



The European Association for Psychotherapy
Association Européenne de Psychothérapie
Europäischer Verband für Psychotherapie

Member of the World Council for Psychotherapy (WCP)
NGO with consultative status to the Council of Europe

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Guidelines for "Multimodal" approach – requirements to be accepted as "multimodal" in GAP:

- 1) *The total psychotherapy training meets all ECP criteria: Minimum 1400 hours over the 4 years period distributed in the following elements:*
 - a) *Minimum 250 hours of self-experience (therapy)*
 - b) *500 - 800 hours of theory and methodology*
 - c) *Minimum 300 hours of psychotherapeutic work with clients under supervision*
 - d) *Minimum 150 hours of supervision*
 - e) *Minimum 3 years of clinical experience as psychotherapist after the training had been completed*

- 2) *Within minimum ECP requirement of 1400 hours, at least 2/3d of the training must be in modalities that are recognized by EAP as scientifically valid (15 questions).
Within minimum ECP requirement of 1400 hours, at least 1/3d of the training must be in one single scientifically valid EAP modality, with some supervision, personal therapy and practice in this modality.*

- 3) *In the ethos and tradition of grandparenting – exceptions are possible.*

"One year transitional period is applied to these rules, to be discontinued in February 2015 at the time of EAP Board Meetings in Vienna."