

REGISTERED MEMBER - RELATIONSHIP THERAPIST

REQUIREMENTS AND INFORMATION

COSRT.ORG.UK INFO@COSRT.ORG.UK TWITTER: @COSRTNEWS

This document details the requirements that a professional must meet to become a Registered Relationship Therapist.

This allows entry to the Relationship Therapist Register.

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OVERVIEW

COSRT's Relationship Therapist Registered Membership demonstrates a therapist is suitably qualified to provide Relationship Therapy. This is integral to protecting the public and ensuring professional standards are maintained. Registered Membership provides significant benefits:

- Permission to use RegCOSRT designatory letters.
- The ability to use a personalised COSRT logo and advertise as "Registered Member of..."
- A certificate indicating your Membership and Registrant status.
- A place on the COSRT Register with status visible.
- A direct pathway to Accredited Status.
- All issues of the Journal of Sexual and Relationship Therapy.
- Full digital access to two other Taylor and Francis journals.
- Discounts including COSRT training, insurance, and Routledge books.

SPECIALIST PRACTICE

You must be active as a Relationship Therapist and have:

- Supervision for at least 1.5 hours per month.
- Adequate, current, and ongoing professional indemnity insurance.
 - Please note that COSRT ordinarily considers £2m to be the appropriate, minimum level. Any application with less than this must be accompanied by a justification that will be assessed. COSRT may refuse Registration if it deems the level of insurance and justification does not ensure public and professional protection.

TRAINING

You are eligible for Relationship Therapist Registration if you hold a qualification from:

- Any COSRT-Accredited Practitioner Training Course.

You can also apply if you graduated from a non COSRT-Accredited training course that:

- Was at Ofqual RQF Level 5 or equivalent.
- Was an Ofqual regulated qualification or accredited by a body accountable to the PSA.
- Had 250 Guided Learning hours¹ in Psychosexual and Relationship Therapy training.
- Had Supervised placement(s) with at least 100 Service User contact hours of Relationship Therapy, supervised at a ratio of 1:6.

You should also be able to demonstrate that before you graduated from a specialist training course, you completed:

- At least 50 hours personal therapy².

ONGOING COMMITMENTS

To retain Registered Member status, you must continue to:

- Have supervision for at least 1.5 hours per month.
- Undertake at least 30 hours CPD per year, with at least 20 on Relationship Therapy issues.
- Hold Adequate, current and ongoing professional indemnity insurance (please see note in Specialist Practice section).

¹ This indicates the time a learner is being taught, instructed, or participating in education or training under guidance or supervision of a tutor, lecturer, or trainer. It does not include clinical work, supervision, self- study, essay writing, pastoral care or non-timetabled tutorials.

² These hours can include therapy prior to training if relevant to enabling the development of self-reflection and reflexive practice, the integration of theory and practice, and the exploration of personal prejudices and attitudes.

DUAL REGISTRATION

COSRT holds two Registers. One is the Psychosexual and Relationship Therapist Register. The second is the Relationship Therapist Register. Depending on your circumstances it is possible be on one or both Registers if you meet the requirements.

- If you hold a Psychosexual and Relationship Therapy qualification, that can be used to apply for the Relationship Therapist Register (the training is considered to cover all disciplines).
- If you provide Psychosexual therapy services, you must apply to be on the Psychosexual and Relationship Therapist Register.
- If you only hold a Relationship Therapist qualification, then you can only apply to be on the Relationship Therapist Register.
- If you are only on the Relationship Therapist Register, you cannot provide Psychosexual services.
- You will receive a certificate for each Register. But you will retain only one Membership Number, logo and set of postnominals.
- You will only pay one Membership fee even if you are on two Registers.

If you apply to be on both Registers, it is possible to be at two different levels. For example, a professional may have been a qualified and practicing Relationship Therapist for several years. And recently completed an additional eligible Psychosexual and Relationship Therapy qualification. In that instance, the professional might apply for and hold Accredited status on the Relationship Therapist Register, and Registered status on the Psychosexual and Relationship Therapist Register.

- If you are on two Registers at different grades, your Membership fee will be that of the highest grade held.

If you are on both Registers, you must still carry out 30 hours CPD per year. Of this, 20 hours should be balanced between Relationship Therapy issues and wider Psychosexual and Relationship issues.

Entry into the Supervisor Registers and related fees are separate and additional.

APPLICATION PROCESS

Applications for Registered Membership should be sent via email to memberships@cosrt.org.uk.

Confirmation of your application outcome will be sent to you electronically. If your application is accepted by COSRT, your subscription fee will be taken via Direct Debit or bank transfer. If the subscription fee is not received within three months, your application will lapse and you must reapply. Your membership will be valid immediately from the date on which payment is received by COSRT in cleared funds.

COSRT reserves the right to request an applicant to attend an interview with representatives of COSRT to discuss their application. The applicant would be expected to meet their own travel costs to attend the interview.

The provision of misleading information or an incomplete declaration may lead to refusal of entry to membership or withdrawal of membership at a future date. Membership of COSRT does not commence until the annual subscription has been received (subject to COSRT's confirmation to you of a successful outcome).

Registered Membership of the College for Sexual and Relationship Therapists is not a qualification and must not be represented as such.

Applicants may appeal a decision concerning their application in accordance with clause 3.9 of the Terms and Conditions of Membership and Accreditation and the Guidelines for Reapplication and Appeal.

In applying for and subsequently holding Registered Membership you agree to abide by and be subject to the Terms and Conditions of Membership and Accreditation, Terms and Conditions of Registers and all the criteria, procedures, protocols, policies, guidelines and other documents listed therein, including in particular (without limitation) the COSRT Code of Ethics and Practice, the COSRT Conduct Procedure and Sanctions Protocol and the other Governing Documents of COSRT.

