

## PROPOSED REGULATION OF COUNSELLORS AND PSYCHOTHERAPISTS

Dear Minister Harris

I welcome your intention and proposal to regulate and register the counselling and Psychotherapy professions

As part of the counselling and Psychotherapy forum that gathered together for many years to attempt to assemble a cohesive submission re: counselling and Psychotherapy regulation, I am pleased to see the government take charge and responsibility for this process.

The Counselling and Psychotherapy Forum had made a submission in 2007 to the then minister for mental health re a regulation proposal that had an agreed and differentiated counselling and psychotherapy scope.

I hope the minister has access to this previous proposal.

I personally would like to caution the separation of counselling and Psychotherapy. There is little research backed worldwide acceptance for such a differentiation. However we have also shown that we can be world leaders in forwarding a change of thinking .....eg the plastic bag levy, the smoking ban....all very important advances for our health and society....so I remain open as to how this regulation might happen.

Nevertheless, I concur that regulation needs to happen and affirm Minister Harris and his team for steering this forward.

Some Issues to consider

### 1. Grandparenting.

- lead in period
- application format...voluntary transfer from the national bodies might be a less complicated way forward. What of those not belonging to a National Association?
- Openness in the grandparenting system to allow current practitioners access to both Counselling and Psychotherapy Registrations if that is what they have been practicing ....considering there is/has been no agreed separated definition upto now.

### 2. Future Training Standards

- I was looking at the CORU guidelines and was troubled that the guidelines seemed more stringent on the theory needed to become an acceptable practitioner rather than the development of the person of the practitioner and their ability to develop a therapeutic relationship and alliance. I would like to

see that there is a balance between the theoretical and developmental learnings for practitioners to the profession.( both professions??)

I would be happy to assist in this process towards regulation.

I have been a practicing Counsellor / Psychotherapist/Psychological Therapist in Ireland since 1992. It is my full time profession. I also work as a Supervisor and Trainer in the Counselling and Psychotherapy field. I am an accredited registered member of IACP And BACP and have been involved extensively at board and committee level of IACP

Please do not hesitate to contact me if I can be of any help.

Gillford D'Souza  
30 November 2016