

ITA TA Psychotherapy Trainee Annual Summary Form.

This form is to be completed annually by the trainee and signed by the trainee's principal trainer/supervisor¹ (as appropriate) as being a true and accurate record of the trainees hours to date. This form is to be kept by the trainee and forms part of the CTA Psychotherapy Log Book presented at CTA exam and is required to apply for UKCP registration as a Psychotherapist.

UKCP Personal therapy requirements:

Candidates must have an experience of psychotherapy **congruent** with the psychotherapy in which they are in training, a **minimum of 40 hours per year for four years**, and normally be in psychotherapy throughout their training (see Appendix 4, proposal agreed at the HIPS May 2003 meeting, in minutes, page 9, point 03/41.2.02). This personal psychotherapy must **normally** be undergone with a UKCP registered psychotherapist, or equivalent.

EATA Personal therapy requirements:

There is no prescribed number of personal therapy/development hours laid down. PTSC recommends personal therapy over the period of training in order to experience the application of transactional analysis and to ensure that the trainee can apply TA from a largely script-free stance and without harmful behaviour. This is a criterion for endorsement for examination. (Para 7.2.3.7 EATA Manual)

This Form covers the period from: _____ to _____

No of TA Training Hours with PTSTA/TSTA.			
No Of Other Psychotherapy Training Hours.			
Clinical Practice hours	Individual	Group	Marathon
No of hours:			
% Of practice:	%	%	%
Clinical Supervision	Individual	Group	
TA Supervision			
Other Supervision			
Ratio of Supervision hours to Clinical Practice Hours			
Personal Therapy Hours	Individual	Group	Marathon
No of hours:			
% Of personal therapy:	%	%	%

Signed (Trainee): _____

Signed (Principal Trainer/Principal Supervisor) _____ (As appropriate).

¹ As agreed at an annual meeting with trainer/principal supervisor to review trainees personal and professional development.