

Notice of Scopes of Practice and Related Qualifications Prescribed by the Psychotherapists Board of Aotearoa New Zealand

Pursuant to sections 11 and 12 of the Health Practitioners Competence Assurance Act 2003 (“the Act”), the following notice is given.

N o t i c e

1. Title and commencement—(1) Notice of Scopes of Practice and Related Qualifications Prescribed by the Psychotherapists Board of Aotearoa New Zealand.

(2) This notice comes into force on **1 October 2015**.

2. Revocation—This notice revokes and replaces all previous scopes of practice and qualifications prescribed by the Psychotherapists Board of Aotearoa New Zealand.

Scopes of Practice for Psychotherapists as at 1 October 2015.

1. Psychotherapist Scope of Practice

2. Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism

3. Interim Psychotherapist Scope of Practice

1. Psychotherapist Scope of Practice

Psychotherapists shall be competent to use various methods of psychotherapy to assist clients in their personal growth, relationship development, psychological life issues and mental health problems, whilst taking into consideration the bicultural context of Aotearoa New Zealand. Clients may include children, adolescents, adults, couples, families, whānau, groups, organisations and the public.

A key element of psychotherapy is the therapeutic use of the relationship between the psychotherapist and client. Psychotherapy may involve, but is not limited to: exploring the origins, maintenance and change of life patterns; the assessment, formulation, diagnosis and treatment of mental health problems; and working with patterns of psychological life which may be outside of conscious awareness, including non-verbal and preverbal patterns. Various coherent theoretical models are used in psychotherapy.

In practising psychotherapy, the context of a person’s life needs to be taken into account, including social, cultural and spiritual contexts.

Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision.

Psychotherapists shall practise within their area and level of expertise and with due regard to ethical, legal and board-prescribed standards.

Prescribed Qualifications for Psychotherapist Scope of Practice

An approved Master’s level qualification in psychotherapy from a New Zealand university or a New Zealand training institution or an approved comparable qualification

OR

Satisfactory completion of a final assessment accredited or set by the board

AND

The completion of 900 hours of supervised clinical psychotherapy practice with clients over at least three years with clinical supervision provided by a psychotherapist registered in the Psychotherapist Scope of Practice. Hours not completed during qualification may be completed post-qualification

AND

The completion of 120 hours of personal psychotherapy with a registered psychotherapist during and/or following qualification.

2. Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism

Those working within this scope of practice are also able to work within the Psychotherapist Scope of Practice as long as they practise within their area and level of expertise and with due respect to the ethical, legal and board-prescribed standards.

Child and adolescent psychotherapists shall be competent to use various methods of psychotherapy to assist children and adolescents with their psychological life issues and mental health problems, whilst taking into consideration the bicultural context of Aotearoa New Zealand.

A key dimension of psychotherapy with children and adolescents is the use of developmentally appropriate methods. Child and adolescent psychotherapists are expected to have in-depth understanding of infant, child and adolescent development; infancy, childhood and adolescent disorders; family and cultural dynamics; and interdisciplinary approaches to working with children. Child and adolescent psychotherapists are specifically expected to be able to use methods of communication that are consistent with the child's or adolescent's stage of development and comprehension and be able to understand a child's non-verbal communication. Psychotherapy with children and adolescents may involve, but is not limited to: the assessment, formulation, diagnosis and treatment of emotional and psychological distress; severe mental health problems; and working with patterns of psychological life which may be outside of conscious awareness.

In practising psychotherapy, the context of a child or adolescent's life and social environment needs to be taken into account. Child and adolescent psychotherapists are expected to be able to work with parents/caregivers, and/or family groups as an adjunct to their work with children or adolescents.

Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision.

Child and adolescent psychotherapists shall practise within their area and level of expertise and with due regard to the ethical, legal, and board-prescribed standards.

Prescribed Qualifications for Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism

An approved Master's level qualification in child psychotherapy from a New Zealand university or an approved comparable qualification

OR

Satisfactory completion of a final assessment accredited or set by the board

AND

The completion of 900 hours of supervised clinical child and adolescent therapeutic practice over at least three years with clinical supervision provided by a psychotherapist registered in the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism. Hours not completed during qualification may be completed post-qualification

AND

The completion of 120 hours of personal psychotherapy with a registered psychotherapist during and/or following qualification.

3. Interim Psychotherapist Scope of Practice

Psychotherapists shall be competent to use various methods of psychotherapy to assist clients in their personal growth, relationship development, psychological life issues and mental health problems, whilst taking into consideration the bicultural context of Aotearoa New Zealand. Clients may include children, adolescents, adults, couples, families, whānau, groups, organisations and the public.

A key element of psychotherapy is the therapeutic use of the relationship between the psychotherapist and client. Psychotherapy may involve, but is not limited to: exploring the origins, maintenance and change of life patterns; the assessment, formulation, diagnosis and treatment of mental health problems; and working with patterns of psychological life which may be outside of conscious awareness, including non-verbal and preverbal patterns. Various coherent theoretical models are used in psychotherapy.

In practising psychotherapy, the context of a person's life needs to be taken into account, including social, cultural and spiritual contexts.

Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision.

Psychotherapists shall practise within their area and level of expertise and with due regard to ethical, legal and board-prescribed standards.

Acceptance into the Interim Psychotherapist Scope of Practice is for the purpose of achieving registration in either the Psychotherapist Scope of Practice or the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism.

Save for in exceptional circumstances as determined by the Board, practitioners can only remain in the Interim Psychotherapist Scope of Practice for a maximum period of five consecutive years.

The five-year time limit begins from the date of registration and continues uninterrupted.

Prescribed Qualifications for Interim Psychotherapist Scope of Practice

An approved Master's level qualification in psychotherapy and/or child psychotherapy from a New Zealand

university or a New Zealand training institution or an approved comparable qualification

OR

Satisfactory completion of an initial assessment accredited or set by the board

Note:

1. A practitioner with an Interim Psychotherapist Scope of Practice must meet the required qualifications for the Interim Psychotherapist Scope of Practice. However, they may not have yet completed 900 hours of supervised clinical psychotherapy practice with clients over at least three years with clinical supervision provided by a psychotherapist registered in the Psychotherapist Scope of Practice or Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism. Hours not completed during qualification may be completed post-qualification.

AND/OR

2. May not have completed 120 hours of personal psychotherapy with a registered psychotherapist during and/or following qualification.

Dated at Wellington this 1st day of October 2015.

JACQUELYN MANLEY, Registrar, Psychotherapists Board of Aotearoa New Zealand.

2015-gs5648
