Irish Association of Humanistic and Integrative Psychotherapy

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Midwest Regional Group

24 Silverbirch Grove

Dooradoyle

Limerick

28th November 2016

Professional Regulation Unit

Department of Health

Hawkins House

Dublin 2

D02IW90

Dear Sir

Attached is a submission by the Midwest regional section of IAHIP concerning the forthcoming regulation of psychotherapists.

Yours sincerely

Malcolm Green

M.A., M,I.A.H.I.P., I.C.P.

Malistu Johan

Fiona Clothier

1.04 (2003)

Difference between counselling and psychotherapy:

- I think there needs a distinction made between the titles 'counsellor' and 'psychotherapist' are there important differences between the two disciplines. I trained as a counsellor initially and then later as a psychotherapist. My psychotherapy training required that I did considerably more in-depth awareness work and personal therapy. This training enabled me to support people to be with their experiences in a way that is transformative, thus producing longer lasting change.
- My initial training as a counsellor, though very useful for short term work, did not leave me
 equipped to address the more complex issues that some people bring. It was my later
 training as a psychotherapist that enabled me to undertake in-depth work when clinically
 indicated.

The value of both individual and group psychotherapy for trainee psychotherapists: Attachment theory has demonstrated that in our early relationships with our primary caregivers we establish patterns of relating that continue throughout our lives and influence how we respond to others and expect others to respond to us. Change is possible for those people who develop 'insecure attachment styles' that impact their adult relationship with themselves and others negatively.

When a critical mass of positive experiences occurs in a therapeutic relationship between client and therapist, by which I mean a person discovers that their psychotherapist is trustworthy and reliable over time, new neural pathways (neuroplasticity) are created in that person's brain. Then the way he/ she responds to others or expects others to respond to him/ her also changes.

The above work is achieved by a psychotherapist who has done sufficient awareness work through his/ her own individual therapy during training. This enables him/ her: to be more aware of what can get in the way of meeting clients where they are at in their lives; to offer clients a different relationship to the one that launched them initially into the world; and to allow healing to happen in the crucible of the therapeutic relationship.

Suggestions re grand-parenting for those psychotherapists working in the profession who do not have a level 9 qualification:

- There is now recognition that both personal and group therapy in not only of value during training but also after graduation. Credits could be awarded to those therapists who have undertaken such additional work.
- Many psychotherapists have done additional training after graduation, much greater than is required for initial accreditation and then re-accreditation by IAHIP, because of their commitment to their work. Credits could be awarded for these undertakings.

Midwest regional section of IAHIP

Helen O'Dwyer

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It is vital to the integrity of the Counselling // Rsychotherapy profession that personal work i.e. trainer individual, and group therapy hours continue to be included alongside academic work, in determining the requirement's for registration of practitioners and regulation of practice.

Rationale 'As'a therapist I know that I can only work safely and competently with clients to the degree I have done my own personal work. As a client I have grown from being held by therapists and supervisors who are committed to personal and professional development work.

* Two numbers are compelled, though very total for their form work, the action real **Annie Samson** Challing to address the more complete cones that come people bring, it was my later

Proposal that psychotherapy be a level 9 degree and counselling be a level 8 degree.

This is (probably) not workable as there are several (especially in the UK) masters level counselling that will be at home industrial and principles synthetic rapy for transmission provides in the courses.

Accommend theory has demonstrated most in conserve to the course, with our growing

It might be more appropriate to name the course curriculum of a psychotherapy course.

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This curriculum could also be used to assess candidates for grandparenting. What we is morphism which when a more developed to a seed to assess candidates for grandparenting.

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