

OSNOVNE INFORMACIJE O SPECIALIZACIJI (IZOBRAŽEVANJU) IZ BONDING PSIHOTERAPEVTSKE MODALITETE

Izobraževanje iz BPT modalitete (za bodoče bonding psihoterapevte) v Sloveniji že poteka, pod vodstvom Združenja Bonding psihoterapevtov Slovenije, Škocjan 46/a, 6000 Koper (dalje: ZBPS). Izobraževanje formalno priznava in registrira ISBP (glej naprej).

ZBPS je po svojem predsedniku polnopravni član European Society for Bonding Psychotherapy (dalje ESBP) in tudi polnopravni član International Society for Bonding Psychotherapy (dalje ISBP). ESBP polnopravna članica European Association for Psychotherapy (dalje EAP); tudi BPT modaliteta je priznana psihoterapevska modaliteta tudi v okviru EAP.

Formalni postopek specializacije iz BPT tudi v Sloveniji povsem upošteva in sledi navodilom ISBP: »Professional Training guidelines of the International Society for Bonding Psychotherapy (iz dne 06/06/2013).

Vsak specializant, ki specializira BPT v okviru ZBPS, mora biti še pred pričetkom specializacije akreditiran pri ustrezni akreditacijski komisiji ISBP, za kar organizacijsko poskrbi ZBPS.

Za izvajanje specializacije iz BPT potrebno, da vsak specializant še pred pričetkom specializacije pridobi (vsaj) dva učitelja z ustrezno licenco ISBP oz. dva t.i. »BPT Teaching Fellow-a«, ki sta v vlogi primarnega in sekundarnega sponzorja specializantu (dalje: BPT-TF) (pri tem lahko v skladu z možnostmi, ki jih dovoljuje ISBP, vlogo drugega TF izjemoma prevzame tudi priznan BPT psihoterapevt, vendar le z dovoljenjem ISBP); za zagotovitev ustreznih BPT-TF oz. drugih ustreznih strokovnjakov organizacijsko poskrbi ZBPS.

ZBPS za delno dopolnitev teoretičnega dela specializacije sodeluje z ustreznimi zunanjimi institucijami in posamezniki, npr. SFU idr., za kar organizacijsko poskrbi ZBPS.

Za delno izvajanje praktičnega psihoterapevskega dela in psihoterapevskega dela pod supervizijo je potrebno sodelovanje z različnimi zunanjimi ustanovami in programi v RS (za opravljanje zaključne praktične faze specializacije) – za pridobitev tovrstnega sodelovanja lahko poskrbita tako ZBPS kakor tudi sam specializant.

Končni - formalni - namen specializacije je pridobitev naziva:

- BPT psihoterapevt (»BPT Fellow«) ali
- BPT terapevt (»BPT Institute Fellow«),

pri čemer velja, da naziv - ob ZBPS - podeli tudi krovna akreditacijska ustanova ISBP,

Za eventualno pridobitev evropskega certifikata iz psihoterapije (ECP pri EAP) po lastni potrebi oz. želji poskrbi vsak specializant sam - po predhodnem uspešnem zaključku specializacije iz BPT. Pri tem ZBPS in ISBP izdeta ustrezna potrdila o opravljeni specializaciji iz BPT in druga potrdila (opravljeni izpiti, opravljeno število praktičnih ur, supervizije,...).

Za vstop v specializacijo iz BPT modalitete je pogoj podpisana pogodba med specializantom in ZBPS.

Višina kotizacije za specializacijo je praviloma 2.100,00 EUR / letno (plačljivo v več obrokih) x 4 leta.

Obveznosti ZBPS (vse navedeno je zajeto v kotizaciji):

- Organiziranje standardnega vključevalnega individualnega intervjuja z vsakim specializantom.
- Zagotovitev primarnega sponzorja asist. dr. Bogdana Polajnerja, univ. dipl. psih., BPT-TF ter zagotovitev dodatnega, sekundarnega sponzorja (praviloma izmed BPT-TF iz tujine).
- Akreditacija specializantov pri ISBP.
- Organiziranje in/ali izvajanje specializacije v treh oblikah (glej naprej).

- Organiziranje specializacije na način, ki je najbolj prilagojen večini specializantov – to pomeni, da se izvajanje specializacije podredi obveznostim specializantom v okviru njihovih rednih študijev oz. zaposlitve (npr. organiziranje ur osebne izkušnje 1-2x mesečno popoldan v sklopu 5 šolskih ur oz. občasne vikend delavnice, predvidoma 4x letno po 16-20 ur / oz. po dogovoru s specializanti ter v upoštevanju organiziranja možnosti pridobitve prb. 130 ur osebne izkušnje / letno).
- Organiziranje vsaj 1 študijske vikend ekskurzije v tujino zaradi udeležbe specializantov na BPT delavnici ali/in na teoretičnem izobraževanju v tujini – predvidoma v okviru EU.
- Organiziranje teoretičnega študija o BPT v obsegu najmanj 60 ur ter organiziranje 4 izpitnih rokov iz teorije BPT (izpitni roki bodo terminsko dogovorjeni s specializanti in znani najmanj 3 mesece vnaprej).
- So-organiziranje (vseh ali zgolj posameznemu specializantu manjkajočih) predavanj ali napotitev na ustrezne izpite iz področja propedevtike.
- Organiziranje možnosti za koterapevtsko delo ter delo pod neposredno supervizijo (v okviru matične izobraževalne skupine ali izven nje).
- Navodila in pomoč za opravljanje zaključne pisne naloge.
- Soorganiziranje in pomoč pri zaključnem ustnem izpitu pred komisijo ISBP (po potrebi vključno s pomočjo pri prevajanju iz slovenščine v angleščino).

ZBPS ni zavezan k odobritvi vstopa v specializacijo ali k odobritvi nadaljevanja s specializacijo za specializante, ki ne izkazujejo minimalnih zadostnih standardov: etike, osebne zrelosti, osebnotne rasti za psihoterapevtsko delo z ljudmi ter minimalnega teoretičnega znanja. Presojanje o »minimalnih zadostnih standardih« je pridržano izključno primarnemu in sekundarnemu sponzorju ter akreditacijski in izpitni komisiji ISBP.

Specializant mora v roku najkasneje 30 dni po podpisu pogodbe o specializaciji iz BPT nakazati na ttr ZBPS plačilo za akreditacijo v višini 240 EUR.

ZBPS bo specializanta registriral pri ustrezni akreditacijski komisiji ISBP ob začetku s prvo fazo specializacije oz. najkasneje pred zaključkom prve faze specializacije iz BPT (zaključena faza osebne izkušnje).

Uspešna akreditacija vsaj 10-ih specializantov je pogoj za vzpostavitev posamezne skupine specializantov.

Po uspešni akreditaciji, specializant v okviru ISBP prejme naziv »member in training«, v okviru ZBPS pa prejme status »člana-specializanta BPT«, oproščenega članarine za obdobje trajanja specializacije.

ZBPS v skladu z ISBP standardi omogoča specializacijo, prilagojeno trem skupinam specializantov (v odvisnosti od predznanj in formalne izobrazbe specializantov):

1. Specializacija za specializante, ki so že pred pričetkom specializacije iz BPT uspešno opravili kakšno drugo, od EAP priznano psihoterapevtsko specializacijo ali specializacijo iz klinične psihologije oz. psihiatrije (»track one«); tovrstni specializanti imajo manj obveznosti iz praktičnih vaj in teorije, po načelu nepodvajanja že opravljenih obvez.

Tovrstni specializanti po uspešno zaključeni specializaciji prejmejo naziv »BPT psihoterapevt« oz. »BPT Fellow«.

Znižanje obveznosti za to skupino specializantov se natančneje opredeli z aneksom k pogodbi.
2. Specializacija za specializante, ki opravljajo ali pa so že opravili ustrezen fakultetni dodiplomski študij (psihologija, biopsihologija, socialno delo, pedagogika, spec. pedagogika, medicina,...) (»track two«).

Tovrstni specializanti po uspešno zaključeni specializaciji prejmejo naziv »BPT psihoterapevt« oz. »BPT Fellow«.

Glavne skupine obvez za tovrstno skupino specializantov zajemajo (natančneje so obveznosti opredeljene v prilogi pogodbe):

 - najmanj 250 ur osebne izkušnje (prvi dve leti specializacije),
 - uspešno zaključen ustrezeni dodiplomski študij (kadarkoli med potekom specializacije iz BPT),
 - opravljeni »zunanj« teoretični izpiti iz področja propedevtike (ta del »zunanjega« izobraževanja, ki ga lahko specializant opravi kadarkoli med potekom specializacije iz BPT, v sodelovanju s SFU ali z drugo sorodno ustanovo izpite organizacijsko zagotovi ZBPS, pri čemer velja, da je plačilo teh

izpitov že zajeto v kotizaciji za specializacijo iz BPT pri ZBPS); tovrstni izpiti se lahko – na podlagi dokazil - delno ali v celoti priznajo, v kolikor jih je posamezni specializant že opravil v okviru fakultetnega ali drugega ustreznega študija,

- teoretično izobraževanje iz specifik BPT (v obsegu najmanj 60 ur) ter opravljen pisni izpit;
- opravljeno asistentsko oz. koterapevtsko delo pod neposredno supervizijo, v obsegu najmanj 120 ur,
- opravljeno praktično delo v učni vlogi primarnega terapevta (pod neposredno supervizijo), v obsegu najmanj 90 ur (slednje lahko delno sovpada s koterapevtskim delom),
- opravljeno praktično delo pod supervizijo na daljavo v skupnem obsegu minimalno 2 let (obdobje se lahko prekriva s časom neposredne supervizije),
- opravljena zaključna pisna naloga ,
- opravljen zaključni izpit pred ISBP komisijo.

Specializacija (vključno z urami dodiplomskega fakultetnega študija – slednje poteka izven pogodbe o specializaciji), v časovnem obsegu zajema - vse skupaj - najmanj 3200 ur v trajanju prb. 7 let (leta se lahko prekrivajo), od česar predstavlja ustrezni fakultetni dodiplomski študij prb. 3 leta in specializacija iz BPT prb. 4 leta.

3. Specializacija za specializante brez ustreznega fakultetnega dodiplomskega študija (brez dodiplomske izobrazbe oz. brez ustrezne izobrazbe – npr. študij prava, teologije,...) zajema iste vsebine kot so zajete v zgornji točki št. 2. («track three«).

Tovrstni specializanti po uspešno zaključeni specializaciji prejmejo naziv »BPT terapevt« oz. »BPT Institute Fellow«, kar jim omogoča psihoterapevtsko delo izključno pod supervizijo psihoterapevta.

Tudi za specializante iz skupine 2. in 3. velja načelo ne-podvajanja pri izkazovanju znanj (npr. izpiti oz. enakovredne obveznosti, ki jih je specializant že opravil v okviru dodiplomskega študija ali kakšnega drugega formalno priznanega izobraževanja s področja psihoterapije - in jih izkazuje s potrdili - se v okviru specializacije iz BPT štejejo za priznane).

Priloga k POGODBI O SPECIALIZACIJI IZ BONDING PSIHOTERAPEVTSKE MODALITETE

Professional Training guidelines of the International Society for Bonding Psychotherapy approved by the ISBP Board meeting 06/06/2013.

Fellow and Institute Fellow.

I. Prerequisites

II. Training phases:

- 1) Self-experience
- 2) Assistant group leader
- 3) Supervised independent practice
- 4) Theory

III. Primary sponsor and training contract

IV. Credentials Committee

V. Completion of professional training and certification as fellow of the ISBP national chapter.

I. Prerequisites

The training in B.P. offers three tracks.

Track one (Fellow):

Entrance requirements:

1. A minimum of a Masters level university degree in a relevant major: medicine, psychology, education, social sciences (social work, etc.), theology, etc.
2. A complete basic training in psychotherapy.

Track one candidates bring a professional background that basically fulfills the ECP criteria (**pts.4.1 thru 4.1.3.4**). If the candidate fulfills most but not all of the ECP criteria, the TF should guide him/her to augment where necessary.

During the professional training it must be possible to exercise B.P. in practice and combined with continuous supervision.

Track two (Fellow):

Entrance requirements:

1. A minimum of a Bachelors level university degree (or the equivalent) in a relevant field (see above).
2. Some basic training in psychotherapy.

Track two candidates bring some of the ECP requirements (e.g. a three year university degree, some basic knowledge regarding psychotherapy in general). The T.F. supports the trainee to augment those elements missing from the ECP standards, in part through curriculum and therapy possibilities within BP, and in part through external courses and reading/study assignments.

During the professional training it must be possible to exercise B.P. in practice and combined with continuous supervision.

Track three (Institute Fellow):

Entrance requirements:

1. A professional context enabling the practice of B.P. under direction of a responsible psychotherapist – if possible a certified B.P. therapist.

Track three trainees are candidates for the status Institutional Fellow. They accept that this status allows them to do B.P. only within a context where a recognized psychotherapist has the professional responsibility for the therapy. As a rule this would happen within a clinical context (therefore the term *institute fellow*).

II. Phases of the training

The basic requirements for training will depend on the entry level of the candidate; in general, candidates in track 2 and 3 are required to complete a greater number of training hours.

All the following hours of training are seen as the minimal necessary for recognition as Fellow or Institute Fellow, and the T.F. can require the trainee to do more hours in any area that the T.F. deems necessary. Ideally, the T.F. and the candidate will develop a collaborative working relation, so that both the T.F. and the trainee agree on what is necessary for the trainee to acquire competency as a B.P.-Therapist.

Curriculum for track 1 candidates:

1. Self-experience in Bonding (specify mat work, attitude work, ...) groups: 150-250 hours minimum.
2. Experience as assistant or co-therapist in B.P. groups: 80 hours minimum, with parallel supervision.
3. Leading B.P. groups as the primary therapist (this may be in conjunction with a peer co-therapist): 60 hours minimum, with parallel supervision.
4. B.P. specific theory: 60 hours minimum (at any time).

Curriculum for track 2 and track 3 candidates:

1. Self-experience in Bonding groups: 200-250 hours minimum.
2. Experience as assistant or co-therapist in B.P. groups: 120 hours minimum, with parallel supervision.
3. Leading B.P. groups as the primary therapist (this may be in conjunction with a peer co-therapist): 90 hours minimum, with parallel supervision.
4. B.P. specific theory: 60 hours minimum.
5. (Only track 2 candidates) General theory of psychotherapy as needed, with external courses and reading/study assignments. The candidate could be supported to increase his/her basic knowledge in, e.g., the areas of psychopathology and diagnosis, psychodynamic theory, theory and practice of group therapy, etc.

As an assistant and as primary therapist, the candidate is to gain experience in all aspects of B.P. The T.F. will supervise and guide the candidate in all relevant areas, including attaining competency in, but not limited to, the following:

- Intervention and support for clients in the bonding exercise (mat work) and in the attitude group.
- Questions concerning the contextual issues in B.P., how to ensure an environment of safety, etc.
- General supervision questions concerning interventions for particular clients/patients, special client/patient groups (such as addicts, traumatized persons, etc.), case supervision, dealing with different therapeutic contexts (workshops, ongoing groups, institutions, etc.).

In agreement with the primary sponsor, working with or serving as an assistant to other T.F.s or experienced Fellows can be accredited as well (see III below, "second recommendation").

To ensure sufficient flexibility for both – candidates as well as teachers – the phases of training can overlap; e.g. it is possible for a training candidate to start with assistance while they are still in advanced self-experience. The theory can be acquired at any time during the training.

III. Primary sponsor and professional training contract

When beginning the assistant phase of the professional training, at the latest, the candidate is to conclude a training contract formally and in written form with one of the Teaching Fellows of the national chapter. If not already, the candidate at this point becomes a member of the national chapter. He thereby gains the formal status of "Member in Training".

With this training contract the Teaching Fellow becomes the „primary sponsor“ of the candidate. The function of the primary sponsor is to support the candidate in all areas relevant to the practice of B.P. This includes acquiring a high degree of professional competence, as well as maintaining a professional and ethical attitude towards clients, patients and colleagues.

It is the duty of the primary sponsor to present the candidate to the Credentials Committee (see IV below).

At the end of the training, the primary sponsor writes a recommendation for the candidate for certification as B.P. Fellow, which is submitted to the national Credentials Committee.

This recommendation is a written statement from the Teaching Fellow that he/she considers the candidate to be sufficiently prepared to practice B.P. on their own. The contents of the recommendation is to include an exact description of the context and the process of the professional training under the primary sponsor (number of hours of self-experience, theory, assistance, hours of practice as leader of B.P. sessions, hours and type of supervision).

Furthermore, the primary sponsor is to confirm that the personal therapy of the candidate is completed in such a way, that he/she is able to do therapeutic work responsibly.

In addition to the recommendation of a primary sponsor, the candidate also needs the recommendation of a second Teaching Fellow (second sponsor). If a second T.F. is not available, with the permission of the Credentials Committee, an experienced Fellow may function as second sponsor. The second sponsor evaluates the professional and personal competence of the training candidate. In order for the second sponsor to submit his/her recommendation, it is advised that the candidate does part of their training with this other Teaching Fellow (or nominated Fellow) as well.

IV. Credentials Committee

The Credentials Committee of each national chapter consists of at least three members. All members of the Credentials Committee are Teaching Fellows or other senior B.P. therapists.

The Credentials Committee supervises and supports the primary sponsor during the training of the candidate. As soon as possible after conclusion of the training contract, at the latest before the end of phase 1 (i.e. before beginning of phase 2), the primary sponsor will introduce the training candidate to the Credentials Committee.

The Credentials Committee in close communication with the sponsors decides on all exceptions, e.g. on whether the candidate fulfills the prerequisites for entering training (see above I), whether exceptions to the prerequisites for training can be accepted, which if any exceptions can be made to the minimal curriculum, etc.

The Credentials Committee can give recommendations to the primary sponsor about what measures could be reasonable for their training candidate to close potential gaps in experience or knowledge (e.g. participation in courses on diagnostics, on transference phenomena, work in the addiction area, etc.).

V. Completion of the professional training (certification)

Completion of the professional training and certification includes the following:

1. Recommendation of the main sponsor.
2. Second recommendation of the second sponsor.
3. An interview between the candidate and the representatives of the Credentials Committee.

This interview allows the members of the Credentials Committee to gain a general impression of the professional and personal qualifications of the candidate in regard to the practice of B.P.

The candidate must know the ethical guidelines of the I.S.B.P. and must be capable to discuss ethical questions and their resolutions. He/she must be able to describe the context and framework of their work with B.P. and must have knowledge of the legal issues in the context of their work situation.

Based on the recommendations of the two sponsors and the interview, the Credentials Committee gives a recommendation for or against certification.

This recommendation is submitted to the executive board of the national chapter, who then confirm the decision of the Credentials Committee. With a positive confirmation, the candidate is awarded recognition as Fellow or Institute Fellow.

Length and content of psychotherapy training (EAP)

4.1. The total duration of the training will not be less than 3200 hours, spread over a minimum of seven years, with the first three years being the equivalent of a relevant university degree. The later four years of which must be in a training specific to psychotherapy. The EAP will, in collaboration with NAOs and EWAOs, determine the proportion of the training elements that need to be completed prior to the ECP being awarded.

4.2. The training meets the EAP's criteria for basic professional training, and includes the following elements:

4.2.1. Personal Psychotherapeutic Experience, or equivalent. This should be taken to include training analysis, self-experience, and other methods involving elements of self-reflection, therapy, and personal experience (not less than 250 hours). No single term is agreed by all psychotherapy methods. Any training shall include arrangements to ensure that the trainees can identify and appropriately manage their involvement in and contributions to the processes of the psychotherapies that they practice in accordance with their specific methods.

4.2.2. Theoretical Study: There will be a general part of university or professional training and a part which is specific to psychotherapy. University or professional courses leading to a first University degree or its equivalent professional qualification in subjects relevant to psychotherapy may be allowed as a part of, or the whole of, the general part of psychotherapy theory, but cannot contribute towards the 4 years of specific psychotherapy training. Theoretical study during the 4 years of training specific to psychotherapy 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

4.2.3. Practical Training: This will include sufficient practice under continuous supervision appropriate to the psychotherapeutic modality and will be at least two years in duration.

4.2.4. Placement in a mental health setting, or equivalent professional experience: The placement must provide adequate experience of psycho-social crisis and of collaboration with other specialists in the mental health field.

4.3. Supervision, training and, where applicable, personal psychotherapy should be provided by practitioners whose training meets the criteria of the ECP. Advanced trainings for trainers and supervisors are not covered by these criteria, but will be required.

4.4. Training courses are required to be registered with their relevant NAO and accredited by their relevant EWAO. Then they are recommended to apply to the Training & Accreditation Committee (TAC) for European Accredited Psychotherapy Training Institute (EAPTI) status. The detailed criteria and procedures for obtaining EAPTI status are contained in the TAC document. The TAC is responsible for checking and accepting the quality and procedures of the training organisation and subsequently recommending it to the Governing Board for EAPTI status.

5. Completion of Training

5.1. By the end of the training, the trainee (now a practitioner) will have to have demonstrated personal, social and professional maturity and a commitment to working to a professional code and ethical standards.

5.2. There will be an assessment of both theoretical and practical work.

5.3. The practitioner should have completed required university or equivalent training in human or social sciences and the specialised 4-years of psychotherapy training, within organisations training in the same method of psychotherapy.

5.4. The practitioner must be in a professional organisation which has an ethical code, complaints and disciplinary procedure consistent with and recognised by their NAO and the relevant EWAO.

5.5. The NAOs and EWAOs will determine how Training Organisations finally assess trainees of approved & accredited training programmes.