

Covering Statement for candidates wishing to apply for UKCP registration as a psychotherapeutic counsellor

CPCAB is committed to exploring and facilitating routes to all professional body registers to support choice and diversity.

Candidates who have completed the CPCAB Level 4 Diploma in Therapeutic Counselling (TC-L4) and the Level 5 Diploma in Psychotherapeutic Counselling (PC-L5) may be eligible to apply for UKCP registered membership as a psychotherapeutic counsellor. This can be done through one of [UKCP's accrediting organisations](#) that belong to the [Psychotherapeutic Counselling and Intersubjective Psychotherapy College](#) (PCIPC). Accrediting organisations assess applicants' qualifications and experience against UKCP's standards and requirements.

This route is not suitable for all candidates and requires additional personal commitment as well as evidence of having met the enhanced personal therapy, practice and supervision requirements. Applicants to UKCP need to evidence that these enhanced requirements have been met throughout their Level 4 and 5 courses. In addition, it should also be borne in mind that the academic level of the PCIPC /UKCP psychotherapeutic counsellor is normally graduate level and this will be considered in assessing individual applications.

In order to support those candidates wishing to apply to PCIPC/UKCP CPCAB has prepared this covering statement and an associated mapping document to show how the CPCAB L4 and L5 diplomas meet the PCIPC/UKCP minimum training standards. These documents may be used in applications for membership.

Please note that neither the Level 5 Diploma in CBT Skills and Theory (CBT-L5) nor the Level 5 Diploma in Counselling Children and Young People (CYP-L5) are regarded as equivalent to PC-L5 for this purpose. This is because the emphasis of these qualifications is on integrating a new counselling approach (CBT/CYP) rather than working at greater depth.

Context

CPCAB is an Ofqual, CCEA and Qualifications Wales, regulated awarding organisation offering qualifications on the Regulated Qualifications Framework (RQF). The CPCAB progression route to become a qualified independent practitioner is a part-time programme delivered over 3 years with a prior entry requirement of at least 150 GLH of counselling skills and theory. The two eligible qualifications are:

- Level 4 Diploma in Therapeutic Counselling (TC-L4) – 2 years part time
- Level 5 Diploma in Psychotherapeutic Counselling (PC-L5) – 1 year part time

Candidates are also allowed an additional year after completing the L4 and L5 diplomas to complete outstanding client hours.

The CPCAB L4 and L5 qualification requirements can be summarised as follows:

Qual	Duration	GLH	QCF level	HE level	Supervised client work ¹	Therapy
TC-L4	2 yrs	420	4	Dip HE	100 hrs (agency counselling)	10 ²

1 CPCAB qualification guidance says that supervision should be in line with professional membership association requirements for trainees.

2 This is a CPCAB minimum. Centres have to require therapy hours that are consistent with their model. In practice most centres require more than the minimum – 40 hours is typical.

PC-L5	1 yr	120	5	Foundation Degree	60 hours (independent practice)	40
Total:		540			160 hours client work	40 (min)³

Qualification level

The Regulated Qualifications Framework (RQF) is a vocational unit and credit-based qualifications framework. Although RQF levels can be mapped to other frameworks including the HE framework there is no direct equivalent. This is because vocational qualifications put greater emphasis on practitioner skills rather than academic skills to ensure candidates gain the practical skills required in specific occupations, whilst also making them more accessible to non-traditional learners and to ensure they are eligible for Further Education funding streams.

Meeting the training standards for psychotherapeutic counselling

The associated mapping document evidences how the TC-L4 and PC-L5 qualifications together meet the UKCP Psychotherapeutic Counselling and Integrative Psychotherapy College (PCIPC) minimum training requirements in terms of minimum curriculum, learning outcomes and training course requirements. However, there is a greater emphasis on personal therapy and enhanced supervision within the PCIPC/ UKCP training standards. Individuals applying to PCIPC/UKCP must therefore provide additional evidence to show how they have met these further requirements:

- Personal therapy - 105 hours minimum with **at least 50 hours** undertaken during the training course
- Supervision – an overall average of 1 hour of supervision for every 6 hours of client work
- Practice hours – 450 hours of client work post qualifying. The additional client hours need also to be supervised within the UKCP training supervision ratio of 1 hr of supervision to 6 client hours.
- Evidence of having developed research skills⁴

As part of their UKCP application, candidates will be asked to provide details of how the process of psychological assessment, suitability for counselling and risk assessment were managed and supported throughout their practice hours.

Progression

PCIPC also offers a route for psychotherapeutic counsellors who have acquired the relevant further training and experience to register as a UKCP psychotherapist.

To achieve the necessary standards for psychotherapy, candidates must either:

- access a top-up psychotherapy diploma OR

³ Candidates on PC-L5 may include their therapy from L4 in their hours at L5. However, most candidates will usually have completed more than the minimum. UKCP requirements are made explicit at the start of the course so that candidates know that they have to undertake at least 50 hours of the total 105 hour requirement during the training period.

⁴ PC-L5 requires candidates to have a knowledge of research skills and there is an opportunity to apply these in a mini research project. Candidates who complete the project may also have to provide additional evidence on application to UKCP PCIPC of having developed further research skills and/or undertaking a research project /data analysis or being part of a larger research project.

- contact their accrediting organisation using PCIPC Intersubjective Psychotherapy Standards of Education and Training (SETs) to demonstrate how they have continued learning and developing to meet these SETs.

European Certificate of Psychotherapy

There is the additional benefit that any full clinical UKCP member is also eligible for accredited membership of the European Association of Psychotherapy. This involves completing an application form and paying a membership fee. Further details can be found here [Working overseas | UKCP \(psychotherapy.org.uk\)](#)