

Fiona Clothier

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

It is vital to the integrity of the Counselling / Psychotherapy profession that personal work i.e. from individual and group therapy hours, continue to be included alongside academic work, in determining the requirements 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.

Annie Samson

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 courses.

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

This curriculum could also be used to assess candidates for grandparenting.

Midwest regional group of IACP

The above work is achieved by a psychotherapist who has done sufficient personal 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 the client's work and to be able to offer a relationship to the client which is not based on the therapist's own unresolved issues. This allows the client to be able to respond to him/ her also change.

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

- there is now recognition that not only should a therapist be able to do personal work during training but also after graduation. Credits could be awarded to those who have undertaken such additional work.
- Many psychotherapists are now adding to training, the provision of a minimum of 100 hours of personal work for initial accreditation and then re-accraining by 2000, because of their commitment to their work. Credits could be awarded for this work.