

The Psychotherapists Board of Aotearoa New Zealand

Te Poari o nga Kaihaumanu Hinengaro o Aotearoa

Spring Newsletter 2009

This issue brings you up to date with some of the Board-related issues since August 2009. Some of the items are long but important in terms of providing clarity.

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Registration Update

The Board is pleased to announce the total registrations now stand at 505.

If you have not yet registered and are practising as a psychotherapist you should now do so. The practising year runs **1st October – 30th September**.

APC Renewal 2009/2010 Update

The Board has now entered a new practising year. As at 12 October 429 psychotherapists have renewed their APC with a further 43 in the process.

It is important to note that **no** person may claim to be practising as a health practitioner of a particular kind, or state or do anything that is calculated to suggest that they are practising or willing to practice, unless as a health practitioner of that kind unless the person:

- Is a registered health practitioner of that kind; **AND**
- Holds a current APC as a health practitioner of that kind.

HPCAA s7 (2)

Every health practitioner is personally and individually responsible for ensuring that he/she holds a current APC.

If you are practising and do not have a current annual practising certificate you may jeopardise your ability to claim ACC funding and may put at risk your professional indemnity insurance.

If you have sent your completed APC renewal form and correct fee but have not yet heard from the Registrar please contact Jacq immediately at registrar@pbanz.org.nz.

Accessing your information on the PBANZ website

Practitioner's can assess and update their personal information at anytime. To do this just log onto the Board's website www.pbanz.org.nz and click on, Log In Area (located on the left hand side of the website). You will be asked for your email address and password.

It is a practitioner's responsibly to ensure that all personal information including email address is kept up to date.

Please note that receipts for registration and APC payments are also located within your personal login.

Consultation – Clinical Competencies

The Board is now consulting on Core Clinical Competencies for the whole of the profession. This is the second consultation on this topic. The Board's first clinical competencies consultation focused on general psychotherapist clinical competencies including various models of psychotherapy and the feedback received from this consultation was wide, varied and often contradictory. Mindful of the professions input during this first consultation the Board has rewritten the competencies.

To enable the Board to ensure that psychotherapist clinical competencies are clear, concise and user friendly the Board has now chosen to focus only on "Core" Clinical Competencies.

This consultation document can be located on the Board's website under "News and Events".

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The consultation process on the Core Clinical Competencies closes on **Monday 16th November 2009**. If you wish to make a comment please send your responses to the Board at registrar@pbanz.org.nz or PO Box 10-787, The Terrace, Wellington.

Ethics Committee Working Party update

This update is to clarify the purpose and progress of the Board's Ethics Committee Working Party (WP).

The working party operates according to Terms of Reference. Members were nominated by their associations/groups for the working party, and bring a varied range of skill and expertise. This working party was established to meet the purposes of the Board to develop a statement of ethical conduct for the profession as a whole as set out in Section 118(i) of the HPCAA.

The purpose of this working party is to advise the Board on ethical standards of conduct to be observed by all psychotherapists, and to develop a draft standard of ethical conduct for psychotherapists registered and practising in New Zealand based on ethical codes currently used by the profession. The Board will then consider this draft in the development of a consultation document. Consultation will occur with stakeholders, which includes all interested members of the public and profession.

Once the WP draft is tabled the working party will have completed its task and cease to exist. The Board will attend to the process of developing a consultation document.

The standards of ethical conduct will align with and not exceed the Board's authority under the HPCAA and approval of any standard for ethical conduct is the prerogative of the Board.

Grandparenting – an explanation

There is some confusion over the function and role of "grandparenting". It may be useful for the Board to briefly set out the background to the grandparenting clause.

When the Board was appointed the initial task was to establish and gazette scopes of

practice and qualifications to enable the profession to register. At that time the Board could not assess qualifications that were no longer in existence, neither was the Board in a position to review and accredit current training programmes or qualifications.

To enable as many practising psychotherapists as possible to register (in line with Sec 13) the Board used a grandparenting clause. The purpose of a grandparenting clause is to define transitional arrangements and allow practitioners to register and to continue working as psychotherapists during a period of change.

The grandparenting clause means:

1. Practitioners who hold a Board approved qualification **that is no longer in existence** have until August 2010 to register with the Board. The Board approved qualifications **that are no longer in existence are:**

- AIT Diploma of Psychotherapy (Auckland)
- AIT/AUT Graduate Diploma in Psychotherapy (Auckland)
- AIT/AUT Graduate Diploma in Clinical Child Psychotherapy (Auckland)
- University of Otago Certificate in Child Psychotherapy
- University of Otago Postgraduate Diploma in Child Psychotherapy (Wellington)
- University of Otago Master of Health Science in Child Psychotherapy (Wellington)

Please note however that if you hold one of these qualifications **and** are currently practicing as a psychotherapist **without** being registered or holding a current APC you are breaking the law. Once Grandparenting expires (August 2010) practitioners will no longer be eligible to register using one of the above qualifications.

2. Psychotherapists who hold a current Board approved qualification as per the Board's policy on Scopes of Practice and Qualifications for Registration will continue to be accepted for registration. Qualifications currently accepted by the Board under this policy are:

- AUT Master of Health Science in Psychotherapy [adult psychotherapy pathway]

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- AUT Master of Health Science in Psychotherapy [child psychotherapy pathway]
- Certified Transactional Analyst (clinical or psychotherapy)
- Accredited Jungian Analyst with ANZSJA and/or IAAP
- Accredited Psycho-analyst with the International Psychoanalytical Association
- Diploma in Psychosynthesis Psychotherapy
- Diploma in Gestalt Psychotherapy
- Psychodramatist certified by the Board of Examiners of the Australia New Zealand Psychodrama Association
- NZ Institute of Psychoanalytic Psychotherapy – Membership
- ANZAP Diploma in Adult Psychotherapy
- Certified Bioenergetic Therapist (CBT)
- The Ashburn Clinic Psychotherapy Training Programme

In time the Board will assure itself of the quality and content of these qualifications by undertaking an “accreditation process” as required in the HPCAA.

What is accreditation and when will it take place?

Accreditation is a type of quality assurance process under which services and operations of an educational institution or program are evaluated to determine if applicable standards are met. If Board standards are met, accredited status is granted.

The principles relating to accreditation processes will be discussed by the Board and consulted on with psychotherapy training providers.

Once the accreditation process is complete the Board will have a final list of New Zealand psychotherapy qualifications deemed to meet the criteria for registration. These qualifications will be gazetted as per section 11 of the HPCAA. Once accreditation is complete practitioners wishing to register on the Tertiary Pathway will need to hold an accredited qualification.

Where does that leave students in the meantime?

To provide assurance to students who either intend to enroll in psychotherapy training or who are currently enrolled in psychotherapy training the Board has advised that any student who enrolls in one of the “current Board approved qualifications” (see above) by March 2012 will have their qualification recognised for registration. This clause provides students with the security to enroll, prior to accreditation taking place.

To call or not to call . . . yourself a psychotherapist

An important notice for psychotherapists, supervisors and those advertising on behalf of psychotherapists.

The Psychotherapist Scope of Practice was designed to be inclusive and broad enough to enable all psychotherapists who hold a relevant qualification to register with the Board.

The HPCAA states that all psychotherapists who wish to practise psychotherapy as a psychotherapist, to advertise, or to hold themselves out to be a psychotherapist, must be registered with the Board. Practice is not confined to clinical practice and encompasses all roles that a psychotherapist may assume such as client care, research, policy-making, educating and consulting.

The Board is aware that some members of the profession remain unregistered but are openly advertising and identifying themselves as psychotherapists. The Board notes that in doing so those members of the profession are potentially liable for an offense punishable on summary conviction by a fine of up to \$10,000. Members should also consider ACC requirements and liability coverage. Accordingly the Board urges those members to apply for registration as a matter of urgency.

More information can be found on the Board website under the following headings:

“Using the Title Psychotherapist”, “Holding yourself out to be a Psychotherapist” and “Restricted Activities”.

<http://www.pbanz.org.nz/index.php?ForPsychotherapists>

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Annual Report – Year ending September 2008

The Board's Annual Report to the year ending September 2008 is now available on the Board's website under News and Events.

The Board's Annual Report has been audited by an auditor approved by the Auditor General and submitted to the Minister of Health and tabled in the House of Representatives.

Note: the report is scanned in black and white as the coloured version was too large for most home computers to download.

Missing in Action – Psychotherapists we haven't heard from (yet)

Some registered practitioners have yet to engage in the APC renewal process.

The Board has attempted to contact these practitioners but it is possible that their contact details have changed. This outlines the importance of ensuring that you keep the Board updated with any changes to your contact information.

The Board will attempt to contact practitioners it cannot reach, by advertising their details in future newsletters. If you know any of these practitioners please bring their attention to the newsletter and ask them to contact the Board. This section will only appear in newsletters as necessary.

Registrar on leave

Please note the Board's Registrar, Jacq, will be on annual leave from **Monday 7th December 2009 until Friday 8th January 2010**.

If you have questions relating to registration, annual practising certificates or the HPCA Act please ensure you make contact with Jacq in plenty of time **before Friday 4th December**. The Board will have an arrangement with the Occupational Therapy Board for basic support during her absence however, most queries will need to wait until Jacq returns in January.

Points of interest on the Board Website

Practitioners are encouraged to review the Board's website site regularly. To aid in this process the Board's newsletter will start

highlighting points of interest. Click on the following link to find out more:

[https://secure.pbanz.org.nz/index.php?About the Legislation](https://secure.pbanz.org.nz/index.php?About%20the%20Legislation)

A message from Board Member, Layperson, Sue Ineson

The definition of a "layperson" is *a person who is a non-expert in a given field of knowledge*. In the HPCA Act a layperson is defined as a person *who is neither reregistered nor qualified to be registered as a health practitioner*.

Historically the traditional health professions, that is those who had a "defined body of knowledge and set of skills" developed **self regulation**. This self-regulation included setting standards for entry to the profession. Over time governments have taken over some aspects of control as it was recognised that some professions were able to cause patient harm and therefore members of the public argued for more external accountability. There was also concern that the professional groups may unnecessarily restrict those who could enter the profession and they were centred on the interests of their members.

This led to more public and governmental involvement in regulation of health professions – what has been termed "**professionally led regulation in partnership with the public**".

The HPCA Act follows this pattern, where the government defines the parameters of regulation through a statute. The Minister appoints members of the responsible authority (RA) or Board and can audit the RA if required. The public is represented by the appointment of lay members to RA governing Boards. There are also members of the profession on the Board so the profession continues to be involved in setting the standards for the profession.

So it is "**a partnership where government confers certain rights and responsibilities to a profession which has demonstrated the capabilities to administer itself**" where some aspects of professional self regulation remain through with professionals on the Board balanced by the laypersons within a statute set by the government.

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A layperson's role is to ensure the Boards processes are open and fair and they bring a public perspective to the Board. They also bring additional skills and experiences that add to those of the professional members, such as wider knowledge of the health or education sectors, legal skills or governance experience and involvement in the wider community. Laypersons ensure the Board continues to focus on public protection and the primarily objective of the HPCA Act which is to focus on public health and safety by ensuring practitioners are competent to practise.

Ref

Health Professions Regulatory Advisory Council . (2006). *Regulation of Health Professions in Ontario: New Directions*. Toronto: Health Professions Advisory Council.