register Search lists each register a practitioner belongs to, for example: 'Psychotherapist; Children and Young People'.
- 10.7 Those on the specialist register will be permitted to refer to themselves as child psychotherapists on their own websites and materials. This will assist their own marketing and may reduce confusion by potential clients.
- 10.8 The Moderator found that compliance with this Standard was not affected by the change. The Moderator noted that registers should explain titles used to the public and enforce use of titles under their terms and conditions of membership. The team would check usage as part of its quarterly reviews.

### **Standard 11: complaints and concerns handling**

- 11.1 The Moderator found that compliance with this Standard was not affected by the change.

### **Share your experience**

- 12.1 The Accreditation team received three responses to the invitation to share experience.
- 12.2 Two responses broadly supported UKCP's application. The third raised concerns about the introduction of the new titles. That respondent did not provide consent to share those concerns with UKCP for their comment; the team reviewed the information provided and themes identified were addressed in the above standards.

### **Impact assessment**

- 13.1 The Moderator noted and took account of the impact of their decision to approve the change.

### **Equality duty under the Equality Act 2010**

- 14.1 The Authority had regard to its duty under the Equality Act 2010 when considering this notification of change.