

AUSTRIAN HEALTH INSTITUTE



ÖBIG

**REGULATION OF THE PROFESSIONS OF
PSYCHOTHERAPIST
CLINICAL PSYCHOLOGIST
HEALTH PSYCHOLOGIST
IN THE MEMBER STATES OF THE EEA AND
THE SWISS CONFEDERATION**



**COMMISSIONED BY THE
AUSTRIAN FEDERAL MINISTRY FOR HEALTH AND WOMEN**

Austrian Health Institute



ÖBIG

**Regulation of the Professions of
Psychotherapist
Clinical Psychologist
Health Psychologist**
**in the Member States of the EEA and
the Swiss Confederation**

Authors:

Waltraud Bednar
Paula Lanske
Eva Schaffenberger

Translation:

Daniela Beuren
Susanne Ofner

Vienna, April 2004

Commissioned by the
Austrian Federal Ministry for Health and Women

ISBN 3-85159-069-4

Owner and publisher: ÖBIG (Austrian Health Institute) – responsible editor: Sebastian Kux – manuscript reader: Karin Kopp – secretary: Natascha Burger – cover design and technical production: Ferenc Schmauder – address: A-1010 Vienna, Stubenring 6, phone + 43 1 515 61 0, fax +43 1 513 84 72, E-mail: surname@oebig.at

For our environment: this report has been printed on non-chlorine bleached paper without optical brighteners.

Summary

In Austria, the professions of psychotherapist, clinical psychologist and health psychologist are regulated as three different autonomous liberal professions. Since 1998 the Austrian Health Institute (ÖBIG), commissioned by the Federal Ministry competent for health affairs (at present: Federal Ministry for Health and Women), has systematically collected information on the situation in the member states of the EEA (European Economic Area), and since 2003 also on the situation in Switzerland, with regard to regulations applying to citizens of the EEA who want to take up and pursue a profession in Austria. This study presents the results of our continuous research concerning the regulations of these three professions in a concise comparison and thus makes them available to the interested public.

The study is based on Council Directive 89/48/EEC of 21 December 1988 on a general system for the recognition of higher-education diplomas awarded on completion of professional education and training of at least three years' duration (hereinafter D 89/48/EEC).

The profession of psychotherapist is regulated in seven EEA countries, namely Austria, Finland, Germany, Italy, Liechtenstein, the Netherlands and Sweden, and in the majority of the cantons of Switzerland. The United Kingdom has a regulation limited to the profession of child psychotherapist.

The profession of clinical psychologist is regulated in eight EEA countries. Direct professional regulations, i.e. special professional titles, exist in Austria, Portugal, Spain and in the United Kingdom. Norway does not confer protected titles for this profession, but there are regulations based on a private-law agreement between the health insurance fund and the individual clinical psychologists. Indirect regulations are found in three countries, namely Belgium, Ireland and Italy, where a description of the profession and regulations concerning education and training exist, but no professional titles are awarded.

The profession of health psychologist is known in five countries: in Austria, the Netherlands and the UK it is regulated in accordance with Art. 1 of D 89/48/EEC, and in Finland and Italy according to Art. 3 of D 89/48/EEC.

Contents

- 1 Introduction 1**
- 2 Psychotherapists 6**
 - 2.1 Laws, regulations and administrative provisions..... 7
 - 2.2 Requirements for admission and pursuit of the profession..... 11
 - 2.2.1 Access to education and training in psychotherapy 11
 - 2.2.2 Scope of education and training in psychotherapy..... 13
 - 2.2.3 Recognised methods of psychotherapy 19
- 3 Clinical psychologists and health psychologists 21**
 - 3.1 Laws, regulations and administrative provisions..... 23
 - 3.1.1 Laws, regulations and administrative provisions according to Article 1 of D 89/48/EEC 23
 - 3.1.2 Regulations according to Article 3 of D 89/48/EEC..... 25
 - 3.1.3 Definition and description of the professions 26
 - 3.2 Requirements for admission and pursuit of the profession..... 30
 - 3.2.1 Access to education and training for clinical psychologists and health psychologists..... 30
 - 3.2.2 Scope of the education and training in clinical psychology and health psychology . 32
- Annex..... 37**

Tables

Table 1.1: Regulation of the professions of psychotherapist, clinical psychologist and health psychologist according to Directive 89/48/EEC in the member states of the EEA (as per 2003)	5
Table 2.1: Psychotherapists – regulation of the profession.....	6
Table 2.2: Psychotherapy – laws, regulations and administrative provisions	8
Table 2.3: Psychotherapy – protected titles and protected activities.....	9
Table 2.4: Psychotherapy – statutory definition of the profession	10
Table 2.5: Psychotherapy – qualification requirements for education and training	12
Table 2.6: Psychotherapy – minimum duration and minimum hours of education and training.....	14
Table 2.7: Psychotherapy – minimum hours of theory.....	15
Table 2.8: Psychotherapy – minimum hours and subjects of practical training.....	17
Table 3.1: Clinical psychology and health psychology – regulation of the professions	22
Table 3.2: Clinical psychologists and health psychologists – laws, regulations and statutory provisions according to Article 1.....	24
Table 3.3: Clinical psychologists and health psychologists – protected titles.....	25
Table 3.4: Clinical psychologists and health psychologists – statutory definitions or descriptions of the professions	27
Table 3.5: Clinical psychologists and health psychologists – qualification requirements for education and training.....	31
Table 3.6: Clinical psychologists and health psychologists – minimum duration of education and training	33
Table 3.7: Clinical psychologists and health psychologists – minimum hours required for the complete education and training programme.....	34
Table 3.8: Clinical psychologists and health psychologists – minimum hours of theory.....	35
Table 3.9: Clinical psychologists and health psychologists – minimum hours of practical training	36

1 Introduction

Objectives

In Austria, the professions of psychotherapist, clinical psychologist and health psychologist are regulated as three different autonomous liberal professions. Since 1998 the Austrian Health Institute (ÖBIG), commissioned by the Federal Ministry competent for health affairs (at present: Federal Ministry for Health and Women), has systematically collected information on the situation in the member states of the EEA, and since 2003 also on the situation in Switzerland, with regard to regulations applying to citizens of the EEA who want to take up and pursue a profession in Austria. The pertinent research has revealed that the professional regulations of all EEA states and Switzerland are documented and continuously updated only in Austria, and that the competent authorities, education and training institutions as well as professional associations have shown great interest in this comprehensive information.

This study presents the results of continuous research concerning the regulations of these three professions in a concise comparison and thus makes them available to the interested public. For more details on regulations in the individual countries please consult the appendix.

The study is based on Council Directive 89/48/EEC of 21 December 1988 on a general system for the recognition of higher-education diplomas awarded on completion of professional education and training of at least three years' duration. The objective of the Directive (hereinafter D 89/48/EEC) is to abolish obstacles to freedom of movement for persons and services between member states of the EEA, by means of regulating mutual recognition of professional qualifications. While the regulations laid down in the form of sectoral Directives refer to a small number of professions only (physicians, dentists, pharmacists, midwives, nurses and veterinary surgeons), D 89/48/EEC provides a broader framework for recognition of professional qualifications. It applies to all nationals of member states who pursue a regulated profession, in a self-employed or employed capacity, in another member state, and it introduces a system of recognition of all higher education diplomas for which at least three years of education and training are required. Any member state of the EEA in which a profession is regulated is required to take account of qualifications acquired in another member state for the profession regulated there. Thus it may not refuse to authorise a national of a member state to pursue a regulated profession if the person concerned has already acquired all or part of the necessary qualifications in their state of origin. However, the host country is required to determine whether those qualifications correspond to its own professional rules, and if they are not met, may lay down arrangements to ensure compliance with these rules.

According to D 89/48/EEC professions may be regulated in two ways:

Under Art. 1 a profession shall be regarded as regulated if the taking up or pursuit of such activity is subject, directly or indirectly by virtue of laws, regulations or administrative provisions, to the possession of a diploma – and thus often a protected professional title. Admission to a profession may be granted either by the competent authorities or by officially authorised organisations and associations.

Under Art. 3 (b) of D 89/48/EEC, a profession shall also be regarded as regulated if it is not subject to laws, regulations or administrative provisions and no protected titles are awarded but if there is a description of the profession and if regulations concerning education and training have been laid down. However, recognition of qualifications acquired in the country of origin according to Art. 3 is only possible if the applicant has pursued the profession in question for two years during the previous ten years. The requirement of two years of practice of the profession does not apply if the applicant has completed a regulated education and training programme based on corresponding laws, regulations or administrative provisions in which the structure and level of education and training are laid down.

Thus qualifications which psychotherapists, clinical psychologists and health psychologists have acquired in their countries of origin shall be recognised in the country of destination (host country) if these professions are regulated according to Arts. 1 or 3 in both countries. However, the authorities of the country of destination (host country) are required to assess for each case whether the qualifications acquired in the country of origin correspond to the rules regarding education and training in the country of destination (host country). If the qualifications are not equivalent, they may demand additional proof of qualification.

Structure and purpose

This study has two objectives:

- It describes the regulation of the professions mentioned as well as education and training courses required in the EEA countries. It may thus serve as a basis for decision by the competent authorities dealing with admission to these professions of EEA nationals.
- It provides basic information for psychotherapists, clinical psychologists and health psychologists on possibilities to pursue a profession in another EEA country and requirements to be met.

The information and data gathered are presented in a report and a reference part.

The report gives an overview and a comparison of the countries surveyed with regard to

- 1 laws, regulations and administrative provisions concerning these professions;
- 2 definitions of the professions and fields of activity;
- 3 protected professional titles or reserved activities in this field;
- 4 requirements for admission to pursue the corresponding profession with regard to education and training prerequisites.

The reference part provides central information for each country, with sections dealing with the following four subjects:

- Regulation

This section gives information on whether the profession is regulated in the country in question (according to Arts. 1 or 3 of D 89/48/EEC), on the concrete laws, regulations and legal provisions where professional regulation is laid down and which aspects are covered. This also includes protected professional titles or reserved professional activities and information whether refunding of services by social security institutions is subject to the possession of a diploma. The last paragraph of this section names documents required due to regulation, and thus necessary for recognition of the qualification obtained in the country in question. These may include extracts from professional registers or certificates of recognised education and training institutions.

- Laws and regulations for education and training

The education and training requirements of each country are described.

- Mutual recognition of psychotherapists, clinical psychologists and health psychologists

As an information for persons entitled to pursue the profession of their choice who would like to work in another EEA country, the authorities competent for recognition are specified.

- Social security benefits for patients

It is described whether services in the fields psychotherapy, clinical psychology and health psychology are eligible for refunding in the context of the social security system in the individual countries, and if so, which institutions are competent.

Data sources

The data on professional regulations are based on various sources of information in the individual EEA countries. In each case the ministries competent for health and/or social affairs were contacted in writing and orally. This was complemented by enquiries to authorities competent for regulating higher education and training as well as education and training institutions and professional associations. Furthermore, in some cases health insurance funds and universities were asked for information, and research was carried out on the Internet. The information obtained was condensed and returned to the providers of information of each EEA country at regular intervals for confirmation, correction and, if necessary, completion, of the facts presented.

Although our research has been carried out with utmost care, the information presented may be incomplete or ambiguous in some details. A specific source of misunderstandings is the fact that much information was provided in English written by non-native speakers, then translated into German and, for the English version of this study, re-translated into English, so language errors may also have occurred. Furthermore, data may not be fully up to date due to reforms or restructuring in the health systems after the time of data collection. The

point of time at which research was carried out is given in the country-specific sections of the reference part.

Overview – regulation of the three groups of professions in the EEA countries and in the Swiss Confederation

The profession of psychotherapist is regulated in seven EEA countries, namely Austria, Germany, Finland, Italy, Liechtenstein, the Netherlands and Sweden and in most cantons of Switzerland. In addition, the United Kingdom has a regulation limited to the profession of child psychotherapist (see table 1.1).

In eight EEA countries direct or indirect regulations exist for the profession of clinical psychologist (according to Arts. 1 or 3 of D 89/48 EEC). Direct professional regulations, i.e. special professional titles, have been adopted in Austria, Portugal, Spain and in the United Kingdom. Norway does not confer protected titles for this profession, but there are regulations based on a private-law agreement between the health insurance fund and the individual clinical psychologists. Indirect regulations are found in three countries, namely Belgium, Ireland and Italy, where a description of the profession and regulations concerning education and training exist, but no professional titles are awarded.

The profession of health psychologist exists in five countries: in Austria, the Netherlands and the United Kingdom it is regulated in accordance with Art. 1 of D 89/48/EEC, and in Finland and Italy it is regulated according to Art. 3 of D 89/48/EEC.

Table 1.1: Regulation of the professions of psychotherapist, clinical psychologist and health psychologist according to Directive 89/48/EEC in the member states of the EEA (as per 2003)

EEA country	Psychotherapists			Clinical psychologists			Health psychologists		
	Regulation according to Art. 1	Regulation according to Art. 3	No regulation	Regulation according to Art. 1	Regulation according to Art. 3	No regulation	Regulation according to Art. 1	Regulation according to Art. 3	No regulation
Belgium			✓		✓				✓
Denmark			✓			✓			✓
Germany	✓					✓			✓
Finland	✓					✓		✓	
France			✓			✓			✓
Greece			✓			✓			✓
United Kingdom	✓ ¹			✓			✓		
Ireland			✓		✓				✓
Iceland			✓			✓			✓
Italy	✓				✓			✓	
Liechtenstein	✓					✓			✓
Luxembourg			✓			✓			✓
Netherlands	✓					✓	✓		
Norway			✓	✓					✓
Austria	✓			✓			✓		
Portugal			✓	✓					✓
Sweden	✓					✓			✓
Spain			✓	✓					✓
Switzerland	✓ ²					✓			✓

¹ Only for the professional title Child Psychotherapist in the National Health Service

² Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG

2 Psychotherapists

The profession of psychotherapist is regulated in seven of the 18 EEA countries, namely in Austria, Finland, Germany, Italy, Liechtenstein, the Netherlands and Sweden. The United Kingdom also has a regulation, which however only applies to child psychotherapists in the National Health Service.

Table 2.1: Psychotherapists – regulation of the profession

EEA country	Regulation	No regulation
Belgium		Psychotherapy is practised by physicians specialising in psychiatry and neuropsychiatry.
Denmark		No regulation
Germany	According to Art. 1	
Finland	According to Art. 1	
France		Psychotherapy is a liberal profession. Diagnosing and therapy are reserved for physicians.
Greece		No regulation
United Kingdom¹	According to Art. 1	
Ireland		No regulation
Iceland		Psychotherapy is practised by psychologists, social workers, psychiatric nursing staff, psychiatrists and family therapists.
Italy	According to Art. 1	
Liechtenstein	According to Art. 1	
Luxembourg		Psychotherapy is reserved for physicians specialising in psychiatry.
Netherlands	According to Art. 1	
Norway		Psychotherapy is pursued by psychiatrists, clinical psychologists and other psychiatric professionals.
Austria	According to Art. 1	
Portugal		Knowledge and methods of psychotherapy may only be applied by physicians, in particular specialists in psychiatry.
Sweden	According to Art. 1	
Spain		Physicians and clinical psychologists are entitled to practice psychotherapy.
Switzerland²	According to Art. 1	

As per 2003

¹ Applies only to the professional title of Child Psychotherapist in the National Health Service

² Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

The majority of cantons of the Swiss Confederation have also adopted regulations for the profession. All existing regulations follow Art. 1 of D 89/48/EEC (cf. table 2.1).

Thus 10 EEA countries do not have regulations: in Belgium, Denmark, France, Greece, Iceland, Ireland, Luxembourg, Norway, Portugal and Spain psychotherapy is usually practiced by physicians specialising in psychiatry or physicians in general, in some cases also by (clinical) psychologists, and in rare instances by social workers and psychiatric nursing staff (cf. table 2.1). In these countries, a number of institutions provide education and training in psychotherapy but they are not officially recognised. However, in each country efforts to regulate the profession have been made for many years.

The following section gives an overview of the laws, regulations and administrative provisions of those eight EEA countries as well as Switzerland where the profession of psychotherapist is regulated.

2.1 Laws, regulations and administrative provisions

The earliest legal provisions for this profession go back to the 1970s, when the first cantonal regulations for self-employed practice of non-medical psychotherapists were adopted in Switzerland. However, no regulation valid for the whole Swiss Confederation has been enacted so far. Between 1984 and 1989 the first regulations for Sweden, Liechtenstein and Italy entered into force.

The first comprehensive professional law of the EEA was enacted in Austria in 1990, when the Psychotherapy Act came into effect. In the next nine years another six EEA countries adopted regulations for this profession. The most recent law is Germany's Psychotherapists Act (cf. table 2.2). As in the case of the Austrian Act, it exclusively regulates the profession of psychotherapist.

The scope of regulation is very heterogeneous in the individual countries, ranging from comprehensive, highly specific rules for professional details as in the case of the Psychotherapists Act and the corresponding education and training provisions in Germany, to open regulations such as in Finland, where only the existence of the profession and the professional title are laid down, and the necessity of education and training is also stated but not described in further detail.

Table 2.2 gives a general overview of central areas of regulation in the individual countries. They include a definition or description of the profession, protection of the professional title, education and training and requirements for admission. In some countries – i.e. Austria, Germany, Liechtenstein and the Netherlands – the regulations cover all relevant areas, though in very different degrees of detail, while others, such as Italy and the United Kingdom, have only regulated education and training as well as the requirements for admission.

Table 2.2: Psychotherapy – laws, regulations and administrative provisions

EEA country	Regulation		Areas covered		
	by	in force since	protected title	education, training, admission	definition of the profession
Germany	Psychotherapists Act and decrees	1999	✓	✓	✓
Finland	Act and Decree Concerning Health Care Professionals	1994	✓	✓	
United Kingdom¹	Official recognition of professional association		✓	✓	
Italy	Psychologists Act	1989		✓	
Liechtenstein	Public Health Act and Decree	1985, 1989	✓	✓	
Netherlands	Health-Care Professions Act; administrative regulations on psychotherapists	1998	✓	✓	✓
Austria	Psychotherapy Act	1991	✓	✓	✓
Sweden	Act and Decree on Competence to Pursue a Profession within the Health and Medical Services	1984 1998 ²	✓	✓	
Switzerland³	Cantonal health acts and decrees as well as SDK Model Decree on Psychotherapists	as of 1973 1982		✓	✓ ⁴

As per: 2003

SDK = Swiss Conference of Public Health Directors (Schweizerische Sanitätsdirektorenkonferenz)

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Most recent amended version of Act and Decree

³ Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

A definition of the profession in the sense of a legal definition is included in the SDK Model Decree on Psychotherapists

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

In most of the countries the relevant regulations cover the profession of psychotherapist in the context of other professional groups. For instance, in Italy the corresponding regulations are part of the Psychologists Act. Specific provisions only exist with regard to recognition of private education and training institutions. Finland, Liechtenstein and Sweden have acts and decrees laying down regulations for health-care professions in general or the pursuit of such professions. In the Netherlands, protection of the professional title, definition of the profession and professional duties are regulated in an act that covers all groups of professions in a certain sector of health care referred to as individual health care. However, education and training of psychotherapists is specified in a separate administrative provision. Almost all

cantons of Switzerland have adopted health acts that also apply to the pursuit of psychotherapy. Some cantons have adopted special decrees on psychotherapists based on the Model Decree on Psychotherapists issued by the Swiss Conference of Public Health Directors (SDK Model Decree).

As has already been mentioned, separate laws regulating the profession of psychotherapist exist in two countries only: Germany has adopted a Psychotherapists Act, and Austria, a Psychotherapy Act.

In the United Kingdom, there is no statutory regulation for the profession, but there are regulations for education and training issued by a professional association that has the status of a chartered professional body and may thus be regarded as an organisation of para-statutory character.

Table 2.3: Psychotherapy – protected titles and protected activities

EEA country	Protected title
Germany	<ul style="list-style-type: none"> • Psychologischer Psychotherapeut / Psychologische Psychotherapeutin • Kinder- und Jugendlichenpsychotherapeut / Kinder- und Jugendlichenpsychotherapeutin • Psychotherapeut / Psychotherapeutin
Finland	<ul style="list-style-type: none"> • Psykoterapeutti / Psykoterapeut
United Kingdom¹	<ul style="list-style-type: none"> • Child Psychotherapist in the National Health Service
Italy	—
Liechtenstein	<ul style="list-style-type: none"> • Nichtärztlicher Psychotherapeut
Netherlands	<ul style="list-style-type: none"> • Psychotherapeut
Austria	<ul style="list-style-type: none"> • Psychotherapeut / Psychotherapeutin
Sweden	<ul style="list-style-type: none"> • Legitimerad Psykoterapeut
Switzerland²	—

As per 2003

— = No regulation

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Protected titles exist in all countries with the exception of Italy, (cf. tables 2.2 and 2.3). In Germany, physicians may pursue the profession under the protected title even if they have not undergone education and training in psychotherapy. In Switzerland only the title for practicing medical psychotherapy is protected.

Table 2.4: Psychotherapy – statutory definition of the profession

EEA country	Statutory definition and description of the profession
Germany	<ul style="list-style-type: none"> • Psychotherapy is any activity practiced by means of scientifically recognised methods of psychotherapy in order to establish, heal or mitigate disturbances that have the character of a disease and for which psychotherapy is indicated. The practice of psychotherapy does not include psychological activities that aim at working through and overcoming social conflicts or other purposes outside the treatment-oriented sphere.
Finland	—
United Kingdom¹	—
Italy	—
Liechtenstein	<ul style="list-style-type: none"> • Non-medical psychotherapists are authorised to treat diseases which according to acknowledged scientific theory respond to treatment by psychological methods.
Netherlands	<ul style="list-style-type: none"> • Psychotherapy comprises examining patients with a psychological disorder, abnormality or complaint with a view to healing or alleviating the condition through influencing their mood, behaviour and attitude by applying methods to be stipulated in a general administrative regulation.
Austria	<ul style="list-style-type: none"> • Psychotherapy is the comprehensive, deliberate and planned treatment, on the basis of a general and special training, of disturbances in behaviour and states of disease, due to psychosocial or also psychosomatic causes, by means of scientific psychotherapeutic methods, in an interaction between one or several treated persons and one or several psychotherapists, with the objective of mitigating or eliminating the established symptoms, to change disturbance patterns of behaviour and attitudes, and to promote a process of maturing, development and sanity in the treated person.
Sweden	—
Switzerland²	<ul style="list-style-type: none"> • Psychotherapy (...) is the treatment of diseases by psychological means.³

As per 2003

— = No regulation

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

³ SDK Model Decree

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Statutory definitions or descriptions exist in only four countries: Austria, Germany, Liechtenstein and the Netherlands (cf. tables 2.2 and 2.4). In Switzerland, the SDK Model Decree includes a recommendation that the Cantons draw up legal definitions of psychotherapy.

The following sections give an overview of existing regulations with regard to admission, education and training.

2.2 Requirements for admission and pursuit of the profession

In each of the EEA countries where the profession of psychotherapist is regulated admission is subject to general requirements (such as nationality, no previous convictions, physical and mental fitness) as well as specific requirements. This also applies to Switzerland, although in this case the requirements for admission may differ according to canton.

Specific requirements cover the following aspects:

- access to education and training;
- framework of education and training, e.g. scope, structure, objectives and/or subjects, recognised methods of psychotherapy, institutions entitled to provide education and training as well as examination procedures;
- formal recognition by awarding titles, entry into lists or registers, awarding diplomas etc.

For detailed information on requirements for admission please consult the country-specific chapters of the annex.

The next section deals with regulations for access to education and training, with the focus placed on requirements persons have to meet in the individual EEA countries in order to be admitted to education and training in psychotherapy.

This is followed by a chapter describing the duration of education and training as well as the required minimum hours of education and training. However, a comparison of the regulations in the individual countries is difficult for two reasons: On the one hand, the corresponding provisions greatly differ with regard to scope and degree of detail, and on the other, the methodological terminology used permits comparison to a limited degree only. For example, if one attempts to compare the number of hours required for theoretical education in the individual countries, it soon becomes evident that this concept does not mean the same in all countries. In spite of these problems, and in order to give a concise overview, education and training requirements in the individual EEA countries have nevertheless been compared as far as possible, with regard to shares of theory and practical training as well as requirements with regard to self-experience and personal therapy.

Regulations concerning recognised psychotherapeutic methods will be treated in a separate section.

2.2.1 Access to education and training in psychotherapy

In the majority of EEA countries as well as Switzerland, a university degree is required before education and training in psychotherapy may be started. Usually completion of the study of psychology or medicine is necessary. In addition, also other study programmes such as health studies or other studies are recognised as equivalent. Only in Austria and Finland access to education and training in psychotherapy is open also to persons without university

degrees – if they have acquired other corresponding professional qualifications (cf. table 2.5). In Sweden, persons without university degrees may undergo basic education and training in psychotherapy but this does not entitle them to pursue the profession.

As far as recognised entrance qualifications are concerned, access to education and training in psychotherapy is most strongly restricted in Germany, Liechtenstein and Italy: apart from psychologists, only teachers/social education experts (Germany) and physicians (Italy) may enrol for education and training in psychotherapy. Austria and the Scandinavian countries have the most liberal access regulations with regard to qualification requirements.

Finland, the Netherlands, Sweden and the United Kingdom also require professional experience in relevant areas.

With the exception of Finland, Liechtenstein and Switzerland, the corresponding education and training institutions must be officially recognised.

Table 2.5: Psychotherapy – qualification requirements for education and training

EEA country	Qualification requirements for education and training	
Germany	<u>Education and training in psychological psychotherapy:</u> <ul style="list-style-type: none"> • completed study of psychology (clinical psychology) 	<u>Education and training in child and youth psychotherapy</u> <ul style="list-style-type: none"> • completed study of psychology (clinical psychology) or educational science/social education
Finland	<u>Specific training in psychotherapy:</u> <ul style="list-style-type: none"> • completion of three years of higher education in a relevant field as well as • professional experience in the field of health care, and possibly • previous experience in the field of psychotherapy 	<u>Advanced specific training in psychotherapy:</u> <ul style="list-style-type: none"> • completion of university studies – usually in psychology or medicine • previous experience in the field of health care and possibly • previous experience in the field of psychotherapy
United Kingdom¹	<ul style="list-style-type: none"> • university degree • training course in human relationships and infant development • experience of work with children of various ages 	
Italy	<ul style="list-style-type: none"> • completed study of psychology or medicine/surgery 	
Liechtenstein	<ul style="list-style-type: none"> • completed study of psychology 	
Netherlands	<ul style="list-style-type: none"> • Degree in psychology, educational science or health science with specialisation in mental health. The study programme has to include a number of defined subjects. • 30 working days of practice in a psychosocial institution. 	

Table 2.5 – continued, sheet 2

EEA country	Qualification requirements for education and training	
Austria	<u>Preparatory instruction:</u> <ul style="list-style-type: none"> • upper secondary school-leaving examination or • completed education and training in health care and nursing or advanced medical-technical services or • positive expert opinion by the Psychotherapy Advisory Council 	<u>Special instruction:</u> <ul style="list-style-type: none"> • completion of preparatory instruction and • either positive expert opinion by the Psychotherapy Advisory Council or • completed education and training in the fields of health care and nursing, advanced medical-technical services, social work, compulsory education, marriage and family counselling, music therapy or • university degree in medicine, educational science, philosophy, psychology, publishing and communication science, theology, or upper-level secondary school teaching
Sweden	<u>Basic training in psychotherapy:</u> <ul style="list-style-type: none"> • basic education and training in psychology, medicine (psychiatry), socionomics (incl. complementary education and training courses) or other forms of (also non-university) education and training deemed equivalent • 150-hour course in psychology or social sciences • professional experience in the field of health and social care • work in the field of health and social care during education and training 	<u>Advanced training in psychotherapy:</u> <ul style="list-style-type: none"> • completion of basic psychotherapy training programme • university study programme of at least 3 years • 125 hours of personal therapy or 280 hours of group therapy in the method of psychotherapy chosen or, in the case of family therapy: 50 hours of personal therapy and 30 hours of family reconstruction
Switzerland²	<ul style="list-style-type: none"> • All cantons: university degree in psychology (main subject) or corresponding combination of study subjects; in exceptional cases also other forms of basic education and training deemed as equivalent to a university degree with regard to psychological knowledge. 	

As per 2003

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

2.2.2 Scope of education and training in psychotherapy

Duration

All EEA countries where the profession of psychotherapist has been regulated require at least three years of education and training (cf. table 2.6). This also applies to the Netherlands and Austria, where the duration of education and training, while not explicitly regulated, is at least between four and six years as a rule. The SDK Model Decree of Switzerland does not specify overall duration of education and training, either.

Table 2.6: Psychotherapy – minimum duration and minimum hours of education and training

EEA country	Duration of education and training (years)	Minimum hours required
Germany	5 years part-time 3 years full-time	4 200
Finland		
<i>Special training in psychotherapy</i>	3 years	—
<i>Advanced special training in psychotherapy</i>	4 to 6 years	—
United Kingdom¹	4 years full-time	—
Italy		
<i>Psychotherapy education and training at universities²</i>	4 years	3 200
<i>PT education and training at private institutions</i>	4 years	1 600
Liechtenstein	3 years	—
Netherlands	No explicit regulation ³	3 680
Austria	No explicit regulation ⁴	3 215
Sweden	7 years	—
Switzerland⁵	—	—

As per: 2003

— = no regulation; PT=psychotherapy

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Specialisation courses in clinical psychology, health psychology, developmental psychology or psychiatry (=authorisation to pursue psychotherapy)

³ Implicit regulation: four years of professional experience are required

⁴ As a rule, preparatory instruction takes approx. 2 years, and special instruction, between approx. 4 and 8 years.

⁵ Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Minimum hours for the complete education and training programme

In four EEA countries, minimum hours are required: Germany is the country with the largest number of compulsory education and training hours (4 200), and the lowest number of hours are necessary in Italy (1 600 for education and training at recognised private institutions). On the other hand, for university education and training in Italy, a significantly higher number of 3 200 hours are required. Austria, the Netherlands and Sweden are in the medium range, with minimum hours between approx. 2 400 and 3 680 (cf. table 2.6).

Finland, Liechtenstein, Sweden, Switzerland and the United Kingdom, Liechtenstein and Sweden have not laid down minimum hours of education and training.

Minimum hours of theoretical education

All countries, with the exception of the United Kingdom and the majority of cantons in Switzerland, have defined minimum hours for the theoretical part of education (cf. table 2.7), which range from 200 hours for special training in psychotherapy required in Finland to 1 600 hours in Italy for specialisation courses in clinical psychology, health psychology or developmental psychology, which entitle graduates to pursue psychotherapy.

Table 2.7: Psychotherapy – minimum hours of theory

EEA country	Total hours of theory
Germany	600
Finland	
<i>Special training in PT</i>	200
<i>Advanced special training in PT</i>	400
United Kingdom¹	—
Italy	
<i>PT education and training at universities²</i>	1 600
<i>PT education and training at private institutions</i>	700
Liechtenstein	250
Netherlands	400
Austria	1 065
Sweden	460
Switzerland³	400 (in 8 cantons; no regulation in the other cantons)

As per 2003

— = No regulation; PT=psychotherapy

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Specialisation courses in clinical psychology, health psychology, developmental psychology or psychiatry (=authorisation to pursue psychotherapy)

³ Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Minimum hours of practical training

A total number of hours required for practical training has been defined only in Austria, Germany, Italy and the Netherlands, ranging from 900 hours for recognised private education and training institutions in Italy to 3 100 hours including personal therapy in the Netherlands. The regulations concerning practical training in the individual countries can be compared to a limited extent only. As a rule, practical training includes three elements:

- Training in psychotherapy under supervision (regulations exist in all countries except Liechtenstein and for university education and training in Italy), in a specific method (in Austria, Germany, Sweden, the United Kingdom and in most cantons of Switzerland);
- Practical work in relevant institutions in the field of health and social care, or full-time employment in such institutions during the entire time of education and training (in all countries except Liechtenstein);
- Personal therapy (in all countries except Italy and Liechtenstein).

In Austria, Germany and in the Netherlands, minimum hours have been fixed for both training in the form of supervised psychotherapy and practical work in the field of health and social care as well as for personal therapy (cf. table 2.8). The rest of the states have adopted a variety of regulations: in some, a fixed number of training hours is required only for supervised psychotherapy, or for practical training in general, and some do not have any guidelines referring to minimum hours, for instance the United Kingdom or Switzerland (SDK Model Decree on Psychotherapists).

Austria, Germany, the Netherlands and Sweden require a defined number of hours of supervised psychotherapy; i.e. between approx. 500 and 600 hours for treatment and between approx. 50 and 150 hours for supervision. In Switzerland, a number of cantons follow the directives issued by the Swiss Charta of Psychotherapy, an association of various professional societies and education and training institutions that have adopted joint quality standards. In these cases the cantonal decrees require 250 supervised sessions of 50 minutes.

In the United Kingdom hourly standards have indirectly been set through provisions concerning the number and intensity of psychotherapy treatments required.

Minimum hours of self-experience or personal therapy have been fixed in Austria, Germany, the Netherlands and Sweden. The highest number is required in Austria (250 hours), and the lowest in the Netherlands (50 hours). Finland and the United Kingdom have not adopted hourly regulations (cf. table 2.8).

In Switzerland, a number of cantons have taken over the directives of the aforementioned Swiss Charta of Psychotherapy and require a minimum of 300 sessions of 50 minutes. Self-experience has to be undergone in the method of psychotherapy which the candidate has chosen for training. However, most of the cantons, as well as the SDK Model Decree on Psychotherapists, have not fixed minimum hours.

Table 2.8: Psychotherapy – minimum hours and subjects of practical training

EEA country	Practical training: minimum hours and subjects	Self-experience/ personal therapy
Germany	<p>Total number of hours: 2 550</p> <ul style="list-style-type: none"> • 1 800 hours of practical work under guidance and supervision of experts in certain institutions defined by law • 600 hours of practical training as part of specialised training, which includes supervised treatment of patients in a scientifically recognised method • 150 hours of supervision, 50 hours of these as individual supervision 	<ul style="list-style-type: none"> • 120 hours of self-experience with recognised supervisors, in the psychotherapy method chosen for intensified training
Finland		
Special training in PT	<ul style="list-style-type: none"> • 200 hours of supervised psychotherapeutic practice 	<ul style="list-style-type: none"> • Personal therapy to an adequate degree
Advanced special training in PT	<ul style="list-style-type: none"> • 400 hours of supervised psychotherapeutic practice 	<ul style="list-style-type: none"> • Personal therapy to an adequate degree
United Kingdom¹ Child Psychotherapist in the National Health Service	<p>No regulation of minimum hours</p> <ul style="list-style-type: none"> • Training in observation of behaviour and child development • Supervised clinical work: treatment of children and adolescents, parent work, group work with children and adolescents, counselling for institutions working with children and adolescents, training of other professionals • Supervised treatment of two cases (3 to 5 sessions per week), one of them for at least one year, the other one for at least two years, as well as long-term treatment (three sessions per week) of at least six cases 	<ul style="list-style-type: none"> • Personal analysis starts at least one year before clinical work is taken up, and is continued for the whole course of education and training.
Italy²		
PT education and training at universities	<ul style="list-style-type: none"> • 1 600 hours of practical training 	—
PT education and training at private institutions	<ul style="list-style-type: none"> • 900 hours Techniques and practical application under supervision, with introduction into a specific method of psychotherapy; 400 out of these 900 hours are dedicated to visits to psychosocial services or equivalent institutions 	—
Liechtenstein	—	—
Netherlands	<p>Total number of hours: 3 050</p> <ul style="list-style-type: none"> • 500 hours of psychotherapy sessions for supervised treatment of patients • 150 hours of supervision, 50 of these for treatment of adult patients • 2 400 hours of practical experience in the field of psychotherapy – examination and treatment of adults and either children and adolescents or elderly persons 	<ul style="list-style-type: none"> • 50 hours of training therapy

Table 2.8 – continued, sheet 2

EEA country	Practical part	Self-experience/ personal therapy
Austria	<p>Total number of hours: 1 900</p>	<p>Total number of hours: 250</p>
Preparatory instruction	<ul style="list-style-type: none"> • 500 hours practical part: <ul style="list-style-type: none"> - 480 hours of practice under professional supervision by the head of a recognised psychosocial facility of the health and social care system - 20 hours of attendance, in an accompanying form, of practical exercises with supervision 	<ul style="list-style-type: none"> • 50 hours of individual and group self-experience
Special instruction	<ul style="list-style-type: none"> • 1 400 hours of practical part – focusing on priority subjects according to specific methods chosen <ul style="list-style-type: none"> - 550 hours for acquiring practical psychotherapeutic knowledge and experience in recognised facilities. - 30 hours of attendance, in an accompanying form, of practical exercises with supervision - 600 hours of supervised psychotherapeutic activity with persons having a behavioural disturbance or with diseased persons - 120 hours of supervision 	<ul style="list-style-type: none"> • 200 hours of teaching therapy, teaching analysis, individual or group self-experience
Sweden		
Basic training in psychotherapy	<p>No consistent regulation of minimum hours</p> <ul style="list-style-type: none"> • Treatment of a teaching case, with 60 hours of individual supervision or 120 hours of group supervision • Treatment of patients in two years of full-time work under supervision in an institution or private practice 	<ul style="list-style-type: none"> • 50 hours of individual therapy or 110 hours of group therapy
Post-graduate training in psychotherapy	<p>No consistent regulation of minimum hours</p> <ul style="list-style-type: none"> • Practical work covering at least two long-term therapies and one short-term therapy, which include at least 100 hours of individual supervision or 200 hours of group supervision (or a combination of both) • Participation in treatment conferences 	<ul style="list-style-type: none"> • Prerequisites <ul style="list-style-type: none"> - 125 hours of individual therapy or 280 hours of group therapy in the PT method chosen (incl. therapy hours of basic training stage) - 50 hours of individual therapy and 30 hours of family reconstruction in the case of training in family therapy • During training: 75 hours of individual therapy

Table 2.8 – continued, sheet 3

Country	Practical part	Self-experience/personal therapy
Switzerland³	No regulation of minimum hours <ul style="list-style-type: none"> • at least one year of full-time practical further training • specific training in a scientifically recognised method – application under expert supervision 	No regulation of minimum hours <ul style="list-style-type: none"> • application to oneself of specialised method

As per: 2003

— = no regulation; PT=psychotherapy

¹ Only for the professional title of Child Psychotherapist in the National Health Service

² Specialisation training courses in clinical psychology, health psychology, developmental psychology or psychiatry (=authorisation to pursue psychotherapy)

³ Regulations for pursuing the profession exist in all cantons except Uri, Glarus and Appenzell-Outer Rhodes

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

2.2.3 Recognised methods of psychotherapy

All countries except Italy and Liechtenstein have adopted regulations with regard to recognised methods of psychotherapy. In Finland these guidelines do not have statutory character but they are important for individual recognition (cf. table 2.9).

Austria, Germany, the Netherlands and the United Kingdom require specialisation in a certain psychotherapeutic method in the course of training. In Switzerland, the same applies to the majority of the cantons.

Austria has the widest range of recognised methods of psychotherapy of all countries surveyed, with the exception of Switzerland. Germany and the United Kingdom – where only training to become a child therapist in the National Health Service is covered – have the smallest number of recognised methods. Psychoanalysis is a recognised method in all countries where corresponding regulations exist, and in addition, most countries acknowledge behaviour therapy and family therapy.

In Switzerland, the SDK Model Decree on Psychotherapists only provides that education and training to become a psychotherapist shall be based on a scientifically recognised method of psychotherapy that is effective for a wide range of applications. In practice however, authorisation to pursue psychotherapy is based on fulfilment of the standards of the Swiss Charta of Psychotherapy and the Federation of Swiss Psychologists. As a rule, depth psychology, humanistic, systemic and behaviour therapies are approved methods. The Charta also accepts bodypsychotherapeutic approaches.

Table 2.9: Regulation of the profession of psychotherapist– recognised methods of psychotherapy

Germany	Finland	United Kingdom	Italy	Liechtenstein	Netherlands	Austria	Sweden
<ul style="list-style-type: none"> • Behaviour therapy • Psychoanalysis • Methods based on depth psychology • Client-centred therapy 	<ul style="list-style-type: none"> • Psychoanalytically oriented psychotherapy • Cognitive psychotherapy • Family therapy 	<p>Training as a child psychotherapist in the National Health Service in one of the following two methods:</p> <ul style="list-style-type: none"> • Psychoanalysis • Jungian psychotherapy 	—	—	<p>The methods of psychotherapy that are applied have to be based on one or several of the following theories:</p> <ul style="list-style-type: none"> • Theories of psychoanalysis • Learning or cognitive theories • Experimental theories • Systemic theories 	<ul style="list-style-type: none"> • Analytical psychology • Autogenic psychotherapy • Dynamic group psychotherapy • Existential analysis and logotherapy • Existential analysis • Integrative Gestalt therapy • Group psychoanalysis • Gestalt theoretical psychotherapy • Hypnosis • Individual psychology • Guided affective imagery • Client-centred psychotherapy • Concentrative movement therapy • Person-centred psychotherapy • Psychoanalysis • Psychodrama • Systemic family therapy • Transactional analysis • Behaviour therapy 	<ul style="list-style-type: none"> • Analytical individual psychotherapy • Dynamic group therapy • Family therapy • Behaviour therapy • Cognitive therapy

As per 2003

— = No regulation

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

3 Clinical psychologists and health psychologists

In the majority of the EEA member states the professional group of psychologists is subject to regulations. The title of psychologist is protected in each country, with the exception of Greece. In Switzerland a pertinent law is under preparation. In general, the completion of a higher education programme in psychology with a duration of between four and five years is a prerequisite for obtaining the title and the right to pursue the profession. In some countries, there are additional regulations concerning completion of postgraduate courses as a requirement for any professional activity relating to health. For example, in Denmark, Liechtenstein, Luxembourg and Sweden, a period between one and four years of supervised professional training is mandatory for obtaining the right to exercise the profession (cf. table 3.1).

The professional groups of clinical psychologists and health psychologists, respectively, are regulated in ten of the eighteen EEA member states, in six countries according to Article 1 and in four countries according to Article 3 of Council Directive (D) 89/48/EEC (cf. table 3.1).

While in the UK, Italy and Austria both professional groups are regulated, in Belgium, Ireland, Norway, Portugal and Spain regulations apply only to the professional group of clinical psychologists, and in Finland and the Netherlands, only to health psychologists (cf. table 3.1).

Thus in eight countries the professional group of clinical psychologists is regulated, and in five countries, that of health psychologists.

No regulations exist in Denmark, Germany, France, Greece, Iceland, Liechtenstein, Luxembourg and Sweden. In these countries professional activities in the field of clinical psychology and health psychology are mostly carried out by psychologists and psychotherapists. Where applicable, the corresponding professional associations organise postgraduate training courses in the respective fields.

Below you find an overview of the legal and administrative provisions of the eight EEA member countries in which either the profession of clinical psychologist or that of health psychologist is regulated.

Table 3.1: Clinical psychology and health psychology – regulation of the professions

EEA country	Regulation		No regulation
	CP	HP	
Belgium	according to Art. 3	—	
Denmark	—	—	The title of psychologist is protected. Requirements: 10 semesters study of psychology, two-year postgraduate, supervised practical training (3 100 hours)
Germany	—	—	The title of psychologist is protected. Requirement: 5-year study of psychology.
Finland	—	according to Art. 3	
France	—	—	The title of psychologist is protected. Requirement: 5-year study of psychology.
Greece	—	—	The title of psychologist is not protected. Requirement for admission to the profession: 4-year study of psychology.
United Kingdom	according to Art. 1	according to Art. 1	
Ireland¹	according to Art. 3	—	
Iceland	—	—	The title of psychologist is protected. Requirement: 5-year study of psychology.
Italy	according to Art. 3	according to Art. 3	
Liechtenstein	—	—	The title of psychologist is protected. Requirements: study of psychology and three years of practically-oriented supervised on-the-job training in a relevant field.
Luxembourg	—	—	The title of psychologist is protected. Requirements: 4-year study of psychology and two years postgraduate professional practice.
Netherlands	—	according to Art. 1	
Norway	according to Art. 1	—	
Austria	according to Art. 1	according to Art. 1	
Portugal	according to Art. 1	—	
Sweden	—	—	The title of psychologist is protected. Requirements: 5-year study of psychology and one year postgraduate and supervised professional practice under guidance and supervision.
Spain	according to Art. 1	—	
Switzerland	—	—	The title of psychologist is not protected.

As per 2003

— = No regulation; CP = clinical psychologists; HP = health psychologists

¹ Applies only to the profession of clinical psychologist employed in the public health service

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

3.1 Laws, regulations and administrative provisions

For the most part, the two professional groups are regulated according to Article 1: in the United Kingdom and in Austria, this applies to both clinical psychologists and health psychologists, in Norway, Spain and Portugal, to clinical psychologists and in the Netherlands to health psychologists.

A regulation according to Article 3 exists in Italy for both professional groups, in Ireland and Belgium for clinical psychologists and in Finland for health psychologists.

3.1.1 Laws, regulations and administrative provisions according to Article 1 of D 89/48/EEC

The professional groups are regulated by national laws and provisions in all countries except the UK and Norway. Austria was the first country to adopt a law in this field: the Psychologists Act of 1990, which provides regulations for clinical psychologists as well as health psychologists. In Portugal regulations for clinical psychologists were enacted as part of a law on careers in public service in 1994. The most recent provisions were adopted in 1998, by Spain and by the Netherlands. In Spain regulations for clinical psychologists have been included in a Royal Decree, while in the Netherlands a law comprising several health care professions also contains regulations for health psychologists, with an additional administrative provision decreed for the latter group.

In the UK the regulations for clinical psychologists (since 1973) and health psychologists (since 2000) have been drawn up by the British Psychological Society, which, as a professional body with a Royal Charter, has a quasi-statutory status. In Norway regulations are based on an agreement between the Ministry of Health and the health insurance fund in which education and training of clinical psychologists are fixed as a prerequisite for reimbursement of the costs for clinical psychology treatments.

The titles of clinical psychologist and health psychologist are protected in all the countries discussed, with the exception of Norway (cf. table 3.2 and table 3.3). With the exception of Portugal and Spain the respective laws and regulations contain a definition or description of the profession in question.

Table 3.2: Clinical psychologists and health psychologists – laws, regulations and statutory provisions according to Article 1

EEA country	Clinical psychologists					Health psychologists				
	regulation		covers			regulation		covers		
	by	in force since	protection of title	education and training, admission	description of the profession	by	in force since	protection of title	education and training, admission	description of the profession
United Kingdom	British Psychological Society provisions	1973	✓	✓	✓	British Psychological Society provisions	2000	✓	✓	✓
Netherlands	—	—	—	—	—	Act, administrative provision	1998	✓	✓	✓
Norway	Agreement between Ministry of Health and health insurance fund	unknown		✓		—	—	—	—	—
Austria	Act	1991	✓	✓	✓	Act	1991	✓	✓	✓
Portugal	Act	1994	✓	✓		—	—	—	—	—
Spain	Act	1998	✓	✓		—	—	—	—	—

As per 2003

— = No regulation

ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

3.1.2 Regulations according to Article 3 of D 89/48/EEC

In Belgium, Finland, Ireland and Italy, the two professional groups are not governed by specific legal provisions. Therefore the respective titles are not protected, either (cf. table 3.2 and 3.3). The fact of regulation is based on the existence of statutory education and training programmes for clinical psychologists and health psychologists, which is demonstrated in the overview below.

- Belgium: education and training of clinical psychologists are part of a five-year education and training programme for psychologists and are regulated in Belgisch Staatsblad No. 94 of 1993.
- Finland: education and training of health psychologists are regulated in the Act on Psychologist Degree 1996.
- Ireland: education and training of clinical psychologists are established in a declaration by the Minister of Health of 1970 (amended in 2002) as a prerequisite for a professional activity in the field of public health service.
- Italy: education and training of clinical psychologists and health psychologists are based on a decree by the President of the Republic 1982 on four-year postgraduate specialisation courses at university level, as well as numerous decrees by the Ministry of Education, Universities and Research.

Table 3.3: Clinical psychologists and health psychologists – protected titles

EEA country	Protected title	
	Clinical psychologist	Health psychologist
Belgium	—	—
Finland	—	—
UK	• Chartered Clinical Psychologist	• Chartered Health Psychologist
Ireland¹	—	—
Italy	—	—
Netherlands	—	• Gezondheidszorgpsycholoog
Norway	—	—
Austria	• Klinischer Psychologe / klinische Psychologin	• Gesundheitspsychologe / Gesundheitspsychologin
Portugal	• Psicologia Clínica	—
Spain	• Psicólogo Especialista en Psicología Clínica	—

As per 2003

— = No regulation

¹ Applies only to the profession of clinical psychologist employed in the public health service

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

3.1.3 Definition and description of the professions

In some countries (Belgium, Italy, Netherlands and Spain) the existing statutory definitions of the professions of clinical psychologist and health psychologist (in countries with regulations according to Article 1 of D 89/48/EEC) or descriptions of the professions (in countries with regulations according to Article 3 of D 89/48/EEC) expressly include psychotherapeutic activities, especially in cases where the definition has been drawn up by professional associations in the field of psychology (cf. table 3.4). In Italy the completion of an education and training course in clinical psychology or health psychology is recognised as education and training in psychotherapy and authorises graduates to practise the latter profession. In the Netherlands the definition of the profession of health psychologist also includes areas of activity traditionally pursued by clinical psychologists. The latter profession is not regulated in the Netherlands.

Only the British Psychological Society in the UK makes a clear distinction in its definitions of clinical psychologists and health psychologists. In Austria there are explicit definitions of the profession of clinical psychologist or health psychologist – here the professions are distinguished by different focuses in practical training.

Table 3.4: Clinical psychologists and health psychologists – statutory definitions or descriptions of the professions

EEA country	Definition or description of the profession	
	Clinical psychologists	Health psychologists
Belgium	<p>While there is no statutory definition or description, the Psychologists' Association defines the field of activity as follows:</p> <ul style="list-style-type: none"> • Clinical psychologists carry out independent diagnoses, care, treatment and prevention in cases of psychological and psychosocial problems. Among their activities are <ul style="list-style-type: none"> - clinico-psychological diagnostic investigation (e.g. indication tests for psychotherapy), - psychological care and training (e.g. aftercare in cases of post-traumatic impairment, end-of-life care, rehabilitation of cardiology patients), - psychotherapy (after two or more years of education and training), - team counselling (e.g. coordination of multidisciplinary treatment teams). <p>This description of the profession is somewhat contradictory to the regulation concerning unlawful practice of medicine (Royal Decree No. 78 of 10 November 1967), according to which any activity that may be interpreted as diagnostic or therapeutic is prohibited to psychologists, as these activities are limited to the medical professions, which does not include psychologists.</p>	—
Finland	—	—
United Kingdom	<p>Definition according to the British Psychological Society:</p> <ul style="list-style-type: none"> • Clinical psychologists aim to reduce psychological distress and to enhance and promote psychological well-being. They work with people with mental or physical health problems - which might include anxiety and depression, serious and enduring mental illness, adjustment to physical illness, neurological disorders, addictive behaviours, childhood behaviour disorders, personal and family relationships. They work with people throughout the life-span and with those with learning disabilities. 	<p>Definition according to the British Psychological Society:</p> <ul style="list-style-type: none"> • Health psychology is a new and rapidly evolving area, and can be defined as the practice and application of psychological methods to the study of behaviour relevant to health, illness and health care. For example, the study of why and when people seek professional advice about their health, why they do or do not recommend preventative measures, how patients and health care professionals interact, how patients adapt to illness, and the links between perception, health behaviour and physical functioning.

Table 3.4 continued – sheet 2

EEA country	Definition or description of the profession	
	Clinical psychologists	Health psychologists
Ireland ¹	—	—
Italy	<p>Definition according to university study programmes: The programme is aimed at the education and training of specialists who are able to perform clinical psychology interventions including psychotherapy in individual, group and institutional settings.</p>	<p>Definition according to university study programmes: The programme is aimed at the education and training of specialists who are able to perform the following interventions for organisations, communities, groups and individuals: promotion and maintenance of health, prevention and treatment of diseases, analysis and improvement of health protection systems as well as drawing up health policy programmes.</p>
Netherlands	—	<p>Statutory description according to the comments on the pertinent law:</p> <ul style="list-style-type: none"> • Education and training of health psychologists are aimed at enabling the degree holder to become independently active in all spheres of individual psychological health and other sectors of individual health care. He or she will deal with various kinds of health problems, such as psychological disorders, problems in everyday life and problems resulting from physical disease or disability. Education and training are required for the application of psychological and educational knowledge and the ability to perform psycho-diagnostic examinations, the classification of disorders, establishing of indications, and the application of psychological, educational and psychotherapeutic treatment methods.
Norway	—	—
Austria	<p>Statutory definition:</p> <ul style="list-style-type: none"> • To exercise the profession of psychologist in the framework of the health-care system shall mean to examine, interpret, change and predict the experience and behaviour of persons, on the basis of acquired professional competence, applying the findings and methods of psychological science. This comprises in particular: <ul style="list-style-type: none"> - clinico-psychological diagnostics with regard to functional capacity, personality features, behaviour disturbances, psychological changes or states of disease as well as corresponding advice, prognoses, medical certificates and expert opinions; - the application of methods of psychological treatment for the purpose of prevention, therapy and rehabilitation of individuals or groups, counselling of legal entities, as well as research and teaching activities in the above fields; - the development of measures and projects to promote human health. 	

Table 3.4 continued – sheet 3

EEA country	Definition or description of the profession	
	Clinical psychologists	Health psychologists
Portugal	—	—
Spain	<p>While there is no statutory definition or description, the Psychologists' Association (Colegio oficial de psicólogos) defines the field of activity as follows:</p> <ul style="list-style-type: none"> • Clinical psychology comprises the study, explanation, promotion, prevention, evaluation, treatment and rehabilitation of any phenomena of psychological behaviour and relationships related to human health, e.g. childhood and adolescent disorders, cognitive disorders, organic psycho-syndromes, psychoses, anxiety disorders, sexual disorders, eating disorders, personality disorders, etc. • It includes the treatment of individuals, couples, groups and communities at various development stages (childhood, adolescence, adulthood and old age) in health-care institutions (especially in psychosocial institutions). • Clinical psychologists also practise psychotherapy. 	—

¹ Applies only to the profession of clinical psychologist employed in the public health service

As per 2003

— = No definition or description

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

3.2 Requirements for admission and pursuit of the profession

As described in the chapter on psychotherapists, apart from general criteria (such as no previous convictions, physical and mental fitness) there are specific admission requirements related to the respective profession. These requirements determine access to education and training, the modalities of study such as scope, structure, objectives and/or subjects, institutions authorised to offer education and training, the modalities of examination and the formal recognition by conferring degrees, registration in lists or registers, awarding diploma etc. Detailed information on the admission requirements is included in the register by country.

In the section below, first the regulations regarding access to education and training for clinical psychologists and health psychologists are described. The point of interest here is which prerequisites individuals have to fulfil in the respective EEA country in order to take up the education and training programme of their choice. The next section deals with the duration of education and training and minimum hours prescribed. As mentioned in the context of psychotherapists, it is difficult to give a survey of regulations by country because of the limited comparability of the regulating texts with regard to length, degree of detail and methodological vocabulary. Nevertheless the respective stipulations are presented in the form of tables for the sake of a convenient overview of the individual regulations.

3.2.1 Access to education and training for clinical psychologists and health psychologists

Evidently, access to this kind of education and training is limited to psychologists. Only in the Netherlands, and at present also in Spain, other related professional groups are admitted as well (cf. table 3.5).

The entry conditions vary greatly with regard to level of requirements (cf. table 3.5). In Belgium and Portugal education and training of clinical psychologists are part of the study of psychology at a university or other institution of higher education. In most countries, however, education and training of clinical psychologist and health psychologists are organised at postgraduate level, i.e. completion of a psychology study programme at a university or other higher education institution of at least four to five years is required. In some countries (United Kingdom, Netherlands, Norway) additional practical experience is explicitly demanded. This experience can be acquired within the framework of university or higher education studies – for example in the Netherlands, where 250 hours of practical training in diagnostics, establishing indications and treatment are required – or in the course of practical professional activities after completion of studies, as is the case in Norway.

Table 3.5: Clinical psychologists and health psychologists – qualification requirements for education and training

EEA country	Qualification requirements for education and training	
	Clinical psychologists	Health psychologists
Belgium	<ul style="list-style-type: none"> • 2 year-study of psychology in the course of Kandidatur (i.e. the first four semesters of the five-year psychology study programme) 	—
Finland	—	<ul style="list-style-type: none"> • Completed study of psychology (5 years duration; degree: Master of Psychology)
United Kingdom	<ul style="list-style-type: none"> • Study of psychology in the context of education and training at a university or other institution accredited by the British Psychological Society (BPS). The study programme has to comprise the subjects specified by BPS and its structure has to conform to certain criteria set up by the BPS. • Graduates of a field of studies other than psychology, or of an institution not recognised by the BPS are required to <ul style="list-style-type: none"> - pass the BPS Qualifying Examination or - complete a conversion course to adapt the existing degree to make psychology the main subject in order to be recognised by the BPS • The study courses for clinical psychologists recognised by the BPS demand clinical experience as a prerequisite for enrolment. 	
Ireland¹	<ul style="list-style-type: none"> • Recognised university degree with psychology as main subject 	—
Italy	<ul style="list-style-type: none"> • Degree in psychology or medicine (titolo di laurea specialista) 	
Netherlands	—	<ul style="list-style-type: none"> • Degree in psychology, education studies or health studies (with specialisation in mental health). • The study course shall comprise the following subjects at diploma level: <ul style="list-style-type: none"> - clinical psychology - personality studies - developmental psychology - psychopathology - neuropsychology - models and procedures of diagnosis - treatment methods and strategies - organisation of health care, care for the disabled, youth welfare - communication management, monitoring and reporting - scientific researching • Also required: practical training of at least 520 hours, including diagnostics, establishing indications and treatment.

Table 3.5 continued – sheet 2

EEA country	Qualification requirements for education and training	
	Clinical psychologists	Health psychologists
Norway	<ul style="list-style-type: none"> Completed study of psychology including mandatory practical training (authorisation to exercise the profession) One year of full time professional activity in a freely chosen field of psychology 	—
Austria	<ul style="list-style-type: none"> Degree in psychology 	<ul style="list-style-type: none"> Degree in psychology
Portugal	<ul style="list-style-type: none"> Three years of study of psychology (i.e. the first six semesters of the five-year study programme). 	—
Spain	<ul style="list-style-type: none"> Bachelor's degree in psychology, philosophy or education studies/branch of psychology, or in philosophy and the humanities/branches of psychology, philosophy and education studies 	—

As per 2003

— = No regulation

¹ Applies only to the profession of clinical psychologist employed in the public health service

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

3.2.2 Scope of the education and training in clinical psychology and health psychology

Duration

In all EEA member countries except Finland, the Netherlands and Austria, the duration of overall education and training is counted in years. In Belgium and Portugal, where education and training as clinical psychologist are part of the study of psychology, the duration is three and two years, respectively, out of the five years of the entire study course. In all other EEA member states in which the professions are regulated, the minimum duration of education and training at postgraduate level is three to five years (cf. table 3.6).

Table 3.6: Clinical psychologists and health psychologists – minimum duration of education and training

EEA country	Minimum duration	
	clinical psychologists	health psychologists
Belgium	• 3 years <i>licenties</i> programme as part of the psychology study programme (i.e. six semesters of psychology studies with specialisation in clinical psychology, following the completion of the four-semester <i>kandidatur</i> programme)	—
Finland	—	— ¹
United Kingdom	• 3 years of full-time study, or more if on part-time basis.	• 3 years of full-time study, or more if on part-time basis.
Ireland²	• 3 years of full-time study	—
Italy	• 4 years	• 4 years
Netherlands	—	—
Norway	• 5 years	—
Austria	— ⁴	— ⁴
Portugal	• 2 years (= the final four semesters of the entire five-year psychology study programme)	—
Spain	• 3 years	—

As per 2003

— = No regulation

¹ Approx. 4 years on average

² Applies only to the profession of clinical psychologist employed in the public health service

³ Applies only to the study programmes run by the Norwegian Psychological Association (NPF)

⁴ Approx. 3 years on average

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Apart from regulations regarding full-time or part-time organisation of studies, the duration of education and training programmes only indicates the period within which studies should be completed, but gives no evidence of the intensity of education and training. Therefore the minimum standards expressed in hours scheduled for education and training are also a point of interest.

Minimum hours for the complete education and training programme

In four out of eight EEA member states in which the profession of clinical psychologist is regulated, minimum hours are prescribed directly (in Italy and Austria) or indirectly (in the UK and Ireland): The highest total number of hours required has been registered in the UK, the lowest in Austria (cf. table 3.7).

Table 3.7: Clinical psychologists and health psychologists – minimum hours required for the complete education and training programme

EEA country	Total number of hours	
	Clinical psychologists	Health psychologists
Belgium	—	—
Finland	—	• 80 weeks of 40 hours each, i.e. 3 200
United Kingdom	• 3 years of full-time study, or more on part-time basis.	• 3 years of full-time study, or more on part-time basis.
Ireland ¹	• 3 years of full-time study	—
Italy	• 3 200	• 3 200
Netherlands	—	• 3 600
Norway	—	—
Austria	• 1 760	• 1 760
Portugal	—	—
Spain	—	—

As per 2003

— = No regulation

¹ Applies only to the profession of clinical psychologist employed in the public health service

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

As to health psychologists, in those five countries in which the profession is regulated, the required number of hours is specified directly (in Finland, Italy, the Netherlands and Austria) or indirectly (in the UK). The number of hours is the same as for clinical psychologists (cf. table 3.7).

Minimum hours of theoretical education

The five countries with a minimum requirement of hours for the overall education and training programme also have corresponding regulations for the theoretical part of the programme. These range between 1 600 hours in Italy, which is roughly the same as one year of full-time studies in the UK and Ireland, and one tenth of this amount, i.e. 160 hours, in Austria.

Table 3.8: Clinical psychologists and health psychologists – minimum hours of theory

EEA country	Total hours of theory	
	Clinical psychologists	Health psychologists
Belgium	— (4 semesters)	—
Finland	—	• Theory and practice are not treated separately.
United Kingdom	• 1-year full-time education; extended duration on part-time basis.	• 1-year full-time education; extended duration on part-time basis.
Ireland ¹	• 1-year full-time education	—
Italy	• 1 600	• 1 600
Netherlands	—	• 480
Norway	• 200 ²	—
Austria	• 160	• 160
Portugal	—	—
Spain	—	—

As per 2003

— = No regulation

¹ Applies only to the profession of clinical psychologist employed in the public health service

² Applies only to the study programmes run by the Norwegian Psychological Association (NPF)

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Among the five EEA member countries in which the profession of health psychologist is regulated, Finland is the only country where no distinction as to the minimum requirements of hours in theoretical education and practical training is made. In the other countries the situation is the same as for clinical psychologists, i.e. the minimum number of hours required for theoretical education lies between 1 600 and 160.

Minimum hours of practical training

In most EEA member states the focus of education and training for both professions is on practical training. Only in Italy, the number of hours required for theoretical education and practical training are the same. In Belgium and Portugal, on the other hand, practical training has a considerably smaller share of hours than theory. This is certainly caused by the fact that in both countries education and training for clinical psychologists are part of the study of psychology at the university (cf. tables 3.7, 3.8 and 3.9).

Table 3.9: Clinical psychologists and health psychologists – minimum hours of practical training

EEA country	Total hours of practical training (incl. supervision)	
	Clinical psychologists	Health psychologists
Belgium	— (2 semesters)	—
Finland	—	• Theory and practice are not treated separately.
United Kingdom	• 2-year full-time education; extended duration on part-time basis	• 2-year full-time education; extended duration on part-time basis
Ireland ¹	• 2-year full-time education	—
Italy	• 1 600	• 1 600
Netherlands	—	• 3 120 (including 90 hours of supervision)
Norway	— (3 years) ²	—
Austria	• 1 600 (including 120 hours of supervision)	• 1 600 (including 120 hours of supervision)
Portugal	• 220	—
Spain	—	—

As per 2003

— = No regulation

¹ Applies only to the profession of clinical psychologist employed in the public health service

² Applies only to the study programmes run by the Norwegian Psychological Association (NPF)

Source: ÖBIG: Regulation of the Professions of Psychotherapist, Clinical Psychologist and Health Psychologist in the Member States of the EEA and the Swiss Confederation. Vienna 2003

Supervision

Specific regulations for supervision apply in the following EEA member states:

- In the UK and Ireland, counselling by a recognised supervisor is mandatory throughout the entire practical training as clinical psychologist and health psychologist.
- In the Netherlands a total of 90 hours of the health psychology education programme is dedicated to supervision.
- In Norway, the Norwegian Psychological Association has established a standard of at least 160 hours of supervision for education and training of clinical psychologists.
- In Austria, for future clinical psychologists and health psychologists 120 hours of supervision are required.
- In Portugal the 220 hours of practical training required for clinical psychologists have to be supervised

Annex

Overview by country

Psychotherapists in countries with regulation

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Psychotherapy is any activity practiced by means of scientifically recognised methods of psychotherapy in order to establish, heal or mitigate disturbances that have the character of a disease and for which psychotherapy is indicated. The practice of psychotherapy does not include psychological activities that aim at working through and overcoming social conflicts or other purposes outside the treatment-oriented sphere. (Psychotherapists Act, Art. 1, par.1 (3)).

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

1. Since 1 January 1999: Act on the Professions of Psychological Psychotherapist and of Child and Adolescent Psychotherapist (BR-Drs. 927/97 of 4 February 1998), Art. 1 of the Psychotherapists Act. Statutory regulation covers the following aspects:
- Protection of professional titles: persons intending to pursue treatment-oriented psychotherapy under the professional title of Psychologischer Psychotherapeut, or treatment-oriented child and adolescent psychotherapy under the professional title of Kinder- und Jugendlichenpsychotherapeut shall hold a corresponding licence.
 - Requirements for licensing
 - German citizenship or citizenship of a member state of the EU or the EEA or status of a stateless alien in accordance with the relevant act on their legal status;
 - completed introductory study of psychology and passing the final exam in the study course of psychology, which shall include the subject of clinical psychology, as a requirement for admission to education and training to become a psychological psychotherapist;
 - completed introductory study of psychology as above or of education/social education at a college of higher education, as a requirement for admission to education and training to become a child and adolescent psychotherapist;
 - completion of the required education and training programme following a scientifically recognised method and passing of the state exam;
 - no previous conviction;
 - physical and mental fitness.
 - The professional title of Psychotherapeut or Psychotherapeutin shall not be held by persons other than physicians, psychological psychotherapists or child and adolescent psychotherapists.
 - Authorisation to pursue the profession of child and adolescent psychotherapist shall refer to patients up to 21 years of age (at the beginning of treatment) and may include adults if this is conducive to the success of therapy.
 - Patients may consult psychotherapists directly, without visiting a physician beforehand.

However, after the first two sessions (orientating sessions) a physician has to be contacted for diagnosing any possible somatic diseases.

2. As psychotherapy is regarded as a treatment-oriented science, any licensed doctor is entitled to pursue psychotherapy (Federal Physicians Code). As an additional requirement for admission by health insurance funds the physician in question shall acquire a specialist certificate either as a specialist in psychotherapeutic medicine or as a specialist in psychiatry and psychotherapy. The programmes of training as a medical specialist are laid down in the regulations on further training issued by the Medical Association.

3. Pursuant to the Act on Non-Medical Practitioners

- any person who has pursued psychotherapy so far and who does not have acquired education and training in psychology or educational sciences as required under the new Act and is not a physician, as well as
- any person pursuing psychotherapy who practises a method other than those recognised according to the Psychotherapists Act

may continue to pursue psychotherapy in the context of their licence as non-medical practitioner. However, these persons may not hold protected professional titles, and the treatment they provide is not/no longer eligible for refunding by health insurance funds.

4. Protected title

- yes: **Psychologische Psychotherapeutin, Psychologischer Psychotherapeut
Kinder- und Jugendlichenpsychotherapeutin, Kinder- und Jugendlichenpsychotherapeut
Psychotherapeut, Psychotherapeutin**

The titles Psychotherapeut or Psychotherapeutin shall not be held by persons other than physicians, psychological psychotherapists or child and adolescent psychotherapists (Psychotherapists Act, Art. 1, par. 1 (1)).

- no

5. Documents required due to regulation

- For physicians: specialist certificate in psychotherapeutic medicine or psychiatry and psychotherapy.
- For psychological psychotherapists and for child and adolescent psychotherapists: licence issued by the competent Laender authority.

EDUCATION AND TRAINING

Laws and regulations for education and training

The Psychotherapists Act of 4 February 1998 and the Training and Examinations Decrees of 18 December 1998 for Psychological Psychotherapists as well as for Child and Adolescent Psychotherapists regulate the following aspects:

- Requirements for admission to post-graduate education and training in psychotherapy:
 - for psychological psychotherapists: introductory study of psychology and passing of the final

<p>exam in the study course of psychology, which shall include the subject of clinical psychology;</p> <ul style="list-style-type: none"> – for child and adolescent psychotherapists: study of psychology as above or final exam in the study courses of education or social education at a college of higher education. <ul style="list-style-type: none"> • Training in psychotherapy is a post-graduate training programme at a college of higher education or any other recognised institution for a period of three years on a full-time basis or for five years on a part-time basis, with a total of 4 200 hours. Training shall impart thorough knowledge of scientifically recognised methods of psychotherapy and intensified training in one of those methods. • Postgraduate training consists of practical work in a corresponding facility, complemented by theoretical and practical training, and is completed by a final state exam. Training includes <ul style="list-style-type: none"> – theoretical education of at least 600 hours in the form of lectures, seminars and practical exercises; – practical training of at least 600 hours of treatment under supervision, during which at least 6 patients are treated, and at least 150 hours of supervision, 50 hours of which shall be individual supervision; – practical training of at least 1 800 hours under expert instruction and supervision <ul style="list-style-type: none"> * for a period of at least one year in stages of at least three months at a psychiatric inpatient clinic, and in the case of training in child and adolescent psychotherapy, up to six months at an outpatient psychiatric clinic in which psychotherapy is carried out (total of 1 200 hours; participation in diagnosing and treating at least 30 patients) and * at least six months at a facility recognised by a social insurance institution where psychotherapeutic or psychosomatic care is provided, at the office of a physician who is authorised to practise psychotherapy, a psychological psychotherapist or a child and adolescent psychotherapist (total: 600 hours); – at least 120 hours of self-experience with a recognised supervisor (requirements for recognition are laid down in the two relevant decrees). • The state exam consists of a written and an oral part and tests thorough basic knowledge in the scientifically recognised methods of psychotherapy and a specific focus is placed on the method chosen in the context of intensified training, as well as medical subjects covered in the course of training. The exam takes place before a state commission. • Postgraduate training is provided at training institutions recognised by the Laender authorities in accordance with par. 6 of the Psychotherapists Act.
--

RECOGNITION OF PSYCHOTHERAPISTS (EEC)

Authorities competent for recognition of psychotherapists from the EEA

<ol style="list-style-type: none"> 1. Authorities competent for licensing psychological psychotherapists as well as child and adolescent psychotherapists in the federal state where the person in question intends to settle: Internet: http://www.bmgs.bund.de/downloads/Gesundheitsressorts-der-Laender.htm 2. Physicians are entitled to hold the title of psychotherapist and to pursue psychotherapy. 3. In the case of non-physicians practising psychotherapy, pursuant to the Act on Non-Medical Practitioners, the public health officer (Amtsarzt) of the corresponding region is competent for recognition.
--

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

- Under the Psychotherapists Act, in addition to psychotherapy provided by specialists in medical psychotherapy and specialists in psychiatry, psychological psychotherapy has also become a standard form of treatment applicable for refunding. Psychological psychotherapists as well as child and adolescent psychotherapists who have acquired a specialist certificate (intensified training or evidence of professional practice in one of the authorised methods – at present: behaviour therapy, psychoanalysis and psychotherapy based on depth psychology) may become members of the Associations of Statutory Health Insurance Physicians and may thus be admitted by the health insurance funds.
- The Psychotherapists Act authorises the Federal Ministry of Health to issue directives fixing maximum and minimum fees for psychotherapy services provided in the context of private treatment.
- Psychological psychotherapists as well as child and adolescent psychotherapists who, under the relevant transitional provisions, have been granted a licence but do not have a specialist certificate because they do not practise one of the authorised methods cannot become members of the Associations of Statutory Health Insurance Physicians. Possibly, refunding may be granted on the basis of individual agreements with private health insurance funds.

2. Institutions competent for granting benefits to patients

For further information please contact
AOK–Bundesverband, K.d.ö.R., Bonn
Postfach 20 03 44
Kortrijker Strasse 1
D–53177 Bonn
Tel. 0049 228 84 30, fax 0049 228 84 3502
Bundesverband der Betriebskrankenkassen, K.d.ö. R., Essen
IKK-Bundesverband der K.d.ö.R., Bergisch Gladbach
Bundesverband der landwirtschaftlichen Krankenkassen, K.d.ö.R., Kassel

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Psychotherapists are professionals who are specialised in the use of the methods of psychotherapy for the treatment of patients.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

- The profession is regulated by the following act and decree:
 1. Act Concerning Health Care Professionals; No. 559/1994 of 28 June 1994
 2. Decree Concerning Health Care Professionals; No. 564/1994 of 28 June 1994
- Regulation covers the following aspects:
 - the right to pursue a health care profession and the right to hold a professional title, which is awarded, upon application, by the National Authority of Medicolegal Affairs (Arts. 2 and 7 of the Act).
 - protection of the professional title of **psykoterapeutti / psykoterapeut** (Art. 1 of the Decree).
 - education and training requirements: The title is awarded only to persons who have completed one of two postgraduate training schemes and have been awarded a diploma or a corresponding certificate (Art. 2 of the Decree).

4. Protected title

- yes: **psykoterapeutti / psykoterapeut**
 no

5. Documents required due to regulation

Written statement by the National Authority of Medicolegal Affairs (Terveystieteiden tutkimuskeskus) on the right to hold the protected professional title.

EDUCATION AND TRAINING

Laws and regulations for education and training

- The requirements for awarding the professional title are laid down in Art. 2 of the Decree Concerning Health Care Professionals; No.564/94. However, its wording is very general.
- According to these provisions the title is awarded to persons who have completed one of two postgraduate training schemes: either special training in psychotherapy (aim: independent practice as a psychotherapist) or advanced special training in psychotherapy (aim: independent practice as a psychotherapist, but primarily as a supervisor or trainer). Furthermore, the title may also be granted to person who have completed a corresponding form of training.
- Requirements for education and training have been laid down for special training in psychotherapy only, but there is room for interpretation also in this case.
- Therefore recognition of a form of education and training by the National Authority for Medicolegal Affairs is based on the following criteria:
 - Report by the Expert Working Group of the National Research and Development Centre for Welfare and Health (STAKES), which was drawn up with the aim to improve quality assurance of psychotherapy in Finland. It includes a description of the education and training programmes existing in 1994 with regard to psychotherapy oriented towards psychoanalysis, cognitive psychotherapy and family therapy as methods of psychotherapy which are deemed acceptable.
 - Directives on Improvement of Psychotherapy in Public Health Care by the former National Board of Health (4/84).
 - Criteria issued by the National Authority for Medicolegal Affairs in November 1995, in which former education and training schemes in Finland are taken into account.
- These criteria relate to the following aspects:
 1. Requirements for admission to education and training in psychotherapy
 - for special training in psychotherapy:
 - * completion of higher education and training for at least three years in a relevant field
 - * professional experience in the field of health care
 - * aptitude test
 - * possibly, previous experience in the field of psychotherapy
 - for advanced special training in psychotherapy:
 - * university degree (usually in medicine or psychology)
 - * professional experience in the field of health care
 - * aptitude test
 - * possibly, previous experience in the field of psychotherapy
 2. Subjects of education and training

RECOGNITION OF PSYCHOTHERAPISTS (EEA)**Authorities competent for recognition of psychotherapists from the EEA**

TEO, Terveysturvakeskus (National Authority for Medicolegal Affairs)
Lintulahdenkatu 10
P.O. B. 265
SF-00531 Helsinki
Tel. 00358 9 772 92 0, fax 00358 9 396 772 92 138

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

The social security institutions grant refunding for the cost of treatment by medical psychotherapists (psychiatrists or other physicians), and by non-medical psychotherapists in the case of a prescription by a psychiatrist (the statutory refunding rate was aimed at a cost coverage of 60%, but in fact it has fallen to 40%).

2. Institutions competent for granting benefits to patients

Kansaneläkelaitos
(public pensions fund)
Koskelantie 5
PL 82
SF-00601 Helsinki
Tel. 00358 9 - 777 01

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC, but only for **child psychotherapists in the National Health Service**. The profession of adult psychotherapist is not regulated.
- yes, according to Art. 3 of D 89/48/EEC
- no

2. Definition of the profession

Not defined

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

- The Association of Child Psychotherapists (ACP) has been recognised as a **chartered professional body** by the Department of Health, i.e. as the professional association for child and adolescent psychotherapists and as the body which accredits education and training in child and adolescent psychotherapy in the United Kingdom. Due to their education and training, members of the ACP may work as autonomous professionals in the National Health Service (NHS).
- In Advance Letter (SP) 6/91, the ACP describes the work and functions of child and adult psychotherapists in the NHS as well as the various stages of qualification and the corresponding wage groups. These are guidelines serving as a recommendation for employers in the NHS.
- In the field of psychotherapy for adults, no regulation exists, and there is no professional association recognised as a chartered professional body. However, voluntary registration is possible, essentially with two umbrella organisations of various associations, education and training bodies etc.: the United Kingdom Council for Psychotherapy (UKCP) and the British Confederation of Psychotherapists (BCP).

4. Protected title

- yes
- no

5. Documents required due to regulation

Extract from the register of the Association of Child Psychotherapists (ACP)

EDUCATION AND TRAINING**Laws and regulations for education and training**

The Association of Child Psychotherapists (ACP) has the status of a chartered professional body and has been officially recognised by the Department of Health. The ACP is also a member of the British Confederation of Psychotherapists (BCP), an umbrella organisation whose member organisations have to meet the standards for psychotherapeutic education and training defined by the BCP.

Thus, the ACP is obliged to fulfil the following education and training standards:

- Post-graduate training of at least four years (part-time)
- Personal therapy of trainees at least three times a week over the whole period of training, with a psychotherapist recognised by the ACP.
- Treatment of two clients by the trainee, one female and one male, one of them for at least two years and one for at least one year, with sessions at least three times a week.
- Supervision at least once a week
- Education and training institutions shall provide the complete range of all clinical, theoretical and technical aspects of training in the form of lectures and seminars with obligatory participation of the trainees and for a minimum period of three years.
- Trainees' progress in education and training shall be monitored continuously and evaluated in writing.

RECOGNITION OF PSYCHOTHERAPISTS (EEA)**Authorities competent for recognition of psychotherapists from the EEA**

For child and adolescent psychotherapists:
The Association of Child Psychotherapists (ACP)
120 West Heath Road
London NW3 7TU
Tel. 0044 20 8458 1609, e-mail: acp@dial.pipex.com

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Social security benefits are granted by the National Health Service.

2. Institutions competent for granting benefits to patients

Department of Health Richmond House 79 Whitehall London SW1 A2NL Tel. 0044 207 210 5025 E-mail: dhmail@doh.gsi.gov.uk
--

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Not defined

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

1. Act No. 56 of 18 February 1989 on Professional Rules for Psychologists, or Italian Psychologists Act (L. 18 febbraio 1989, n. 56 (1). Ordinamento della professione di psicologo), Art. 3. The following aspects are regulated:
 - Prerequisites for pursuing psychotherapy with regard to required education and training
 - Psychotherapists who are not physicians shall not carry out any form of treatment that comes under the responsibility of physicians.
 - Psychotherapists and attending physicians are obliged to exchange information – if patients give their consent.
2. According to Art. 50 of the Decree of the President of the Republic No. 328 of 5 June 2001 (D.P.R. 5 giugno 2001, n. 328), the professional register (albi degli psicologi) of the Board of Psychologists (ordine degli psicologi) shall include those persons who have specialised in, and are thus authorised to pursue, psychotherapy.

4. Protected title

- yes
 no

5. Documents required due to regulation

- Presentation of the specialisation diploma (diploma di specializzazione; DS) of an officially recognised university or a university whose education and training degrees are recognised, as well as documents showing the subjects of the specialisation course. Holders of the following diplomas will generally be authorised to pursue psychotherapy. (There may be other diplomas that are recognised as well.)
 - Psicologia Clinica;
 - Psicologia della Salute;
 - Psicologia del Ciclo di Vita;
 - Psichiatria;

or

- Documents proving education and training in the context of officially recognised private education and training institutions (istituti a tal fine riconosciuti);
- and
- Extract from the professional register of the Board of Psychologists or Medical Association.

EDUCATION AND TRAINING
Laws and regulations for education and training

1. Act No. 56 of 18 February 1989 on Professional Rules for Psychologists, or Italian Psychologists Act (L. 18 febbraio 1989 n. 56 (1). Ordinamento della professione di psicologo): Art. 3 (transitional provisions in Art. 35) gives the following prerequisites for pursuing the profession of psychotherapist:
 - Doctor's degree in psychology or medicine/surgery;
 - Completion of special (postgraduate) professional training in specialisation courses (corsi di specializzazione) at university specialisation schools (scuole di specializzazione universitaria) of at least four years duration or private institutes recognised for this purpose (a tal fine riconosciuti), in which adequate education and training in psychotherapy may be acquired.
2. Act L. 127/1997 of the Ministry of Education (Legge 15 maggio 1997, n. 127), which deals with assurance of legal certainty with regard to education and training of psychotherapists and psychologists, regulates the following aspects:
 - equivalence of specialisation diplomas acquired at university specialisation schools (scuoli di specializzazione universitaria) and diplomas acquired at recognised private education and training institutes (istituti a tal fine riconosciuti); as well as
 - the recognition procedure for private education and training institutes, which is also regulated in detail in a decree (Ordinanza Ministeriale 30 dicembre 1999, Articolo 2, comma 1, del regolamento adottato con decreto ministeriale 11 dicembre 1998, n. 509. Istanze di riconoscimento degli istituti di psicoterapia). A commission (commissione tecnico-consulativa di esperti con il compito di esprimere parere vincolante in ordine all'idoneità degli istituti per l'istituzione e l'attivazione di corsi di psicoterapia) established by the Ministry of Universities (Ministero dell'Università e della Ricerca Scientifica e Tecnologica) is responsible for implementing recognition procedures.
3. Education and training at the university specialisation schools is regulated by the Decree of the President of the Republic No. 162 of 10 March 1982 (Riordinamento delle scuole dirette a fini speciale, delle scuole di specializzazione e dei corsi di perfezionamento (2)):
 - Specialisation courses shall take place at specialisation schools (scuoli di specializzazione). These schools shall be established at officially recognised universities, in accordance with the national health plan. In addition, specialisation courses may also be organised by private service providers who have concluded an agreement with a university. In any case, the education and training courses shall be in accordance with the statutes of the university in question.
 - After successful completion of the specialisation course, a university diploma (diploma di specializzazione; usual abbreviation: DS) and a title are awarded. The following diplomas authorise their holders to pursue psychotherapy (according to the statutes of the corresponding universities and the following decrees of the Ministry of Education: Decreto 28 aprile 1977; G.U. 18-6-1997 n. 140 and Decreto 8 gennaio 1998; G.U. 5-3-1998 n. 53):
 - Diploma di Specializzazione in Psicologia Clinica (prerequisite: laureate in psychology or medicine/surgery); title: Specialista in Psicologia Clinica → **see section on clinical**

psychologists

- Diploma di Specializzazione in Psicologia della Salute (prerequisite: laureate in psychology); title: Specialista in Psicologia della Salute → **see section on health psychologists**
 - Diploma di Specializzazione di Psicologia del Ciclo di Vita (prerequisite: laureate in psychology); title: Specialista in Psicologia del Ciclo di Vita
 - Diploma di Specializzazione in Psichiatria – prerequisite: laureate in medicine/surgery, education and training at university specialisation schools
4. Education and training at officially recognised private institutes (istituti a tal fine riconosciuti) is governed by the following non-statutory directives:
- As a requirement for admission, authorisation to pursue a psychological or medical/surgical profession (diploma di abilitazione all'esercizio della professione) is necessary; i.e. the persons in question must be included in the list of psychologists (in the case of members of the Chamber of Psychologists) or in the list of physicians (members of the Medical Association)
 - The four-year specialisation course in psychotherapy (corso di specializzazione in psicoterapia) shall comprise
 - at least 1 200 hours of theory and practice as well as
 - at least 400 hours of attendance (frequentare) in psychosocial service centres or equivalent facilities.
 - The four-year specialisation course consists of two biennia:
 - first and second years of the specialisation course (1st biennium): preparatory instruction. Each year shall include a minimum of 200 hours of theoretical education and practical training; 200 hours of techniques and practical application.
 - the third and fourth years of the specialisation course (2nd biennium) focus on practical training. Each year of the shall include a minimum of 150 hours of theoretical education and practical training; 250 hours of techniques and practical application.

RECOGNITION OF PSYCHOTHERAPISTS (EEA)**Authorities competent for recognition of psychotherapists from the EEA**

Board of Psychologists:

Ordine degli psicologi consiglio nazionale
Via G.B. Vico 29, int. 4
I-00196 Roma
Tel. 0039 6 320 31 37, fax 06/3220076

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Psychotherapy is provided in facilities and centres of the health and welfare sector. Here only psychotherapists who have been entered either in the list of the Chamber of Psychologists or in the list of the Medical Association are employed. For private psychotherapy treatment, no reimbursement or refunding is granted. However, the cost of treatment is may be deducted from taxable income. Furthermore, a number of private health insurance funds take over all or part of the pertinent costs.

2. Institutions competent for granting benefits to patients

—

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Non-medical psychotherapists are authorised to treat diseases which according to recognised scientific theory respond to treatment by psychological methods (Public Health Act, Art. 26; → see 3a).

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

- The profession of non-medical psychotherapist is regulated:
 - 1) in the Act on Health Affairs of 18 December 1985 (Public Health Act), No. 12/1986;
 - 2) in the Decree on Other Health Care Professions of 16 March 1989, No. 30/1989.
- The profession of non-medical psychotherapist is one of the aforementioned "other health care professions" (Public Health Act, Art. 22).
- The profession may be pursued independently (Public Health Act, Art. 26). As a prerequisite for independent practice, a Government licence that defines the range of admissible activities has to be obtained (Public Health Act, Art. 42).
- Independent practice is regulated in Article 6 of the Decree on Other Health Care Professions. The following aspects are covered:
 - education and training requirements that have to be met for obtaining a licence that entitles its holders to pursue the profession in independent practice;
 - range of activities and competences;
 - obligatory further training in relevant fields;
 - obligatory documentation.
- As prerequisites for obtaining a psychotherapy licence entitling its holder to pursue the profession in independent practice, the candidate has to have a diploma or certificate of qualification issued by an education and training institution or professional organisation recognised by the Government, legal capacity, no previous convictions, adequate health as well as adequate rooms and equipment.

4. Protected title

- yes: **non-medical psychotherapist**
 no

5. Documents required due to regulation

Psychotherapy licence issued by the Government (granted after hearing the Public Health Commission)

EDUCATION AND TRAINING

Laws and regulations for education and training

- The education and training requirements that have to be met for obtaining a psychotherapy licence are laid down in the Decree on Other Health Care Professions of 16 March 1989, No. 30/1989, Art. 6.
- The requirements to be met are as follows:
 1. Completed university or college studies with psychology as a main subject and thus sufficient theoretical knowledge on a scientifically recognised basis of psychological disturbances in children, adolescents and adults.
 2. Evidence of three years of practical further training dealing with psychopathological conditions, in a relevant professional field, with at least 250 hours of education and training in a scientifically recognised form of psychotherapy.
- According to the Public Health Act, applicants shall hold diplomas and certificates of qualification issued by an education and training institution or professional organisation recognised by the Government.
- However, education and training programmes as well as the corresponding institutions are recognised on a case-by-case basis. If necessary, for instance if the Public Health Commission does not know an institution, the Commission will gather relevant information (statutes etc.). If a method of psychotherapy or an education and training institution has been recognised in another country (e.g. Austria), the Public Health Commission will concur.

RECOGNITION OF PSYCHOTHERAPISTS (EEA)

Authorities competent for recognition of psychotherapists from the EEA

Sanitätskommission (Public Health Commission)
Städtle 49
FL-9430 Vaduz

SOCIAL SECURITY BENEFITS FOR PATIENTS

1. Reimbursement or refunding by social security institutions

- Refunding of psychotherapy costs by health insurance funds is granted in accordance with contractual rates, on condition that treatment is provided by a recognised psychotherapist and on

the basis of referral by a physician.

- The rates are fixed in cooperation with the Association of Self-Employed Psychotherapists.

2. Institutions competent for granting benefits to patients

Liechtensteinischer Krankenkassenverband
Auring 9
P.O.B. 281
FL-9494 Vaduz

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Psychotherapists are experts in the provision of a particular form of treatment of psychological disorders, namely psychotherapy.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

- The profession has been regulated since 1 April 1998, by the B.I.G. (Wet op de beroepen in de individuele gezondheidszorg (B.I.G.) – Individual Health Care Professions Act). Adopted on 9 November 1993, the B.I.G. covers eight health care professions (physicians, dentists, pharmaceutical chemists, health psychologists, psychotherapists, physiotherapists, midwives, nurses) and has been implemented in stages. The objective of the Act is to promote high standards of professional practice and to protect patients in the field of individual health care. Before the B.I.G. entered into force the profession of psychotherapist had been regulated by the Decree on the Registration of Psychotherapists of 6 August 1986.
- The B.I.G. regulates the following aspects:
 - Protection of the title of **Psychotherapeut**.
 - Description of the profession of psychotherapist (Art. 27 of the B.I.G.). → see 5.
 - Registration of psychotherapists at the Ministry of Health, Welfare and Sport as a requirement for holding the title:
 - * Completed education and training is a prerequisite for registration. The individual requirements are laid down in a general administrative provision.
 - * A registration fee has to be paid, and registration is limited to a period of 5 years.
 - * Renewal of registration is based on individual competence and is denied in the case of insufficient competence.
 - * The register is a public register.
 - Disciplinary code to maintain professional standards and to protect the interests of patients; disciplinary measures (6 measures ranging from warning and reprimand to temporary or permanent withdrawal of the right to hold the professional title) and disciplinary procedures.
 - Maintaining a register of psychotherapists who may no longer practise the profession due to psychological or physical reasons.
 - Penal provisions
 - Transitional provisions: psychotherapists who have not undergone the required education and training programme may be recognised on grounds of their professional experience and knowledge acquired.

4. Protected title

- yes: **Psychotherapeut**
 no

5. Documents required due to regulation

Extract from the register of psychotherapists at the Ministry of Health, Welfare and Sport (not older than 5 years).

EDUCATION AND TRAINING**Laws and regulations for education and training**

- Education and training is regulated in an administrative provision: Besluit psychotherapeut no. 155 of 17 March 1998, which is based on Arts. 26 and 27 of the B.I.G (Wet op de beroepen in de individuele gezondheidszorg – Individual Health Care Professions Act).
- Its main objectives are the following:
 1. For admission to education and training in psychotherapy, completed studies of medicine, psychology, educational or health sciences (with specialisation in mental health) are required. Education and training shall include a number of defined subjects. If these subjects are not covered by the course of studies, they have to be studied subsequently, at university level.
 2. Education and training in psychotherapy includes theory and practice and shall comprise at least 3 680 hours.

RECOGNITION OF PSYCHOTHERAPISTS (EEA)**Authorities competent for recognition of psychotherapists from the EEA**

Ministerie van Volksgezondheid, Welzijn en Sport (Ministry for Health, Welfare and Sport)
Directie Curatieve Somatische Zorg
Bureau Buitenlandse Diplomahouders
P.O.B 16114
NL-2500 BC Den Haag

Commission of Foreign Degree Holders in Public Health
c/o BIG Register
P.O.B. 16114
NL-2500 BC Den Haag
Tel. 0031 900 8998 225

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Up to 30 hours of psychotherapy per year are refunded by the health insurance funds. The sum in question goes directly to the psychotherapist, therefore patients do not have to pay any fees.

2. Institutions competent for granting benefits to patients

For further information please contact:
Ziekenfondsraad (Health Insurance Council)
P. O. B. 396
NL-1180 BD Amstelveen
Tel. 0031 20 547 8911, fax 0031 20 647 3439

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Psychotherapy shall be the comprehensive, deliberate and planned treatment, on the basis of a general and a special training, of disturbances in behaviour and states of disease conditions, due to psychosocial or also psychosomatic causes, by means of scientific, psychotherapeutic methods, in an interaction between one or several treated persons and one or several psychotherapists, with the objective of mitigating or eliminating the established symptoms, to change disturbed patterns of behaviour and attitudes, and to promote a process of maturing, development and sanity in the treated person (Psychotherapy Act, Section 1 (1)).

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

The profession of psychotherapist is governed by the Federal Act on the Exercise of Psychotherapy of 7 June 1990 (Psychotherapy Act), which regulates the following aspects:

- Description of the profession: definition of the profession (see above). The activities described are exercised at the therapist's sole responsibility, irrespective of whether they are exercised on a self-employed basis or in the framework of an employment relationship (Psychotherapy Act, Section 1).
- Education and training
- Education and training institutions
- Prerequisites for independent exercise of psychotherapy (Psychotherapy Act, Section 11)
 - completion of the required education and training courses;
 - legal capacity;
 - minimum age of 28 years;
 - evidence of physical fitness and reliability;
 - admission to List of Psychotherapists after the Psychotherapy Advisory Council has been heard.
- Professional title: Psychotherapeut or Psychotherapeutin. It is possible to hold additional titles as a reference to specific methods obtained in the facilities where training in psychotherapy was obtained (Psychotherapy Act, Section 13).
- Professional duties (Psychotherapy Act, Sections 14, 15 and 16).
- List of Psychotherapists: The Federal Minister responsible for health affairs shall keep a list of persons authorised to exercise psychotherapy independently. Psychotherapists who have completed training shall be admitted to the List before beginning to exercise psychotherapy independently (Psychotherapy Act, Section 17).
- Provisions on expiry of authorisation to exercise the profession: if the statutory prerequisites

are no longer complied with and exercise of psychotherapy has been discontinued for more than 5 years (Psychotherapy Act, Section 19).

- Psychotherapy Advisory Council: Advice to the Federal Minister responsible for health affairs on all matters relating to the Psychotherapy Act (Psychotherapy Act, Section 20).
- Penal provisions (Psychotherapy Act, Section 23).
- Transitional Provisions (Psychotherapy Act, Sections 25 and 26).

4. Protected title

yes: **Psychotherapeut / Psychotherapeutin**

no

5. Documents required due to regulation

Admission to List of Psychotherapists

EDUCATION AND TRAINING

Laws and regulations for education and training

- Independent exercise of the profession requires completion of a general training programme (preparatory instruction in psychotherapy) and a special training programme (special instruction in psychotherapy), both of which are taught in theory and in practice (Psychotherapy Act, Section 2):
 - Preparatory instruction: the theoretical part shall cover a minimum of 765 hours, and the practical part, a minimum of 550 hours.
 - Special instruction in psychotherapy: the theoretical part shall cover a minimum of 300 hours, and the practical part, a minimum of 1 600 hours.
- Provisions on training institutions (Psychotherapy Act, Sections 4, 5, 7 and 8):
 - The theoretical parts of preparatory instruction and special instruction shall be taught at private-law or public-law facilities which have been recognised by the Federal Minister responsible for health affairs, after hearing the Psychotherapy Advisory Council, and shall be entered into a corresponding list.
 - Facilities entitled to give practical training (facilities providing psychosocial or psychotherapeutic services for the population and having sufficient staff) shall be recognised by the Federal Minister responsible for health affairs after hearing the Psychotherapy Advisory Council and shall be entered into the corresponding lists (preparatory instruction, special instruction).
- Prerequisites for training to become a psychotherapist (Psychotherapy Act, Sections 10 and 11):
 - Preparatory instruction in psychotherapy
 - legal capacity;
 - school-leaving examination of an upper-level secondary school;
 - completed education and training in advanced health care and nursing occupations or advanced medical-technical occupations; or

- expert opinion by the Psychotherapy Advisory Council certifying aptitude for training in psychotherapy.
- Special instruction in psychotherapy
 - legal capacity;
 - minimum age of 24 years;
 - written statement by a teaching facility for instruction in psychotherapy that a training position will be made available;
 - successful completion of preparatory instruction; and either
 - expert opinion by the Psychotherapy Advisory Council certifying aptitude for education and training in psychotherapy; or
 - completed training in an occupation as defined by this Act; or
 - completed university studies as defined by this Act.
- Credit for relevant training and further training periods, with regard to training periods for preparatory instruction or also special instruction (Psychotherapy Act, Section 12).

RECOGNITION OF PSYCHOTHERAPISTS (EEA)

Authorities competent for recognition of psychotherapists from the EEA

Federal Ministry for Health and Women (FMHW)
 Radetzkystrasse 2
 A-1030 Vienna
 Tel. 0043 1 711 00

SOCIAL SECURITY BENEFITS FOR PATIENTS

1. Reimbursement or refunding by social security institutions

The cost of psychotherapy provided by a psychotherapist practising as a liberal professional is paid directly by the patients, and the statutory health insurance funds at present grant refunding of EUR 21.80 per hour of therapy (patients have to apply for refunding). If psychotherapy is provided by an outpatient clinic of a statutory health insurance fund, treatment is free of cost for patients submitting a health insurance voucher. In addition different agreements have been concluded between the health insurance funds and individual associations of psychotherapists.

Prerequisites for reimbursement or refunding of psychotherapy costs are:

- authorisation by the attending psychotherapist to exercise the profession (entry in List of Psychotherapists);
- existence of a disturbance regarded as a disease: diagnosis (ICD-10) must be established by the attending psychotherapist;
- medical examination of the patient before the second hour of psychotherapy at the latest;
- after four hours of therapy an application must be submitted to the health insurance fund in order to clarify further financing of psychotherapy.

2. Institutions competent for granting benefits to patients

The health insurance fund competent for the patient concerned.

SOURCE: investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Not defined

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

- Authorised psychotherapists belong to the group of health care and nursing occupations under the authority of the National Board of Health and Welfare (*Socialstyrelsen*), which awards the title of *legitimerad psykoterapeut*.
- The corresponding legal provisions are laid down in the Act on Competence to Pursue a Profession within the Health and Medical Services (1998:531):
 - Having a university degree in psychotherapy is a prerequisite for the right to pursue the profession of psychotherapist.
 - The title is protected.
- Training to become a psychotherapist (university diploma in psychotherapy, which may be acquired in the context of postgraduate training) is regulated by the Ministry of Education and Science.

4. Protected title

- yes: **legitimerad psykoterapeut**, regulated in the Act on Competence to Pursue a Profession within the Health and Medical Services (1998:531).
 no

5. Documents required due to regulation

Certification of authorisation as a psychotherapist issued by the National Board of Health and Welfare (*Socialstyrelsen*); protected title: *legitimerad psykoterapeut*.

EDUCATION AND TRAINING

Laws and regulations for education and training

- A The laws and regulations governing education and training come under the competence of the Ministry of Education and Science. The National Board of Health and Welfare (Socialstyrelsen) also issues directives in this field.
- B Training in psychotherapy includes four years of basic training and three years of postgraduate training on a part-time basis as well as an examination in psychotherapy, after which a university diploma in psychotherapy is awarded:
1. Basic training in psychotherapy (grundläggande psykoterapiutbildning): completion of this stage entitles graduates to treat patients under regular supervision in an institution or private practice.
 - Prerequisites for admission to basic training in psychotherapy:
 - basic education and training in psychology or medicine (psychiatry) or sociomics (including complementary training as required) or another form of basic education and training (also at non-university level) deemed equivalent;
 - completion of a 150-hour course in psychology or social sciences;
 - professional experience in the field of health and welfare;
 - work in the field of health and welfare during training;
 - 50 hours of personal individual therapy or 110 hours of group therapy;
 - treatment of a model case, including 60 hours of individual supervision or 120 hours of group supervision (group of no more than four members);
 - supervised treatment of patients during two years of full-time work in an institution or private practice.
 2. Three years of post-graduate training in psychotherapy (pabyggnadsutbildning i psykoterapi), after which the protected title is awarded and thus graduates are authorised to pursue psychotherapy.
 - Prerequisites for admission to post-graduate training:
 - completion of basic training in psychotherapy;
 - university study of at least three years;
 - greater number of hours of individual therapy than in basic training, i.e. a total of 125 hours of individual therapy and/or 280 hours of group therapy in the method of psychotherapy chosen, depending on the setting in which psychotherapy will be pursued in future. For training in family therapy, 50 hours of individual therapy and 30 hours of family reconstruction are required.
 - Theoretical and methodological education to an extent of 45 points, which shall include at least 460 hours of lectures and seminars on the following subjects:
 - psychological theories relevant for psychotherapy;
 - diagnostic methods;
 - psychopathology;
 - methods of psychotherapy as well as training in a recognised method and theory at advanced level;
 - research and evaluation methods as well as relevant scientific theory;
 - professional ethics, matters and organisation of the psychological health and welfare system.

- Supervision and therapy to an extent of 15 points:
 - practice of at least two long-term therapies and one short-term therapy, including at least 100 hours of individual therapy or 200 hours of group therapy or a combination of individual and group therapy;
 - participation in treatment conferences.
- Personal individual therapy of at least 75 hours.

RECOGNITION OF PSYCHOTHERAPISTS (EEA)

Authorities competent for recognition of psychotherapists from the EEA

National Board of Health and Welfare:
Socialstyrelsen
Behörighets- och Utbildningsenheten
Linnegatan 87
S-106 30 Stockholm
Tel. 0046 8 783 30 00, fax 0046 8 783 32 52

SOCIAL SECURITY BENEFITS FOR PATIENTS

1. Reimbursement or refunding by social security institutions

Psychotherapy is a service provided by the national health and welfare system. Reimbursement or refunding of these services is possible only if the psychotherapist in question has concluded an agreement with the district authority competent for medical care.

2. Institutions competent for granting benefits to patients

Riksförsäkringsverket
Adolf Fredriks Kyrkogata 8
S-10351 Stockholm
Tel. 0046 8 786 94 10, fax 0046 8 786 91 35

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
- yes, according to Art. 3 of D 89/48/EEC
- no: in the cantons of Uri, Glarus and Appenzell-Outer Rhodes

2. Definition of the profession

The relevant decrees of the individual cantons are based on the SDK Model Decree on Psychotherapists (SDK Psychotherapeuten-Musterverordnung; SDK = Swiss Conference of Public Health Directors), which proposes the following statutory definition: Psychotherapy as defined by this Decree is the treatment of diseases by psychological means. The Cantons are free to lay down a definition for the profession or not.

The Swiss Charta of Psychotherapy has adopted the following definition:

“We speak of psychotherapy only if treatment

- a. addresses a suffering person as a physical and mental whole, within the context of their concrete situation in life and their stage of development in life history, and if
- b. it integrates mental (psychological) methods and procedures of treatment into a holistic therapeutic process model or treatment structure and continuously reflects them from this angle.

Psychotherapy as a science and practice on a scientific basis includes investigation (psychotherapeutic research) and reflecting use of effective factors (psychotherapy as a practice) that create conditions for suffering human beings which permit a reorientation that stimulates growth and new, correcting emotional and cognitive experience of the relationship to themselves and to their environment.

Psychotherapists who work in a professional way on a scientific basis will use, and reflect on, model concepts of therapeutic processes (process models), which provide guidance for decision-making, orientation for action and criteria for assessment.”

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

1. At present, the profession of non-medical psychotherapist is subject exclusively to cantonal regulations. However, the decrees adopted by the Cantons are based on the SDK Model Decree on Psychotherapists (SDK = Swiss Conference of Public Health Directors). The Model Decree includes the following provisions:
 - Obligation to authorisation: For pursuing the profession independently, authorisation by the Public Health Directorate is required, which entitles a person to treat diseases which, according to recognised scientific theory, respond to treatment by psychological methods. In the case of diseases with physical symptoms, a physician shall also be consulted.
 - Statutory definition of psychotherapy
 - Requirements for authorisation: professional and personal requirements (no previous convictions, physical fitness)
 - Authorisation procedure: An application for authorisation has to be submitted to the Public Health Directorate, which decides on the matter upon request by the Commission of Experts.
 - Directives for pursuing the profession with regard to obligation to register, owner of the psychotherapist's practice and professional secrecy.
 - Assistants: The Public Health Directorate may permit employment of training assistants by the owner of an independent practice for the purpose of training to become a psychotherapist.

- Notification: regulation of the way in which the public may be informed about independent practice of a psychotherapist.
- Transitional provisions.
- Commission of Experts: The competent Government Council or the Public Health Commission nominates a Commission of Experts for implementing the Decree. The Commission of Experts consists of medical and non-medical psychotherapists in equal numbers.
- Penal provisions.

All Cantons except Uri, Glarus and Appenzell-Outer Rhodes have adopted, or are preparing, Cantonal regulations based on the Model Decree.

2. Pursuing medical psychotherapy is subject to the FMH Decree (FMH = Foederatio Medicorum Helveticorum; Swiss Medical Association), according to which persons who hold the title of FMH Specialist in Psychiatry and Psychotherapy are entitled to practise psychotherapy.

4. Protected title

- yes, but only for medical psychotherapists: Facharzt FMH für Psychiatrie und Psychotherapie / Spécialiste FMH en Psychiatrie et Psychothérapie / Specialista FMH in Psichiatria e Psicoterapia (FMH = Foederatio Medicorum Helveticorum)
- no

5. Documents required due to regulation

Non-medical psychotherapists: Decision on the application for authorisation to practise the profession as an independent psychotherapist by the health authorities of the canton (different names according to canton: (Public) Health Directorate, (Public) Health Department etc.).

Medical psychotherapists: authorisation to use the title Facharzt FMH für Psychiatrie und Psychotherapie / Spécialiste FMH en Psychiatrie et psychothérapie / Specialista FMH in Psichiatria e psicoterapia.

EDUCATION AND TRAINING

Laws and regulations for education and training

According to the SDK Model Decree on Psychotherapists of 1982, the following education and training requirements shall be met for admission to practise as a psychotherapist:

- Graduation from the study of psychology, remedial education or special education as a main subject including psychopathology, or a corresponding combination of subjects at a Swiss university or a comparable university of another country.
- By way of exception, the Public Health Commission may also recognise other subjects of basic education (after hearing the Commission of Experts) in individual cases, if an equivalent form of scientific education and training in the field of psychology may be documented.
- After graduation from these studies, full-time practical further training for a total period of at least one year in direct contact with psychologically ill persons, under expert supervision. This training may take place, for instance, in a psychiatric (poly)clinic, a psychotherapeutic practice or a facility where psychologically ill persons receive psychotherapeutic treatment.
- Special training to become a psychotherapist, which shall be based on a scientifically recognised method of psychotherapy that is effective for a wide range of applications. Requirements include

intensified application to oneself and to other persons of the method chosen, under expert supervision.

- The Commission of Experts shall assess specific training qualitatively and quantitatively, taking into consideration the requirements for training laid down by the corresponding branches of psychotherapy.

Based on the SDK Model Decree on Psychotherapists, the Cantons (with the exception of Uri, Glarus and Appenzell-Outer Rhodes) have adopted the following requirements for education and training:

Berne (Health Decree of 1 Jan. 2002, Art. 2e):

- Basic education and training in psychology as a main subject including psychopathology or another equivalent combination of subjects and graduation from a Swiss university. Recognition of a course of basic education and training differing from this provision is possible and decided upon by the Cantonal Medical Office on the basis of documentation or after hearing the Commission of Experts in Psychotherapy.
- Special further training in psychotherapy for a period of at least four years based on a scientifically recognised method that is effective for a wide range of applications. This includes application to oneself and to other persons, under expert supervision.
- One year of professional practice in a corresponding institution.

Zurich (Health Act of 1 Jan. 2002 Art. 22, Directives on running a psychotherapeutic practice by (self-employed) non-medical psychotherapists):

- Study of psychology including psychopathology at a Swiss university.
- Integral special training in at least one recognised method of psychotherapy that has proven its worth in the treatment of psychological and psychosomatic diseases and disorders, including theory, self-experience and supervision in this method.
- At least two years of employment in the field of clinical psychotherapy at a recognised institution under psychiatric or psychotherapeutic direction or in a recognised specialist's practice.
- Persons providing training shall be either psychotherapists who meet the above conditions and may submit evidence of at least five years of pursuing this profession, or physicians having completed special training as mentioned above with at least five years of professional practice, or doctors holding the title FMH Specialist in Psychiatry and Psychotherapy.
- ➤ *A new Decree is likely to enter into force in 2004.*

Lucerne (Health Care Act of 1981, Arts. 4 and 6 of Psychotherapy Decree on self-employed non-medical psychotherapists):

- Graduation from the study of psychology and psychopathology, remedial education or special education as a main subject including psychopathology or a corresponding combination of subjects, at a Swiss university or a comparable university of another country. Complementary training in adult, child or adolescent psychotherapy. In individual cases, other forms of basic education and training different from these subjects may be recognised, if they are equivalent, scientific forms of education and training in the field of psychology at a university; the matter is decided after hearing the Commission of Experts in Psychotherapy.
- Additional practical further training for at least one year in direct contact with psychologically ill persons, under expert supervision. Practical training shall comprise the whole field of psychopathological conditions in adults, children and adolescents.
- Special training to become a psychotherapist, which shall be based on a scientifically recognised method of psychotherapy that is effective for a wide range of applications. Training shall include intensified application of the method chosen to oneself and to other persons, under expert supervision. The Commission of Experts shall evaluate specific training qualitatively and quantitatively, taking into consideration the requirements for training laid down by the relevant branches of psychotherapy (corresponding to SDK Model Decree, Art. 6c).

Uri

- No regulation

Schwyz

- Regulation under preparation

Glarus

- No regulation

Zug

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects; in exceptional cases also other forms of basic education and training equivalent to a university degree with regard to knowledge of psychology.
- Special psychotherapeutic training in a scientifically recognised method of therapy that is effective for a wide range of applications.
- Intensified application to oneself of the method chosen.
- Knowledge in the field of psychopathology shall be acquired already during basic education and training (university study of psychology or equivalent studies).
- Intensified application to other persons of the method(s) chosen, under expert supervision.
- At least one year of practical further training dealing with psychopathological conditions, in direct contact with psychologically disturbed children, adolescents and adults, under expert supervision.

Solothurn

Health Act, Art. 26: Psychotherapists without a medical diploma:

- Graduation from the university study of psychology including psychopathology
- Completed, recognised complementary training in adult or child and adolescent psychotherapy (in exceptional cases, the Government Council may recognise different forms of basic education and training).

Implementation Decree to Health Act Art. 26, Arts. 18 ff:

- Graduation from the university study of psychology including psychopathology or graduation from another university study with a main subject in the field of human sciences, provided that psychology and psychopathology have been studied as subsidiary subjects or in the context of post-university training.
- Practical further training for at least one year in an institution providing basic psychosocial care where persons with psychological disturbances and diseases are treated.
- Special training to become a psychotherapist in one or several scientifically recognised method(s) of psychotherapy that are effective for a wide range of applications. Training shall focus on a specific method chosen and shall include knowledge and skills, self-experience, supervision and therapeutic activities by the candidate.

Basle Country and Basle Town (Health Act of 1973, Art. 32: The Government Council shall adopt special regulations for the self-employed practice of psychologists and other non-medical psychotherapists. Art. 8 of the Decree on Psychotherapy of 1977 on self-employed psychotherapeutic practice of psychologists and persons with other non-medical basic education and training; obligation to authorisation):

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects at a Swiss university or a comparable university of another country. By way of exception the Commission of Experts in Psychotherapy may recognise forms of basic education and training differing from this provision, in individual cases. These shall be equivalent scientific forms of education and training in the field of psychology.
- Sufficient theoretical knowledge in the whole field of psychological disturbances (including children and adolescents) on a scientifically recognised basis.
- One year of practical further training in direct professional contact with psychologically ill persons

in a psychiatric clinic, polyclinic or public psychiatric facilities, including at least half a year of training in institutions that have been recognised as FMH further training institutions for psychiatry and psychotherapy or that are equivalent to those. Training shall comprise the entire field of psychopathological conditions in children, adolescents and adults.

- Special training to become a psychotherapist on the basis of a scientifically acknowledged method of psychotherapy that is effective for a wide range of applications. A Commission of Experts (Basle Country and Basle Town) shall assess this training qualitatively and quantitatively.

Schaffhausen (Decree on Admissibility of the Pursuit of Non-medical Psychotherapeutic and Psychological Professions of 17 December 1996, Arts. 3, 5; (self-)employed pursuit of the profession):

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects including psychopathology at a Swiss university or an equivalent university of another country. A form of education and training equivalent to university studies of psychology may be deemed sufficient. According to the directives of the Commission of Experts in Psychotherapy and Psychology a combination of subjects shall meet the following requirements: graduation from the study of a human science as a main subject, in combination with psychology. The following licentiate and doctoral degrees come under human sciences: education, remedial education, social work, philosophy, sociology, ethnology and theology in combination with psychology as a subsidiary subject. If different requirements have been laid down for the first and second subsidiary subjects, the study of psychology as a subsidiary subject shall be completed as the subsidiary subject with the higher requirements, or education and training shall take place at the Institute of Applied Psychology in Zurich (including studies of psychopathology and theory of neuroses).
- Special training in psychotherapy on the basis of a scientifically recognised method of psychotherapy that is effective for a wide range of applications. Training shall include intensified application to oneself as well as to other persons of the method chosen, under expert supervision.
- At least two years of practical work dealing with psychopathological conditions, in direct contact with children, adolescents or adults suffering from psychological disturbances, under expert supervision.

Appenzell-Outer Rhodes

- No regulation

St. Gall (Art. 42 g of the Health Act of June 1979: psychotherapist, psychologist: Arts. 32 a, 32 e, Decree on Pursuit of Health Care Professions of 2 February 1982 with Amendment of 20 December 1994: psychotherapist):

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects at a Swiss university. By way of exception, the body competent for authorisation may also recognise another form of basic education and training if the applicant may present evidence of education and training in the field of psychology that is equivalent to a university degree. Such forms of basic education are university degrees in (remedial) education, social work, philosophy, sociology, ethnology, theology. In these cases, complementary university studies of clinical psychology (developmental psychology, psychology of personality, psychophysiology, schools of psychotherapy) are required.
- Sufficient theoretical knowledge on a scientifically recognised basis of psychological disturbances in children, adolescents and adults.
- Practical further training for at least two years as a rule, which deals with psychopathological conditions, in direct contact with psychologically disturbed children, adolescents and adults, under expert supervision.
- Special training to become a psychotherapist on the basis of a scientifically recognised method of psychotherapy that is effective for a wide range of applications. Training shall include the intensified application to oneself as well as to other persons of the method chosen, under expert supervision. Before authorisation is granted, the Commission of Experts in Psychology shall be heard.

Grisons (Art. 45 e of the Health Act; Arts. 31 and 32 of the Decree on the Pursuit of Health Care Professions; Art. 3 of the Regulations Implementing the Decree).

- Graduation from the university study of psychology as a main subject or a corresponding combination of subjects at a Swiss university. In well-founded cases, the Department may recognise a different form of basic education and training if evidence of a university degree may be provided and any subjects that are not covered are studied in the context of complementary education and training at university or college level.
- Certificate of integral psychotherapeutic specialist training recognised by the Department.
- Training for a total period of two years as a rule, in direct contact with persons suffering from psychological disturbances, under expert supervision. Art. 3 of the Implementing Regulation further specifies these requirements for authorisation as follows:
 - evidence of training on the basis of a scientifically recognised method of psychotherapy that is effective for a wide range of applications;
 - intensified application to oneself as well as to other persons of the method of psychotherapy chosen, under expert supervision;
 - sufficient theoretical knowledge with regard to the entire field of personality development and disturbances thereof (including childhood and adolescence), on a scientifically recognised basis;
 - practical work dealing with the entire field of psychopathological conditions in adults and/or children or adolescents. This work may be part of practical training.

Obwalden (Art. 25 of the Health Act of 1991: (self-)employed pursuit of psychotherapy; Arts. 48 to 51 of the Decree on Health-Care Professions)

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects or equivalent education and training.
- Sufficient theoretical knowledge on a scientifically recognised basis of psychological disorders in children, adolescents and adults.
- As a rule, at least one year of practical further training dealing with psychopathological conditions, in direct contact with psychologically disturbed children, adolescents and adults, under expert supervision.
- Training in psychotherapy based on a scientifically recognised method of psychotherapy that is effective for a wide range of applications. Training shall comprise the intensified application to oneself as well as to other persons of the methods chosen, under expert supervision. Knowledge acquired shall be checked by means of a questionnaire and examined by the Expert Commission of the Canton of Lucerne.

Nidwalden (Art. 26 of the Health Care Act of 1973: psychologists, non-medical psychotherapists; Decree on Health-Care Professions of 1997, Arts. 42 to 44):

Basic education and training:

- Completed study of clinical psychology including psychopathology at a Swiss university.
- Adequate basic knowledge of psychotherapy, examined by a Swiss university or other recognised education and training institutions.

Special training:

- Integral psychotherapy training in at least one scientifically recognised method of psychotherapy that has proven its merit in the treatment of psychological diseases and is used for a wide range of applications.
- At least two years of full-time clinical work dealing with a wide range of applications of psychotherapy.

Argovia (Arts. 36 and 37 of the Health Act of 1987):

- Completed university study or equivalent study of psychology, remedial education or special education as a main subject including psychopathology or a corresponding combination of subjects.
- In addition, completion of a recognised form of special training in psychotherapy for at least three years. On principle, training shall include the elements of theory, self-experience and supervi-

sion/guidance and comprise a total of 1 200 to 1 400 hours.

Appenzell-Inner Rhodes (Arts. 26/27 of Draft Decision of the Professional Commission)

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects; by way of exception also a different form of basic education and training that is equivalent to university graduation with regard to knowledge of psychology.
- Special training in psychotherapy in a scientifically recognised method of therapy that is effective for a wide range of applications.
- Intensified application to oneself of the method chosen.
- Sufficient theoretical knowledge, on a scientifically recognised basis, of psychological disturbances in children, adolescents and adults.
- Intensified application to other persons of the method(s) chosen, under expert supervision.
- At least two years of practical further training dealing with psychopathological conditions, in direct contact with psychologically disturbed children, adolescents and adults, under expert supervision.

Jura (Art. 46 m of Loi sanitaire of 1990. Ordonnance concernant l'exercice de la profession de psychothérapeute nonmédecin à titre indépendant 1993, Art. 6):

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects at a Swiss university or a comparable university of another country. By way of exception, in the case of basic education and training differing from these provisions, the Expert Commission shall assess on the basis of documents submitted, in particular the pertinent education programme, whether scientific education and training equivalent to the aforementioned form of university education and training is thus ensured.
- Sufficient theoretical knowledge of remedial education, special education and psychopathology of children and adults.
- After completion of basic education and training in psychology, at least two years of practical training in a recognised institution, in direct contact with psychologically disturbed persons and under expert supervision.
- Special training in psychotherapy based on one or several methods of scientifically approved effectiveness and suitability for a wide range of applications. Training shall include intensified application to oneself or to other persons of the methods chosen, under expert supervision. It shall comprise at least 1 200 hours within a period of at least 4 years.

Thurgovia (Art. 16 par. 2 of the Thurgovia Health Acts of 1985 and 1987; Arts. 41 ff. (42) of the Government Council Decree on Health Care Professions):

- Graduation from the university study of psychology as a main subject or a corresponding combination of subjects (a corresponding combination of subjects shall be the study of an equivalent field of human sciences in combination with the study of psychology as a subsidiary subject covering the following themes: introduction to psychology, theory of neuroses, knowledge of the individual schools of psychotherapy, developmental psychology and psychodiagnostics).
- Sufficient theoretical knowledge on a scientifically recognised basis of psychological disturbances in children, adolescents and adults (at least 400 hours of education and training).
- At least two years of practical further training dealing with psychopathological conditions, in direct contact with psychologically disturbed children, adolescents and adults, under expert supervision.
- Training to become a psychotherapist on the basis of a scientifically recognised method of psychotherapy that is effective for a wide range of applications. Training shall comprise intensified application to oneself as well as to other persons of the methods chosen, under expert supervision.

Ticino:

- Graduation from the study of psychology as a main subject or a corresponding combination of subjects; by way of exception also other forms of basic education and training equivalent to a

university degree with regard to knowledge of psychology.

- Special training in psychotherapy in a scientifically recognised method of psychotherapy that is effective for a wide range of applications.
- Intensified application to oneself of the method chosen.
- Sufficient theoretical knowledge on a scientifically recognised basis of psychological disturbances in children, adolescents and adults, to an extent of at least 400 hours.
- Intensified application to other persons of the method(s) chosen, under expert supervision.
- At least two years of practical further training dealing with psychopathological conditions, in direct contact with psychologically disturbed children, adolescents and adults, under expert supervision.

Valais (Art. 1 b of the Decree on the Pursuit and Supervision of Health Professions of 17 March 1999 as amended; Art. 21 of the Decree):

- A subcommission of the Supervisory Commission on Health Professions shall advise the Department with regard to assessment of education and training as well as professional experience of psychotherapists who have acquired non-medical basic education and training and wish to pursue their profession in the canton. The aforementioned subcommission shall advise the Department also with regard to other questions related to the pursuit of these professions. Its members are nominated by the Department.

Neuchâtel (Art. 52 ff. Règlement concernant l'exercice des professions médicales et des autres professions de la santé, March 1998):

- Study of psychology (university level) or equivalent degree meeting the requirements of the Department.
- Completed integral training in psychotherapy as defined by the Department, for a period of five years, covering at least the following fields:
 - clinical practice in a facility with a wide range of treatments;
 - theoretical education and training in a method of therapy chosen;
 - supervision;
 - self-experience.

Vaud (Art. 122a, b, Loi sur la santé publique of 29 May 1985)

- University degree in human sciences with specialisation in psychology.
- Training in psychotherapy, for which minimum requirements have been laid down by the Department (décision du 29 avril 1988):
 - integral training in a scientifically recognised method of psychotherapy that is effective for a wide range of applications;
 - training shall comprise a minimum of 1 200 hours of theory and practical training including application to oneself and supervised work with patients as well as supervision.

Règlement sur l'exercice de la profession de psychologue non médecin du 13 mai 1988:

- University degree in human sciences with specialisation in psychology
- Evidence of additional training in psychotherapy
- Recent information on any entries in the register of convictions
- Certification of the physical and psychological fitness necessary for pursuing this profession

Geneva (Loi sur l'exercice des professions de la santé, les établissements médicaux et diverses entreprises du domaine médical (May 2001): chapitre XV: Psychologues; Règlement d'exécution de la loi sur l'exercice des professions de la santé (July 2001):

- Degree in psychology at a Swiss university or an equivalent degree
- Special training in psychotherapy in one or several scientifically recognised methods of psychotherapy that are effective for a wide range of applications

Fribourg (Art. 1, 65–67 of Regulation on Providers of Care Services and the Supervisory Commission of 21 November 2000: psychologist, psychotherapist):

- Licentiate in psychology or a title deemed equivalent
 - Clinical practice in an institution where a wide range of psychological disturbances are treated
 - Intensified self-experience (application of the method to oneself)
 - Theoretical and practical further training in the method of psychotherapy chosen
 - Supervision under the guidance of a supervisor or a psychologist/psychotherapist recognised in the method chosen with at least five years of professional experience
 - Independent therapeutic practice under supervision by a recognised supervisor
- Education and training in psychotherapy takes four years.

RECOGNITION OF PSYCHOTHERAPISTS (EEA)

Authorities competent for recognition of psychotherapists from the EEA

The health authorities of the canton in question.

Internet: www.gdk-cds.ch/de/links-d.html

SOCIAL SECURITY BENEFITS FOR PATIENTS

1. Reimbursement or refunding by social security institutions

Delegated psychotherapy provided by non-medical psychotherapists is among the standard insurance benefits of the health insurance funds. In other cases voluntary benefits are granted in the context of supplementary insurance.

1. Delegated psychotherapy: A physician delegates psychotherapy treatment to a psychotherapist, who is employed by the physician and works in their office and only treats patients of this physician, who is responsible for correct provision of psychotherapy and who is also in charge of billing. Since 1 January 2004 the requirements with regard to qualification of delegating physicians and psychotherapists have been amended. The physician in question must have acquired specialist training in child and adolescent psychiatry or psychiatry, and therapists must submit evidence of completed university studies in clinical psychology or psychotherapy (including psychopathology).
2. Psychotherapy as a voluntary benefit in the context of supplementary insurance: The insurance funds have lists of psychotherapists who are acknowledged as service providers. As a rule, these psychotherapists have the right to hold the title of PsychotherapeutIn SPV / Psychothérapeute ASP / Psicoterapeuta ASP – only awarded to members of the Swiss Association of Psychotherapists (SPV) – or Psychologe / Fachpsychologin für Psychotherapie FSP / psychologue-psychothérapeute FSP / Psicologo specialista in psicoterapie FSP – only awarded to members of the Federation of Swiss Psychologists (FSP). These titles are reserved for persons who have completed a course of education and training in psychotherapy that corresponds to the requirements laid down in the SDK Model Decree.

2. Institutions competent for granting benefits to patients

Bundesamt für Sozialversicherung
Effingerstrasse 20
CH-3003 Berne
Tel. 0041 31 322 90 11, fax 0041 31 322 78 80
<http://www.bsv.admin.ch>

For a list of health insurance funds please visit <http://www.krankenversicherung.ch>

SOURCE: Investigation by ÖBIG 2003

Overview by country

Clinical psychologists in countries with regulation

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

—

3. Regulation of the profession according to Article 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

—

4. Evidence of formal qualification according to Article 3 (b) of D 89/48/EEC

There are several diplomas authorising the use of the title *psychologue*, which are listed in the law of 8 November 1993, published in Belgisch Staatsblad No. 94, Article 1.

The following diplomas definitely apply to the field of clinical psychology:

- Licentiaat of doctor in de klinische psychologie
- Licentiaat of doctor in de psychologische en pedagogische Wetenschappen - richting ontwikkelings- en klinische psychologie
- Licencié ou docteur en sciences psychologiques et pédagogiques avec psychologie clinique

5. Protected title

- yes
 no, only for the profession of psychologist (**psychologue**)

6. Documents required due to regulation

University diploma (Licentiaat in de psychologie or Licencié en psychologie) for the study of psychology with specialisation in clinical psychology. → see 4.

EDUCATION AND TRAINING**Laws and regulations for education and training**

The higher education diplomas which authorise its holders to use the protected title of Psychologue are listed in the law of 8 November 1993, Belgisch Staatsblad No. 94.

The main aspects of the education and training programmes are:

- Five years of study of psychology, consisting of two years for the stage of Kandidatur and three years for Licenciaat.
- Clinical psychology is chosen as a branch of specialisation for the Licenciaat (other branches are e.g. industrial psychology, community psychology, organisational psychology, school psychology, theoretical psychology etc.). Not all the universities offer the same branches of specialisation.
- Part of the Licenciaat (during the fourth or fifth year) is dedicated to clinical practice, with a duration of approximately one year.

The curricula and the duration of practical activities in the course of studies vary according to university.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

Ministerie van Middenstand (Ministère des Classes Moyennes et de l'Agriculture)
World Trade Center 3
Simon Bolivar Boulevard 30
B-1000 Bruxelles
Tel. 00322 208 32 11, fax 00322 208 52 60

The Ministerie van Middenstand is the competent authority for issuing certificates of education and training or qualification and will provide information to clinical psychologists from Austria.

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

—

2. Institutions competent for granting benefits to patients

—

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Clinical psychologists aim to reduce psychological distress and to enhance and promote psychological well-being. They work with people with mental or physical health problems - which might include anxiety and depression, serious and enduring mental illness, adjustment to physical illness, neurological disorders, addictive behaviours, childhood behaviour disorders, personal and family relationships. They work with people throughout the life-span and with those with learning disabilities.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

The profession is regulated by the British Psychological Society, which has the status of a professional body with a Royal Charter.

4. Protected title

- yes: **Chartered Clinical Psychologist**
There is no obligation for holders of this title to use it. It is also possible to use the title of **Chartered Psychologist** or the abbreviation **C. Psychol.** (this abbreviation is authorised by the British Psychological Society). Clinical psychologists will be included in the register of the British Psychological Society with the entry **Clin.**
- no

5. Documents required due to regulation

- Registration document issued by the British Psychological Society. This document only indicates the title of **Chartered Psychologist**, not the additional qualification, which is only included in the register (see below).
- Up-to-date extract from the register of the British Psychological Society (the register is updated annually and distributed among paying and registered members). The entry **Clin** next to the psychologist's name is only included in this register, indicating that the psychologist concerned has completed a course of education and training in clinical psychology recognised by the British Psychological Society.
- Practising certificate issued by the British Psychological Society.

EDUCATION AND TRAINING

Laws and regulations for education and training

There are no legal provisions for education and training. The British Psychological Society (BPS), a professional body with a Royal Charter, regulates the prerequisites for, and the course of, education and training which lead to an entry in the register of Chartered Psychologists.

BPS regulation for education and training to become a Chartered Clinical Psychologist:

Prerequisites for being included in the register as a Chartered Clinical Psychologist:

1. Complying with the Graduate Basis for Registration:
 - BPS graduate membership with the obligation to adhere to the code of conduct.
 - Evidence of a relevant qualification. There are three possibilities:
 - A) the easiest way: study of psychology within the framework of an education and training programme recognised by the BPS at a university or other institution. The study programme shall comprise the subjects defined by the BPS and be structured according to the criteria fixed by the BPS. The BPS publishes a list of recognised study programmes on the Internet (<http://www.bps.org.uk/careers>);
 - B) in cases where the study of psychology is not completed or not recognised by the BPS, a Qualifying Examination set by the BPS shall be passed, to which only graduates of a course of studies recognised by the University Central Admissions Service (UCAS) are admitted; **or**
 - C) completing a course which converts the existing degree into one with psychology as a main subject, which is recognised by the BPS.
 - According to the education and training programmes for clinical psychologists recognised by the British Psychological Society (BPS), clinical experience is a prerequisite for enrolment.
2. Completed three-year postgraduate education and training course on a full-time basis which leads to a doctoral degree in clinical psychology and is recognised by the BPS (a list of recognised university courses is available on the Internet: <http://www.bps.org.uk/careers/>). Studies comprise theoretical education and practical training at a university and in the course of training at a paid training post in the NHS (National Health Service). The education and training programme is regulated in an agreement between the university, the NHS and the trainee.
3. Membership in the BPS Division of Clinical Psychology. Applicants shall submit evidence of being qualified to work as a clinical psychologist without supervision. As soon as they are accepted as a division member, they can register as Chartered Clinical Psychologists.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

The British Psychological Society
Mr. Andy Burman
Membership and Qualifications Directorate Manager
St. Andrews House
48, Princess Road East
UK–Leicester, LE1 /DR
Tel. 0044 116 252 95 19, fax 0044 116 247 07 87
E-mail: andbur@bps.org.uk

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Social security benefits are granted by the National Health Service.

2. Institutions competent for granting benefits to patients

Department of Health
Richmond House
79 Whitehall
UK–London SW1 A2NL
Tel: 0044 207 210 5025
E-mail: dhmail@doh.gsi.gov.uk

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Not defined.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

—

4. Evidence of formal qualification according to Article 3 (b) of D 89/48/EEC

Diploma in Clinical Psychology, awarded by one of the following universities:

- University College Dublin
Belfield
IRL–Dublin 4
Internet: www.ucd.ie
- University of Dublin
Trinity College
IRL - Dublin 2
Internet: www.tcd.ie
- National University of Ireland–Galway
University Road
IRL – Galway
Internet: www.ucg.ie
- University College Cork
IRL – Cork
Internet: www.ucc.ie

5. Protected title

- yes
 no

6. Documents required due to regulation

Evidence of holding a postgraduate qualification in Clinical Psychology. → see 4.

EDUCATION AND TRAINING**Laws and regulations for education and training**

- According to the Health Act of 1970, Section 18 the qualifications required for the post of public servant in the health authority shall be defined by the Minister for Health and Children. The Local Appointments Commissioners decide on the hiring of public servants.
- In the declaration of the Minister for Health and Children of 25 October 2002 on the aforementioned Health Act, the requirements for the profession of clinical psychologist in the Irish public health service are laid down.
 1. Recognised university degree or diploma with psychology as a main subject.
 2. Recognised postgraduate qualification in Clinical Psychology.
 3. Possessing the requisite knowledge and ability (including a high standard of suitability) for the duties of the office.
 4. Age under 65.
 5. Health and good character.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

Clinical psychologists applying for a position in the public health service should contact the following authorities:

- Personnel Management & Development Unit
Department of Health
Hawkins House
IRL–Dublin 2
Tel: 00353 1 671 4711 fax 00353 1 671 1947
Internet: <http://www.doh.ie>
- Department of Enterprise, Trade and Employment
Kildare Street
IRL–Dublin 2
- Department for Justice
St. Stephen's Green
IRL–Dublin 2

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

All services granted in the public health care system are free of charge. Information on the reimbursement of services provided within the framework of private health care is available from:

BUPA Ireland–Dublin Office:

12 Fitzwilliam Square

IRL–Dublin 2

Tel. 00353 1 662 76 62, fax 00353 1 662 76 72

E-mail: betteroff@bupaireland.ie

Internet: www.bupaireland.ie

BUPA Ireland–Fermoy Office:

Mill Island

Fermoy

IRL–Co. Cork

Tel. 00353 25 42121, fax 00353 25 42 122

E-mail: betteroff@bupaireland.ie

2. Institutions competent for granting benefits to patients

→ see above

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
- yes, according to Art. 3 of D 89/48/EEC
- no

2. Definition of the profession

Not defined.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

The relevant provisions only regulate the profession of psychologist:

1. L.18 febbraio 1989, n. 56 (1). Ordinamento della professione di psicologo (Act No. 56 of 18 February 1989 on Professional Rules for Psychologists, or Italian Psychologists Act): the Act defines the profession of psychologist, lists prerequisites for work as a psychologist and includes provisions with regard to the professional register and the Board of Psychologists.
2. Art. 50 of the Decree of the President of the Republic No. 328 of 5 June 2001 (D.P.R. 5 giugno 2001, n. 328) defines two stages of authorisation to pursue the profession and specifies the corresponding protected titles:
 - The protected title of *psicologo* is reserved for persons who have completed the study of psychology (duration approx. 5 years) after which the degree *titolo di laurea specialista* is awarded, and have been entered in the professional register (albo degli psicologi) of section A (sezione A) of the Board of Psychologists (ordine degli psicologi). The following requirements have to be met:
 - diploma within class 58/S (psychology), which entitles its holders to bear the title of Dottore or Dottoressa, respectively;
 - passing the subsequent state exam (esami di stato);
 - one year of practice (tirocinio pratico), which may be of shorter duration, or may be waived, if the psychologist in question has already been authorised to use the title of junior psychologist (see below).
 - The protected title of junior psychologist (iunior psicologo) is reserved for persons who have completed the study of psychology (duration: approx. 3 years) after which the degree *titolo di laurea* is awarded, and have been entered in the professional register (albo degli psicologi) of section B (sezione B) of the Board of Psychologists (ordine degli psicologi). The following requirements have to be met:
 - diploma within class 34 (psychological sciences and techniques);
 - passing the subsequent state exam;
 - half a year of practice.
 - The scope of activities of section-A psychologists include:
 - application of cognitive and operative instruments in the context of prevention, diagnosis, activation, support and rehabilitation for individuals, groups, social bodies and communities;

- conducting experiments, research and training in the same field (see above);
- coordination and supervision functions for section-B psychologists (iunior psicologo).
- The scope of activities of section-B psychologists (psicologo iunior) is restricted to
 - participation in planning and implementation of psychological and psychosocial interventions;
 - implementation of measures of psychoeducation aimed at promoting personal growth, integration and participation in social life;
 - evaluation of behaviour, personality, cognitive processes, social interaction etc. by means of talks and interviews;
 - support for persons with disabilities in order to promote the (further) development of functional, cognitive, practical, emotional and social competences;
 - application of psychological instruments for developing human resources;
 - application of psychological and ergonomic instruments; prevention measures and information in order to promote safety in the workplace and in traffic;
 - collection and analysis of statistical data for the purpose of research.

4. Evidence of formal qualification according to Art. 3 (b) of D 89/48/EEC

Specialisation diploma (diploma di specializzazione; usual abbreviation: DS) as well as documents proving attendance at a specialisation course in clinical psychology.

5. Protected title

- yes
- no; only the titles of **psicologo** and **psicologo iunior** are protected.

6. Documents required due to regulation

- Specialisation diploma (diploma di specializzazione; usual abbreviation: DS) as well as documents proving attendance at a specialisation course in clinical psychology.
- General requirement for work as a psychologist in the health care system: extract from the register of psychologists (albo degli psicologi), which is maintained by the Board of Psychologists and updated every two years.

EDUCATION AND TRAINING

Laws and regulations for education and training

- In Italy, psychologists may undergo postgraduate further training in the context of specialisation courses (corsi di specializzazione) in clinical psychology held at universities. As a prerequisite for admission to specialisation courses in clinical psychology (Scuole di Specializzazione in Psicologia Clinica), completion of the study of psychology or medicine (diploma di laurea) and possibly authorisation to pursue the profession of psychologist (diploma di abilitazione all'esercizio della professione) are required; i.e. the person in question must be entered in the register of section A of the Board of Psychologists and hold the protected title of *psicologo*.
- Art. 3 of Act No. 56 of 18 February 1989 on Professional Rules for Psychologists, or Italian Psychologists Act (L. 18 febbraio 1989, n. 56 (1). Ordinamento della professione di psicologo) provides the legal background for basic education and training.
- Art. 3 of the Decree of the President of the Republic No. 162 of 10 March 1982 provides statutory regulations for specialisation courses, independent of the branch of study. Thus, there are no specific provisions governing specialisation courses for training in clinical psychology. The exact structure of the courses has to be in line with the statutes of the university in question (in Italy, universities are autonomous bodies) and with the national health plan (which, for instance, determines the number of study places a university may provide for a particular specialisation course) and eventually the Ministries of Health and Education must give their consent. Art. 3 of the aforementioned Decree regulates the following aspects:
 - Specialisation courses are university courses; attendance is obligatory.
 - Universities may conclude contracts with non-university institutions (e.g. health and social services) and transfer to them parts of practical training.
 - At the end of each year of training, candidates have to pass a theoretical exam as a requirement for admission to the next training year (the exam also covers practical activities). After completion of the specialisation course a final exam is held, which consists of a discussion of a written thesis on one or several subjects of the course. Candidates passing the final exam are awarded a specialisation diploma (diploma di specializzazione; usual abbreviation: DS).
 - The statutes of the university in question regulate the duration of specialisation courses, curricula and distribution of subjects, requirements for enrolment, voluntary subjects, rules regarding attendance in class and practical training (students have to document attendance in class as well as practical work in health and social services) and eventually examination procedures.
- After training to become a clinical psychologist, no further practical training (tirocinio pratico) is required as practical work is part of the specialisation course
- The university where candidates have completed the specialisation course awards the Diploma di Specializzazione in Psicologia Clinica and the title Specialista in Psicologia Clinica.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

Clinical psychologists can only be recognised as psychologists. Competent institution:
Ordine degli psicologi consiglio nazionale (Italian Board of Psychologists)
Via G.B. Vico 29
I-00196 Roma
Tel. 0039 6 320 31 37, fax 0039 6 322 00 76
Internet: www.psy.it

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

—

2. Institutions competent for granting benefits to patients

—

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Not defined.

3. Regulation of the profession according to Article 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

1. There is an agreement under private law between the Ministry of Health (Helsedepartementet) and the health insurance fund (Rikstrygdeverket), on the basis of which services of psychologists with additional specialist training as clinical psychologists are refunded or reimbursed, on the condition that the clinical psychologist in question is under contract with the local health authority.
2. This additional training can only be completed by candidates who are officially authorised psychologists (protected title *psykolog*) after one year of practical work in the profession.
3. Official authorisation of psychologists is regulated in the Health Personnel Act (Lov om helsepersonell m.v. (helsepersonelloven). No. 64 of 1999:
 - Protected title: psykolog
 - General conditions relating to authorisation (licence to hold the protected title) of all professional groups included in the Health Personnel Act:
 - Conditions for authorisation according to par. 48 of the Act:
 - (1) Final examination at a Norwegian university or college or after postgraduate training.
 - (2) Practical training in accordance with the regulations laid down by the Ministry.
 - (3) Age under 75 (at age 75 the authorisation will expire, the title may still be used, however).
 - (4) Suitability for the profession.
 - (5) Authorisation is also granted to persons who have passed an examination in other countries which is deemed equivalent to the examinations in Norway. In the context of international agreements the Health Minister may stipulate further provisions relating to the approval of training programmes and the granting of authorisations (par. 48 and par. 52 of the Health Personnel Act).
 - (6) Furthermore authorisation is granted to persons who have otherwise proven to possess the necessary skills.
 - Instead of an authorisation, a licence or certificate can also be granted. These may be limited in time or restricted to certain fields of activity. The Ministry of Health will stipulate detailed provisions in this respect.
 - In addition, general provisions regarding the professional conduct of health personnel (such as duty of documentation and confidentiality, revocation of authorisations, penal provisions, etc.) are stipulated.

4. Protected title

- yes
- no. The only protected title is that of psychologist in general: **psykolog**

5. Documents required due to regulation

Contract as clinical psychologist with the health insurance fund.

EDUCATION AND TRAINING

Laws and regulations for education and training

Education and training of clinical psychologists are not regulated by law.

The institutions providing education and training have laid down the following requirements to be fulfilled by candidates for specialist training as clinical psychologists:

- Authorisation as psychologist (psykolog) according to the Health Personnel Act (Lov om helsepersonell m.v. (helsepersonelloven). No. 64 1999).
- One year of full-time professional practice in any field of psychology.

The training programme for clinical psychologists offered by the NPF (Norsk Psykologforening) aims at the acquisition of general and specific clinical competence. Provisions are as follows:

- 5 years of practice as a psychologist, at least three years of which are dedicated to clinico-psychological activities
- working with groups of clients or work teams
- a minimum of 160 hours of supervision by a recognised clinical psychologist
- 200 hours of theoretical education
- a paper in writing
- in-depth studies of one or more of the following fields:
 - clinical psychology for adults
 - clinical psychology for children and adolescents
 - clinical neuro-psychology
 - clinical psychology in schools
 - clinical psychology for families
 - clinical habilitation
 - clinical work in cases of abuse

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

- Rikstrygdeverket (health insurance fund)
N-0241 Oslo
Tel. 0047 22 92 70 00, fax: 0047 22 92 73 69
- Helsedepartementet (Ministry of Health)
Postboks 8011 Dep.
N-0030 Oslo
Tel. 0047 22 24 90 90

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Yes. The health insurance fund(s) conclude(s) private law agreements with authorised psychologists who have completed additional specialist training as clinical psychologists and are under contract with the local health authority. The health insurance funds have the obligation to conclude such agreements with psychologists who possess the necessary qualifications.

2. Institutions competent for granting benefits to patients

No information available.

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

A description with regard to pursuing the profession of psychologist in the health care system exists, but the profession of clinical psychologist has not been defined (Section 3 (1) of the Psychologists Act):

To exercise the profession of psychologist in the framework of the health system shall mean to examine, interpret, change and predict the experience and behaviour of persons, on the basis of acquired professional competence, applying the findings and methods of psychological science.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

The profession is regulated in the Federal Act of 7 June 1990 Relating to the Professional Title "Psychologist" and to the Exercise of the Profession of Psychologist in the Framework of the Health System (Psychologists Act); Federal Collection of Statutes BGBl. 360/1990. The following areas are covered:

- professional title of *Psychologe* or *Psychologin* and penal provision
- description of the profession
- acquiring professional competence
- prerequisites for the independent exercise of the profession of psychologist
- credits with regard to previous education and training periods
- professional titles of health psychologist and clinical psychologist, as well as penal provision
- professional duties of clinical psychologists and health psychologists
- list of clinical psychologists and health psychologists
- expiry of authorisation to exercise the profession
- Psychologists' Advisory Council
- transitional provisions

4. Protected title

- yes: **Klinischer Psychologe / Klinische Psychologin**
 no

5. Documents required due to regulation

Admission to the List of Clinical Psychologists and Health Psychologists kept by the Federal Ministry competent for health affairs.

EDUCATION AND TRAINING**Laws and regulations for education and training**

The Psychologists Act (Federal Collection of Statutes BGBl. 360/1990) names the following requirements for education and training:

1. 160 hours for acquiring theoretical professional competence for deepening defined subject matters, in education and training facilities recognised by the Federal Minister competent for health affairs.
2. 1 600 hours for acquiring practical professional competence
 - 1 480 hours of psychological activity in the framework of a psychosocial facility of the health or social system in the psychosocial field, including a minimum of 800 hours within one year in a facility of the health system dedicated to the relevant profession;
 - 120 hours of supervision accompanying the psychological activity and relating to specific cases, as well as self-reflection.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

Bundesministerium für Gesundheit und Frauen (BMGF) – Federal Ministry for Health and Women
Radetzkystrasse 2
A-1030 Vienna
Tel. 0043 1 711 00

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Clinical psychology diagnosing is a standard benefit granted by the health insurance funds.

2. Institutions competent for granting benefits to patients

The health insurance fund competent for the patient concerned.

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Not defined.

3. Regulation of the profession according to Article 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

- The profession of clinical psychologist may be practised as an independent profession in its own right or in the course of a career in public service.
- The career of clinical psychologists in public service is regulated in Decreto-Lei n° 241/94, published in Diario da Republica - I Serie - A, N° 220 - 22/9.1994 (5671); Decree-Law No. 241/94 of 22 September 1994), Articles 1 and 2.
- The law provides that clinical psychology shall be a special branch with specific regulations, modes of graduation and a separate career in public service. A diploma in clinical psychology is required (Degree of Licenciado in Psicologia Clinica).
- The diploma Licenciado in Psicologia Clinica is awarded after five years of university study; after a study period of three years, either clinical psychology or another special branch of psychology (such as developmental psychology, school psychology etc.) is chosen. The study programme includes practical on-the-job training (a minimum of 220 supervised work hours) during the fourth or fifth year of studies.
- For the profession of psychologist in general, authorisation for independent practice by the Ministry of Employment and Social Security is required (according to the bulletin of the National Institute for Employment and Social Affairs, No. 32 of 29 August 1972, as well as law No. 289/91 of 10 August 1991, which transfers the EEC Directive into national law). A degree obtained at a university in Portugal or in another country is a prerequisite.

4. Protected title

- yes: **Psicologia Clinica**
 no

5. Documents required due to regulation

Diploma Licenciado in Psicologia Clinica issued by a university or recognised private institution of education and training.

EDUCATION AND TRAINING**Laws and regulations for education and training**

The institutions of education and training are recognised by the Ministerio da Educacao. They differ as to their focuses and curricula.

- Education and training consists of five years of study at one of the four universities or one of the two private institutions recognised by the Ministry of Education.
- After three years students choose a special branch of psychology, e. g. clinical psychology. Other branches are industrial and school psychology, social psychology, organisational psychology, developmental psychology, children and youth psychology, psychotherapy and counselling (at Lisbon university), etc. Focuses and subjects vary according to the education institution.
- Practical training is included in the fourth or fifth year of study, with a minimum of 220 supervised work hours. In most cases students voluntarily exceed the minimum amount of hours. Furthermore, in the course of the fifth year basic training in psychotherapy is offered, i.e. students get the opportunity to practise psychotherapy under the supervision of an experienced psychotherapist.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

Instituto de Desenvolvimento e Inspeccao do Trabalho
Praca de Alvalade n° 1
P-1749-073 Lisboa
Tel. 00351 21 792 4597 or 797 2397, fax 00351 21 792 4597 or 793 7149
E-mail: idict@idict.gov.pt

The Institute of Development and Inspection of Labour Conditions is part of the Ministry of Labour and Social Security and issues the authorisation to practise as a clinical psychologist.

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Services performed in public health care institutions are covered by the social security system. No information is available on the financing of services performed by independent psychologists.

2. Institutions competent for granting benefits to patients

Institutions of public health care. No information is available on authorities competent for granting services performed by independent psychologists to patients.

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Clinical psychology is a basic specialty of psychology dealing with human behaviour and the psychological phenomena of the divide between health and illness in humans.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC**Laws, regulations and administrative provisions governing the profession**

The profession of clinical psychologist is regulated in Real Decreto 2490/1998 of 20 November.

Article 1:

- This decree introduces and provides guidelines for the title of clinical psychologist. The title is a prerequisite for employment in the public health sector.
- The conditions for acquiring this title are as follows:
 - a) holding the title Licenciado en Psicología or other degrees recognised as equivalent on the basis of Real Decreto 127/1984 of 11 January (i.e. Licenciado en Filosofía y Ciencias de la Educación – Psychology Section, or Licenciado en Filosofía y Letras – Psychology Section, Philosophy and Educational Science Division), or an equivalent degree in psychology awarded by a university of another country (recognised by the Ministry of Education and Culture) and
 - b) completion of defined education and training programmes.
- Education and training leading to the acquisition of the title take place in health centres (centros sanitarios) and in recognised education and training institutions.
- The education and training programme is examined as to its recognition by the Ministry of Education and Culture upon proposal by the National Commission and previous information by the Ministry of Health and Consumer Affairs.

Article 2:

- Data on access to and acquisition of the protected title are registered automatically, on the basis of the corresponding legal provisions.

Article 3:

- Establishing the National Commission for the Specialty of Clinical Psychology (Comisión Nacional de la Especialidad de Psicología Clínica). The Commission is under the jurisdiction of the Ministry of Education and Culture, it has advisory functions for this Ministry as well as for the Ministry of Health and Consumer Affairs in the following matters: awarding the title, evaluation of education and training programmes, providing information to the corresponding institutions with regard to criteria of accreditation as well as circumstances under which accreditation would be revoked. The members of the Commission are clinical psychologists (some of them university professors) nominated by the two Ministries, clinical psychologists affiliated to scientific so-

cieties, psychologists training to become clinical psychologists, and a representative of the Psychology Council.

4. Protected title

- Psicólogo Especialista en Psicología Clínica**
 no

5. Documents required due to regulation

Certificate confirming the title **Psicólogo Especialista en Psicología Clínica** by the Ministry of Education and Culture.

EDUCATION AND TRAINING

Laws and regulations for education and training

There are two types of training to become a clinical psychologist:

- 1) Training within the framework of the P.I.R. system (Psicólogos Internos Residentes; Internship System): guidelines for this training have been established by the Ministry of Education and Culture and the Ministry of Health and Consumer Affairs (La Guía de Formación de Especialidades 1996). Trainees have to hold the title of Licenciado en Psicología, pass an exam of selection (examen-oposición) and successfully compete for a training vacancy (there are only about 100 training vacancies per year). Postgraduate instruction consists of practical training (internship) in institutions accredited by the two competent ministries (Ministry of Education and Culture, Ministry of Health and Consumer Affairs) and accompanying theoretical education. Trainees are reimbursed financially.
- 2) Education and training at a university: Bachelors of Psychology may continue their studies to obtain a master's or doctoral degree in clinical psychology. Study programmes also comprise practical training and vary greatly from university to university. However, the holders of such a university degree are not entitled to be employed in the public health service, but exclusively to work in an independent practice.

RECOGNITION OF CLINICAL PSYCHOLOGISTS (EEA)**Authorities competent for recognition of clinical psychologists from the EEA**

Ministerio de Educación y Cultura
Subdirección de Títulos, Convalidaciones y Homologaciones
Paseo del Prado 28 - 4a planta,
E-28014 Madrid
Tel. 0034 91 506 56 00, fax 0034 91 420 33 25

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Clinical psychology services are mainly granted within the framework of public health care. Clients of clinical psychologists working in independent practice must pay for the fees themselves, there is no reimbursement or refunding.

2. Institutions competent for granting benefits to patients

Clinical psychologists recognised in an EEA member state should turn to the Psychology Council and to the health authorities of the autonomous regions, for advice and information.

Colegio Oficial de Psicólogos (Psychology Council)
Claudio Coello Nr. 46 – 2º derecha
E-28001 Madrid
Tel. 0034 91 444 90 20
E-mail: secop@correo.cop.es

SOURCE: Investigation by ÖBIG 2003

Overview by country

Health psychologists in countries with regulation

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Health psychology is one of five fields in which psychologists may specialise in the context of postgraduate training. Training aims at familiarising specialised psychologists with results of research and at imparting knowledge and skills that enable them to work independently in this field.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

—

4. Evidence of formal qualification according to Art. 3 (b) of D 89/48/EEC

Licentiate degree in health psychology of the universities of Helsinki, Turku, Tampere, Jyväskylä, Jouensuu as well as Abo Akademi in Turku.

5. Protected title

- yes
 no, only for psychologists (**psykologi / psykolog**)

6. Documents required due to regulation

- Licentiate degree in health psychology of the universities of Helsinki, Turku, Tampere, Jyväskylä, Jouensuu as well as Abo Akademi in Turku.
- General requirement for psychological work in the health care system: evidence of entry in the Central Register of Health Services Professionals kept by the National Authority of Medicolegal Affairs (Terveysturva- ja Oikeusturvakeskus).

EDUCATION AND TRAINING

Laws and regulations for education and training

- Health psychology is one out of five fields in which psychologists may specialise in the context of postgraduate training after completion of the study of psychology, which takes at least five years and after which the title Psykologian kandidaatti / Psykologie kandidat (Master of Psychology) is awarded.
- Post-graduate specialisation takes place parallel to professional work, for approx. four years. After completion a licentiate degree is awarded.
- Both basic qualification and postgraduate specialisation are governed by the Act on Psychologist Degrees (318/96) of the Ministry of Education.

The following aspects are regulated:

1. Objectives of postgraduate specialisation (Art. 12, par. 3): specialised psychologists shall become familiar with results of research in this field and acquire the knowledge and skills needed in this field and for independent work as a specialised psychologist.
 2. Fields of postgraduate specialisation and training institutions (Art. 14, pars. 2 and 3): Apart from health psychology, postgraduate specialisation may be undergone also in developmental and educational psychology, neuropsychology, industrial and organisational psychology and psychotherapy. The Ministry of Education has recognised universities as training institutions.
 3. Subjects and scope of postgraduate training: Training takes 80 weeks of 40 hours (3 200 hours), after which a licentiate degree is awarded.
- Psychological work in the health care sector is regulated by the Act Concerning Health Care Professionals, No. 559/1994 and the Decree Concerning Health Care Professionals No. 564/1994. Before work in the field of health care is taken up, an application for registration as a health care professional has to be submitted to the National Authority of Medicolegal Affairs (Art. 5). After registration, the profession of psychologist may be pursued in the health care sector under the title of psykologi/psykolog.
 - According to Art. 6 of the Act Concerning Health Care Professionals, psychologists may be registered as specialised psychologists after completion of a four-year post-graduate training programme. At present, this does not yet include special qualifications that are officially recognised with regard to granting the right to pursue a profession.

RECOGNITION OF HEALTH PSYCHOLOGISTS (EEA)

Authorities competent for recognition of health psychologists from the EEA

For registration as a psychologist:

TEO, Terveysturvakeskus (National Authority of Medicolegal Affairs)
 Lintulahdenkatu 10
 P.O.B. 265
 SF-00531 Helsinki
 Tel. 00358 9 772 92 0, fax 00358 9 396 772 92 138
 E-mail: tarja.holi@teo.fi

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

No special refunding procedure for health psychology services exists. However, services provided by psychologists are eligible for refunding if they have been prescribed by a physician.

2. Institutions competent for granting benefits to patients

Kansaneläkelaitos
(public pension fund)
Koskelantie 5
PL 82
SF-00601 Helsinki
Tel. 00358 9 777 01

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Health psychology is a new and rapidly evolving area, and can be defined as the practice and application of psychological methods to the study of behaviour relevant to health, illness and health care. For example, the study of why and when people seek professional advice about their health, why they do or do not recommend preventative measures, how patients and health care professionals interact, how patients adapt to illness, and the links between perception, health behaviour and physical functioning.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

The profession is regulated by the British Psychological Society, which has the status of a professional body with a Royal Charter.

4. Protected title

- yes: **Chartered Health Psychologist**
There is no obligation for holders of this title to use it. It is also possible to use the title of **Chartered Psychologist** or the abbreviation **H. Psychol.** (this abbreviation is authorised by the British Psychological Society). Health psychologists will be included in the register of the British Psychological Society with the entry **Health**.
- no

5. Documents required due to regulation

- Registration document issued by the British Psychological Society. This document only indicates the title of **Chartered Psychologist**, not the additional qualification, which is only included in the register (see below).
- Up-to-date extract from the register of the British Psychological Society (the register is updated annually and distributed among paying and registered members). The entry **Health** next to the psychologist's name is only included in this register, indicating that the psychologist concerned has completed a course of education and training in health psychology recognised by the British Psychological Society.
- Practising certificate issued by the British Psychological Society.

EDUCATION AND TRAINING

Laws and regulations for education and training

There are no legal provisions for education and training. The British Psychological Society (BPS), a professional body with a Royal Charter, regulates the prerequisites for, and the course of, education and training which lead to an entry in the register of Chartered Psychologists.

BPS regulation for education and training to become a Chartered Health Psychologist:

Prerequisites for being included in the register as a Chartered Health Psychologist:

1. Complying with the Graduate Basis for Registration:
 - BPS graduate membership with the obligation to adhere to the code of conduct.
 - Evidence of a relevant qualification. There are three possibilities:
 - A) study of psychology within the framework of an education and training programme recognised by the BPS at a university or other institution. The study programme shall comprise the subjects defined by the BPS and be structured according to the criteria fixed by the BPS. The BPS publishes a list of recognised study programmes on the Internet (<http://www.bps.org.uk/careers>);
 - B) in cases where the study of psychology is not completed or not recognised by the BPS, a Qualifying Examination set by the BPS shall be passed, to which only graduates of a course of studies recognised by the University Central Admissions Service (UCAS) are admitted; **or**
 - C) taking a course which converts the existing degree into one with psychology as a main subject, which is recognised by the BPS.
2. Completed postgraduate education and training programme in health psychology, which comprises a theoretical and a practical part:
 - A) completed postgraduate education and training programme in health psychology which is recognised by the BPS, or completed Stage 1 Qualification in Health Psychology, which leads to the degree of MSc in Health Psychology;
 - B) completed two-year supervised practice on full-time basis, which is extended in case of part-time practice, to a maximum of five years (Stage 2 Qualification in Health Psychology). The supervised practice shall be planned in advance, and a supervisor shall be selected beforehand. Candidates shall give proof of having reached the competences defined by the BPS.
3. Membership in the BPS Division of Health Psychology. Applicants shall submit evidence of being qualified to work as a health psychologist without supervision. As soon as they are accepted as a division member, they can register as Chartered Health Psychologists.

RECOGNITION OF HEALTH PSYCHOLOGISTS (EEA)**Authorities competent for recognition of health psychologists from the EEA**

The British Psychological Society
Mr. Andy Burman
Membership and Qualifications Directorate Manager
St. Andrews House
48, Princess Road East
UK–Leicester, LE1 /DR
Tel. 0044 116 252 95 19, fax. 0044 116 247 07 87
E-mail: andbur@bps.org.uk

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Social security benefits are granted by the National Health Service.

2. Institutions competent for granting benefits to patients

Department of Health
Richmond House
79 Whitehall
UK–London SW1 A2NL
Tel. 0044 207 210 5025
E-mail: dhmail@doh.gsi.gov.uk

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
- yes, according to Art. 3 of D 89/48/EEC
- no

2. Definition of the profession

Not defined.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

The relevant provisions only regulate the profession of psychologist:

1. L.18 febbraio 1989, n. 56 (1). Ordinamento della professione di psicologo (Act No. 56 of 18 February 1989 on Professional Rules for Psychologists, or Italian Psychologists Act): the Act defines the profession of psychologist, lists prerequisites for work as a psychologist and includes provisions on the professional register and the Board of Psychologists.
2. The Decree of the President of the Republic No. 328 of 5 June 2001 (D.P.R. 5 giugno 2001, n. 328) defines two stages of authorisation to pursue the profession and specifies the corresponding protected titles (*iunior psicologo* and *psicologo*):
 - The protected title of *psicologo* is reserved for persons who have completed the study of psychology (duration approx. 5 years) after which the degree *titolo di laurea specialista* is awarded and have been entered in the professional register (albo degli psicologi) of section A (sezione A) of the Board of Psychologists (ordine degli psicologi). The following requirements have to be met:
 - diploma within class 58/S (psychology), which entitles its holders to bear the title of Dottore or Dottoressa, respectively;
 - passing the subsequent state exam (esami di stato);
 - one year of practice (tirocinio pratico), which may be of shorter duration, or may be waived, if the psychologist in question has already been authorised to use the title of junior psychologist.
 - The scope of activities of section-A psychologists include:
 - application of cognitive and operative instruments in the context of prevention, diagnosis, activation, support and rehabilitation for individuals, groups, social bodies and communities;
 - conducting experiments, research and training in the same field (see above);
 - coordination and supervision functions for section-B psychologists (*iunior psicologo*).
 - The scope of activities of section-B psychologists (*psicologo iunior*) is restricted to
 - participation in planning and implementation of psychological and psychosocial interventions;
 - implementation of measures of psychoeducation aimed at promoting personal growth, integration and participation in social life;

- evaluation of behaviour, personality, cognitive processes, social interaction etc. by means of talks and interviews;
 - support for persons with disabilities in order to promote the (further) development of functional, cognitive, practical, emotional and social competences;
 - application of psychological instruments for developing human resources;
 - application of psychological and ergonomic instruments; prevention measures and information in order to promote safety in the workplace and in traffic;
- collection and analysis of statistical data for the purpose of research.

4. Evidence of formal qualification according to Art. 3 (b) of D 89/48/EEC

Specialisation diploma (diploma di specializzazione; usual abbreviation: DS) as well as documents proving attendance at a specialisation course in health psychology (psicologia della salute).

5. Protected title

- yes
- no; only the titles of **psicologo** and **psicologo iunior** are protected.

6. Documents required due to regulation

- Specialisation diploma (diploma di specializzazione; usual abbreviation: DS) as well as documents proving attendance at a specialisation course in health psychology (psicologia della salute).
- General requirement for work as a psychologist in the health care system: extract from the register of psychologists (albo degli psicologi), which is maintained by the Board of Psychologists and updated every two years.

EDUCATION AND TRAINING

Laws and regulations for education and training

- Psychologists may undergo training in health psychology at a university, in the context of specialisation courses (corsi di specializzazione). As a prerequisite for admission to specialisation courses in health psychology (Scuole di Specializzazione in Psicologia della Salute), completion of the study of psychology or medicine (diploma di laurea) and authorisation to pursue the profession of psychologist (diploma di abilitazione all'esercizio della professione) are required; i.e. the person in question must be entered in the register of section A of the Board of Psychologists and hold the protected title of *psicologo*.
- Art. 3 of Act No. 56 of 18 February 1989 on Professional Rules for Psychologists, or Italian Psychologists Act (L. 18 febbraio 1989, n. 56 (1). Ordinamento della professione di psicologo) provides the legal background for basic education and training.
- Art. 3 of the Decree of the President of the Republic No. 162 of 10 March 1982 provides statutory regulations for specialisation courses, independent of the branch of study. Thus, there are no specific provisions governing specialisation courses for training in health psychology. The

exact structure of the courses has to be in line with the statutes of the university in question (in Italy, universities are autonomous bodies) and with the national health plan (which, for instance, determines the number of study places a university may provide for a particular specialisation course) and eventually the Ministries of Health and Education must give their consent. Art. 3 of the aforementioned Decree regulates the following aspects:

- Specialisation courses are university courses; attendance is obligatory.
- Universities may conclude contracts with non-university institutions (e.g. health and social services) and transfer to them parts of practical training.
- At the end of each year of training, candidates have to pass a theoretical exam as a requirement for admission to the next training year (the exam also covers practical activities). After completion of the specialisation course a final exam is held, which consists of a discussion of a written thesis on one or several subjects of the course. Candidates passing the final exam are awarded a specialisation diploma (diploma di specializzazione; usual abbreviation: DS).
- The statutes of the university in question regulate the duration of the specialisation courses, curricula and distribution of subjects, requirements for enrolment, voluntary subjects, rules regarding attendance in class and practical training (students have to document attendance in class as well as practical work in health and social services) and eventually examination procedures.
- Specialisation courses in health psychology take four years and comprise a total number of 3 200 hours including practical work.
- The university where candidates have completed the specialisation course awards the Diploma di Specializzazione in Psicologia della Salute and the title Specialista in Psicologia della Salute.

RECOGNITION OF HEALTH PSYCHOLOGISTS (EEA)

1. Authorities competent for recognition of health psychologists from the EEA

Health psychologists can only be recognised as psychologists. Competent institution:

Ordine degli psicologi consiglio nazionale (Italian Board of Psychologists)
Via G.B. Vico 29
I-00196 Roma
Tel. 0039 6 320 31 37, fax 0039 6 322 00 76
Internet: www.psy.it

SOCIAL SECURITY BENEFITS FOR PATIENTS

1. Reimbursement or refunding by social security institutions

—

2. Institutions competent for granting benefits to patients

—

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

Health psychology is defined as psychology or education with regard to individual health care.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

- The profession is regulated by the B.I.G. (Wet op de beroepen in de individuele gezondheidszorg (B.I.G.) – Individual Health Care Professions Act), which has been effective for health psychologists since 1 April 1998. Adopted on 9 November 1993, the B.I.G. covers eight health care professions (physicians, dentists, pharmaceutical chemists, health psychologists, psychotherapists, physiotherapists, midwives, nurses) and has been implemented in stages. The objective of the B.I.G. is to promote high standards of professional practice and to protect patients in the field of individual health care.
- Section 3 of the B.I.G. regulates the following aspects
 - Protection of the title of **Gezondheidszorgpsycholoog**.
 - Description of the profession of health psychologist (Art. 27 of the B.I.G.)
 - Registration of health psychologists as a requirement for holding the professional title:
 - * Completed education and training in health psychology is a prerequisite for registration. The requirements for education and training are laid down in a general administrative provision.
 - * A registration fee has to be paid, and registration is limited to a period of 5 years.
 - * Renewal of registration is based on individual competence and is denied in the case of insufficient competence.
 - * The register is a public register.
 - Disciplinary code to maintain professional standards and to protect the interests of patients; disciplinary measures (6 measures ranging from warning and reprimand to temporary or permanent withdrawal of the right to hold the professional title) and disciplinary procedures.
 - Maintaining a register of health psychologists who may no longer practise the profession due to psychological or physical reasons.
 - Penal provisions and transitional provisions: health psychologists who have not undergone the required education and training programme may be recognised on grounds of their professional experience and knowledge acquired.

4. Protected title

- yes: **Gezondheidszorgpsycholoog**
 no

5. Documents required due to regulation

Extract from the register of health psychologists at the Ministry of Health, Welfare and Sport (not older than 5 years).

EDUCATION AND TRAINING**Laws and regulations for education and training**

Education and training are regulated in the administrative provision Besluit gezondheidszorgpsycholoog No. 156 of 17 March 1998, which is based on Arts. 24 and 25 of the B.I.G.

Its main intentions are the following:

1. For admission to education and training in health psychology, completed studies of psychology, educational or health sciences (with specialisation in mental health are required. Education and training shall include a number of defined subjects. If these subjects are not covered by the curriculum, additional certificates (at university level) have to be submitted for these subjects.
2. Education and training in health psychology includes both theory and practice and comprises a minimum of 3 600 hours:
 - 810 hours of theoretical education and practical training in the field of health psychology. This includes psychological diagnosing, establishment of indications and application of psychological, educational and psychotherapeutic methods of treatment of children, adolescents, adults and elderly persons.
 - 2 790 hours of practical experience in the field of health psychology for a minimum period of two years, covering at least psychodiagnosing, establishing of indications and applying psychological, educational and psychotherapeutic methods of treatment .

RECOGNITION OF HEALTH PSYCHOLOGISTS (EEA)**Authorities competent for recognition of health psychologists from the EEA**

Ministerie van Volksgezondheid, Welzijn en Sport (Ministry for Health, Welfare and Sport)
Directie Curatieve Somatische Zorg
Bureau Buitenlandse Diplomahouders
P.O.B. 16114
NL-2500 BC Den Haag

Commission of Foreign Degree Holders in Public Health
c/o BIG Register
P.O.B. 16114
NL-2500 BC Den Haag
Tel. 0031 900 8998 225

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

Services provided by health psychologists are refunded by the social security fund, but not exclusively, i.e. both psychosocial institutions and social security funds may conclude agreements also with other professional groups such as psychologists or specialists in remedial education.

2. Institutions competent for granting benefits to patients

For further information please contact:
Ziekenfondsraad (Health Insurance Council)
P.O.B. 396
NL-1180 BD Amstelveen
Tel. 0031 20 547 8911, fax 0031 20 647 3494

SOURCE: Investigation by ÖBIG 2003

REGULATION

1. Regulation of the profession

- yes, according to Art. 1 of D 89/48/EEC
 yes, according to Art. 3 of D 89/48/EEC
 no

2. Definition of the profession

A description exists with regard to pursuing the profession of psychologist in the health care system, but the profession of health psychologist has not been defined (Section 3 (1) of the Psychologists Act):

To exercise the profession of psychologist in the framework of the health system shall mean to examine, interpret, change and predict the experience and behaviour of persons, on the basis of acquired professional competence, applying the findings and methods of psychological science.

3. Regulation of the profession according to Art. 1 of D 89/48/EEC

Laws, regulations and administrative provisions governing the profession

The profession is regulated in the Federal Act of 7 June 1990 Relating to the Professional Title "Psychologist" and to the Exercise of the Profession of Psychologist in the Framework of the Health System (Psychologists Act); Federal Collection of Statutes BGBl. 360/1990. The following areas are covered:

- professional title of *Psychologe* or *Psychologin* and penal provision
- description of the profession
- acquiring professional competence
- prerequisites for the independent exercise of the profession of psychologist
- credits with regard to previous education and training periods
- professional titles of health psychologist and clinical psychologist, as well as penal provision
- professional duties of clinical psychologists and health psychologists
- list of clinical psychologists and health psychologists
- expiry of authorisation to exercise the profession
- Psychologists' Advisory Council
- transitional provisions

4. Protected title

- yes: **Gesundheitspsychologe / Gesundheitspsychologin**
 no

5. Documents required due to regulation

Admission to the List of Clinical Psychologists and Health Psychologists kept by the Federal Ministry competent for health affairs.

EDUCATION AND TRAINING**Laws and regulations for education and training**

The Psychologists Act (Federal Collection of Statutes BGBl. 360/1990) names the following requirements for education and training:

1. 160 hours for acquiring theoretical professional competence for deepening defined subject matters, in education and training facilities recognised by the Federal Minister competent for health affairs.
2. 1 600 hours for acquiring practical professional competence
 - 1 480 hours of psychological activity in the framework of a facility of the health or social system in the psychosocial field, including a minimum of 150 hours within one year in a facility of the health system dedicated to the relevant profession;
 - 120 hours of supervision accompanying the psychological activity and relating to specific cases, as well as self-reflection.

RECOGNITION OF HEALTH PSYCHOLOGISTS (EEA)**Authorities competent for recognition of health psychologists from the EEA**

Bundesministerium für Gesundheit und Frauen (BMGF) – Federal Ministry for Health and Women
 Radetzkystrasse 2
 A-1030 Vienna
 Tel. 0043 1 711 00

SOCIAL SECURITY BENEFITS FOR PATIENTS**1. Reimbursement or refunding by social security institutions**

no

2. Institutions competent for granting benefits to patients

—

SOURCE: Investigation by ÖBIG 2003

ISBN 3-85159-069-4