

Te Poari o ngā Kaihaumanu
Hinengaro o Aotearoa

The Psychotherapists Board
of Aotearoa New Zealand

Registration - Decision guidelines relating to practitioners who have not registered as a psychotherapist within 3 years of obtaining their qualification or obtaining an association membership status eligible for registration.

The following decision guidelines have been developed to assist te Poari o ngā Kaihaumanu Hinengaro o Aotearoa (the Board) and its committees in making fair, reasonable and lawful decisions which are consistent and equitable.

In order to mahi/work legally as a psychotherapist, it is necessary to:

- be registered with the Board
- hold a current APC.

To that end, the objectives of this policy are:

- identify factors that may increase the risk of loss of competence and factors that may mitigate this risk
- support practitioners to update their skills and knowledge
- assure the public of professional competence while avoiding unnecessary barriers.

Under section 15 of the Health Practitioners Competence Assurance Act 2003 (HPCA Act), the Board may register applicants within a scope of practice if they:

- have the qualifications that are prescribed for that scope of practice (HPCA Act section 12)
- are fit for registration (HPCA Act section 14)
- are competent to practise within that scope of practice.

This policy focuses on competence to practise.

This document contains information for practitioners who are seeking registration and an and APC who either:

- graduated with an approved grandparented qualification more than 3 years ago (Tertiary Pathway); or
- obtained eligibility for registration with membership of ANZSJA, NZAP or NZACAP more than 3 years ago (Professional Development Pathway).

Applicants applying for registration more than 3 years after completing the tertiary or professional development pathway requirements are required to demonstrate their competence to practise.

General operational principles

A psychotherapist is expected to demonstrate responsibility for ensuring their own competence by undertaking to and/or providing:

- **Curriculum vitae:** Provide an up-to-date curriculum vitae, including professional development and professionally relevant activities undertaken.
- **Supervision:** Engage with a psychotherapist who is an experienced clinical supervisor to supervise their commencement or return to clinical practice. This person must be a psychotherapist registered in either the Psychotherapist Scope of Practice or Psychotherapist

Scope of Practice with Child and Adolescent Specialism with a current APC or a Board-approved person.¹

- **Self-appraisal:** Provide the Board with a self-appraisal that outlines how they have maintained currency of their psychotherapy knowledge. This self-appraisal should be detailed and provide specific information (i.e. courses undertaken, books read etc.). The self-appraisal should be developed with the psychotherapist's clinical supervisor and will be guided by the Psychotherapist Core Clinical Competencies.
- **Return to practice plan:** Provide the Board with a return to practice plan developed in conjunction with their supervisor that demonstrates how they intend to manage and monitor their practice of psychotherapy as a psychotherapist. This plan should cover:
 - at least the next 12 months and show specifically how the psychotherapist intends to develop their psychotherapy knowledge and skills.
 - the frequency and duration of the supervision and the intensity of the return to practice plan will be determined by the length of time away from active practice. It will also take into account the factors that are perceived to increase or mitigate the risk of loss of competence (see below).
 - A return to practice plan may be waived with the agreement of the Board committee.
- **Checklist:** Provide the board with a completed Checklist: Return to practice.

The Board reserves the right to not register a practitioner where the risks of loss of competence are deemed too high to be addressed by these processes.

Proposed condition(s)

To ensure the safety of the public the Board may propose to put a condition on a psychotherapist's scope of practice.

This condition will require the practitioner's supervisor to provide the Board with quarterly reports on the practitioner's progress, and the practitioner will be expected to provide a quarterly report of their number of client hours per week.

In addition, this condition will normally require the practitioner to undertake weekly or fortnightly supervision for an allocated time period. Frequency and duration of supervision will relate to the practitioner's caseload, experience, self-appraisal and return to practice plan.²

The condition will be removed at the end of the allocated time period or earlier, provided the Board is satisfied with the progress of the practitioner, and concludes that the practitioner is not a risk to public safety.

Condition(s) - examples

Supervision arrangements as stipulated by the Board

This condition requires a psychotherapist to have supervision as stipulated by the Board – for example, a psychotherapist returning to mahi/work after a period of not practising.

Competence to practise in the Aotearoa New Zealand context

This condition requires a psychotherapist, within 12 months, to provide the Board with evidence that they are competent in the following areas: Te Tiriti o Waitangi and relevance to psychotherapy practice in bicultural Aotearoa. Cultural and social dynamics and safety specifically relevant to bicultural Aotearoa. Understanding of the Aotearoa health sector and Aotearoa law relevant to psychotherapy practice.

¹ See the Board's psychotherapist supervision policy.

² These conditions may be varied in accordance with the guidelines in this policy and approval of the Board.

Loss of competence – examples

Factors perceived to increase the risk of loss of competence

- Resuming practice in a different domain of professional activity from that which had been undertaken previously, for example, a different client group.

Factors perceived to mitigate risk of loss of competence

- Activity that has maintained knowledge and familiarity with contemporary research during the break in practice.
- Resuming practice in the same domain of activity as that prior to leaving New Zealand.

The Board reserves the right to not issue an APC in circumstances where the risks of loss of competence are deemed too high to be addressed by a return to practice plan and supervision.

Such circumstances may include, but are not limited to:

- a lack of consolidated experience prior to requesting an APC
- academic knowledge now deemed to be significantly out of date.

Having not maintained adequate currency of practice will not exclude a practitioner from applying for an APC. The information provided will guide the Board as to the level of support the practitioner is likely to need when returning to practice.

<i>Approved by: The Board</i>	<i>Policy in effect from: December 2014</i>
<i>Previous review dates: April 2021</i>	<i>Date to be reviewed: April 2023</i>

Checklist: Registration

Applicant name:

Registration number:

Supervisor name:

Registration number:

The following checklist has been developed to assist the te Poari o ngā Kaihaumanu Hinengaro o Aotearoa (the Board) and its committees in making fair, reasonable and lawful decisions that are consistent and equitable regarding psychotherapists who have not registered as a psychotherapist within 3 years of obtaining their qualification or obtaining an association membership status eligible for registration.

A returning psychotherapist is expected to demonstrate responsibility for ensuring their own competence by undertaking following:

Engage with a psychotherapist who is an experienced supervisor to supervise their commencement or return to clinical practice. This person must be a fully qualified practitioner registered in either the Psychotherapist Scope of Practice or Psychotherapist Scope of Practice with Child and Adolescent Specialism with a current annual practising certificate (APC) or a Board approved person.

Provide the Board with a self-appraisal that outlines how they have maintained currency of their psychotherapy knowledge. This self-appraisal should be detailed and provide specific information (i.e. courses undertaken, books read etc.). The self-appraisal should be developed with the psychotherapist's clinical supervisor and will be guided by the Psychotherapist Core Clinical Competencies.

Provide the Board with a return to practice plan developed in conjunction with their supervisor that demonstrates how they intend to manage and monitor their return to the practice of psychotherapy. This plan should cover at least the next 12 months and show specifically how the psychotherapist intends to develop their psychotherapy knowledge and skills.

APC application with appropriate fee.

Letter(s) of good standing (if required)

Curriculum vitae

Completed checklist.

Supervisor declaration:

I, _____ (*supervisor*), support _____ (*applicant*) with their return to practice plan. I can confirm that I have worked in conjunction with the applicant to develop this plan and provided input where necessary.

Signature:

Date: