

## ISST Certification – Special Regulations for Austria from May 2019

Special Regulation for Clinical Psychologists without psychotherapy training,  
Psychotherapists without academic training according to ISST-statutes,  
Specialists in Psychiatry

### Preambel

In general, ISST certification (Standard, Advanced) is possible in Austria for the following professions:

- 1) Psychotherapists according to the Psychotherapy Act 1991 WITH academic training
- 2) Clinical psychologists according to the "old" law (Psychologists Act 1990) without additional psychotherapy training according to the Psychotherapy Act 1991 → special regulation see below
- 3) Clinical psychologists according to "new" law (from Psychologists Act 2013) without additional psychotherapeutic training according to Psychotherapy Act 1991 → special regulation see below
- 4) Psychotherapists according to the Psychotherapy Act 1991 WITHOUT academic training → special regulation see below
- 5) Physicians with PSY-3 Diploma of the Medical Association (Physicians for Psychotherapeutic Medicine)
- 6) Specialists in Psychiatry AND Psychotherapeutic Medicine
- 7) Specialists in Psychiatry → special regulation see below

## **1) Clinical Psychologists according to „old“ law (Psychologists Act 1990)**

Basic requirements for Standard and/or Advanced Certification are confirmation of at least 600 hours (Standard) or 1,000 hours (Advanced) clinical-psychological treatment experience (these may include clinical experience as part of training in clinical psychology, confirmation by supervisor/line manager or practice -/ institute director).

<b>Type of Requirement</b>	<b>Standard Certification</b>	<b>Advanced Certification</b>
Didactic Hours	25 hours	25 hours total (no additional hours after completion of Standard Certification)
Supervised role-playing in dyads	minimum 15 hours	minimum 15 hours total (no additional hours after completion of Standard Certification)
<i>Self-Experience or training therapy (in recognised psychotherapeutic method or with schema therapy supervisor)</i>	<i>50 hours</i>	<i>76 hours (26 additional hours after completion of Standard Certification)</i>
Supervision	20 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)	40 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)
Self-Therapy as part of case supervision	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy
Peer Supervision	highly recommended	highly recommended
<i>Minimum number of cases treated with ST</i>	<i>minimum of 4 cases, at least 25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema mode work</i>	<i>minimum of 8 cases, at least 25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema mode work; applicants are expected to demonstrate competence with both the</i>

		<i>overcompensation modes and the avoidant/ surrender modes</i>
Minimum number of patient sessions (at least 45 minutes each)	80 sessions	160 sessions
Duration of supervision	at least 1 year	at least 1 year
<i>Session competency ratings of patient*</i>	<i>2 sessions, with minimum STCRS score of 4.0, and 2 case conceptualisation forms</i>	<i>4 sessions, with minimum STCRS score of 4.5, and 4 case conceptualisation forms</i>
	A candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STCRS.	

\* Rating by a person who has no close personal or professional affiliation with the person submitting the video.

<b>Additional qualifications required for Trainer/ Supervisor (beyond ISST criteria)</b>
at least additional 60 hours of in-depth workshops according to ISST criteria (didactic lessons and / or supervised role play)
case documentation including case conceptualization of 2 additional cases (at least one patient with personality disorder) after Advanced Certification, at least 25 therapy sessions each

## 2) Clinical Psychologists according to „new“ law (from Psychologists Act 2013)

Basic requirements for Standard and/or Advanced Certification are confirmation of at least 600 hours (Standard) or 1,000 hours (Advanced) clinical-psychological treatment experience (these may include clinical experience as part of training in clinical psychology, confirmation by supervisor/line manager or practice -/ institute director).

Type of Requirement	Standard Certification	Advanced Certification
Didactic Hours	25 hours	25 hours total (no additional hours after completion of Standard Certification)
Supervised role-playing in dyads	minimum 15 hours	minimum 15 hours total (no additional hours after completion of Standard Certification)
<i>Self-experience or training therapy (in recognised psychotherapeutic method or with schema therapy supervisor)</i>	<i>to be omitted, since 76 hours according to. §24(1) Psychologists Act 2013</i>	<i>to be omitted, since 76 hours according to. §24(1) Psychologists Act 2013</i>
Supervision	20 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)	40 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)
Self-Therapy as part of case supervision	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy
Peer Supervision	highly recommended	highly recommended
<i>Minimum number of cases treated with ST</i>	<i>minimum of 4 cases, at least 25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema mode work</i>	<i>minimum of 8 cases, at least 25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema mode work; applicants are expected to demonstrate competence with both the overcompensation modes and</i>

		<i>the avoidant/surrender modes</i>
Minimum number of patient sessions (at least 45 minutes each)	80 sessions	160 sessions
Duration of supervision	at least 1 year	at least 1 year
<i>Session competency ratings of patient*</i>	<i>2 sessions, with minimum STCRS score of 4.0, and 2 case conceptualisation forms</i>	<i>4 sessions, with minimum STCRS score of 4.5, and 4 case conceptualisation forms</i>
	A candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STCRS.	

<b>Additional qualifications required for Trainer/ Supervisor (beyond ISST criteria)</b>
at least additional 60 hours of in-depth workshops according to ISST criteria (didactic lessons and / or supervised role play)
case documentation including case conceptualization of 2 additional cases (at least one patient with personality disorder) after Advanced Certification, at least 25 therapy sessions each

### **3) Psychotherapists according to the Psychotherapy Act 1991 WITHOUT academic qualification according to ISST criteria**

In Austria, psychotherapists according to the Psychotherapy Act 1991 WITHOUT academic degrees have completed both the "Psychotherapeutic Propaedeutic" and a "Psychotherapeutic Specialization" in a recognized psychotherapy method, and are therefore in the list of psychotherapists of the Federal Ministry of Health (<http://psychotherapie.ehealth.gv.at/>) and, in Austria, are authorised to carry out psychotherapy.

Standard and/or Advanced certification according to ISST Minimum Certification Criteria are therefore possible under the following conditions.

Basic requirements for Standard and / or Advanced Certification are confirmation of at least 600 hours (Standard) or 1,000 hours (Advanced) clinical-psychological treatment experience (these may include clinical experience as part of training in clinical psychology, confirmation by supervisor/line manager or practice -/ institute director).

<b>Type of Requirement</b>	<b>Standard Certification</b>	<b>Advanced Certification</b>
Didactic Hours	25 hours	25 hours total (no additional hours after completion of Standard Certification)
Supervised role-playing in dyads	minimum 15 hours	minimum 15 hours total (no additional hours after completion of Standard Certification)
Supervision	20 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)	40 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)
Self-Therapy as part of case supervision	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy
Peer Supervision	highly recommended	highly recommended
<i>Minimum number of cases treated with ST</i>	<i>minimum of 4 cases, at least 25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema</i>	<i>minimum of 8 cases, at least 25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema</i>

	<i>mode work</i>	<i>mode work; applicants are expected to demonstrate competence with both the overcompensation modes and the avoidant/ surrender modes</i>
Minimum number of patient sessions (at least 45 minutes each)	80 sessions	160 sessions
Duration of supervision	at least 1 year	at least 1 year
<i>Session competency ratings of patient*</i>	<i>2 sessions, with minimum STCRS score of 4.0, and 2 case conceptualisation forms</i>	<i>4 sessions, with minimum STCRS score of 4.5, and 4 case conceptualisation forms</i>
	A candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STCRS.	

\* Rating by a person who has no close personal or professional affiliation with the person submitting the video.

<b>Additional qualifications required for Trainer/ Supervisor (beyond ISST criteria)</b>
at least additional 60 hours of in-depth workshops according to ISST criteria (didactic lessons and / or supervised role play)
case documentation including case conceptualization of 2 additional cases (at least one patient with personality disorder) after Advanced Certification, at least 25 therapy sessions each

**4) Transitional regulation for clinical psychologists without additional psychotherapeutic training and psychotherapists without academic qualification according to ISST criteria, with the beginning of training before November 2018**

Standard according to ISST minimum certification criteria possible.

Advanced certification is subject to the prerequisites listed under points 1-3 above.

**Additional qualifications required for Trainer/ Supervisor (beyond ISST criteria)**

at least additional 60 hours of in-depth workshops according to ISST criteria (didactic lessons and / or supervised role play)

case documentation including case conceptualization of 2 additional cases (at least one patient with personality disorder) after Advanced Certification, at least 25 therapy sessions each



#### **4) Physicians**

Standard and/or Advanced Certification, as well as Trainer/ Supervisor according to ISST Minimum Certification Criteria possible for:

- *Physicians with PSY-3 Diploma of the Medical Association (Physicians for Psychotherapeutic Medicine) and*
- *Specialists in Psychiatry AND Psychotherapeutic Medicine*

For *Specialists in Psychiatry* applies:

Basic requirements for Standard and/or Advanced Certification are confirmation of at least 600 hours (Standard) or 1,000 hours (Advanced) clinical-psychological treatment experience (these may include clinical experience as part of training in clinical psychology, confirmation by supervisor/line manager or practice -/ institute director).

<b>Type of Requirement</b>	<b>Standard Certification</b>	<b>Advanced Certification</b>
Didactic Hours	25 hours	25 hours total (no additional hours after completion of Standard Certification)
Supervised role-playing in dyads	minimum 15 hours	minimum 15 hours total (no additional hours after completion of Standard Certification)
<i>Self-Experience or training therapy (in recognised psychotherapeutic method or with schema therapy supervisor)</i>	<i>50 hours</i>	<i>76 hours (26 additional hours after completion of Standard Certification)</i>
Supervision	20 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)	40 supervision sessions (50-60 minutes each) (single or converted group minutes – see below)
Self-Therapy as part of case supervision	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy	highly recommended: max. of 3 sessions out of 20 can be primarily self-therapy
Peer Supervision	highly recommended	highly recommended
<i>Minimum number</i>	<i>minimum of 4 cases, at least</i>	<i>minimum of 8 cases, at least</i>

<i>of cases treated with ST</i>	<i>25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema mode work</i>	<i>25 therapy hours each; one patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for schema mode work; applicants are expected to demonstrate competence with both the overcompensation modes and the avoidant/ surrender modes</i>
Minimum number of patient sessions (at least 45 minutes each)	80 sessions	160 sessions
Duration of supervision	at least 1 year	at least 1 year
<i>Session competency ratings of patient*</i>	<i>2 sessions, with minimum STCRS score of 4.0, and 2 case conceptualisation forms</i>	<i>4 sessions, with minimum STCRS score of 4.5, and 4 case conceptualisation forms</i>
	A candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STCRS.	

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<b>Additional qualifications required for Trainer/ Supervisor (beyond ISST criteria)</b>
at least additional 60 hours of in-depth workshops according to ISST criteria (didactic lessons and / or supervised role play)
case documentation including case conceptualization of 2 additional cases (at least one patient with personality disorder) after Advanced Certification, at least 25 therapy sessions each