

C. EATA / UKCP Requirements Comparison Chart

Requirements	EATA	UKCP
EATA Contract.	To be held for a minimum of 1 year prior to examination.	
Training Hours.	600 of which 300 must be TA.	Core training contact hours would normally be a minimum of 600 over a minimum of four years part-time. In overall total, 900 hours (comprising core training, supervision, mental health familiarisation placement, and self-and peer directed learning)
Supervision Hours.	150 of which 75 must be with P/TSTA, and 40 with your principal supervisor.	Included in above overall total.
Clinical Practice Hours.	750 of which 500 must be using TA, of which a minimum of 50 must be with groups and 50 with individuals.	450 minimum over no less than 2 years.
Personal Therapy Hours.	PSTC recommends personal therapy over the period of training.	Candidates must have an experience of psychotherapy congruent with the psychotherapy in which they are in training for a minimum of 40 hours per year for four years , and normally be in psychotherapy throughout their training. This psychotherapy must normally be undergone with a UKCP registered psychotherapist, or equivalent.
Mental Health Familiarisation Placement.	Candidates need to show an understanding of the psychiatric diagnostic systems used.	Meet HIPS learning outcomes.
Minimum No of Years as Psychotherapist.	None stated	2 years
Supervision Ratio.	None stated.	1:6 for no fewer than 450 client hours.
Short/Long Term Clients.	Candidates are expected to have a range of work experience	At least 2 long-term clients and successful closure of at least 1 case.
Completion of Psychotherapy Dissertation/Case Study.	Candidates need to pass CTA Written examination prior to Oral examination.	Required before Registration.
TA101.	To be completed before CTA examination application.	
Professional Development Training.	500 hours additional training; supervision; personal psychotherapy; psychiatric placement, etc. required prior to CTA examination application.	Required as CPD post qualification.

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