



Psychotherapy & Counselling
Federation of Australia

Definition of Counselling and Psychotherapy

Psychotherapy and Counselling are professional activities that utilise an interpersonal relationship to enable people to develop self understanding and to make changes in their lives. Professional counsellors and psychotherapists work within a clearly contracted, principled relationship that enables individuals to obtain assistance in exploring and resolving issues of an interpersonal, intrapsychic, or personal nature. Professional Counselling and Psychotherapy are explicitly contracted and require in-depth training to utilise a range of therapeutic interventions, and should be differentiated from the use of counselling skills by other professionals.

Professional Psychotherapy/Counselling:

- Utilise counselling, psychotherapeutic, and psychological theories, and a set of advanced interpersonal skills which emphasise facilitating clients' change processes in the therapeutic context. This work with client processes is based on an ethos of respect for clients, their values, their beliefs, their uniqueness and their right to self-determination.
- Require in-depth training processes to develop understanding and knowledge about human behaviour, therapeutic capacities, and ethical and professional boundaries.
- Take account of the cultural and socio-political context in which the client lives and how these factors affect the presenting problem. This includes awareness and assessment of social and cultural influences such as age, development, (dis)ability, religion, cultural identity, Indigenous identity, sexual orientation, socioeconomic status, nationality and gender. Professional Psychotherapists and Counsellors value such differences and avoid discrimination on the basis of these aspects of identity.
- May involve intervening with current problems, immediate crises, or long-term difficulties. The work may be short-term or long-term, depending on the nature of the difficulties, and may involve working with individuals, couples, families or groups.
- Counselling and Psychotherapy occur in a variety of contexts in the public and private sectors.
- Regard ongoing clinical supervision, professional development, self-awareness, self-development, self-monitoring and self-examination as central to effective and ethical practice. Such practices lead to enhanced capacity to utilise the self of the practitioner effectively in the therapeutic relationship.

Although Counselling and Psychotherapy overlap considerably, there are also recognised differences. While the work of Counsellors and Psychotherapists with clients may be of considerable depth, the focus of Counselling is more likely to be on specific problems, changes in life adjustments and fostering clients' wellbeing. Psychotherapy is more concerned with the restructuring of the personality or self and the development of insight. At advanced levels of training, Counselling has a greater overlap with Psychotherapy than at foundation levels.

Psychoanalysis and Psychoanalytic Psychotherapy

Psychoanalysis and Psychoanalytic Psychotherapy apply theoretical and clinical knowledge developed over the last hundred years. The approach of Psychoanalysis and Psychoanalytic Psychotherapy is that the source of much of what people think, feel, experience and fear is hidden or unconscious. These unconscious processes can maintain people's internal suffering, the impact of trauma, crippling emotional difficulties and unsatisfactory relationships within their social and cultural contexts.

The therapeutic relationship is the foundation for this method and requires commitment and responsibility from both the psychotherapist and patient/client. The aim is to work together to make sense of patients' emotional life and ways of functioning. The work makes links between present and past as well as emphasising the patients' here-and-now experience. Exploration of the conscious and unconscious aspects

of the therapeutic relationship (also known as transference and countertransference) makes this work different from other therapies or from talking to a friend.

Through non-judgemental understanding and interpretative work within the therapeutic relationship, patients can recognise underlying meanings of dreams, conflicts and fantasies and the way in which thoughts and feelings are expressed and resisted. This understanding enables new choices to be made, and the fulfilment of individuals' unique potential.

Psychoanalysts and Psychoanalytic Psychotherapists complete theoretical and experiential post-graduate training following a professional qualification. They are required to undergo their own psychoanalysis or psychoanalytic psychotherapy as part of their training, which enables them to understand distress and symptoms, and be mindful of the possibilities of their own personal biases.

Aims, Approaches and Training Requirements for Counselling, Psychotherapy and Psychoanalytic Psychotherapy

	Counselling	Psychotherapy	Psychoanalytic Psychotherapy
Aims	Fostering wellbeing through personal growth, assisting clients to resolve crises and life problems through personal change, developing personal meaning and healing following grief and loss	Developing self understanding and insight. Works with clients' present experience as well as unknown parts of self	Restructuring the personality, making sense of patients' emotional life and ways of functioning
Approach	Short and long term interventions drawing on a variety of theoretical counselling and therapy models or a specialisation	Longer term interventions drawing on a variety of theoretical psychotherapy models or a specialisation	Works long term with conscious and unconscious aspects of self in the psychoanalytic theoretical tradition
Training (see the Course Accreditation webpage for details of PACFA accredited courses)	Training is provided by universities, government accredited private providers, and training institutes, or equivalent. Includes training requirements for personal growth and self development	Training is provided by universities, government accredited private providers, and training institutes, or equivalent. Usually includes training requirements for personal therapy	Tripartite training which includes theory, supervision and psychoanalysis/ psychoanalytic psychotherapy. Training is provided by PACFA Member Associations of the Psychoanalytic/ Psychotherapeutic Psychoanalytic Section or equivalent

Body Oriented Psychotherapy

Body-oriented psychotherapy has a long history and is informed by a comprehensive body of knowledge concerning the complexity of mind-body functioning. Body-oriented therapists work from a common premise that mind and body, psyche and soma, are not separate but inextricably linked aspects of a person's whole being.

Each person 'embodies' their life experience. Emotions, sensations, impulses, movement and thought are interconnected parts of the bodily experience that influences a person's internal life as well as their external

behaviours, actions and ways of relating. Body-oriented therapists work both directly and indirectly with clients' 'embodied' experiences of their emotional, social and spiritual life.

Therapist and client together work to restore and develop the client's well-being. This may be through empathic verbal exploration of issues, where themes are identified and connections made and, where appropriate, through working more directly at a bodily level. The therapist may help with patterns of breathing, posture, energy, sensation and movement, as well as working with body image, metaphor and through touch when this is appropriate.

This form of psychotherapy provides a safe, non-judgemental opportunity to address all kinds of issues including difficulties in relationships, in work and in achieving one's goals. It helps in understanding and transforming states such as depression, anxiety, confusion, negative feelings and low self esteem as well as body symptoms and the effects of trauma. Body-oriented psychotherapists draw on a range of theory, including those concerning personality and character, attachment, emotion, human development, movement, neurobiology and trauma.

Associations belonging to this section require practitioners to have completed training that includes body-oriented principles, psychodynamic theories and ethical practices. The training must have been at least 500 hours in duration over a 3-4 year period, and include experiential and theoretical aspects as well as considerable supervised practice. Practitioners must also have undergone their own psychotherapy process.

Member Associations within this Section:

Australian Somatic Psychotherapy Association

Australian Radix Body Centred Psychotherapy Association

Experiential Therapy

These therapies are founded on clear and coherent principles of dynamic and holistic human functioning. Practitioners in this section see each person as an individual with the capacity for growth and development. The therapeutic relationship between practitioner and client is seen as an essential element of therapy and an important source of learning.

Practitioners of these experiential approaches value individual subjectivity and the experience of the client as it unfolds moment by moment. Clients are supported to develop non-habitual responses, and new perceptions and abilities, in many areas of life. This involves a freeing of the individual from habitual patterns which have become fixed in the body and mind. Bodily sensations, feelings, thoughts, beliefs and spirituality are all valued and explored as interrelated aspects of how clients organize their experience. Furthermore, the therapist attends to the social and cultural context within which the individual/client lives and the life circumstances that have shaped and are shaping their thinking, feeling and acting. Therapists work with clients individually and in groups.

Experiential therapies are useful in helping people of all ages with a range of concerns, including relationship problems, unhappiness and depression, anxiety, life stress and discontent, difficulties in living and working with others, recovery from mental illnesses, and past physical and emotional trauma. Therapy may be long term or short term, with a frequency that depends on the stage of therapy and the client's needs.

Practitioners have graduated from specialist accredited courses of three to seven years duration, with experiential and theoretical training that includes supervised practice and personal therapy. Many have prior qualifications in counselling or human services. Practitioners are required to continue their professional development, supervision and personal development.

Member Associations within this Section:

Association of Transpersonal and Emotional Release Counsellors

Association of Soul Centred Psychotherapists Inc.

Australian and New Zealand Psychodrama Association Inc.

Australian Radix Body Centered Psychotherapy Association

Gestalt Australia New Zealand

Melbourne Institute for Experiential and Creative Arts Therapy

Music and Imagery (Psychotherapy) Association of Australia

Expressive Arts Therapies

All art forms offer avenues for inquiry into personal life meanings. Understandings can be gained through using the art form to represent and construct your own story, or by using forms already created, such as dramas, poems, paintings, novels or musical compositions. The purpose is always to create re-experiencing of selected aspects of your life so as to understand and consider them as you make sense of them. Some approaches use single art forms, whilst others may invite you to use a number of ways of expressing what is important to you, including talking about you experiencing as you inquire into it.

Member Associations within this Section:

Dance Therapy Association of Australia
Melbourne Institute for Experiential and Creative Arts Therapy

Family/Relationship Therapy

Family and Relationship Therapists have a basic qualification in counselling, health or welfare and further post-graduate training and supervision in family and/or relationship therapy. They may be psychologists, social workers, psychiatrists, or counsellors. What distinguishes family and relationship therapists is their particular interest in working with the relationships between people and the many ways these relationships influence peoples' lives, as well as the way problems impact on relationships, within and across generations. Family and relationship therapists have specialised skills in engaging families and working together with all members of the family in a non-blaming way. They may also work with individuals, couples or organisational groups. Family and relationship therapists acknowledge both traditional and non-traditional concepts of family. Family and relationship therapists practice in many settings: hospitals, private clinics, schools, small and large organisations, telephone counselling – just about anywhere that you are likely to find a therapist, you may find a family or relationship therapist.

Member Associations within this Section:

Australian Association of Relationship Counsellors
Queensland Association for Family Therapy
Australian Association of Family Therapy

General Counselling/Psychotherapy

This section of the Register lists practitioners from a broad range of modalities and orientations. Some are generalist practitioners, others are specialist practitioners. The professional associations to which these practitioners belong include counsellor associations, psychotherapist associations, or combined counsellor and psychotherapist associations.

State-based associations form a sub-group within this section and represent all states and territories within Australia, other than the Northern Territory.

Counselling and psychotherapy practitioners work cooperatively with clients to develop responses to difficult life circumstances. Issues may include depression, self-esteem, anxiety, grief and loss, communication and relationships, work and career, stress, life transitions, parenting, spirituality, and difficulties caused by addictions, trauma and abuse.

Counselling usually addresses particular issues or concerns for an individual, couple or family. The counsellor will focus with the client on dealing with the feelings and reactions experienced, and will assist the client in developing his or her own resources to find a way of moving forward.

Psychotherapy is generally a long term process that focuses on the self – both conscious and unconscious. Issues of personal meaning, relationship to self, and the impact of past events and trauma are dealt with. The psychotherapist works with the client to gain a deeper level of self-understanding in order to overcome core issues that underlie persistent or recurring problems in the client's life.

While counselling and psychotherapy may be viewed as being on a continuum, there can also be considerable overlap between these two approaches.

Through the processes of counselling or psychotherapy clients are assisted to gain insight, to become aware of choices they did not initially recognise, to find more effective ways of relating, and to develop personal resources and resilience.

There are many different styles of counselling and psychotherapy represented in this section. Counselling and psychotherapy practitioners encourage their clients to be active partners in the therapy process. Clients are encouraged to seek information about the style of counselling or psychotherapy to be used. All practitioners within this section are guided by the code of ethics of their professional association.

Member Associations within this Section:

Australian Association of Transactional Analysis
Association of Personal Counsellors Inc.
Association of Solution Oriented Counsellors and Hypnotherapists of Australia
Australian Association of Buddhist Counsellors and Psychotherapists
Australian Hypnotherapists Association
Christian Counsellors Association of Australia Inc
Clinical Counsellors Association
Counselling and Psychotherapy Association Canberra and Region
Counselling Association of South Australia Inc
Counsellors And Psychotherapists Association of NSW Inc
Counsellors And Psychotherapists Association of Victoria Inc
Professional Counselling Association of Tasmania
Psychotherapists and Counsellors Association of WA
Queensland Counsellors Association Inc

Hypnotherapy

Hypnotherapists in this section are those who use hypnosis based on competency and proficiency standards relating to the practice of hypnosis and hypnotherapy and who can demonstrate an understanding of the science of hypnosis and hypnotherapy. They work with issues such as Psychotherapeutic Hypnosis; Stress, trauma and post-traumatic stress; Mood and nervous disorders; Habits, obsessions and compulsions; Medical and Dental Hypnosis; Chronic and acute pain; Stress related conditions; Psychosomatic stimulation; Educational Hypnosis; Sports/Performance Hypnosis; and Forensic Hypnosis.

Hypnotherapists work in a wide variety of settings, some in private practice, others in agencies, community centres, medical centres or government departments. There are many varied styles of hypnotherapy, but at all times the client is in control of the therapy process.

All Hypnotherapists are guided by the code of ethics of their professional association and such codes conform to PACFA ethical guidelines. They all have training and experience to ensure that they are professionally capable, that their services are offered with responsibility and integrity and that they have the capacity to assess and refer to a specialist when appropriate.

Member Associations within this Section:

Association of Solution Oriented Counsellors and Hypnotherapists of Australia
Australian Hypnotherapists Association

Integrative Psychodynamic Psychotherapy

Associations in this Section take an interdisciplinary approach to psychotherapy and value working with the whole person: feelings, body, mind, and spirit.

The psychotherapeutic relationship is considered central to the therapy process, creating an opportunity for exploring both conscious and unconscious behaviours, emotional experience, beliefs and attitudes.

Practitioners seek to provide an atmosphere in the therapy which is empathic and open and in which each client is able to feel that their subjective experience is understood and valued.

This type of therapy enables a client to deeply explore the repetitive painful interactions and experiences that may, for example, underlie anxiety, depression, relationship difficulties, eating disorders, addictions, and the complex effects of trauma. This therapeutic process supports the growth of new ways of engaging in relationship with oneself and others and living creatively in the world.

Psychotherapists in this section draw on a range of theory to understand how to facilitate processes of change and growth. This includes theory that addresses personality and character, patterns of attachment, emotion, human development, embodiment, neurobiology, trauma theory and contemporary psychodynamic and analytic theory and practice.

There is an emphasis on understanding the social and cultural context in which each client lives, taking into account gender, class, sexuality and ethnicity.

Associations belonging to this section require their clinical members to have undertaken a post-graduate level training in psychotherapy of at least 500 hours over a 3-4 year period and supervised practice over at least 2 years. They are also expected to have undertaken their own long-term psychotherapy. All members have undergone a formal assessment procedure.

Member Associations within this Section:

Australian and New Zealand Association of Psychotherapy (NSW Branch)

Australian Somatic Psychotherapy Association

Melbourne College of Contemporary Psychotherapy

Psychoanalysis/Psychoanalytic Psychotherapy

The approach of this Section is that the source of much of what we think, feel, experience and fear, is hidden or unconscious. These unconscious processes can maintain a person's internal suffering, impact of trauma, crippling emotional difficulties and unsatisfactory relationships, within the social and cultural context.

This Section includes Associations whose members are qualified psychoanalytic psychotherapists or psychoanalysts. These practitioners have completed theoretical and experiential post-graduate training, following a basic professional qualification. They are required to undergo their own psychoanalysis or psychoanalytic psychotherapy, as part of their training, enabling them to understand distress and symptoms, mindful of the possibilities of their own personal bias.

Psychoanalysis and psychoanalytic psychotherapy apply theoretical and clinical knowledge acquired during the last hundred years. This knowledge continues to develop through current research and practice with individuals (children and adults), couples, families and groups.

The therapeutic relationship is the foundation for this method and requires commitment and responsibility from both therapist and patient (also known as 'client'). The aim is to work together to make sense of the patient's emotional life and ways of functioning. The work makes links between present and past as well as emphasising the here-and-now experience. Exploration of the conscious and unconscious aspects of the therapeutic relationship (also known as transference and counter transference) makes this work different from other therapies, or from talking to a friend.

Through non-judgemental understanding and interpretative work within the therapeutic relationship, a patient can recognise the underlying meaning of dreams, conflicts and fantasies and the way in which thoughts and feelings are expressed and resisted.

This understanding enables new choices to be made, and the fulfilment of the unique potential of the individual.

Member Associations within this Section:

Australian and New Zealand Society of Jungian Analysts

Australian Centre for Psychoanalysis

Psychotherapy and Counselling Educators

SCAPE is a professional association established in 1999 for educators and trainers of counsellors and psychotherapists. SCAPE aims to foster the professional development and professional identity of counselling and psychotherapy educators as well as maintain high standards of practice and ethics among members and associates. It also aims to celebrate the diversity of the profession and to provide for the professional interests of practitioners in both the broader community and among counsellors and psychotherapists. It seeks to promote excellence in counselling/psychotherapy education, to enhance professional recognition, and to provide a creative environment where educators can continue to learn from each other. Although members of SCAPE are educators, they are also counsellors or psychotherapists who meet PACFA standards as counselling/psychotherapy practitioners in their own right.

Member Associations within this Section:

Society of Counselling and Psychotherapy Educators

Australian Association of Buddhist Counsellors and Psychotherapists