

## BYLAWS - EFPP CONSTITUTION

### BYLAWS

THE FOLLOWING MINIMAL TRAINING STANDARDS HAVE BEEN AGREED FOR QUALIFICATION OF PSYCHOANALYTIC PSYCHOTHERAPY PRACTITIONERS IN THE PUBLIC SECTOR

#### D) PSYCHOANALYTIC COUPLE AND FAMILY PSYCHOTHERAPY

Accepted March 2005 at the Delegates Meeting Stockholm,  
adopted on 13<sup>th</sup> March 2009 at the Delegates Meeting Kortenbergl

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 after a 4 years of **specific and exclusive** couple- and family training program (in accord with all standards and requirements) or a minimum of 2 years **additional** to the prior qualification in psychoanalytic psychotherapy (adult, child and adolescent or group).

#### 4. Trainees

The required qualifications for entering the basic psychoanalytic training are stated in the bylaws of the four sections. Applicants are assessed by the training committee. The assessment should be based on personal interviews and made by a group of trainers.

#### 5. 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.

#### 6. Personal experience

During the training programme trainees must undergo psychotherapy or psychoanalysis with a qualified training psychotherapist for not less than twice a week over a minimum period of 4 years. 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.

#### 7. Supervision

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

#### 8. 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.