

# Association for Psychological Accreditation

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EMPATHY  
CONGRUENCE  
UNCONDITIONAL POSITIVE REGARD

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Home of The International Psychological Standards & Accreditation Council

## APA SPECIAL PROJECTS



## APA Projects

APA is dedicated to the positive evolution of the psychological support sector. To ensure that, as an organisation, APA is effective in its focus, we develop projects and campaigns to support the evolution of positive psychological awareness for everyone.

It is APA's position that all campaigns and projects are shaped and grown initially from within the Membership Advisory Board before inviting members to contribute to the development of any project to be offered in their name.

### Current Projects

APA is engaged in several projects that are committed to ensuring improved positive mental health for professionals and those in need.

#### Project 1:

End the **Bottleneck Around Counselling & Psychotherapy**

#### Project 2:

NHS #111 115

#### Project 3:

Framework for Positive Mental Health

### Project 1:

#### End the **Bottleneck Around Counselling & Psychotherapy**

APA is clear that all recruitment for qualified therapeutic professionals, not covered by the government approved restrictions, should be open to all appropriately qualified professionals. We encourage employers and potential clients that wish to engage the services of a qualified therapeutic professional to make affiliation to a voluntary register a preferred criteria for consideration, rather than mandating affiliation to a specific voluntary register.

It is the traditional unethical mandatory affiliation requirement to specific voluntary registers that equates to restrictive recruitment and creates a bottleneck around counselling & psychotherapy. APA's primary project is dedicated to removing this, thus maximising the availability of qualified therapeutic professionals to provide their knowledge, understanding, and experience to those in need.



## **The Baseline for Qualified Therapeutic Professionals.**

### **APA endorses and stands by the sector's long held criteria of qualification.**

Qualified therapeutic professionals in the sphere of counselling and psychotherapy must meet a minimum baseline, long accepted by the sector, that a qualified counsellor / psychotherapist is qualified to work with clients upon attaining:

- A diploma (Level 4) in counselling and / or psychotherapy Included at least 450 hours of tutor contact hours.
- Lasted at least two years (part-time) or one year (full-time).
- Included a supervised placement, as an integral part of the training, covered theory, skills, professional issues, triage work and personal development and required an assessment of your competence at the end.

Diplomas are invariably passed on completion of supporting feedback from:

1. A tutor or tutors.
2. Placement manager. (Minimum 100 hrs of structured placement experience)
3. Group supervisor.
4. Individual supervisor

For the protection of best practice, students studying this topic will also have been through their own therapy and ethical best practice would ensure that individual supervision is maintained following qualification. [Supervision should not be confused with case management in organisational settings.]

## **The roles of organisations that hold VOLUNTARY Registers.**

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☆ NO VOLUNTARY REGISTER OR CHARITY PROVIDES A REGULATORY STANDARD.

☆ NOR CAN QUALIFIED PROFESSIONALS BE LEGALLY MANDATED TO BE AFFILIATED TO VOLUNTARY REGISTERS.

☆ QUALIFIED PROFESSIONALS CANNOT LEGALLY BE PREVENTED OR REMOVED FROM EMPLOYMENT ON THE GROUNDS OF AFFILIATION OR NON-AFFILIATION TO A VOLUNTARY REGISTER.

☆ QUALIFIED IS QUALIFIED, AFFILIATION / ACCREDITATION DOES NOT EQUAL QUALIFIED.



Affiliation to a voluntary register is the **preferred** status of all qualified therapeutic professionals. However, this is not a legal requirement or the role of an employer to mandate the register an employee is affiliated too. Whilst preference may be given on grounds of logistical and operational awareness, APA encourages all employers to verify the ethical standards of all voluntary registers as part of their own due diligence.

The failure to protect qualified therapeutic professionals has created an environment of restrictive recruitment that charities that hold voluntary registers have knowingly and unethically benefited from and manipulated to maintain their financial benefit.

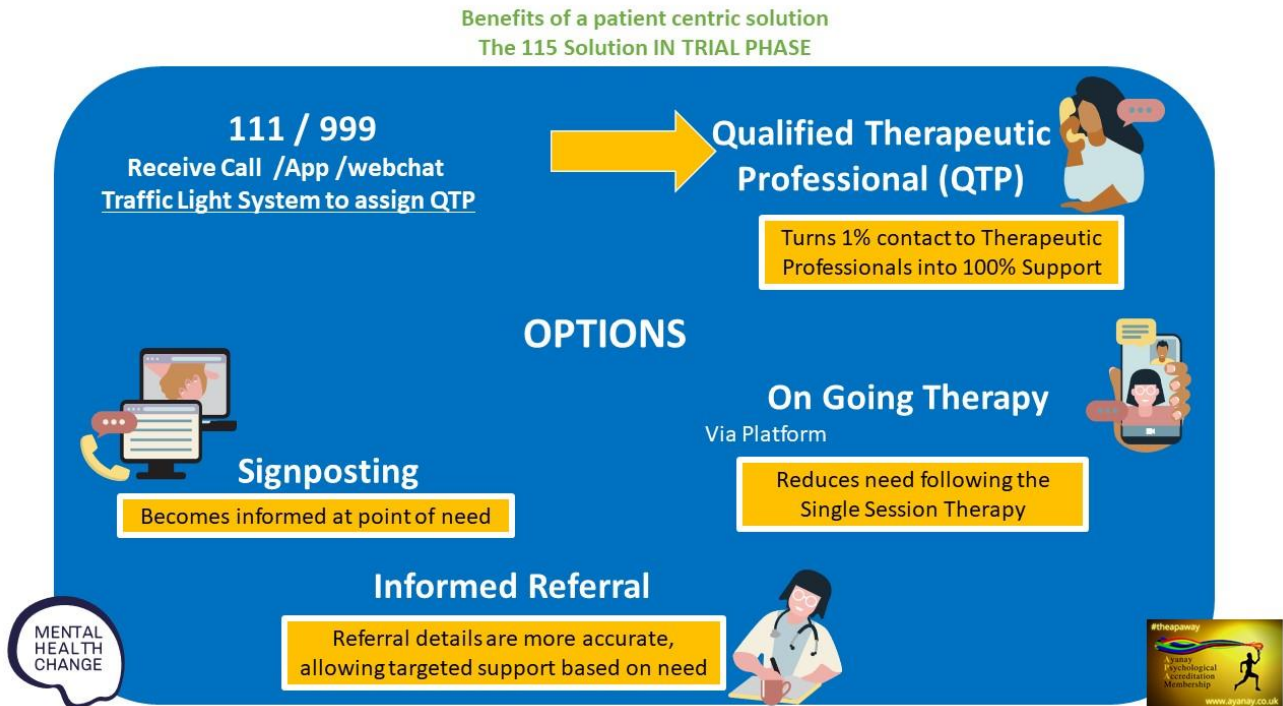
APA's Framework for Positive Mental Health Part 6 **Emotional health & wellbeing - mental health reimagined** lays out in the Professional Protections that allow the Therapeutic infrastructure to elevate and enhance the safeguards for professionals and those in in need.



## Project 2:

### NHS #111 115

Qualified therapeutic professional to carry out single session interventions via #111 at the point of need.



### **NHS #111 MUST REMAIN THE PRIMARY CONTACT POINT FOR NATIONAL MENTAL HEALTH SUPPORT.**

**This project does not alter that objective of NHS National Policy. However, the capacity to meet that policy under current guidelines simply does not exist. Therefore, APA recommends a supportive elevation of capacity and mobilisation of resources to make the National Policy fit for purpose.**

APA in unison with Mental Health Change has produced a new, balanced, focused and collaborative environment for the development, empowerment, and long-term enhancement of effective mental health delivery for those reaching out to current emergency response services.



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## Project 3:

### Framework for Positive Mental Health

The **APA Framework** targets the following critical and societal concerns:

- **Children's social care**
- **Education**
- **Youth employability & entrepreneurial spirit**
- **Crime reduction**
- **Emotional health & wellbeing - mental health reimagined**

APA has produced a new, balanced, focused and collaborative environment for the development, empowerment, and long-term enhancement of effective mental health awareness for communities around the world.

APA's custom-built programmes, structures and collaborative support pathways are trauma informed, and psychologically based.

For the 1st time national leadership teams can have a solid base from which to successfully demonstrate the benefit of multi-disciplined, interlinking, and inter-agency collaboration, in the field of mental health, incorporating Mental Health awareness from the outset, rather than as an operational or funding necessity. APA is keen to showcase that by working with a professional psychological organisation, such as APA, national leaders can include the knowledge, understanding and experience of the psychological sector, into their national systems of human and social growth.

This forensic inclusion in key areas, reduces the crippling costs of poor Mental Health and supports growth towards a more resilient population. This focus will give all communities a completely new platform from which to develop their own sustainable growth.

The framework designed by APA, like the SHARD (The tallest building in London), stands on a floating platform that is untouched by the failures and weaknesses of the past. This framework will mark the arrival of a new era in the world of Mental Health, with the focus on the future and the potential of the people, an age determined by the strength and resilience of nations, an era of doing things differently. An era of positive, and effective collaboration. An age that reawakens the hope of nations.

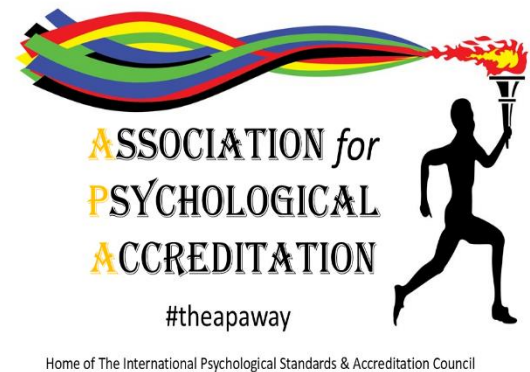
**The world needs a new beginning.** This framework will catapult Positive Mental Health into the era of the New Normal. A normal that highlights a nations adaptability, focus, and drive to build positive collaborative partnerships with the world.



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This framework will appeal to certain institutions which are inherently charitable. By extension, several United Nations agencies, Commonwealth of Nations institutions i.e., European Union institutions, personal foundations and corporate organisational entities around the globe may also be targeted sources for both financial and operational partnerships.

# A new approach for new results



## Contact us

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