

ACCREDITED MEMBER - RELATIONSHIP THERAPIST

REQUIREMENTS AND INFORMATION

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This document details the requirements that a professional must meet to become an Accredited Relationship Therapist.

This allows entry to the Relationship Therapist Register at an advanced practitioner level.

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OVERVIEW

COSRT's Accredited Membership is a senior status which recognises a therapist's advanced skills and experience. It is awarded through a process which includes rigorous assessment. Accredited Membership provides a range of significant benefits:

- Permission to use AccCOSRT designatory letters.
- The ability to use a personalised COSRT logo and advertise as "Accredited Member of..."
- A certificate indicating your Membership and Registrant status.
- A place on the COSRT Register with Accredited status visible.
- A direct pathway to Senior Accredited Status.
- Access to accredited EMDR practitioner training.
- The chance to advertise on Counselling Directory.
- All issues of the Journal of Sexual and Relationship Therapy.
- Full digital access to two other Taylor and Francis journals.
- Discounts including COSRT training, insurance, and Routledge books.

ACCREDITATION

To become an Accredited Relationship Therapist you must be active as a Relationship Therapist and:

- A COSRT Registered Member (either Register), and have held that status for at least one year; or
- An Accredited-level Member on a PSA-accredited Relationship Therapy register; or
- Registered under a statutory health and social care regulator.

Applications from non-COSRT Members will be assessed on a case-by-case basis. This is to confirm external registration is relevant to specialist psychotherapy practice, and sufficiently senior.

TRAINING

To be eligible for Accreditation you must have completed training that included:

- At least 450 hours Guided Learning overall.
 - At least 250 of which were on Relationship Therapy.
- Supervised placement(s) with at least 100 Service User contact hours of Relationship Therapy, supervised at a ratio of 1:6.

Note that if your main qualification was in the integrated discipline of Psychosexual and Relationship Therapy, this will be considered eligible to meet the criteria above if it was Accredited by COSRT.

SINGLE QUALIFICATION

You are eligible for Accreditation with a qualification from one course that meets the criteria, if it was:

- A COSRT Accredited Practitioner Training course (either Psychosexual and Relationship Therapy or Relationship Therapy-only); or
- An equivalent qualification at Ofqual RQF Level 5 or equivalent that is either an Ofqual regulated qualification or accredited by a body accountable to the PSA.

MULTIPLE QUALIFICATIONS

You can also combine multiple courses to accrue the requirements. If you choose this route, you must include a qualification from at least one of:

- COSRT-Accredited Professional Qualification (Relationship Therapy or integrated Psychosexual and Relationship Therapy); or
- A non COSRT-Accredited training course that:
 - Was at Ofqual RQF Level 5 or equivalent.

- Was an Ofqual regulated qualification or accredited by a body accountable to the PSA.
- Had 250 hours Guided Learning in Relationship Therapy training.
- Had Supervised placement(s) with at least 100 Service User contact hours of Relationship Therapy, supervised at a ratio of 1:6.

You can then add up to five more qualifications to meet the requirements. These can include qualifications from:

- Any COSRT-Accredited Foundation Training Course in Relationship Therapy-related issues.
- Any COSRT-Accredited Thematic Training Course.
- Other courses that led to qualification by assessment and had at least 50% content addressing topics within the following areas:
 - Overarching psychotherapy and counselling approaches and paradigms.
 - Relationship, couples & family - assessment, treatment, theory, and models.
 - Medical conditions and treatments in relation to relationships.
 - Mental health issues and disorders in relation to relationship.
 - Parenting and the parental relationship.
 - Exploitation, violence, and abuse.
 - Bereavement, loss, and trauma.
 - Neurobiology, psychosocial and environmental aspects of relationships.
 - Diversity and inclusion including Gender, Relationship Diversities.
 - Relationships through the life course.
 - Ethics and legal issues in relation to relationships.

INELIGIBLE TRAINING

The following are not eligible evidence of meeting training criteria:

- Continuing Professional Development (CPD) courses.
- Courses that offer certificate of attendance, achievement or similar without assessment.
- Non-core practitioner training such as CBT or EMDR.
- Courses which did not involve direct, live tutor contact or teaching.

SPECIALIST PRACTICE

You must be currently active as a Relationship Therapist and have:

- Been practicing as a Relationship Therapist for at least three years post- qualification. These years do not have to be successive.
- Completed 450 hours supervised practice in Relationship Therapy including at least 200 post-qualification. These hours must have been accumulated over at least three, and at most five years which need not be successive.
- Adequate, current and ongoing professional indemnity insurance.
 - Please note that COSRT ordinarily considers £2m to be the appropriate, minimum level. Any application with less than this must be accompanied by a justification that will be assessed. COSRT may refuse Accreditation if it deems the level of insurance and justification does not ensure public and professional protection.

SPECIALIST PRACTICE (PSA-ACCREDITED)

If you are an Accredited-level Member on a psychotherapy/counselling PSA-accredited register you must have:

- Been practicing as a Relationship Therapist for at least three years post- qualification. These years do not have to be successive.
- Completed 320 hours supervised practice in Relationship Therapy including at least 120 post-qualification. These hours must have been accumulated over at least three, and at most five years which need not be successive.
- Adequate, current and ongoing professional indemnity insurance.

SUPERVISION

You must have:

A current contract for supervision for at least 1.5 hours per month.

PROFESSIONAL DEVELOPMENT

You must also show that you have:

- Undertaken 30 hours CPD per year since achieving COSRT Registered Membership.
 - Before June 2021 at least 16 of these must have been on Relationship Therapy.
 - From June 2021 onwards at least 20 of these must have been on Relationship Therapy.
- Completed at least 80 hours personal therapy prior to applying for Accreditation, including 50 during training and 30 post-qualification.

ASSESSMENT

To become an Accredited Member of COSRT you also must successfully pass an assessment of your specialist skills and knowledge. This is integrated into the application process and is subject to assessment against a set of common marking criteria.

ONGOING COMMITMENTS

To retain Accredited status you must continue to:

- Have supervision for at least 1.5 hours per month.
- Undertake at least 30 hours CPD per year, with at least 20 on Relationship Therapy issues.
- Hold Adequate, current and ongoing professional indemnity insurance (please see note in Specialist practice section).

DUAL REGISTRATION

COSRT holds two Registers. One is the Psychosexual and Relationship Therapist Register. The second is the Relationship Therapist Register. Depending on your circumstances it is possible be on one or both Registers if you meet the requirements.

- If you hold a Psychosexual and Relationship Therapy qualification, that can be used to apply for the Relationship Therapist Register (the training is considered to cover all disciplines).

- If you provide Psychosexual therapy services, you must apply to be on the Psychosexual and Relationship Therapist Register.
- If you only hold a Relationship Therapist qualification, then you can only apply to be on the Relationship Therapist Register.
- If you are only on the Relationship Therapist Register, you cannot provide Psychosexual services.
- You will receive a certificate for each Register. But you will retain only one Membership Number, logo and set of postnominals.
- You will only pay one Membership fee even if you are on two Registers.

If you apply to be on both Registers, it is possible to be at two different levels. For example, a professional may have been a qualified and practicing Relationship Therapist for several years. And recently completed an additional eligible Psychosexual and Relationship Therapy qualification. In that instance, the professional might apply for and hold Accredited status on the Relationship Therapist Register, and Registered status on the Psychosexual and Relationship Therapist Register.

- If you are on two Registers at different grades, your Membership fee will be that of the highest grade held.

If you are on both Registers, you must still carry out 30 hours CPD per year. Of this, 20 hours should be balanced between Relationship Therapy issues and wider Psychosexual and Relationship issues.

Entry into the Supervisor Registers and related fees are separate and additional.

APPLICATION PROCESS

Applications for Accredited Membership should be sent via email to memberships@cosrt.org.uk.

Applications take between two and six months to be reviewed. During the assessment process you may be contacted for additional information at any time.

Confirmation of your application outcome will be sent to you electronically. If your application is accepted by COSRT, your subscription fee will be taken via Direct Debit or bank transfer. If the

subscription fee is not received within three months, your application will lapse and you must reapply. Your membership will be valid immediately from the date on which payment is received by COSRT in cleared funds.

COSRT reserves the right to request an applicant to attend an interview with representatives of COSRT to discuss their application. The applicant would be expected to meet their own costs to attend the interview.

The provision of misleading information or an incomplete declaration may lead to refusal of entry to membership or withdrawal of membership at a future date. Membership of COSRT does not commence until the annual subscription has been received (subject to COSRT's confirmation to you of a successful outcome).

Accredited Membership of the College for Sexual and Relationship Therapists is not a qualification and must not be represented as such.

Applicants may appeal a decision concerning their application in accordance with clause 3.9 of the Terms and Conditions of Membership and Accreditation and the Guidelines for Reapplication and Appeal.

In applying for and subsequently holding Accredited Membership you agree to abide by and be subject to the Terms and Conditions of Membership and Accreditation, Terms and Conditions of Registers and all the criteria, procedures, protocols, policies, guidelines and other documents listed therein, including in particular (without limitation) the COSRT Code of Ethics and Practice, the COSRT Conduct Procedure and Sanctions Protocol and the other Governing Documents of COSRT.



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