

**UPCA Council Meeting confirms the following amendments to its policies
With effect from 1.10.2022**

1. % On-line practice hours during training (Adult)

Who this affects:

Members on Adult training courses

Psychotherapy training courses were originally designed to train students to practice with clients face-to-face and in person. However, UPCA recognises that online work is now becoming the norm.

Therefore, from 1.10.22 for practice with adult clients, no more than 50% of the 450 training practice hours requirement should be conducted online.

However, up to 1.10.22 all practice hours already accrued online would count.

Then from 1.10.22 a ratio of 50:50 Online/In person F2F hours would count for all remaining hours. (With 50% F2F and in person being the minimum acceptable).

Each accredited course will have to consider how to equip students to work online.

They may be individual exceptions for students in countries where due to Covid, governments have imposed continued restrictions against meeting in person.

This group will be reviewed by Council again in July 2023.

Members on Child and Adolescent Training Courses

From 1.10.22 a maximum of 10% only of child and adolescent client practice during training should be online.

However, any hours already accrued online up to 30.9.22 will count towards the 450 practice hours requirement.

2. Change to the minimum supervision requirements

Who the affects

UPCA members post-accreditation

Supervision hours

The current 1:6 ratio of supervision hours post accreditation and consistently for the first five years, is problematic for some members, for example, those with large caseloads.

This policy has been reviewed by UPCA Council and has been amended to state:

- i) Post accreditation, a minimum of 1.5 hours supervision per month is required. Members with high or complex caseloads should consider additional supervision to the minimum requirement.**
- ii) Prior to accreditation the ratio of 1.6 hours remains.**

3. Clarification of Personal therapy hours (Students of Psychotherapy/Psychotherapeutic counsellor training)

There is a requirement for 160 personal therapy hours for psychotherapy trainees & 105 hours requirement for psychotherapeutic counselling trainees. There has been confusion amongst the membership about the % of online/face-to-face in person therapy permissible.

UPCA Council confirms that they see no need to differentiate between both online and F2F in-person Personal therapy.

4. Clarification of F-2-F in person Supervision Hours during training

UPCA Council confirm that they see no need to differentiate between both online and F2F in-person Supervision

5. % Online/F2F Teaching hours

UPCA Council have clarified policy in relation to the percentage of online/Face to Face (in-person) teaching hours.

49% online and 51% F2F-in person is confirmed at the UKCP requirement.