

IIPA

INTERNATIONAL
INTEGRATIVE PSYCHOTHERAPY ASSOCIATION

**Commission of
TRAINING & STANDARDS
CERTIFICATION**

INTERNATIONAL INTEGRATIVE PSYCHOTHERAPY ASSOCIATION

Certification Scheme

International Integrative Psychotherapy Trainer & Supervisor (CIIPTS)
International Integrative Counselling Trainer & Supervisor (CIICTS)
Certified Integrative Psychotherapist (CIP)
Certified Integrative Counsellor (CIC)

CRITERIA FOR APPLICATION

This document explains the International Integrative Psychotherapy Association (IIPA) procedure that will be used to manage Applications for IIPA Certification from interested integrative psychotherapists, counsellors, trainers and supervisors.

This document outlines the process, roles and responsibilities at each stage of an Application.

Whilst this process deals with the core principles and procedures of the IIPA, differences in individual Countries' nationally recognised training programmes may require appropriate flexibility.

All Certification applications will be handled in a transparent and facilitative manner.

IIPA Training & Standards Committee/Commission (TSC)

TSC Members:

Chair – Mario C.	Salvador	(Spain)
Helen	Cadot	(France)
Conchita	De Diego	(Spain)
Elena	Guarrella	(Italy)
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I PHILOSOPHY AND BASIC PRINCIPLES OF TRAINING

I.1 Integrative Psychotherapy (IP) Training:

IP training will provide professionals with a training that reflects and emphasises a relational attitude and approach to psychotherapy. IP Training will provide a creative and self-reflective process through stimulus and structure, based on valuing and enhancing both the professional and personal level of IP competences and relational functioning.

IP Training will, therefore:

- I.1.1 Ensure and provide evidence that the IP psychotherapist or counsellor has a minimum level of theoretical knowledge and clinical competence.
- I.1.2 Enhance and ensure that congruence is evident across all criteria, (e.g. IP philosophy; ethical awareness; professional and safe practice) throughout the duration of the learning.
- I.1.3 Consider and respect the National Laws and Professional Regulatory Organisations within each Country where IP is practiced.

1.2 The Rationale for establishing IP Training Standards is:

- 1.2.1 To establish specific standards for facilitating excellence in training, supervision and clinical competences, professionally and ethically, for IP psychotherapists and counsellors.
- 1.2.2 To determine that a certified IP psychotherapist or counsellor has the minimum training qualifications to practice under his or her Country's legal jurisdiction.
- 1.2.3 To develop, identify and foster links, internationally, between psychotherapists and counsellors who use IP concepts in their practices.
- 1.2.4 To establish and develop an international standard curriculum for IP Training Institutes.
- 1.2.5 To develop, identify and foster International communications between training institutes that teach IP.
- 1.2.6 To establish and develop continuity and congruence among colleagues who practice IP.
- 1.2.7 To establish a common standard of validation for professional and personal competencies in the International practice of IP.
- 1.2.8 To foster IP psychotherapists' and counsellors' commitment to ongoing professional and personal development.

1.3 The Methodology of IP Training Consists of:

- 1.3.1 A style of training characterised by a structure that emphasises attunement to the trainee's rhythm, relational needs, cognitive frame of reference, developmental level and affective process.
- 1.3.2 A didactic and experiential approach to learning that helps the trainee integrate IP principles into their personal and professional development.
- 1.3.3 Supervision and teaching methods wherein the theoretical concepts and methods of IP are modelled and demonstrated.
- 1.3.4 IP supervision that fosters in the supervisee an increased capacity for contact in relationship, in part by increasing the supervisee's capacity for self-awareness and internal contact.
- 1.3.5 A supervision process that uses inquiry, attunement and involvement to facilitate the professional development of the trainee.
- 1.3.6 A teaching process that takes into account the experience and cognitive style of the trainee in a relational way of teaching.
- 1.3.7 A teaching and supervisory process that emphasises ethical concerns in the field of IP.
- 1.3.8 The supervision structure can also involve other components that are involved in the supervisory relationship.

1.4 Learning – commentary on the learning process context and expectations of trainers:

- 1.4.1 A group is the main forum for learning/training. A certain number of hours may also be distributed through seminars during the year. Ideally, these seminars should be once a month. Since we are aware that some countries could have problems maintaining this kind of structure, at the beginning this structure might be varied. However, a continuous learning experience should not be less than four workshops a year. An IP Trainer or Institute can apply in advance to the TSC for a specific and designated structure, programme and/or curriculum.
- 1.4.2 The trainer and supervisor should be aware that it is important to create an affective relationship between trainer and trainee. The learning/training approach required is to be responsive to the trainee's relational needs and to the developmental phase of the trainee's learning process.
- 1.4.3 The trainer needs to be aware that if the trainee is not learning effectively, there may be a lack of relationship, or a problem in the training contract.
- 1.4.4 The trainer must also be aware that learning/training is not effectively accomplished if by introjection, but by assimilation and integration.
- 1.4.5 The length of the training process may vary; the length of the process should be based on the needs of each trainee.
- 1.4.6 The trainer should be aware that his/her role is to stimulate trainees to spend time learning and focusing, in greater depth, on the aspects of the curriculum in which the trainees are most interested. This training approach supportively facilitates the personal style of the trainee(s).
- 1.4.7 The experiential training time (personal work or relational group therapy in the training program) has to be at least 25% of the total training time. This will provide the opportunity to learn, discuss and observe the teaching-learning process from the four domains of the personality, as well as paralleling this style of working.

- I.4.8 Theoretical concepts can be taught as a consequence of a common experience: (e.g. live therapy or practical work); in this way trainees potentially learn the concepts through their own experience, as well as by attending lectures, reading text, etc.
- I.4.9 Continuous personal work is required and necessary to become a psychotherapist and/or counsellor. This could be through personal psychotherapy, engaging in personal work in group process or personal development workshops.
- I.4.10 Stimulation to consider alternative treatment approaches during each session will foster and enhance the learning/training process.
- I.4.11 The trainer, and where possible a Mentor, will facilitate and support trainees in self-regulating their progress towards achieving their qualification. A mentor will cooperate with the trainees' trainers and supervisors.

1.5 Learning – the role of Trainers and Supervisors/Consultants and expectations of them:

- 1.5.1 The trainer or supervisor¹ is a senior clinician with IP expertise, having been trained and accredited in the integrative approach by the IIPA and is an IIPA Certified International IP Trainer and Supervisor who responsibly accepts and offers, with commitment, the possibility of training and/or supervision in Institutes and private training programmes. When training refers to a specific approach of training (e.g. body work; Gestalt; cognitive; TA) this should be taught within the IP framework and core concepts and principles of IP.
- 1.5.2 A healthy relationship between trainer and trainee is required and characteristic of a reciprocal relationship, whereby, both parties give genuine respect to relational needs. The trainer or supervisor models the theory and methods of an integrative approach (e.g. as described in the Keyhole²).
- 1.5.3 Training and supervision has multiple, parallel and central functions, to facilitate the personal welfare and the professional development of the trainee/supervisee, to ascertain and ensure the welfare of their clients.
- 1.5.4 The trainer/supervisor fully engages in understanding the relationship between the supervisee and his/her client, as an ethically responsible supervisor and in accordance with the laws of the particular locality in which the supervisor and therapist practice.
- 1.5.5 Trainers and supervisors are required to be highly motivated individuals and having the skills to motivate others, have an ability to dynamically facilitate groups, cooperatively and coherently.

¹ In some countries (e.g. USA & Canada) to contractually agree to Clinically Supervise a psychotherapist's or counsellor's casework implies, by default as a standard policy, that the Supervisor and or Consultant accepts both clinical a legal responsibility for the Supervisee's casework.

² See 3 Diagram – page 30

1.6 Supervision Methods:

- 1.6.1 The trainer's/supervisor's level of attunement to the relational needs, rhythm, cognitive, affective and developmental phase of the supervisee, both from a professional and personal perspective, is a vital component of supervision. For example, identifying and increasing the supervisee's awareness of the transference processes and possible fixations as an essential part of effective supervision.

1.7 Group Supervision:

- 1.7.1 Group supervision, in a securely facilitated environment will assist participating supervisees, by encouraging effective and valuing interactions, to evoke reciprocity and self-definition. This will also foster a sense of belonging.
- 1.7.2 The supervisor's presence and relational involvement, for example normalisation, acknowledgement and validation, significantly increases the efficacy of supervision and enhances the supervisory relationship in valuing both parties.
- 1.7.3 All this is a way of expressing professionalism, respect and commitment to the welfare of both the supervisee and his or her client.

1.8 Training & Standards Committee/Commission (TSC) Internal Rules

- 1.8.1 The TSC is required to be composed of CIIPTS/CIICTS members of IIPA.
- 1.8.2 Whenever possible, the TSC should be comprised of at least one CIIPTS/CIICTS member from each of the countries represented in the IIPA and/or two from different areas or institutes if the number of members in the country requires this.
- 1.8.3 TSC membership is for four years.
- 1.8.4 When recruiting new members onto the TSC, 50% of the membership should remain to ensure the continuity of the work the committee is currently engaged in.
- 1.8.5 TSC members should commit to their own continuing development, training and supervision and maintain a commitment to the advancement of the IIPA training standards, teaching and supervision.
- 1.8.6 The TSC are required to fulfil their aims and objectives in a supportive, respectful, professional and ethical manner
- 1.8.7 TSC members are required to encourage, respect and consider feedback from the IIPA membership. To foster this process, IIPA members will be invited, at least once a year, to attend a TSC meeting (no greater number than the TSC membership). Invited IIPA members will not have voting rights, however, they will have a designated, contracted, time during which they can give feedback, state requests and ask questions etc.
- 1.8.8 Attending the TSC is voluntary, without personal or professional benefits.
- 1.8.9 No member of the TSC can be responsible for evaluating their own trainees, although they will be required to present a written evaluation with relevant information about their trainees. Equally, no member of the IIPA should concurrently be the trainer and evaluator of their trainees or training peers.
- 1.8.10 The TSC members are required to collaborate closely with the Ethics Committee and follow its guidelines.

I.8.11 Decisions of the TSC are required to be ratified by the IIPA Board before implementation.

I.8.12 All TSC standards and procedures will be subject to continuous review in order to meet IIPA needs.

1.9 Training & Standards Committee/Commission (TSC) Responsibilities

1.9.1 To inform IIPA members of changes and revisions to the certification criteria. In order to facilitate this, to maintain an up to date TSC Certification document on the IIPA Website.

1.9.2 To maintain up to date records of applications and certifications.

1.9.3 To submit approved certification to the IIPA Board for ratification.

1.9.4 To participate in the evaluation processes (e.g. evaluations and/or workshops).

1.9.4.1 To appoint additional CIIPTS/CIICTS to participate in the evaluation processes.

1.9.5 To promote recognition and acceptance of the IIPA's certification process by other International Associations. For example, coordinating with the EAP³ on such tasks as:

- The revision of Training & Standards criteria.
- Developing the steps and procedures needed for external recognition.
- Attending designated conferences, meetings and other cooperative meetings as required by designated TSC member(s).
- To be available to individual members of the IIPA for consultations.
- To consider, in the future, becoming independent from the IIPA Board.

³ European Association of Psychotherapy

1.10 Certification Categories:

The IIPA currently recognises four categories of Certification:

- **IIPA Certified International Integrative Psychotherapy Trainer and Supervisor (CIPTS)**
- **IIPA Certified International Integrative Counselling Trainer and Supervisor (CICTS)**
- **IIPA Certified Integrative Psychotherapist (CIP)**
- **IIPA Certified Integrative Counsellor (CIC)**

1.11 Evaluation Process for Certification for CIC and CIP:

1.11.1 The process of evaluation, leading to certification as an IP psychotherapist or counsellor will be based on a continuous evaluation by the trainer/supervisor, who will mentor the progress of core competencies and will lead the trainee/supervisee to the next level of his or her personal and professional development.

1.11.2 **Level I evaluation** - The main trainer and/or institute carry out Level I Evaluation. Evaluation is required to include a written case study that demonstrates the integration of theory, and the monitoring of training hours, supervision and personal development.

1.11.3 **Level II Evaluation** and accreditation is required to be run in a consistently congruent environment that strengthens the relationship between trainers and trainees. Level II evaluation is carried out in one of the following ways:

- By **attending specific workshops** for this purpose. Trainees from different institutes may attend such workshops, which are led by CIIPTS and CIIPTS.
- By presenting a **verbatim transcript of a taped therapy session** with commentary on the process and treatment plan to the IIPA TSC, in order to evaluate IP skills. This case presentation should also illustrate the use and mastery of IP concepts and methods.
- **Advanced training groups** wherein the candidate and 3 or more CIIPTS or CIICTS, relationally and contactfully promote discussion with an integrative approach. The process can be structured in a large group, a small group, and/or in an individual setting whereupon interaction and relevant feedback can be offered.

2 CERTIFICATION PROCEDURES

Through one of the following Certification Routes:

- a) Grandparenting Route**
- b) Certification as an experienced psychotherapist**
- c) Certification as an elementary psychotherapist**

2.1 Grandparenting Certification Route – CIPTS; CICTS; CIP; CIC (See 1.10)

IIPA members, who have been actively practicing Integrative Psychotherapy or Counselling and have trained (minimum of 180 training hours) with the Institute for Integrative Psychotherapy, New York, NY or have trained with an accredited Institute recognised by either the IIPA or the Institute for Integrative Psychotherapy, New York, NY.

The Certification process will be monitored over a one-year period; commencement and completion will be specifically defined and agreed.

2.1.1 Application for Grandparenting Certification Route – CIP; CIC (See 1.10)

IIPA members may apply who are established Integrative psychotherapists or counsellors who fulfil criteria 2.2. The IIPA will consider applicants who have been trained prior to the IIPA TSC Standards set out in this document 2.3.2 and will give consideration to the applications prior learning in the Grandparenting Certification process.

Applicant to provide the following directly to the IIPA TSC:

- Application for Certification (Form 4.1.1). In the application they should provide:
- Curriculum Vitae
- Applicant's Background Documentation (Form 4.2.1). Amount of training and supervision with relevant documents.
- Acceptance of IIPA Ethical Standards (Form 4.4.1)
- Two Letters of Recommendation. (At least one from an IIPA CIPTS or CICTS)
- A clear statement that provides a rationale supporting your Grandparenting Route application.

2.1.2 Application for Grandparenting Certification Route – CIPTS; CICTS (See 1.10)

IIPA members may apply who are established as IP Trainers and Supervisors and fulfil the criteria in 1.5. Having demonstrated their competence and thereby have been approved by colleagues who have completed their own training, e.g., permanent members of a Professional Development Seminar, located in Kent, CT, USA or other countries worldwide under the auspices of the Institute for Integrative Psychotherapy.

Minimum requirements:

- 2.1.2.1 Has made notable contribution(s) to the development of IP, which is evidenced by written articles, conference presentations and live demonstrations.
- 2.1.2.2 Has devised an IP training course and/or is providing regular training, which is validated by the IIPA, for a minimum period of 6 years.
- 2.1.2.3 Has provided supervision in IP, which is validated by the IIPA, for a minimum period of 6 years.
- 2.1.2.4 In accordance with and adheres to the IIPA Code of Ethics.
- 2.1.2.5 Is an active and fully paid up member of the IIPA.

Applicant to provide the following directly to the IIPA TSC:

- Application for Certification (Form 4.1.1). In the application they should provide:
- Curriculum Vitae
- Applicant's Background Documentation (Form 4.2.1). Amount of training and supervision with relevant documents.
- Acceptance of IIPA Ethical Standards (Form 4.4.1)
- Two Letters of Recommendation. (At least one from an IIPA CIPTS OR CICTS)
- A clear statement that provides a rationale supporting your Grandparenting Route application.
- Provide an outline of a training programme, either current or planned for the future. To include:
 - State if training programme is current or planned for the future.
 - The training programme curriculum and training methods.
 - Duration of the training programme (frequency of training, training hours, attendance requirements).
 - Details of all trainers engaged in the training programme.
 - Philosophy of training and supervision (methods of supervision).
 - Evaluation methods for level I accreditation.
- Note – It is required that the training programme curriculum complies with this document's criteria.

2.2 Application for Experienced Certification Route – CIP; CIC (See 1.10)

Minimum requirements:

2.2.1 Has completed a major psychotherapy/counselling school (e.g., Transactional Analysis, Psychoanalytic, Gestalt, Cognitive Behavioural) or equivalent experiences in different schools.

2.2.2 Training in major school of psychotherapy/counselling should be compatible with requirements described for elementary psychotherapists/counsellors. This means they have completed the necessary amount of training, personal therapy, supervision and have completed oral and/or written examination.

2.2.3 Specific Training Requirements in Integrative Psychotherapy:

Minimum of 180 hours of training in an IP training programme over a period of at least four years.

The training programme should comply with this document's criteria and the trainer should be an IIPA recognised CIPTS or CICTS.

Minimum of 50 hours of IP supervision with an IIPA recognised CIPTS or CICTS.

2.2.4 Demonstrates competence and knowledge of IP, evaluated as follows:

Live therapy demonstration in an individual or group setting.

A dissertation, including IP theoretical approach, and a case study illustrating the concepts of integration and the use of IP methods.

Case Presentation(s) at IIPA Conference(s) evaluated by the IIPA TSC. In this case, the applicant applies to the TSC for this evaluation.

Articles and/or published books will be taken into account.

Applicant to provide the following directly to the IIPA TSC:

- Application for Certification (Form 4.3.3). In the application they should provide:

- Curriculum Vitae
- Applicant's Background Documentation (Form 4.2.1). Amount of training and supervision with relevant documents.
- Acceptance of IIPA Ethical Standards (Form 4.4.1)
- Two Letters of Recommendation. (At least one from an IIPA CIPTS or CICTS)

2.3 Application for Elementary Certification Route – CIP; CIC (See 1.10)

2.3.1 Entry Requirement:

Professional training in IP must be in accordance with the requirements of Country, State Laws and IIPA training criteria. Applicants are required to meet one of the following two requirements:

- Have completed university studies in psychology, medicine or the equivalent studies that authorise a person to practice psychotherapy or counselling in the country you practice (i.e. social work, nursing).

OR

- If the country you practice in does not require you to have engaged in university studies, you have completed the core requirements for basic training in psychotherapy or counselling. These core requirements, as a novice, are required to be at least 1,400 hours in order to be recognised and accepted by the EAP⁴. National or State⁵ licensure/certification as a psychologist, psychotherapist, clinical social worker. For example, the curriculum must include such topics as:

- General psychology
- Social psychology
- Group dynamics
- Psychodynamic psychology
- Psychopathology
- Ethics and professional standards relevant to the country in which you practice
- Legal issues
- Developmental psychology
- Theories of communication and mediation
- The principles of psychotherapy and counselling

⁴ European Association for Psychotherapy

⁵ USA

- Training duration not less than 3,000 hours over the minimum period of seven years, the first three years being equivalent to a university degree.
- Four years training specific to psychotherapy or counselling in accordance with the EAP.

2.3.2 Course Requirements:

2.3.2.1 Workshop Attendance – Theory and Methods

- Monthly workshop attendance in an IP training programme over a period of four years, or any equivalent that is accepted by the IIPA TSC. The minimum requirement is 500 x 60 minute hours over four years. Ideally, at least 120 hours per year over a minimum of four years duration.

According to the EAP criteria, the training should include the following elements:

- Theories of human development throughout the life-cycle
- An understanding of other psychotherapeutic approaches
- A theory of change
- An understanding of social and cultural issues in relation to psychotherapy
- Theories of psychopathology
- Theories of assessment and intervention

2.3.2.2 Clinical Practice

- It is required that trainees work with clients in the community (medical, social), private or voluntary institutions. Trainees are required to have a minimum of 600 client contact hours, of which 400 must be integrative psychotherapy or counselling hours. Preferably, a minimum of 50 hours out of the 400 should be working with groups and a minimum of 50 hours with individuals. Trainees are required to be in appropriate clinical supervision with regard to their psychotherapeutic modality. Clinical practice hours to be attained over a period of not less than two years.

For those in placement in a mental health setting or equivalent professional placement, the placement must provide adequate experience of psychosocial crisis and include collaboration with other specialists in the mental health field (EAP).

2.3.2.3 Continuing Supervision

The minimum requirement is 150 hours of which a minimum of 80 hours is IP supervision with a CIIPTS or CIICTS; a minimum of 40 hours must be attained with the candidate's primary supervisor. The remaining hours can be attained, either before or during IP training, using other approaches.

Supervision to be provided by practitioners whose training meets the criteria set out by the European Certificate of Psychotherapy (ECP) or who meet their respective State or Country's licensing criteria.

2.3.2.4 Commitment to ongoing personal and professional development

Personal psychotherapy during the training is a requirement. This needs to be of same modality, duration and frequency of the psychotherapy offered to their clients. Trainees should complete a total of at least 150 hours⁶, of which a minimum of 50 hours is IP and remaining hours can be other psychotherapy modalities.

Personal psychotherapy can include other appropriate forms of reflection and personal experience, for example group work during training or personal development workshops. Practitioners providing group work or personal development workshops are required to be certified in their modality. For example, integrative psychotherapy, transactional analysis, psychoanalytic psychotherapy, Gestalt psychotherapy etc.)

2.3.2.5 Continuous evaluation

Trainees are required to write at least one essay each year whilst in training. Essays to clearly demonstrate and illustrate the trainee's knowledge and understanding of theory presented during training and previous learning, together with personal reflections of their training experience. It is expected that the written work will demonstrate an increase in the complexity and depth of knowledge and understanding as the training progresses over time.

An oral evaluation is required and is to be carried out by the trainer under the auspices of the trainer's training institute. During which the trainer or the group of evaluators to consider the trainees applied understanding of the Key Hole, together with the trainee's knowledge and understanding of core IP competencies.

⁶ The TSC propose to increase the duration of personal psychotherapy to 300 hours. This will become a requirement two years following the inception of this document. The 300 hours to be attained in no less than 4 years, of which a minimum is IP continuing development. The remaining hours can be attained through other appropriate forms of reflection and personal experience.

The trainer or evaluation group are required to adhere to the Guide of Evaluation with regard to personal and professional competencies for an IP psychotherapist or counsellor.

2.3.2.6 Acceptance of the Code of Ethics

The applicant is required to agree to and sign a copy of the Code of Ethics of IIPA.

The IIPA training and certification requirements for Psychotherapists and Counsellors will in all cases be the same except when a country requires a different standard of training for Counsellors (e.g. Italy). In cases where the training standards for Counsellors needs to be adjusted, the Institute or Trainer/Supervisor involved will apply to the IIPA TSC to establish the necessary standards for Certification. The IIPA Board will be asked to approve the request.

A trainee, who is awarded IIPA Certification by meeting a different standard for training, will be classified by the organisation as a Certified Integrative Counsellor. However, at the commencement of training the Institute, or trainer/supervisor is required to inform the trainee that, if they wish to participate in IIPA at the level of Supervisor/Trainer they may be asked to meet additional requirements (e.g., additional training hours, personal therapy, etc).

2.3.3 **Assessment procedures:**

- At least 4 years training in specific IP methods
- Assessment of theoretical knowledge and understanding
- Assessment of clinical practice
- Demonstrates personal, social and professional maturity
- Commitment to adhere to a professional standard Code of Ethics and practice accordingly

2.3.3.1 Trainees' level of competence will be evaluated as follows:

Ongoing evaluation

Trainees will receive ongoing feedback during each workshop with regard to their theoretical knowledge, understanding and clinical ability. In addition individual meetings with his/her trainer or mentor will be arranged.

The purpose of ongoing evaluation is to provide the trainee with encouragement and guidance as to their future training needs, their personal and professional style and their ability in training.

Evaluation will also include case presentations and audiotape presentations of client sessions. The purpose of these presentations is to illustrate and evaluate the trainee's level of ability. Evaluation is required to be within a group that emphasises the quality of the trainee's personal and professional relationships and to evaluate the trainee's ability to create and maintain a consistent professional relationship with his/her clients and peers.

Periodic evaluation

Written work in the form of essays and a case study, this will provide evaluation of the trainee's knowledge and understanding throughout each year. The trainee must submit a minimum of one case study each year that demonstrates through illustration their ability to link theory to practice, and how the trainee integrates IP concepts both professionally and personally.

Final evaluation

Trainee and trainer prior to going to Level II accreditation will undertake completion of ongoing and periodic evaluation, as described above. During this time the trainee will obtain support in readiness for engaging in the final evaluation to qualify as a Certified Integrative Psychotherapist or Certified Integrative Counsellor.

In evaluating the trainee's readiness to proceed to Level II accreditation, it is important the trainee have neared completion of the requirements of the course, can demonstrate through their work as practitioners the basic competencies of an integrative psychotherapist.

Basic competencies are as follows:

- Demonstrating a commitment to the philosophy of IP
- Demonstrates an ability to develop and maintain an effective psychotherapeutic/counselling relationship
- Demonstrates knowledge and understanding of IP theory and theory of methods in clinical practice
- Demonstrates an ability to understand and practice in accordance with the concepts of the Key Hole (page 30).

- Demonstrates knowledge and ability to work with clients using different therapeutic methods and theories. (e.g. cognitive; physiology; emotional; fantasy and behavioural levels; and in accordance with the client's diagnosis)
- Demonstrates their ongoing development, in relation to their own IP approach to integration and psychotherapy/counselling. For example, the integration of the psychotherapist/counsellor
- Commitment to ongoing personal and professional development
- Have the ability to recognise and acknowledge of their own strengths and limitations
- Demonstrate a theoretical knowledge of common cultural references
- Demonstrates skills to engage in group process using IP core concepts

2.3.4 Final Assessment Procedures: Level II - Certification in Integrative Psychotherapy or Integrative Counselling

2.3.4.1 Requirements

Prior to final evaluation, applicant must provide the following:

- Application for Certification (Form 4.3.3.). In the application they should prove:
Curriculum Vitae
- Applicant's training hours log
- Applicant's Background Documentation (Form 4.2.1). Amount of training and supervision with relevant documents.
- Acceptance of IIPA Ethical Standards (Form 4.4.1)
- Letter of reference from primary supervisor and/or trainer supporting application together with duly completed recommendation (form 4.3.4)
- Evidence of attending personal psychotherapy/counselling.

2.3.4.2 Level II Evaluation

Applicants must have successfully fulfilled the training requirements and undergone successful evaluation within their training institute. Level II evaluation is the final stage of the process to becoming an IIPA Certified Integrative Psychotherapist/Counsellor.

The applicant will need to prepare one of the following presentations, either:

- a) An audiotape, together with a verbatim transcript of a live therapy session, which includes their commentary on the therapeutic process. It should illustrate the integration of IP

theory and methods related with psychotherapy/counselling interventions. The audiotape and verbatim transcript to be mailed to the TSC.

OR

- b) By being observed as a therapist, completing a live therapy/counselling session whereby they demonstrate their clinical competence either in an individual or group setting within an evaluation workshop supported and sponsored by the IIPA.

The TSC has requested that the IIPA Board provide a minimum of one evaluation date and workshop each year in Europe and in the USA, and at each biannual IIPA Conference.

The TSC propose that the IIPA receive a fee for this evaluation process. The TSC suggest a fee of \$425 be transferred to the IIPA bank account prior to the application process.

The TSC will as far as possible provide translation when required.

Should the applicant choose option a) above, e.g. sending an audiotape and verbatim transcript of a live therapy session to the TSC. The TSC will identify two CIIPTS/CIICTS to evaluate the audiotape and verbatim transcript.

Should the application choose option b) above, the workshop will consist of and include at least 4 peer CIIPTS/CIICTS. The purpose will be to evaluate IP competencies, offer guidance to the applicant. The group will evaluate the applicant's ability to enquire, attune and be involved in an effective therapeutic relationship.

There will be an opportunity to give feedback and evaluation of the IIPA evaluators within this certifying process.

The goal of the evaluation is to be in a position to respond to the following two questions:

- *“Would I refer a client to this person, specifically as an Integrative Psychotherapist/Counsellor?”*
- *“What IP skills need to be improved by this applicant?”*

The TSC have developed an evaluation sheet of competencies for this purpose.

Following observation of the applicant's live session, a discussion will be developed with regard to the live session and the applicant's knowledge and understanding of psychotherapy practice, including integration of theory and the applicant's clinical and professional competency.

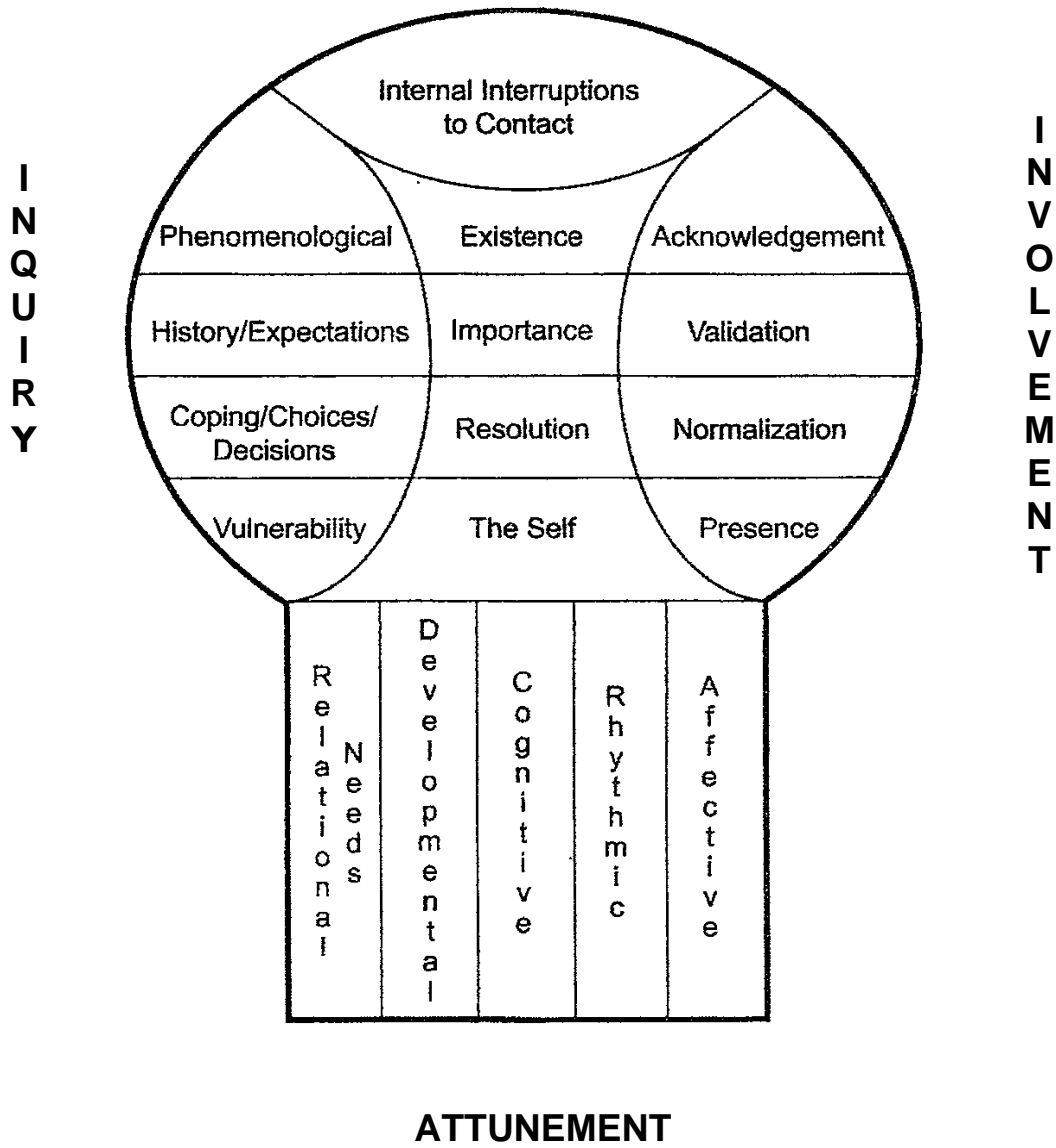
2.3.4.3 Fundamental Standards for Elementary Psychotherapists and/or Counsellors

Here below is a chart in order to clarify the psychotherapy and counselling field:

	Psychotherapist	Counsellor
Definitions	<p>A "Psychotherapist" is defined as a person who provides professional psychotherapy and mental health services, which includes, but is not limited to, the application of Integrative Psychotherapy theory and techniques to prevent and alleviate mental and emotional disorders and psychopathology and to promote optimal mental health, rehabilitation, treatment, assessment and evaluation.</p> <p>Includes clinical counselling and psychotherapy in a professional relationship to assist individuals, couples, families, groups and organisations to alleviate emotional disorders, to understand conscious and unconscious motivation, to resolve emotional, relationship, and attitudinal conflicts, and to modify behaviours that interfere with effective emotional, social, adaptive, and intellectual functioning.</p>	<p>"Counsellor" is defined as a person who provides a service within a professional relationship between counsellor and client in which the counsellor provides assistance in coping with social events, in prevention or life changes (e.g. work, family, cities, decisions about children, wedding, education, personal life crisis for example divorce, support after illness, accidents, preparation to lead special social groups and increasing resilience etc) These services may be provided to individuals, couples groups, families and organisations.</p>
Basic Requirements	<p>University degree: e.g. psychology, medicine. When State or Country's law does not require a university degree, at least 1400 hours of training in psychology and elementary training (see 2.3.1)</p>	<p>University degree or Diploma in social work, nursing, psychology (3 years training duration)</p> <p>If trainee counsellors are not psychologists, trainees need to study the following subjects: general psychology, social psychology, dynamic of groups, psychodynamic psychology, psychopathology, ethics, legal principles, developmental psychology, communication theories and mediation, counselling practice principle.</p>
Boundaries in the therapeutic field	<p>Treat psychological disorders in all fields of human functioning. Can engage in counselling.</p>	<p>Provides assistance in coping with social events, in prevention or life change. Does not treat psychological disorders. Does not engage in regressive work.</p>

	Psychotherapist	Counsellor
Basic Competencies	<p>To acknowledge the innate value of human beings and to devote him or herself to promoting positive life changes</p> <p>To value intrapsychic, interpersonal processes and the potential emerging unconsciousness in individuals, groups, couples and systems</p> <p>To be respectful, and have the ability to be in contact with self and others.</p> <p>To have the ability to identify emerging awareness of own wishes and expectations in relation to the client, and have the ability to contain such phenomena.</p> <p>To offer integrity and presence, and have an ability to cooperate and recognise the limitations of the relationship</p> <p>Have the ability to work regressively with client if appropriate.</p>	<p>To acknowledge the innate value of human beings and to devote him or herself to promoting positive life changes</p> <p>To value intrapsychic, interpersonal processes and the potential emerging unconsciousness in individuals, groups, couples and systems</p> <p>To be respectful, and have the ability to be in contact with self and others.</p> <p>To have the ability to identify emerging awareness of own wishes and expectations in relation to the client, and have the ability to contain such phenomena.</p> <p>To offer integrity and presence, and have an ability to cooperate and recognise the limitations of the relationship</p>
Basic Skills	<p>To identify the cultural, social and psychological realities that influence the client and to create a working alliance based on mutual recognition.</p> <p>To have communication competences taking into account client welfare, reliability, contractual work and professional responsibility</p> <p>To encourage client autonomy.</p> <p>To implement professional resources and use of self in relationship to enable positive life changes.</p> <p>To know how to differentiate the specific psychotherapy or counselling setting from organisational or education, lectures, etc.</p> <p>To know, and understand, theory and methods and have the ability to apply core concepts in clinical practice.</p> <p>Have the ability to practice ethically and professionally in accordance with Professional and Ethical Standards.</p>	<p>To identify the cultural, social and psychological realities that influence the client and to create a working alliance based on mutual recognition.</p> <p>To have communication competences taking into account client welfare, reliability, contractual work and professional responsibility</p> <p>To encourage client autonomy.</p> <p>To implement professional resources and use of self in relationship to enable positive life changes.</p> <p>To know how to differentiate the specific psychotherapy or counselling setting from organisational or education, lectures, etc.</p> <p>To know, and understand, theory and methods and have the ability to apply core concepts in clinical practice.</p> <p>Have the ability to practice ethically and professionally in accordance with Professional and Ethical Standards.</p>
Practice field	<p>Axes I and II of DSM IV</p> <p>Personality integration</p> <p>Regressive work</p> <p>Ability to implement concepts from the Key Hole (see 3, page 30).</p>	<p>Axes I and IV of DSM IV</p> <p>Ability to implement concepts from the Key Hole (see 3, page 30).</p>

3 The Keyhole⁷



⁷ **FIGURE 6.2.** The basic contact-in-relationship Keyhole.
 Erskine, Moursund, Trautmann (1999) *Beyond Empathy – A Therapy of Contact-in-Relationship*,
 Brunner/Mazel, PA (Page 159)

4 DOCUMENTATION – Organisational and Application Forms

- 4.1.1 Application Form – Grandparenting Status for the following:
 - Certified Integrative Psychotherapist (CIP)
 - Certified Integrative Counsellor (CIC)
 - Certified International Integrative Psychotherapy Training and Supervisor (CI IPTS)
 - Certified International Integrative Counselling Training and Supervisor (CI ICTS)
- 4.1.2 Training & Standards Committee Response to Grandparenting Status Application
- 4.2.1 Applicant’s Background Documentation
- 4.3.3 Application Form – Certified Integrative Psychotherapist or Counsellor (CIP or CIC)
- 4.3.4 Supervisor/Trainer Final Evaluation and Recommendation for Applicant applying for Certification as an Integrative Psychotherapist or Counsellor
- 4.3.5 Application Form – Certified International Integrative Psychotherapy or Counselling Trainer and Supervisor (CI IPTS or CI ICTS)
- 4.3.6 Supervisor’s Final Evaluation and Recommendation for Certification as an International Integrative Psychotherapy or Counselling Trainer and Supervisor
- 4.3.7 Training and Standards Committee Evaluation and Determination of Trainee as a Certified Integrative Psychotherapist or Counsellor
- 4.3.8 Training and Standards Committee Evaluation and Determination of Applicant as a Certified International Integrative Psychotherapy or Counselling Trainer and Supervisor
- 4.3.9 Trainee Appeal Form
- 4.4.1 Acceptance of IIPA Ethical Standards
- 4.4.2 Form to File an Ethics Complaint
- 4.4.3 Form to Respond to Ethics Complaint
- 4.4.4 IIPA Board Resolution of Ethics Complaint

4.1.1 – Application Form – Grandparenting Status

Name: _____

Address: _____

Tel: Home: _____ Business: _____

Fax: _____

E-mail: _____

I am applying for Grandparenting status in IIPA as a: (please check box to all that apply)

- Certified Integrative Psychotherapist (**CIP**)
- Certified Integrative Counsellor (**CIC**)
- Certified International Integrative Psychotherapy Trainer and Supervisor (**CIPTS**)
- Certified International Integrative Counselling Trainer and Supervisor (**CICTS**)

Please provide the following documentation with this application:

- Applicant Background Documentation (Form 4.2.1)
- Acceptance of IIPA Ethical Standards (Form 4.4.1)
- Statement of rationale supporting your Grandparenting status application

2 Clinical Letters of Recommendation (At least one from an IIPA CIPTS or CICTS)

- 1)** Certified International Integrative Psychotherapy or Counselling Trainer and Supervisor

Name: _____

Address: _____

Tel: _____

- 2)** Clinical Letter of Recommendation

Name: _____

Address: _____

Tel: _____

- Application fee of \$425 has been transferred to the IIPA Bank Account
- I am currently a paid up member of the IIPA (required)

Signature: _____

Date: _____

4.1.2 – TSC’s Response to Grandparenting Status Application

Page 1 of 2

_____ (print name), on _____ (date)

has requested that the IIPA grant Grandparenting Status as an IIPA:

(Please check boxes as appropriate)

- Certified Integrative Psychotherapist (**CIP**)
- Certified Integrative Counsellor (**CIC**)
- Certified International Integrative Psychotherapy Trainer and Supervisor (**CIPTS**)
- Certified International Integrative Counselling Trainer and Supervisor (**CICTS**)

After a careful review of this application, it is the decision of the IIPA Training and Standards Committee that the above applicant:

- Be officially granted Grandparenting Status as a Certified Integrative Psychotherapist
- Be officially granted Grandparenting Status as a Certified Integrative Counsellor
- Be officially granted Grandparenting Status as an Certified International Integrative Psychotherapy Trainer & Supervisor
- Be officially granted Grandparenting Status as an Certified International Integrative Counselling Trainer & Supervisor
- The Applicant does not meet the current criteria for Grandparenting Status as a Certified Integrative Psychotherapist/Counsellor for the following reasons:

- The Applicant does not meet the current criteria for Grandparenting Status as a Certified International Integrative Psychotherapy/Counselling Trainer & Supervisor for the following reasons:

4.1.2 – TSC’s Response to Grandparenting Status Application
Page 2 of 2

- ⑧ Further information is needed in order to complete the evaluation, as detailed below:

Please feel free to contact the IIPA TSC for clarification of the above response, or address issues regarding response.

Signature: _____
On behalf of the IIPA Training and Standards Committee

Date: _____



4.2.1 – Applicant’s Background Documentation

Page 1 of 4

Name: _____

Address: _____

PLEASE USE ADDITIONAL SHEETS AS REQUIRED

Academic Education & Qualifications: (include degrees & dates)

Licensing; Registration; Accreditation & Certifications: (please provide copies)

Have Ethical Complaints or Legal Charges ever been brought against you?

Yes

No If “Yes” please give dates, explanation and outcome below:

4.2.1 – Applicant’s Background Documentation

Page 2 of 4

Have you ever had a professional licence revoked?

- Yes No If “Yes” please give dates and explanation below:

Have you ever had professional liability insurance revoked or denied?

- Yes No If “Yes” please give dates and explanation below:

Do you have a medical condition that would incapacitate you in providing psychotherapy, supervision or training in a professional manner?

- Yes No If “Yes” please explain below:

Do you have a substance abuse problem that may prevent you from providing psychotherapy, supervision or training in a professional manner?

- Yes No If “Yes” please explain below:

4.2.1 – Applicant’s Background Documentation

Page 3 of 4

Clinical Training (include dates; locations)

Please indicate if training provided was Integrative Psychotherapy

Supervised Clinical Experience: (Please provide name(s) of supervisor(s); dates; location;
Please indicate if supervisor(s) are/were certified Integrative Psychotherapist)

(Do not include one-day or weekend workshops)

Clinical Experience as a Supervisor: (Please provide dates; locations)

Please indicate if your experience has been gained providing supervision from an Integrative Psychotherapy perspective.

Teaching Experience: (Please provide dates; locations)

Please indicate if the teaching you provided was Integrative Psychotherapy

4.2.1 – Applicant’s Background Documentation
Page 4 of 4

Publications: (Please provide details below)

I certify that to the best of my knowledge, the information provided in this document is true and accurate

Signed: _____ Date: _____



4.3.3 – Application Form – Certified Integrative Psychotherapist or Counsellor

Name: _____

Address: _____

Tel: Home: _____ Business: _____

Fax: _____

E-mail: _____

Name of Supervisor/Trainer: _____

Address: _____

Tel: _____ E-mail: _____

I am applying for formal status as: (please check box to all that apply)

Certified Integrative Psychotherapist (**CIP**)

Certified Integrative Counsellor (**CIC**)

Please find the following documentation enclosed:

Applicant Background Documentation (Form 4.2.1)

Acceptance of IIPA Ethical Standards (Form 4.4.1)

Application fee of \$425 has been transferred to the IIPA Bank Account

I am currently a paid up member of the IIPA (required)

Please note, your application will not be considered complete until the Training & Standards Committee have received the required form from your Supervisor/Trainer. E.g., Supervisor Final Evaluation and Recommendation for Certification as an Integrative Psychotherapist/Counsellor (Form 4.3.4) (Available on the IIPA Website)

Signature: _____

Date: _____

4.3.4 – Supervisor/Trainer Final Evaluation and Recommendation for applicant applying for Certification as an Integrative Psychotherapist or Counsellor

Page 1 of 2

Supervisor's Name: _____

Address: _____

Tel: Home: Business: _____

Fax: _____

E-mail: _____

Name of Trainee: _____

Address: _____

Tel: Home: Business: _____

Fax: E-mail: _____

Trainee is applying for Certification as: (please check box to all that apply)

- Certified Integrative Psychotherapist (**CIP**)
- Certified Integrative Counsellor (**CIC**)

The above trainee has met the following criteria:

- Completed an IIPA approved training programme and fulfilled the criteria as set out in the Training Contract. (Please enclose a copy of the Training Contract with start and completion dates)
- Has Passed an IIPA written examination (please enclose copy of result sheet) and/or:
- Has passed a required oral/case presentation (please enclose a copy of the evaluation):

4.3.4 – Supervisor/Trainer Final Evaluation and Recommendation for applicant applying for Certification as an Integrative Psychotherapist or Counsellor

Page 2 of 2

- ⑧ Briefly describe (below) the Trainee's strengths and weaknesses. Please indicate any concerns you may have about his/her readiness to be certified as an Integrative Psychotherapist or Counsellor.

Supervisor's Attestation:

- ⑧ The Trainee, _____ (print name) has successfully completed an IIPA approved training programme in Integrative Psychotherapy and is now qualified to be granted the status of a Certified Integrative Psychotherapist.

- ⑧ The Trainee, _____ (print name) has successfully completed an IIPA approved training programme in Integrative Psychotherapy and is qualified to be granted the status of a Certified Integrative Counsellor.

- ⑧ To the best of my knowledge, the trainee has no limitations that would interfere with him/her being a competent, responsible and ethically sound Integrative Psychotherapist/Counsellor (E.g., no personal, professional, substance abuse, legal or ethical issues that would prevent the applicant from providing Integrative Psychotherapy/Counselling in a professional and competent manner)

Supervisor's Signature

Date: _____



4.3.5 – Application Form – Certified International Integrative Psychotherapy or Counselling Trainer and Supervisor

Name: _____

Address: _____

Tel: Home: _____ Business: _____

Fax: _____

E-mail: _____

Name of Supervisor/Trainer: _____

Address: _____

Tel: _____ E-mail: _____

I am applying for formal status as: (please check all boxes that apply)

- Certified International Integrative Psychotherapy Trainer and Supervisor (**CIIPST**)
- Certified International Integrative Counselling Trainer and Supervisor (**CIICST**)

Please find the following documentation enclosed:

- Applicant Background Documentation (Form 4.2.1)
- Acceptance of IIPA Ethical Standards (Form 4.4.1)
- Application fee of \$425 has been transferred to the IIPA Bank Account
- I am currently a paid up member of the IIPA (required)

Please note, your application will not be considered complete until the Training & Standards Committee have received the required form from your Supervisor/Trainer. E.g., Supervisor Final Evaluation and Recommendation for Certification as an International Integrative Psychotherapist or Counsellor (Form 4.3.6) (Available on the IIPA Website)

Signature: _____

Date: _____

4.3.6 – Supervisor/Trainer Final Evaluation and Recommendation for applicant applying for Certification as an International Integrative Psychotherapy or Counselling Trainer and Supervisor
Page 1 of 2

Supervisor's Name: _____

Address: _____

Tel: Home: Business: _____

Fax: _____

E-mail: _____

Name of Applicant: _____

Address: _____

Tel: Home: Business: _____

Fax: E-mail: _____

Applicant is applying for Certification as: (please check all boxes that apply)

- Certified International Integrative Psychotherapy Trainer & Supervisor (**CIIPST**)
- Certified International Integrative Counselling Trainer & Supervisor (**CIICST**)

The above Applicant has met the following criteria:

- Completed an IIPA approved training programme and fulfilled the criteria as set out in the Training Contract. (Please enclose a copy of the Training Contract with start and completion dates)
- Applicant has passed a live demonstration of his/her teaching abilities (or agreed equivalent – specify below)

- Applicant has passed a required demonstration of his/her ability to supervise (please enclose a copy of the evaluation):

4.3.6 – Supervisor/Trainer Final Evaluation and Recommendation for applicant applying for Certification as an International Integrative Psychotherapy or Counselling Trainer and Supervisor Page 2 of 2

- ⑧ Briefly describe (below) the applicant's strengths and weaknesses. Please indicate any concerns you may have about his/her readiness to be certified as an International Integrative Psychotherapy or Counselling Trainer and Supervisor.

Supervisor's Attestation:

- ⑧ The Applicant, _____ (print name) has successfully completed an IIPA sponsored training programme in Integrative Psychotherapy and is now qualified to be granted status as a Certified International Integrative Psychotherapy Trainer and Supervisor.

- ⑧ The Applicant, _____ (print name) has successfully completed an IIPA sponsored training programme in Integrative Psychotherapy and is qualified to be granted status as a Certified International Integrative Counselling Trainer and Supervisor.

- ⑧ To the best of my knowledge, the applicant has no limitations that would interfere with him/her being a competent, responsible and ethically sound Integrative Psychotherapy/Counselling Trainer and Supervisor (E.g., no personal, professional, substance abuse, legal or ethical issues that would prevent the applicant from providing Integrative Psychotherapy/Counselling Training and Supervision in a professional and competent manner)

Supervisor's Signature

Date: _____



4.3.7 – Training and Standards Committee’s Evaluation and Determination of Trainee as a Certified Integrative Psychotherapist or Counsellor

Page 1 of 2

_____ (print name), on _____ (date)

has requested that the IIPA grant Grandparenting Status as an IIPA:

(Please check boxes as appropriate)

Certified Integrative Psychotherapist (**CIP**)

Certified Integrative Counsellor (**CIC**)

By determination of the IIPA Training and Standards Committee, it has been decided that:

The Trainee be granted status as a Certified Integrative Psychotherapist (CIP)
CONGRATULATIONS! A Certificate is enclosed or will be sent to you shortly.

The Trainee be granted status as a Certified Integrative Counsellor (CIC)
CONGRATULATIONS! A Certificate is enclosed or will be sent to you shortly.

The Trainee does not currently meet the IIPA criteria for Certification as an Integrative Psychotherapist/Counsellor for the following reasons:

Further information is needed in order to complete the evaluation, as detailed below:

4.3.7– Training and Standards Committee’s Evaluation and Determination of Trainee as a Certified Integrative Psychotherapist or Counsellor

Page 2 of 2

Please feel free to contact the IIPA TSC for clarification of the above response, or to address issues regarding response. To formally appeal, please complete Form 4.3.9, “Trainee Appeal against Training and Standards Committee’s Certification Evaluation.”

A supporting letter from your Trainer/Supervisor may help your appeal, and may be a requirement of the Training and Standards Committee.

Signature: _____

Date: _____

On behalf of the IIPA Training and Standards Committee



4.3.8 – Training and Standards Committee’s Evaluation and Determination of Applicant as a Certified International Integrative Psychotherapy or Counselling Trainer and Supervisor

Page 1 of 2

_____ (print name), on _____ (date)

has requested that the IIPA grant Status as an IIPA:

(Please check boxes as appropriate)

- Certified International Integrative Psychotherapy Trainer & Supervisor (**CIIPST**)
- Certified International Integrative Counselling Trainer & Supervisor (**CIICST**)

By determination of the IIPA Training and Standards Committee, it has been decided that:

- The Applicant be granted status as a Certified International Integrative Psychotherapy Trainer and Supervisor (CIIPST)
CONGRATULATIONS! A Certificate is enclosed or will be sent to you shortly.
- The Applicant be granted status as a Certified International Integrative Counselling Trainer and Supervisor (CIICST)
CONGRATULATIONS! A Certificate is enclosed or will be sent to you shortly.
- The Applicant does not currently meet the IIPA criteria for Certification as an Integrative Psychotherapist/Counsellor for the following reasons:

- Further information is needed in order to complete the evaluation, as detailed below:

4.3.8 – Training and Standards Committee’s Evaluation and Determination of Applicant as a Certified International Integrative Psychotherapy or Counselling Trainer and Supervisor

Page 2 of 2

Please feel free to contact the IIPA TSC for clarification of the above response, or to address issues regarding response. To formally appeal, please complete Form 4.3.9, “Trainee Appeal against Training and Standards Committee’s Certification Evaluation.”

A supporting letter from your Trainer/Supervisor may help your appeal, and may be a requirement of the Training and Standards Committee.

Signature: _____
On behalf of the IIPA Training and Standards Committee

Date: _____

4.3.9 – Trainee Appeal against Training and Standards Committee Evaluation for Certification
Page 1 of 2

I have asked the following to write a letter in support of my appeal (3 letters maximum).
Note: Letters are not required unless requested specifically by the Training and Standards Committee.

1) Name: _____

Address: _____

Tel: _____

Relationship: _____

2) Name: _____

Address: _____

Tel: _____

Relationship: _____

3) Name: _____

Address: _____

Tel: _____

Relationship: _____

Signature: _____
Trainee

Date: _____

4.4.1 – Acceptance of IIPA Ethical Standards

I, _____, (print name) have read, and commit myself to adhere to, the IIPA Code of Ethics.

If I believe that the IIPA Code of Ethics violates the code of conduct for psychotherapists or counsellors established in my particular country and its laws, or the licensing; registration or accreditation boards of my profession, I will contact the IIPA Ethics Committee to address any discrepancies or concerns.

Signature: _____

Date: _____