

CABP - Chiron Association for Body Psychotherapists (UK)

Criteria for Full Membership and Accreditation for UKCP Registration

The Chiron Association for Body Psychotherapists (UK) accredits individuals who are fully trained, qualified and experienced to practise independently as professional body-psychotherapists. CABP is a member organisation of the UK Council for Psychotherapy (UKCP).

Applicants need to have completed an established Body Psychotherapy training of at least 4 years' duration, at post-graduate level, comprising at least 900 tutor contact hours (which does not include any prerequisites to entry requirements, individual therapy, personal study time or peer group work) which should include the following elements:

- A model of the person and mind
- A model of gendered and culturally influenced human development
- A theory of change and ways in which change can be facilitated
- A set of clinical concepts to relate theory to practice
- An extensive engagement with existing literature which includes a critique of the Body Psychotherapy model
- An exploration of the philosophical foundations of Body Psychotherapy
- A critical awareness of the multiple layers of human experience and the multi-dimensional nature of the therapeutic relationship
- A model of the therapeutic relationship as a medium for change and theoretical and experiential explorations of transference and countertransference
- An understanding of other psychotherapeutic approaches and a critical consideration of the value system, theory of the person and underlying philosophy of these other approaches.
- An appreciation of basic research methodology and their application to the investigation and evaluation of psychotherapeutic practice
- An understanding of social and cultural issues in relation to psychotherapy
- Theories of psychopathology and an appreciation of the boundary between the psychotherapeutic model of neurosis and that of mental illness
- A model of assessment and intervention and skills in assessing and responding to the range of responses to shock and trauma, bereavement and spiritual crisis and differentiating these from severe mental illness.

The applicants training should include a range of assignments and assessments to demonstrate their ability to reflect in depth on the knowledge gained in training and supervised practice in verbal and written form. In addition to shorter assignments set during the training programme (such as essays, case studies, verbatim reports etc), the completion of at least one a substantial piece of written work (dissertation / research thesis / extended case study) is required.

Applicants must have been in therapy with a recognised body psychotherapist for a minimum of 40 hours per year for four years and normally be in psychotherapy throughout their training.

A minimum of a two-year period of supervised Body Psychotherapy practice to demonstrate competency after completion of training is also required. The total number of client hours accumulated should be not less than 450 hours of client contact supervised by a recognised Body Psychotherapy supervisor at a ratio of at least 1 hour supervision to 6 hours' client contact. Group supervision should reflect this ratio (minimum 10 minutes supervision per client

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hour).

Applicants should have completed a mental health placement (or equivalent professional experience) suitable to develop a capacity to recognise severely disturbed clients and assess the appropriateness of psychotherapy and an understanding of the procedures used in psychiatric assessment and liaison with other professionals involved in mental health.

Applicants should demonstrate that training and supervised practice has led to the development of abilities for critical reflection on the client's process, the therapeutic relationship, therapeutic approaches used, the therapist's own psychological processes and show their ability to manage closure.

Applicants should also show that they have established their practice in body psychotherapy with a regular caseload of which at least two should be long-term contracts over at least 2 years preceding the application.

Applicants must agree to abide by the CABP and the UKCP code of ethics and to be bound by the rules of the UKCP.

Please refer to the current (January 2006) 'Training Standards of Humanistic and Integrative Psychotherapy Section of UKCP' (copies available on request) for further details of any particular aspect of training standards applicable to Body Psychotherapy accreditation in the UK.

There are several routes to accreditation and full membership:

- A) A diploma from the Chiron Centre for Body Psychotherapy.
- B) A diploma from any other established body-psychotherapy training organisation in conjunction with current accreditation / registration by another UKCP member organisation.
- C) A qualification from an established Body Psychotherapy training organisation if applicants can demonstrate that their training and qualification meet the current "Training Standards of Humanistic and Integrative Psychotherapy Section of UKCP". Applicants need to meet the minimum requirements of tutor hours, personal therapy and supervised practice set out in the current CABP 'Criteria for Full Membership and accreditation', and provide a supervisor's report. Applicants also need to provide a letter from their training organisation which verifies the range and details of assignments and assessments completed during their training programme (such as essays, case studies, verbatim reports etc). In addition, applicants need to submit copies of their written work: a dissertation or research thesis of at least 8,000 words and a case study of 3,000 to 5,000 words for assessment by the Accreditation Committee. The completion of a suitable mental health placement (or equivalent professional experience) as defined by the HIPS Training Standards is also required as part of the application.
- D) Full membership is also available for therapists who are qualified in any other recognised psychotherapeutic modality and accredited by UKCP, who in addition fulfil all the following criteria:
 - 1 To have completed 400 hours of training in Body Psychotherapy, of which a minimum of 150 hours are Advanced Level Training (i.e. post-qualification training courses / workshops in Body Psychotherapy);

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- 2 To have completed a minimum of 100 hours of on-going individual or group Body Psychotherapy; one 3 hour session of group work being equal to 1 hour of individual psychotherapy for the purposes of this application.
- 3 To have completed at least 600 hours, preferably more, of paid professional practice as a body-psychotherapist over a 3-year period, either in a group or individual context or an equivalent.
- 4 To have completed a minimum of 100 hours of clinical supervision with a CABP recognised Body Psychotherapy supervisor in individual and/ or group supervision - for purposes of this application the number of hours of group supervision should be multiplied by 2 and divided by the number of people in the group;
- 5 To complete and present a Body Psychotherapy case study between 5000 and 6000 words which demonstrates the candidate's capacity for reflecting in depth on their own work and Body Psychotherapy approach.
- 6 To have completed a suitable mental health placement (or equivalent professional experience) as defined by the HIPS Training Standards.

Individuals seeking accreditation who do not meet the above criteria are encouraged to apply for Associate Membership and guidance from the Accreditation Committee in regard to additional training, practice, supervision or personal therapy hours required.

Applying for Full Membership

There is a non-returnable application fee of £125, which must accompany the completed application forms. A reduced application fee of £100 is payable **by CABP Students**, Associate and Affiliate Members of at least one year's standing.

Full membership provides accreditation by CABP and leads to inclusion in the national register of the UK Council for Psychotherapy for which there is an additional annual fee payable to the UKCP.

After consideration of the completed application forms, the Accreditation Committee may interview applicants for Full Membership. The Accreditation Committee may request applicants to undertake additional training, practice, supervision or personal therapy hours, or to complete a significant presentation, case study or thesis, before recommending the applicant for Full Membership and accreditation.

CABP may contact applicants' training and previous accrediting organisations for reference purposes, and reserves the right to refuse membership/accreditation.