



APPLICATION FOR MEMBERSHIP OF THE AUSTRALIAN AND NEW ZEALAND ASSOCIATION OF PSYCHOTHERAPY (ANZAP)

GUIDELINES FOR APPLICANTS

ANZAP was formed in 1987 to improve opportunities for the exchange of ideas, to establish a training program in contemporary psychoanalytic psychotherapy, and from time to time a supervisor training program for those who have received training.

History

ANZAP arose out of the psychotherapy program run since 1983 by the Psychotherapy Unit, University of Sydney at Westmead Hospital, where the ideas of Russell Meares and the late Robert Hobson linked with those of Kohut's Self Psychology. Originally, an association of therapists interested in exploring the more humanistic aspects of psychotherapy it has developed into one of the major organizations in Australia conducting training courses around Australia and an education program in Sydney comprising regular seminars and an annual conference. The training was at first based on the principles of self psychology but is now firmly grounded in the Conversational Model developed by Russell Meares.

The Conversational Model

Self is conceived as a particular form of mental activity, or process, the dynamic and moving form of which is manifest in the stream of consciousness (William James) and in certain kinds of conversation. The theoretical framework of the Conversational Model depends mainly on the development of self in relationship, and the integration of unconscious traumatic memory. It has integrated psychoanalytic understanding with research in the fields of trauma and developmental theory, linguistics, memory and neurophysiology, in a way that is applicable in day-to-day psychotherapeutic practice, and can be taught through the supervision of audio-taped sessions with patients and clients, complemented with didactic seminars and reading material. It has been and continues to be scientifically tested and has been recognized internationally as a significant development in the treatment of those with severe emotional disorders. It continues to evolve while maintaining its core features.

MEMBERSHIP CATEGORIES

ANZAP has four levels of membership:

1. Provisional
2. Ordinary
3. Associate
4. Honorary Life Membership

ANZAP membership is not exclusive only to those graduates from ANZAP and Westmead. As ANZAP has a reputation for accommodating and nurturing a collegial relationship with the psychotherapy community at large, ANZAP appreciates and welcomes applicants for membership from the broad psychotherapy profession.

The basic structure of the ANZAP and Westmead trainings is taken as a benchmark when ANZAP evaluates external applicants for its membership. These trainings also meet the training standards of our umbrella body, The Psychotherapy and Counselling Federation of Australia (PACFA). PACFA is made up of different sections, and ANZAP is in the Integrative Psychodynamic Psychotherapy section. Psychotherapists in this section draw on a range of theory to understand how to facilitate processes of change and growth.

The following sets out the criteria for each category of membership. Applicants may also be required to attend an interview. If the applicant is unsuccessful, a member of the interviewing panel will provide feedback and guidance as to how it would be possible to meet the membership requirements. In the interim, they are still welcome to participate in the ANZAP Saturday seminars, conferences, subscribe to the ANZAP Bulletin and can also receive ANZAP news by registering their e-mail address with the ANZAP email list.

1. Provisional Membership

Successful candidates of ANZAP and Westmead Masters training are automatically eligible and are offered Provisional membership of ANZAP.

Provisional membership is open to any resident of Australia and New Zealand who has:

- (i) Undertaken a post-graduate level of training in psychotherapy of at least 500 hours over a 3-4 year period, or has been able to demonstrate, via Required Prior Learning (RPL), that the applicant has achieved the equivalent of a post-graduate training (please note that this pathway is for those applicants who have been working in the profession for a long time and trained before the current courses were in place).
- (ii) Undertaken their own long-term psychotherapy

2. Clinical Membership

Clinical Membership is open to any resident of Australia and New Zealand who has:

- (i) Met criteria for Provisional membership
- (ii) Had a supervised practice post-graduation over at least 2 years, consisting of at least 750 hours of patient contact concurrently with 75 hours of clinical supervision
- (iii) Met the requirements of the ANZAP CPD program.

3. Associate Membership

Associate Membership is open to students of approved courses of psychotherapy. Associate Membership is also applicable to individuals who have completed psychotherapy training but have not yet completed two years of post-training supervised practice.

Associate membership can also be offered to applicants who have demonstrated an approved level of professional training, competence and ethics, and that a full (ordinary) membership would be granted to them after they have satisfied ANZAP's standards for psychotherapy training and practice. Other conditions may be stipulated to the successful Associate member at the time of the interview.

4. Honorary Life Membership

Honorary Life Membership can be conferred by ANZAP by a special resolution at the annual general meeting on any person in recognition of outstanding service to the organization or special service to the practice or development of the discipline of psychotherapy

PROCEDURE FOR APPLYING FOR MEMBERSHIP

1. Please complete the Application Form below.
2. There is a non-refundable Application fee of \$38.50
3. Applicants who meet the requirements may be offered an interview.
4. The membership committee will make a recommendation to the Executive Committee of ANZAP on whether the applicant meets the requirements for membership. The final approval is at the discretion of the Executive Committee.
5. The successful applicant will be advised as to the outcome by a member of the membership committee, or its representative.
6. If unsuccessful, the applicant will be contacted by a member of the membership committee, who will provide feedback and guidance as to how it would be possible to meet the requirements for membership.
7. Membership entitles a member to free subscription to the ANZAP quarterly Bulletin, reduced fees to the Seminars, listing on the ANZAP website, voting rights at the AGM, and access to listing in the PACFA section of the Australian Register of Counsellors and Psychotherapists (ARCAP).
8. The Annual Membership Fee for 2010-2011 is:
 - Clinical Membership \$440
 - Provisional Membership \$440
 - Associate Membership \$220

APPLICATION FORM FOR MEMBERSHIP

TITLE (Mr, Ms, Dr, Prof etc): _____

SURNAME: _____

FIRST (and other) NAMES: _____

DATE OF BIRTH: _____

ADDRESS

Work: _____

Residential: _____

PHONE

Work: _____ **Home:** _____ **Mobile:** _____

Fax: _____ **Email:** _____

WHAT POSITION(S) DO YOU CURRENTLY HOLD?

**ARE YOU A MEMBER OF ANY PROFESSIONAL ASSOCIATIONS OR BODIES?
Please list:**

**ARE YOU REGISTERED WITH ANY PROFESSIONAL ORGANISATIONS?
(Medical Board, Nursing Board, APS etc)**

Please list:

ACADEMIC QUALIFICATIONS

Please state qualification, year obtained, and name of University or College.

PROFESSIONAL PRACTICE

- How many hours of psychotherapy do you do per week? _____
- What percentage is this of your overall practice? _____
- How many hours of supervision do you receive per week? _____
- If you are a supervisor, how many therapists do you supervise? _____
- How many hours do you supervise therapists each week? _____

PUBLICATIONS:

Please list:

TRAINING AND EXPERIENCE IN PSYCHOTHERAPY:

1. Psychotherapy Qualification

- **Post-Graduate:**
Please attach documentation showing that you have completed a post-graduate course in psychotherapy that has included at least 200-250 hours of didactic teaching, and at least 50-100 hours of supervision linked to 200 hours of patient/client hours over a minimum of 3 years. The hours must total 500. You will need to attach certified* copies of your qualification and academic record.

(*certified means a copy signed by a Justice of the Peace. You will need to take the original as well as the copy. JPs are usually found Post Offices/Police Stations/Local Court Houses)

- **Required Prior Learning (RPL):**
Please attach certified documentation of the credentials and experience that demonstrates equivalence to the post-graduate pathway. This is primarily for those therapists who trained before the availability of the current courses.

2. Post-Qualification Supervised Practice

- Please provide documentation (see attached sheet) that you have had at least 2 years of post-qualification supervision.

3. Personal Therapy

- Have you had personal therapy? _____
- If so, for how many years? _____

ETHICS

- Please read the attached ANZAP Ethics documents.
- Please sign the following statement:
If accepted as a member of ANZAP I agree to abide by the ANZAP Frame of Ethics including the Map of Ethics and the Code of Ethics.

(signature and date)

- Do you have any unresolved ethical complaints or criminal convictions made against you either currently or in the past?

PROFESSIONAL INDEMNITY

- Please provide a certified copy of your current professional indemnity.

PROFESSIONAL REFEREES:

Please give the name, address and telephone numbers of three referees who will be contacted. It is preferable that one should be an ANZAP member of more than 5 years standing. (Please note: your therapist cannot be a referee)

1. Name: _____

Address: _____

Phone: _____

2. Name: _____

Address: _____

Phone: _____

3. Name: _____

Address: _____

Phone: _____

SIGNATURE: _____ **DATE:** _____

Before you send this form please check that you have included:

1. Certified documentation of your psychotherapy qualifications.
2. Documentation of your post-qualification supervision.
3. A certified copy of your Professional Indemnity Insurance.
4. The contact details of 3 referees.
5. The application fee of \$A38.50

Please mail the completed form, attachments and payment to:

ANZAP Membership Secretary
21/56-62 Chandos St
St Leonards NSW 2065
Email: info@anzapweb.com Phone: 02 9438 2005

Post-Qualification Supervision Hours

Please show evidence of supervision hours linked to patient/client contact hours over a minimum of two years. If you have more than one supervisor please photo copy the form.

Supervisor's Name:			
Supervisor's Address:			
Phone:		Email:	
Applicant's Name:			
Supervision was:	<input type="checkbox"/> Individual	Session Duration <i>(minutes):</i>	
	<input type="checkbox"/> Group	Session Duration <i>(minutes):</i>	
		Number in Group	
This report relates to the period from:	/	/20	to
	/	/20	
Applicant's total Practice Experience hours during this period:			
Total Supervision hours in this period:			

The details reported on this page give an accurate description of our Supervision/Peer Review arrangements. The applicant has demonstrated a capacity to work autonomously.

Date: ____/____/20____

Signed: _____

Supervision Hours Form

Post-Training Supervision: Supervision is a formal, collaborative process in which case material from the Supervisee's own Practice Experience is reflected upon. In Supervision, a senior colleague takes responsibility for supervising the work of a Supervisee, who seeks the help of the Supervisor because this person is understood to have some superior knowledge. Supervision may take the form of individual or small group meetings (of up to six Supervisees and a Supervisor). It is not the same as administrative or management Supervision, nor is it the same as psychotherapy or counselling of the Supervisee.

Peer Supervision, or Peer Review: Peer Review or Peer Supervision is distinct from the Supervision described above in that peers review each other's work in these arrangements. These arrangements do not require the presence of a designated Supervisor. Hours of Peer Review or Peer Supervision can be counted, for the purposes of this application, for up to half of the Supervision Hours required. Peer Review Sessions can be counted if they took place **at least five years after the applicant had completed the required training**, and as long as those five years were spent in supervised practice. The Peer Review may have been 1:1 or in a group of up to six peers. In the case of Peer Review, the Supervisor's signature is provided by a member of the Peer Review group, or "Peer Review Referee".

NB: You may use Peer Review for up to 37 hours Supervision component provided it took place subsequent to the completion of more than five years post training of Practice Experience* interspersed with regular, Post-Training Supervision*.*