

Criteria for UKCP Registration – Category Three (for accredited members who have completed a two-year COSRT approved course and a non-COSRT course at a minimum of Masters Level who wish to be considered for UKCP Registration.

COSRT Accredited Members who wish to be considered for UKCP Registration, and who have not completed a COSRT four-year approved course at Masters Level, will be required to submit an Accreditation of Prior Learning Portfolio, a Case Study and, if required by COSRT, attend an interview. COSRT also reserves the right to request any additional information, either from the applicant or from the educational establishment(s) which it may deem necessary to establish the academic and clinical equivalence of the non-COSRT approved training. The applicant is advised to ensure that the Portfolio includes evidence which will support a contention that their training meets all the requirements of the UKCP Training Standards Committee.

The applicant should be able to communicate the knowledge gained in training and supervised practice in written form and verbal if invited to an interview. The application should show that training and supervised practice has led to the development of an ability for critical reflection on the client's process, the therapeutic relationship, therapeutic approaches used and the therapist's own psychological processes. This should be demonstrated in all parts of the application, the written work, the case study and, if requested by COSRT, the interview.

The COSRT Criteria for UKCP Registration are:

1. Successful completion of a two-year COSRT Approved training course and subsequent COSRT Accreditation.
2. The applicant must be an accredited member of COSRT.
3. The applicant must provide evidence of successful completion of sexual and relationship therapy training at UKCP qualifying level. This includes evidence of University postgraduate degree and clinical competence. The length of training shall be appropriate to permit the consolidation and integration of theoretical knowledge and clinical experience and shall not normally be shorter than four years, and include the two year training that met the criteria for COSRT accreditation.
4. Evidence of specific psychotherapy training:
The Portfolio should include information and documents outlining the selection criteria, training programme, and methods of assessment of the non-COSRT approved training course(s).

5. Evidence of written work:

As part of their non-COSRT training, applicants are expected to have completed at least one substantial piece of written work (not a case study) of at least 8,000 words (this may be presented as two pieces of written work of at least 4,000 words each). This should demonstrate the candidate's capacity for reflecting in depth on their own work and the approach in which they are training. The piece will be of an equivalent standard to that usually acceptable for academic work at post-graduate level. The topic should be relevant to Sexual and Relationship therapy.

6. Evidence of Applicant's research and publications.

7. Evidence of clinical placements.

8. Submission of case study:

A sexual and relationship case study (3,000 – 5,000 words) of a recent case representative of your practice is required. The case study should follow the guidelines provided and demonstrate a reasonable range of the knowledge, skills, qualities and capacity for critical reflection gained in training and supervised practice, as detailed below:

- A comprehensive and up-to-date knowledge of the literature relating to sexual therapy;
- An understanding of some of the key developmental processes within individuals and couple systems;
- A commitment to anti-discriminatory and culturally sensitive practice and show evidence of this in clinical work;
- An ability to elaborate and critically evaluate a range of theoretical frameworks in relation to practice;
- An ability to compare and contrast different approaches in sexual and relationship therapy and their relationship with other therapies;
- Knowledge of a range of possible problems presented by clients coming for therapy, including examples of more serious mental health issues. This should include knowledge of relevant research finds and clinical understanding from inside and outside the psychotherapy domain;
- Identification of problems that can be helped by methods outside your own limits of expertise;
- An ability to develop effective therapeutic relationships with a range of clients;
- An ability to use a range of techniques to help clients make changes in their relationships;
- An ability to adapt skills and techniques to a range of clients;
- An understanding of wider systems and their impact on individual and couple life, and an ability to include this perspective in work with clients;

- An ability to recognise the limits of personal expertise, skills and approach and refer clients appropriately;
- A capacity to use the supervision and consultation processes;
- An ability to consult constructively with colleagues;
- An ability to take an active role in the development of personal learning and be able to identify areas of personal strength as well as areas for further professional development;
- An awareness of personal development processes and an ability to use them in therapeutic, reflexive ways;
- An ability to critically evaluate relevant research findings;
- Sufficient knowledge of research methods to be able to plan and carry out a piece of research relevant to the field;
- An ability to organise work and manage organisational tasks and liaison efficiently and effectively.
- An ability to communicate the process of therapy in both oral and written forms to psychotherapy colleagues as well as other professionals.

9. Continued Professional Development:

- To demonstrate, and provide evidence of, a continuing curiosity and commitment to personal and professional development in any period intervening between completion of training and the current application for UKCP registration. This will include courses, conferences, research and publications.
- To provide evidence that COSRT CPD requirements have been met for the year preceding application. Currently this is a minimum of 16 hours of which a minimum of eight hours must be relevant to sexual and relationship therapy.

10. Practice (supervision):

- Provide evidence of completion of a minimum of 120 hours supervised clinical practice as part of the non-COSRT course(s). These 120 hours can include up to 30 minutes of discussion time specific to each session. Supervision of these hours may be live-supervised or peer-supervised and presented to the supervisor through video or audio-tape. At least 50% of the supervised hours should be with more than one client in the room. Supervision should be equivalent to that required in the COSRT Guidelines for Supervision of Sexual and Relationship Therapy (Document 24).

11. Practice (non-training clinical hours):

- Provide evidence of completion of a minimum of 200 hours face to face sexual therapy work with clients outside the COSRT or non-COSRT course. Clinical

practice should show experience of working with a range of clients and presenting problems.

- Provide a log to document this clinical work carried out since completing training. A signature will be required from the applicant's supervisor(s) to verify that they have supervised the work documented in the log.

12. Practice (couple work):

- Provide evidence of completing a minimum of 20 cases of which at least ten should be with couples. Completion does not imply successful outcome. The case may be deemed completed after appropriate referral or termination of therapy by the clients or therapist without achieving a successful outcome. A wide spread of experience encompassing a range of sexual difficulties will be expected. This should be shown to have been done after completion of formal training.
- Provide a log to document this clinical work carried out since completing training. A signature will be required from the applicant's supervisor(s) to verify that they have supervised the work documented in the log.

13. Personal therapy/experiential learning:

- Provide evidence of undertaking a minimum of 50 hours personal development/therapy or experiential work (not including supervision, case discussion or continuing professional development) which facilitates awareness of self in relation to others within the context of client therapy. A statement will be required detailing their learning from this personal work.

14. The applicant's clinical practice must have been continuous in the 12 months prior to applying for registration.

15. The applicant must provide a Curriculum Vitae.

16. The applicant must agree to abide by the COSRT Code of Ethics and Principles of Practice.

17. The applicant must provide evidence of professional liability insurance for at least £2.5million.

18. References:

- Provide the name and addresses of current supervisor(s) who will be asked to give a typed report. This will usually be the person who has signed the applicant's log book.
- Provide the name and addresses of past supervisor(s) who will be asked to give a typed report.
- Provide the name and address of professional colleague from whom a reference will be sought.

19. The applicant must not have been convicted of any sexual offences.

NB Applications will be returned if they are found to be illegible.

Please note these criteria are subject to review.