

## **CONSTITUTION OF THE EUROPEAN FEDERATION FOR PSYCHOANALYTIC PSYCHOTHERAPY IN HEALTH AND RELATED PUBLIC SERVICES EFPP**

Adopted on 10th March 1991

Amended on 26th March 1993, 24th March 1995, 5th March 1999, 30th March 2001,  
13th March 2009, 1st March 2013

### **ARTICLE 1 Title**

The name of the organisation shall be "The European Federation for Psychoanalytic Psychotherapy, and its Applications to Health and related Public Services, in Europe" hereafter referred to as "The Federation".

### **ARTICLE 2 Legal Status**

The Federation will be an unincorporated association governed by the Law of England and Wales.

### **ARTICLE 3 Official Language**

The English text of the Constitution of the Federation shall be the official text.

### **ARTICLE 4 Location of the Federation**

The formal address for all communications shall be that of whoever be the secretary of the Federation.

### **ARTICLE 5 Psychoanalytic Psychotherapy**

For the purposes of this constitution, psychoanalytic psychotherapy shall be taken to mean psychoanalytic psychotherapy with adults, with groups, with children and adolescents, and with couples and families.

### **ARTICLE 6 Public Sector**

For the purposes of this constitution, public sector shall mean public organisations such as health and related public services and other third party and insurance funded health services, as well as any additionally provided public psychoanalytic psychotherapy services.

### **ARTICLE 7 Objects of the Federation**

7.1a:

to advance education, training and the development of psychotherapy which is psychoanalytic in principle and practice, concentrating particularly on services provided by public organisations such as health and social services and other third party and insurance funded health services.

7.1b:

to promote for the public benefit the relief of mental illness or disorder by developing psychoanalytic psychotherapy in Europe regardless of race, religion, gender or socio-economic status, in particular through the development of a Board structure for psychoanalytic psychotherapy in the public sector.

7.1c:

to promote research in psychoanalytic psychotherapy.

In pursuance of the above objects but not further or otherwise, the Federation shall have the following powers:

## 7.2a:

to define and protect the standards of training for psychoanalytic psychotherapists that the Federation would accept as a minimum qualification for being a qualified practitioner in the member countries, competent to practice on behalf of the service providers outlined in 7.1a: above.

## 7.2b:

to ensure that each member of the organization has an ethical code for the practice of psychoanalytic psychotherapy in the public sector.

## 7.2c:

to enhance awareness amongst other professionals, administrators and legislators in the public sector about psychoanalytic psychotherapy and to make available to the general public, knowledge about the theory and practice of psychoanalytic psychotherapy and also to bring to the public's attention the scarcity of treatment resources.

## 7.2d:

to facilitate further communication amongst psychoanalytic psychotherapists and psychoanalysts in the public sector in Europe, by means of publications, newsletters, scientific conferences and other meetings.

## 7.2e:

to create a central institution for the collection, provision, maintenance and spread of information and knowledge relating to psychoanalytic psychotherapy and psychoanalysis.

## 7.2f:

to establish, carry on, promote, organise, finance and encourage the study, writing, production, publication and distribution of books, periodicals, monographs, pamphlets, articles and other literature and to arrange meetings and lectures and to arrange for the reading of papers and holding of seminars or discussions and to circulate any periodicals and literature that may be deemed advisable by the Board and to provide library facilities.

## 7.2g:

to purchase, take on, lease or hire or otherwise acquire real or personal property and rights or privileges and to construct, maintain and alter buildings.

## 7.2h:

subject to such consents as may be required by law, to sell, let, mortgage, dispose of or turn to account all or any of the property or assets of the Federation.

## 7.2i:

to undertake and execute any charitable trusts which may lawfully be undertaken by the Federation.

## 7.2j:

to borrow or raise money on such terms and on such security as may be thought fit provided that the Board shall not undertake permanent trading activities in raising funds for the said objects.

## 7.2k:

to establish and support or aid in the establishment and support of any associations or institutions in accordance with the aims in ARTICLE 7.1 and to subscribe or guarantee money for charitable purposes.

7.2l:

to join or affiliate or cooperate with and subscribe to any association, society or corporation and to purchase or otherwise acquire and undertake all or any part of the property, assets, liabilities and engagements of any such association, society or corporation.

7.2m:

to do all such other things as shall further the said objects or any of them, but not to do anything which will breach the national law of a member state.

## **ARTICLE 8 Membership**

Membership shall be open to all European countries. Exceptionally a country situated outside the European borders may be accepted if its application for membership has been accepted by the Board and is ratified by a 2/3 majority of the voting delegates at a General Meeting.

Each country with full membership shall send up to eight delegates to a General Meeting; two delegates representing each of the four sections, defined under ARTICLE 10, who shall be qualified according to standards laid out in the bylaws. The delegates will be appointed by the organisation from the member countries which appear to the Board to represent the section of the profession in the country concerned.

All applications for membership will be approved by the Section coordinator and Board member of that section and will be ratified at a meeting of the full Board.

### **8.1 Types of Membership**

8.1a: Full Members

Full members of a section are:

- 1) Those countries that have training standards in their member organisation of that section that correspond to the training standards of the EFPP, (The European Federation for Psychoanalytic Psychotherapy) for that section.
- 2) From March 1999, new applications from those organisations who intend to, but do not yet have the training standards of the EFPP for that section, but who have a core group of at least six persons in that section who are both trained to that section's standards of the EFPP bylaws and who are active in training activities in the organisation.

The delegates or Full members of a section in each country have voting rights and are eligible for election onto the Board.

8.1b: Associate Members

Associate members of a section are:

Those that do not yet have training standards that correspond to those EFPP bylaws for that

section, or if they do have such training standards, do not yet have a core group of at least six persons trained to those standards and who are active in training within those organisation(s).

Associate members may send two delegates to meetings of that section of the EFPP and to general meetings, but do not have voting rights and may not be elected onto the Board.

8.1c: Observers

Observers are from those countries and sections who are at a first stage of developing psychoanalytic psychotherapy or a national network and who are considering whether they are at a stage to apply for membership for the EFPP.

Observers have no voting rights and may not be elected onto the EFPP Board. Observers may attend the general meetings of the Federation.

Countries may remain with Observer status for a period of 2 years after which it will be reviewed with the Board.

## **8.2 Affiliated institutions**

EFPP will seek affiliation with other European Psychoanalytic and Psychoanalytic Psychotherapy institutions. Such affiliation will be to promote the aims of the Federation as laid down in ARTICLE 7 of the current Constitution, and to develop and foster the relationship between international psychoanalytically oriented societies, organisations or groups and exceptionally with organisations outside Europe. Institutions and organisations who wish to establish links with EFPP would become "Institutions affiliated with the EFPP". Their representatives will be invited to the general meeting (without voting rights) and to other relevant meetings to discuss matters of common interest.

## **ARTICLE 9 Board of Trustees of the Federation**

### **9.1**

The affairs of the Federation shall be managed by a Board of Trustees, which shall be made up of the following voting members:

Two persons from each of the four sections of the Federation elected by the section (according to ARTICLE 11.1) and a President of the Board elected separately and directly by the general meeting of the delegates. The election of the President shall be on the basis of a single majority of votes at the general meeting. Nominations for the President must be received in writing by the secretary of the Federation at least three calendar months prior to the general meeting of the delegates, and shall be sent to the delegates at least two calendar months prior to the meeting.

[The rules for the procedure for the election of Board members by the section will take immediate effect – March 13th 2009. The rules for the procedure for the direct election of the President by the general meeting of delegates will take effect from October 1st 2010].

### **9.2**

9.2a:

Subject to paragraphs 9.3, 9.4 and 9.5 below, all members of the Board shall hold office for a period of four years from the date of their election and shall be eligible for re-election for up to one further term. The President will be eligible for no more than two consecutive terms of four years as President.

9.2b:

The Board will appoint its own members to the positions necessary for its functioning and may co-opt additional members for any particular task the Board decides is in the interest of the Federation. The Board may co-opt member to fill casual vacancies until the next normal election. The number of co-opted members shall not exceed 1/3 of the total Board.

### **9.3**

Members of the Board may resign by giving notice in writing to the secretary.

### **9.4**

Members of the Board may be removed by a resolution of the section that elected them.

**9.5**

Board members cease to be members if the national section of which that member is a delegate is expelled for non-payment of dues.

**9.6**

The proceedings of the Board shall not be invalidated by any failure to appoint or by any defect in the appointment or qualification of any member.

**9.7**

The Board shall convene not less than twice a year and the President, or in his/her absence, the Vice President, or five voting members of the Board may call a special meeting of the Board. The Board shall call a general meeting at least every two years.

A general meeting shall also be called if the Secretary receives a request in writing for such a meeting signed by one third of the Federation's delegates.

**9.8**

At the general meeting the business shall include the election of the Board and the appointment of an Independent Examiner to audit the accounts and the consideration of the general report of the Board and the audited accounts.

**9.9**

A quorum of the Board shall be 1/3 of voting members, one of whom must be the President or the Vice-President.

**9.10**

The Board may from time to time appoint such sub-committees as may be deemed necessary, and may determine their terms of reference, powers, duration and composition provided that no sub-committee may be given power to co-opt more than one fourth of its total membership and provided that all acts and proceedings of any such sub-committee shall be fully and promptly reported to the Board.

**9.11**

The Board shall have the power to appoint and dismiss a paid secretary and such other employees of the Federation, not being members of the Board as it may from time to time determine, or to arrange with any other organisation for the provision of secretarial services.

**9.12**

The Board shall have the final authority to determine training standards and ethics and to determine membership of the Federation.

**9.13**

The Board shall have the power to make bylaws for the purpose of carrying out its functions.

**9.14**

The Board shall take its decisions by a simple majority of those present and voting.

**ARTICLE 10 Organisation into sections**

The Federation will be composed of four sections:

- a) representing individual adult psychoanalytic psychotherapy

- b) representing group analytic psychotherapy
- c) representing child and adolescent psychoanalytic psychotherapy
- d) representing couple and family psychoanalytic psychotherapy

Each section will be autonomous in defining its own training standards for the Federation, but these standards will form part of the bylaws.

### **ARTICLE 11 The Sections**

Sections shall meet as frequently as they decide and at times of general meetings of the Federation called by the Board.

#### **11.1**

Each section's voting membership shall be composed of up to two members from each member country. Elections for vacancies on the Board of the Federation shall be on the basis of simple majority of votes cast by the section's voting membership at the section meeting coinciding with that of the general meeting unless the section agrees to alternate arrangements.

#### **11.2**

Each member country will develop its own form of national representation for psychoanalytic psychotherapists who are both qualified by the Federation's standards as laid down in the bylaws and/or are members of a national organization recognised by the EFPP.

#### **11.3**

Each section shall appoint a Coordinator of the section at the section meeting coinciding with the general meeting of the Federation.

### **ARTICLE 12 Finances**

#### **12.1**

The Board shall have power to obtain, collect and receive money and funds by way of contributions, donations, subscriptions, deeds of covenant, legacies, grants or any other lawful method, and to accept and receive gifts of property of any description.

#### **12.2**

The Board shall determine the level of subscriptions and require payment of fees within such time as the Board shall determine but not less than one month. No delegate shall be entitled to vote or take part in any deliberations if the national section of which he/she is a delegate has not paid its dues within a period of three months following demand. The Board shall also have the power to expel a national section for non-payment of fees.

#### **12.3**

The income and property of the Federation, whencesoever derived, shall be applied solely towards the object of the Federation as set forth in ARTICLE 7 and no portion thereof shall be paid or transferred directly or indirectly by way of dividend, bonus or otherwise howsoever by way of profit to any member of the Board provided that nothing herein shall prevent the payment in good faith of reasonable and proper remuneration to any servant of the Board not being a member of the Board, or the payment to members of the Board or any sub-committee appointed under ARTICLE 9.9 hereof reasonable and proper out of pocket expenses.

**12.4**

The financial year shall run from 1st October to 30th September (with effect from October 1996). At least once in every financial year the accounts of the Federation shall be audited by an Independent Examiner, subject to the rules of the Charity Commission and shall be submitted for consideration at the general meeting.

**12.5**

The funds of the Charity including all donations, contributions and bequests shall be paid into an account operated by the Board in the name of the Charity at such bank Board shall from time to time decide. All cheques drawn from the account must be signed by at least two persons authorised by the Board, at least one of whom must be a Board member.

**ARTICLE 13 Dissolution**

The Federation may be dissolved by a Resolution passed by a two-thirds majority of those present and voting at a Special General Meeting convened for the purpose of which 21 days notice shall have been given to the delegates. Such resolution may give instructions for the disposal of any assets held by or in the name of the Federation, provided that if any property remains after the satisfaction of all debts and liabilities such property shall not be paid or distributed among the members of the Federation but shall be given or transferred to such other charitable institution or institutions having objects similar to some or all of the objects of the Federation as the Federation may determine and if and in so far as effect cannot be given to this provision then to some other charitable purpose.

**ARTICLE 14 Amendments to the Constitution**

Alteration to this Constitution shall receive the assent of two-thirds of the members present and voting at an Annual or Special General Meeting. A resolution for the alteration of the Constitution must be received in writing by the Secretary of the Federation at least three months before the meeting at which the resolution is to be brought forward. At least two calendar months clear notice of such a meeting must be given in writing by the Secretary to the membership and must include notice of the alteration proposed. Provided that no alteration to ARTICLE 7 (objects), ARTICLE 13 (dissolution) or this clause, shall take effect until the approval in writing to the Charity Commissioners or other authority having charitable jurisdiction shall have been obtained; and no alteration shall be made which would have the effect of causing the Federation to cease to be a charity in law.

## BYLAWS

The following minimal training standards have been agreed for qualification of psychoanalytic psychotherapy practitioners in the public sector.

### A) PSYCHOANALYTIC PSYCHOTHERAPY TRAINING FOR ADULT INDIVIDUAL THERAPY

Amended and adopted 13th March 2009 at the Delegates Meeting Kortenbergl

#### 1.

Training is organised and implemented by an organization with training as one of its specific purposes. The organization must keep a register of members and trainees, which clearly defines those who are entitled to practice as qualified Psychoanalytic Psychotherapists.

#### 2.

An academic degree or an equivalent theoretical and clinical experience is precondition for application to the training programme. Every organization should have a Training Committee that furthermore evaluates the suitability of applicants.

#### 3.

National laws define the standard requirements for training in the member countries. The EFPP states the minimal criteria for qualification as a Psychoanalytic Psychotherapist. For recognition as a Psychoanalytic Psychotherapy practitioner of individual therapy, the criteria should be as follows:

##### a) Duration of training

A minimum of four years training course in psychoanalytic psychotherapy.

##### b) Personal psychotherapeutic experience

During the training program, the trainees are required to undergo individual psychoanalysis or psychoanalytic psychotherapy with a qualified psychoanalyst or psychoanalytic psychotherapist for not less than twice a week over a minimum period of four years. It is recommended to start the individual psychoanalysis or psychoanalytic psychotherapy before the training and continue thereafter. The individual psychoanalysis or psychoanalytic psychotherapy is conducted on a non-reporting basis.

##### c) Supervision requirements

The candidate sees at least two patients, for not less than 360 sessions in total. One patient is seen for two or preferably three sessions a week for not less than 240 hours.

The training organization will decide number, frequency and duration of other cases.

The total supervisory sessions should be not less than 200 sessions and at least one case should be supervised for at least two years on a weekly basis. Each trainee should have at least two different supervisors.

All cases used for qualification should be supervised and it is recommended that it includes at least one ending phase treatment.

##### d) Theoretical requirements during the training

The training period includes theoretical and technical seminars on Psychoanalytic Psychotherapy and its applications and clinical presentations material for not less than 360 hours in total.

Final qualification should include a written clinical paper based on a supervised case.

e) Clinical Experience

Before qualification, the trainees should have clinical experience in different clinical settings including institutional dimensions to the provision of health services and to be acquainted with a wide range of mental disturbances. Infant observation is also recommended.

The Training Committee should continuously monitor the candidate's suitability and progress on the basis of verbal or/and written reports from teachers and supervisors throughout the training.

### **Addendum**

Organizations should make provisions for training and continuous development of supervisory skills and for CPD (Continuing Professional Development) for their members. Organizations should have an ethical code, an ethical committee and complaint procedures.

## **B) PSYCHOANALYTIC GROUP PSYCHOTHERAPY TRAINING<sup>1</sup>**

Amended and adopted March 2007 at the Delegates Meeting in Stockholm

### **1.**

Training can occur only in an organisation which has training as one of its specific purposes. Therapists and supervisors will have been formally approved by the training organisations as competent for training purposes. The training organisation will keep a record of its members.

### **2.**

That record will clearly define those who are entitled to practice as independent and qualified psychoanalytic group psychotherapists. It must include those senior members who are qualified through service and experience but who may not have undergone formal training. This applies only to countries new to psychoanalytic group psychotherapy or in exceptional cases and during a limited period of time.

### **3.**

For recognition by EFPP, the training organisation's criteria for qualification as a psychoanalytic

group psychotherapist shall fulfil the following minimal requirements.

The qualification as Psychoanalytic group psychotherapist may be obtained by an integrated training programme in PGP or by a comprehensive training in PGP.

- The qualification by integrated training in PGP means that the training in PGP is based on the qualification in individual psychoanalytic psychotherapy for adults or for children/adolescents according to EFPP standards.
- The qualification by comprehensive training means that the training on PGP is totally based on a specific training programme in PGP.

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<sup>1</sup> Psychoanalytic Group Psychotherapy includes different approaches and schools such as Group Analysis by Foulkes and Bion, Gruppo Operativo etc.

The training programme may be divided in a basic level and in a graduating level. The basic level should include at least half of the requirements of the full requirements.

In the following the training requirements for both training programmes are separately indicated. The meaning of 1 hour is corresponding to 60 minutes.

### **3.1. Duration**

For both programmes a duration of at least 3 years.

### **3.2. Personal psychoanalytic group psychotherapy experience**

For comprehensive training programmes at least 240 hours.

For integrated training programmes at least 120 hours.

The personal psychoanalytic group psychotherapy experience in conjunction with the training should last for at least two consecutive years and can take place in a mixed group, with patients who are not in training, or in a therapy group composed of students.

### **3.3. Supervision**

Comprehensive training programme: 120 hours of supervision of at least two one weekly groups of patients (two long term groups or one long term group and two short term groups).

The supervision should last over at least 3 years and should take place preferably in a group.

Integrated training programme: 120 hours of supervision of at least one weekly group of patients; the supervision should last over at least 3 years and should take place preferably in a group.

### **3.4. Theory seminars**

For both programmes seminars in psychoanalytic group psychotherapy and psychoanalytic psychotherapy not less than 160 hours.

## **4.**

Before qualification as a psychoanalytic group psychotherapist the student will have gained clinical experience in settings where a variety of psychological disturbances will be encountered; this will acquaint him or her with the full range of mental disturbances, different modes of therapy, and the professional and institutional dimensions to the provision of health services.

## **5.**

The candidate's personal suitability and progress will be evaluated through out the training; only exceptionally will a candidate be accepted who does not have university degree or an equivalent professional qualification.

## **C) CHILD AND ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY TRAINING**

Amended and adopted March 2005 at the Delegates Meeting Stockholm

### **1.**

Training is organised and implemented by an organisation with training as one of its primary purposes. The organisation keeps a record of its members.

**2.**

The organisation clearly defines the status of its members and keeps a record of those members who are entitled to practice independently as qualified psychoanalytic child and adolescent psychotherapists (European certificate level). The minimum criteria, which an organization should meet in order to be recognized by EFPP as a training organization are described below. The full training may be divided into parts. However in order for the training to be certified by the EFPP the quantitative sum of the parts should be at least the same as the criteria's stated below:

**3.**

In exceptional cases, the child and adolescent section members of the Board of EFPP can consider such special circumstances, which do not permit a member country to meet the stated training standards. Such an approval of standards below the certificate level is provisional and must be reconsidered after 5 years.

Minimum requirements for the certificate level:

- a) Four to five years of training
- b) 300 teaching hours of theory seminars covering, at least, psychoanalytic theory, human growth and development, psychopathology and psychoanalytic concepts and technique.
- c) Psychoanalytic infant observation of 60 small group seminars (2 years, each year consisting of 60 teaching hours) covering the weekly observation of an infant from birth to 1 ½ - 2 years old.
- d) 60 - 120h small group clinical seminars, covering, at least, work with parents, non-intensive psychotherapy, (technique) and assessment.
- e) Individual supervision (120h -160h) of 400 - 480 h of intensive psychotherapy (2-3 times a week) of three different cases (young child, latency child and adolescent) of both sexes.
- f) Group supervision (60h -120h) of 3-6 non-intensive psychotherapy cases.
- g) Trainees should be in personal intensive psychotherapy or psychoanalysis with an approved psychoanalytic psychotherapist or psychoanalyst, 2-3 times weekly at least for the duration of their training.
- h) Before qualification, a clinical paper should be submitted and approved.

The teachers and supervisors should be senior child and adolescent psychotherapists. Applicants should be graduates in medicine, psychology, social work or hold an equivalent university degree. They should have some professional experience of working with children and/or adolescents of at least 2 years and should be assessed for their personal suitability.

Further clarifications of the training standards are included in the EFPP European Certificate

**D) PSYCHOANALYTIC COUPLE AND FAMILY PSYCHOTHERAPY**

Accepted March 2005 at the Delegates Meeting Stockholm, adopted on 13th March 2009 at the Delegates Meeting Kortenber

**1.**

Training can only take place in an organisation with training as one of its specific purposes. Therapists and supervisors will have been formally approved by the training organisation as competent for training purposes. The training organisation will keep a record of its members.

**2.**

That record will clearly define those who are entitled to practise as independent and qualified psychoanalytic couple and family psychotherapists.

It must include those senior members who are qualified through service and experience but who may not have undergone formal training equivalent to the training standards requirements (including personal analysis). This applies only to countries new to psychoanalytic couple and family psychotherapy or in exceptional cases and during a limited period of time. Psychoanalytic psychotherapists who have not undergone a formal training in PCFP but who themselves want to start a new training course in PCFP are supported by the EFPP Section of PCFP. It is assumed that such courses will cooperate with psychoanalytic psychotherapists who have a formal training in PCFP and that they will seek supervision and advice from experienced trainers of PCFP.

**3.**

The qualification as psychoanalytic couple and family psychotherapist may be obtained as additional to the qualification for individual psychoanalytic psychotherapy for adults or children/adolescents and to the qualification in psychoanalytic group psychotherapy.

**4. Trainees**

The trainees entering the programme should have graduated in psychoanalytic psychotherapy according to the regulations of the EFPP for Adult Section, Child and Adolescent Section or Group Section. The required qualifications for entering the basic psychoanalytic training are stated in the bylaws of the three sections. Applicants are assessed by the training committee. The assessment should be based on personal interviews and made by a group of trainers.

**5. Duration**

A minimum of 2 years full-time training is required.

**6. Seminars in theory**

A minimum of 100 hours. The theory seminars of the training in PCFP should include child and adolescent development as well as child, adolescent and adult psychopathology in the interdependent and the intersubjective perspective of the parents, the family and the family life cycle.

**7. Personal experience**

The curriculum must include a specific personal experience in a group setting related to psychoanalytic couple and family psychotherapy. This experience should have duration of at least 2 years with a minimum of 40 hours.

**8. Supervision**

Required: the supervision of one properly completed family psychotherapy and one couple psychotherapy. The supervision should include a minimum of 90 hours.

**9. Evaluation of the training**

The trainee's personal suitability and progress will be evaluated throughout the training. At the end of the training, the trainee has to present a written paper on one clinical case.