

Psychotherapist Board of Aotearoa New Zealand Consultation Response on Psychotherapist Scopes of Practice

It is intended that the following document will provide insight into the decisions reached by the Psychotherapists Board of Aotearoa (the Board) on Psychotherapist Scopes of Practice.

Thank you!

The Board would like to thank the members of the profession, stakeholders and other interested parties who sent their consultation responses to the Board on Psychotherapist Scopes of Practice. In general those who responded agreed with the proposed changes to the frequency of practice for those registered in the Interim Psychotherapists Scope of Practice. Some feedback disagreed with the Board's definition of practice. The Board reviewed and considered all responses received before making any decisions.

Background

Psychotherapists were regulated under the Health Practitioners Competence Assurance Act 2003 (HPCA Act) in October 2007. Among various establishment structures and processes, the Board was charged with developing scopes of practice.

The Board was required to describe the contents of the psychotherapy profession in terms of one or more scopes of practice (section 11 HPCA Act). Section 11 provides that "*a scope of practice may be described in any way the authority thinks fit*"; Section 14 HPCA Act requires the Board to consult with persons representing the views of health practitioners registered (or in this case, to be registered) with the Board, and with organisations, or members of organisations, that the Board considered would be affected by the proposal.

In February 2008 the Board issued its first newsletter to the profession, interested persons, and organisations on its database. At that time, the Board advised that it had started work on matters including scopes of practice, and that it would consult with the profession and seek wider advice on this.

An initial meeting with the profession to discuss various matters, including the development of scopes of practice, took place in May 2008. This meeting was attended by representatives from a number of professional associations, training institutions, and the Auckland DHB (which at that time employed the largest number of psychotherapists). This meeting was followed by a formal consultation paper on scopes of practice and qualification criteria; the Board consulted on three possible models for scopes of practice. The consultation document was sent out on the 18th June 2008 to all parties that the Board considered would have an interest in the matter, including all those people listed on the Board's database, professional associations, training institutions, and DHBs. The consultation document was also placed on the Board's website.

Among other things, the consultation document stated that:

- A scope of practice provides the definition and limit of a profession and must adequately convey to a member of the public what a registered psychotherapist does;

- When reviewing scopes of practice it is important to understand that the Board's primary purpose under the HPCA Act is to protect the health and safety of members of the public by providing for mechanisms to ensure that psychotherapists are competent and fit to practise their professions; and
- The Board spent a considerable amount of time looking at various scopes of practice that would best protect the public health and safety and also sought advice from experienced registration authorities. The advice gained was to keep scopes of practice simple.

Over 120 responses were received in response to the Board's consultation process. The Board met twice to discuss the outcome of the consultation process and the proposed scopes of practice. The results of the consultation (including a separate response from the Board to decisions reached after the consultation process), and the Gazette notice, were circulated to the profession (and all others mentioned above) and placed on the Board's website.

The psychotherapist scopes of practice have remained unchanged since that time.

A review of the scopes of practice became apparent when the Board encountered a restriction relating to the **frequency of psychotherapy clinical supervision** for those registered in the Interim Scope of Practice. This restriction had the potential to prevent a practitioner registered in the Interim Psychotherapist Scope moving to the Psychotherapist Scope of Practice or the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism.

In addition to this restriction the Board had also received feedback regarding the '**note**' included in the scopes which defines practice. This note clarifies section 7 of the HPCAA and notifies psychotherapists of the other roles that practice may assume.

Frequency of Psychotherapy Clinical Supervision

The Board has agreed to delete the inclusion of the frequency of psychotherapy clinical supervision from the gazetted scopes of practice. This will remove the restriction for those registered in the Interim Scope of Practice wishing to move into the Psychotherapist Scope of Practice or Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism. Details relating to frequency of practice can be found in the Board's supervision policy.

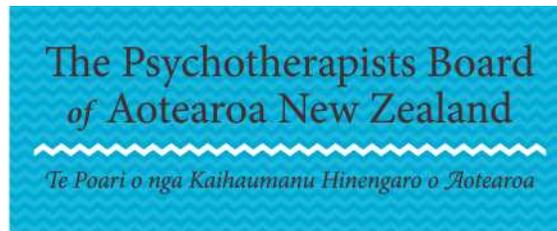
The profession and stakeholders supported the removal of the frequency of psychotherapy clinical supervision from the gazetted scopes of practice.

The scopes of practice have been amended accordingly please refer to appendix one for a full final copy of the amended Scopes of Practice which will be Gazetted early January 2013.

Practice Defined

Feedback received on the definition of practice primarily focussed on the addition of the 'note' included in 'defining practice'.

The 'note' was included in the scope of practice as a consequence of Board discussions after receiving and reviewing the consultation feedback in 2008. The 'note' was also developed with



the Board's purpose in mind, that is 'to protect the health and safety of members of the public by providing for mechanisms to ensure that health practitioners are competent and fit to practise their professions' (section 3 HPCA Act).

The Board's view was that the 'note' would assist in providing guidance to individuals who wished to practise psychotherapy *as a registered psychotherapist* (i.e. those people wanting to practise psychotherapy and use the title 'psychotherapist').

The original note read: '*Practice is not confined to clinical practice and encompasses all roles that psychotherapy may assume such as client care, research, policy making, educating and consulting' in all three scopes of practice*'.

As detailed in the recent consultation document the Board agreed, after lengthy discussion, to **remove research and policy making** from the definition of practice as it was agreed that research and policy making may be undertaken by professionals not registered or required to be registered with the Board.

The Board remains convinced that psychotherapists providing psychotherapy education or consultation, including supervision, are demonstrating and using the skills and competencies of a skilled psychotherapist and as such they are influencing clinical practice and consequently public safety and therefore should hold an Annual Practising Certificate. The Board view on the extent of "practice" is consistent with those adopted by other Responsible Authorities.

It has been indicated by the profession that clinical supervision is integral part of psychotherapy practice. Given this the Board confirms that *...Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision*'.

The scopes of practice have been amended accordingly please refer to appendix one for a full final copy of the amended Scopes of Practice which will be Gazetted early January 2013.

Further consultation specific to the Psychotherapists Scope of Practice with Child and Adolescent Psychotherapist Specialism

In 2013 the Board will be re-consulting on the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism. Feedback from those registered within the Child and Adolescent Scope has indicated that they would like to see 'research' and 'policy making' retained within the Child and Adolescent Scope of Practice. The Board will consult on this matter next year.

How do other Boards and Councils define practice?

The Board notes that its views on the extent of "practice" is consistent with those adopted by other Responsible Authorities. I have included examples below:

Dental Council

...Practice in this context goes wider than clinical dentistry to include:

- a) Report or giving advice in a dental capacity; and

b) Teaching, research and management roles

Given that such roles use the knowledge and skills attained through undertaking a dental qualification and that such roles influence clinical practice and public safety’.

Nursing Council

...’Nursing practice is using nursing knowledge in a direct relationship with clients or working in nursing management, nursing administration, nursing education, nursing research, nursing professional advice or nursing policy development roles, which impact on public safety.’

Medical Council

...’Practice in this context goes wider than clinical medicine to include teaching, research, medical or health management, in hospitals, clinics, general practise and community and institutional context, whither paid or voluntary’.

Pharmacy Council

...’The practice in this context goes wider than pharmacists directly working with patients to include teaching, advising, research, policy development and management, given that such roles influence clinical practice and public safety’.

Physiotherapy Board

...’The practice of physiotherapy is not confined to clinical practice, and encompasses all roles that a physiotherapy may assume such as patient/client care, health management, research, policy making, educating and consulting, wherever there may be an issue of public health and safety’.

Psychologists Board

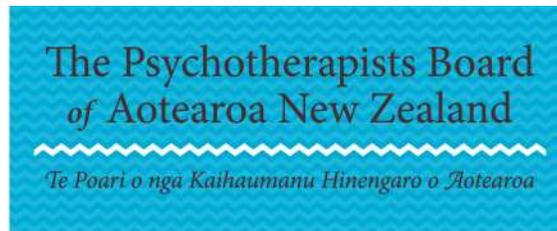
Practise as defined by the HPCA Act means to perform services that fall within the description of the profession. In accordance with section 11 of the Act the Board has described the profession in terms of various scopes of practice, the broadest of which is the (foundation) ‘Psychologist’ scope. The Psychologist scope is defined as ‘rendering or offering to render to individuals, groups, organisations or the public any psychological service involving the application of psychological knowledge, principles, methods and procedures of understand, predicting ameliorating or influencing behaviour, affect or cognition.

This is a very broad description, and one which likely overlaps with any activities performed under titles such as life coach, psychotherapist, RTLB, Human Relations Manager, or Management Consultant. Further, there is no limitation under the Act that these services be performed for remuneration or in the context of a clinical relationship or otherwise (e.g. management, administration, education, or research). Practitioners therefore must be aware that, as long as they remain on the Register of Psychologists, they must hold a current practising certificate if they practise (under any title) within the scope of psychology (as described by the Board)’.

Occupational Therapy Board

...’For the avoidance of any doubt: a registered occupational therapist is required to hold a current APC if;

a) If providing supervision and or oversight to another occupational therapist



November 2012

b) If providing education and or training in occupational therapy'.

Conclusion

A final copy of the amended Scopes of Practice which will be Gazetted early January 2013. A copy of this is attached as appendix one.

Should you have any comment the next meeting of the Board will be held on Sunday 10th February 2013. Please ensure that you provide the Registrar with any communication before the Board papers are sent. Information that arrives after the Board papers are sent will be held over to the next meeting of the Board.



Following you will find a copy of the Gazette Notice which will be printed 10 January 2013

Notice of Scopes of Practice and Related Qualifications Prescribed by The Psychotherapists Board of Aotearoa New Zealand

Pursuant to sections 11 and 12 of the Health Practitioners Competence Assurance Act 2003 ("the Act"), the following notice is given.

Scopes of Practice for Psychotherapists as at [date]

1. Psychotherapist Scope of Practice

2. Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism

3. Interim Psychotherapist Scope of Practice

1. Psychotherapist Scope of Practice

Psychotherapists shall be competent to use various methods of psychotherapy to assist clients in their personal growth, relationship development, psychological life issues and mental health problems, whilst taking into consideration the bicultural context of Aotearoa New Zealand. Clients may include children, adolescents, adults, couples, families, whānau, groups, organisations and the public.

A key element of psychotherapy is the therapeutic use of the relationship between the psychotherapist and client. Psychotherapy may involve, but is not limited to: Exploring the origins, maintenance and change of life patterns; the assessment, formulation, diagnosis and treatment of mental health problems; and working with patterns of psychological life which may be outside of conscious awareness, including non-verbal and preverbal patterns. Various coherent theoretical models are used in psychotherapy.

In practising psychotherapy, the context of a person's life needs to be taken into account, including social, cultural and spiritual contexts.

Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision.

Psychotherapists shall practise within their area and level of expertise and with due regard to ethical, legal and board-prescribed standards.

Prescribed Qualifications for Psychotherapist Scope of Practice

An approved Master's level qualification in psychotherapy from a New Zealand university or a New Zealand training institution or an approved comparable qualification

OR

Satisfactory completion of an assessment accredited or set by the board

AND

The completion of 900 hours of supervised clinical psychotherapy practice with clients over at least three years with clinical supervision provided by a psychotherapist registered in the Psychotherapist Scope of Practice. Hours not completed during qualification may be completed post qualification

AND

The completion of 120 hours of personal psychotherapy with a registered psychotherapist during and/or following qualification.

2. Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism

Those working within this scope of practice are also able to work within the Psychotherapist Scope of Practice as long as they practise within their area and level of expertise and with due respect to the ethical, legal and board-prescribed standards.

Child and adolescent psychotherapists shall be competent to use various methods of psychotherapy to assist children and adolescents with their psychological life issues and mental health problems, whilst taking into consideration the bicultural context of Aotearoa New Zealand.

A key dimension of psychotherapy with children and adolescents is the use of developmentally appropriate methods. Child and adolescent psychotherapists are expected to have in-depth understanding of infant, child and adolescent development; infancy, childhood and adolescent disorders; family and cultural dynamics; and interdisciplinary approaches to working with children. Child and adolescent psychotherapists are specifically expected to be able to use methods of communication that are consistent with the child's or adolescent's stage of development and comprehension and be able to understand a child's non-verbal communication. Psychotherapy with children and adolescents may involve, but is not limited to: The assessment, formulation, diagnosis and treatment of emotional and psychological distress; severe mental health problems; and working with patterns of psychological life which may be outside of conscious awareness.

In practising psychotherapy, the context of a child or adolescent's life and social environment needs to be taken into account. Child and adolescent psychotherapists are expected to be able to work with parents/caregivers, and/or family groups as an adjunct to their work with children or adolescents.

Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision.

Child and adolescent psychotherapists shall practise within their area and level of expertise and with due regard to the ethical, legal, and board-prescribed standards.

Prescribed Qualifications for Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism

An approved Masters level qualification in child psychotherapy from a New Zealand university or an approved comparable qualification

OR

Satisfactory completion of an assessment accredited or set by the board

AND

The completion of 900 hours of supervised clinical child and adolescent therapeutic practice over at least three years with clinical supervision provided by a psychotherapist registered in the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism. Hours not completed during qualification may be completed post qualification.

AND

The completion of 120 hours of personal psychotherapy with a registered psychotherapist during and/or following qualification.

3. Interim Psychotherapist Scope of Practice

Psychotherapists shall be competent to use various methods of psychotherapy to assist clients in their personal growth, relationship development, psychological life issues and mental health problems, whilst taking into consideration the bicultural context of Aotearoa New Zealand. Clients may include children, adolescents, adults, couples, families, whānau, groups, organisations and the public.

A key element of psychotherapy is the therapeutic use of the relationship between the psychotherapist and client. Psychotherapy may involve, but is not limited to: Exploring the origins,

maintenance and change of life patterns; the assessment, formulation, diagnosis and treatment of mental health problems; and working with patterns of psychological life which may be outside of conscious awareness, including non-verbal and preverbal patterns. Various coherent theoretical models are used in psychotherapy.

In practising psychotherapy, the context of a person's life needs to be taken into account, including social, cultural and spiritual contexts.

Practice includes all the roles that a psychotherapist may assume such as clinical practice, educating and consulting including clinical supervision

Psychotherapists shall practise within their area and level of expertise and with due regard to ethical, legal and board-prescribed standards.

Prescribed Qualifications for Interim Psychotherapist Scope of Practice

An approved Master's level qualification in psychotherapy and/or child psychotherapy from a New Zealand university or a New Zealand training institution or an approved comparable qualification
OR

Satisfactory completion of an assessment accredited or set by the board

Note:

1. A practitioner with an Interim Psychotherapist Scope of Practice must meet the required qualifications for the Interim Psychotherapist Scope of Practice. However, they may not have yet completed 900 hours of supervised clinical psychotherapy practice with clients over at least three years with clinical supervision provided by a psychotherapist registered in the Psychotherapist Scope of Practice or Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism. Hours not completed during qualification may be completed post qualification.

AND/OR

May not have completed 120 hours of personal psychotherapy with a registered psychotherapist during and/or following qualification.

2. Acceptance in this scope must be for the purpose of achieving registration in either the Psychotherapist Scope of Practice or the Psychotherapist Scope of Practice with Child and Adolescent Psychotherapist Specialism.