



# Polska Federacja Psychoterapii

Przedstawiciel Polski  
w European Association for Psychotherapy

Organizational Member  
of the European Association for Psychotherapy  
National Umbrella Organization, National Awarding Organization in the EAP



## Report on psychotherapy situation in Poland, February 2014

### How many psychotherapists work in your country?

Federation has conducted comprehensive research, based on inquiry with professional associations, psychotherapy schools, training organizations and individual clinicians.

The number of practising psychotherapists in Poland is 5.600. In this quantity approximately 1700 psychotherapists are certified, the rest remains at different stages of professional training. Besides these specialists, there is unknown number people not trained in psychotherapy, but claiming that they perform psychotherapy, like psychologists, addiction therapists, counsellors, medical doctors, esoteric, crisis “intervents” etc.

### Overview on psychotherapy training

Every psychotherapy school follows standards of their modality, or in the case of 3 organizations representing many modalities, they follow more or less, EAP standards.

In 2006 all counting Polish psychotherapy associations worked out consensus concerning minimal requirement of psychotherapy profession education. It means that particular associations usually have broader demands, but agreed upon those described below, as the basis.

Training is supposed to begin after obtaining any University Master degree and have to last 4 years (1200 hours) Proposed curriculum in psychotherapy training consists of:

1. scope of theory basics that include: selected components of medical knowledge, human development theories, social and cultural conditioning in psychotherapy, psychopathology theories and nosological diagnosis, psychotherapeutic diagnosis, psychotherapeutic methods, main modalities in theory, ethical concerns
2. list and scope of skills that include: skills and psychotherapeutic methods, self-experience in psychotherapy, supervision of first clients, clinical practice, supervised psychotherapeutic practice,
3. forms and methods of gaining knowledge and developing practical skills: seminars, lectures, courses, clinical practice, self-experience, working knowledge,
4. forms and methods of self-education: self-studying of literature and writings, attending professional meetings and conferences, preparing papers and reports
5. forms and methods of controlling and evaluation of gained knowledge and skills
6. duration of particular parts of theoretical and practical education: 590 hours of theory and theoretical and practical skills, 100 hours of psychotherapeutic self-experience, 150 hours of supervision, 360 hours of clinical practice, 2 years of supervised psychotherapeutic practice over the duration of the 4 years of formal studying
7. Final examination.

## List of psychotherapy schools in your country

There are 41 psychotherapy schools in Poland.

Psychotherapy schools (associations and/or their accredited schools) representing various modalities and issuing their own certificates:

*"\*" indicates schools with a double affiliation*

1. Centrum Terapii Krótkoterminowej
2. Instytut Integralnej Psychoterapii Gestalt
3. Instytut Psychologii Procesu
4. Instytut Terapii Gestalt (EPTI)
5. Koło Warszawskie Psychoanalizy New Lacanian School
6. Krakowskie Koło Psychoanalizy Nowej Szkoły Lacanowskiej
7. Polski Instytut NLPt
8. Polskie Towarzystwo Psychoterapii Integratywnej accredits school:
  - a. Polski Instytut Psychoterapii Integratywnej
9. Polski Instytut Psychoterapii Tańcem i Ruchem
10. Polskie Towarzystwo Analizy Transakcyjnej
11. Polskie Towarzystwo Psychoanalityczne
12. Polskie Towarzystwo Psychologii Procesu
13. Polskie Towarzystwo Psychoterapii Psychoanalitycznej accredits schools:
  - a. Instytut Psychoanalizy i Psychoterapii
  - b. Krakowska Szkoła Psychoterapii Psychoanalitycznej
  - c. Ośrodek Psychoterapii Psychoanalitycznej „Trójmiasto”
14. Polskie Towarzystwo Terapii Poznawczej i Behawioralnej accredits schools:
  - a. Szkoła Psychoterapii Poznawczo-Behawioralnej Szkoły Wyższej Psychologii Społecznej
  - b. Ośrodek Terapii Poznawczej Cogito
15. Stowarzyszenie Psychologów Chrześcijańskich
16. Psychotherapy Section of Polish Psychological Association accredits schools:
  - a. Instytut Analizy Grupowej "RASZTÓW"\*
  - b. Instytut Psychologii Zdrowia\*
  - c. INTRA Ośrodek Pomocy i Edukacji Psychologicznej Szkoła Psychoterapii
  - d. Krakowskie Centrum Psychodynamiczne
  - e. Laboratorium Psychoedukacji, Instytut Treningu i Psychoterapii\*
  - f. Ośrodek Psychoterapii Systemowej
  - g. Ośrodek Szkoleń Systemowych
  - h. Polski Instytut Ericksonowski\*

i. Polskie Stowarzyszenie Rozwoju Psychoterapii\*

17. Scientific Psychotherapy Section of Polish Psychiatric Association accredits schools:

- a. Instytut Psychiatrii i Neurologii
- b. MABOR Centrum Edukacji i Doradztwa Psychologicznego i Klinika Psychiatrii Dzieci i Młodzieży IPIN
- c. Instytut Analizy Grupowej RASZTÓW\*
- d. Instytut Psychoanalizy i Psychoterapii
- e. Polskie Towarzystwo Psychoanalizy Jungowskiej oraz Fundacja „Psychomed” we współpracy z International Association of Analytical Psychology
- f. Katedra Psychoterapii Uniwersytetu Jagiellońskiego, Collegium Medicum Administrowany przez Medyczne Centrum Kształcenia Podyplomowego UJ oraz Fundację Psychomed
- g. Katedra Psychiatrii Collegium Medicum Uniwersytetu Jagiellońskiego
- h. Oddział Leczenia Nerwic i Zaburzeń Osobowości i Katedra i Klinika Psychiatrii Dorosłych Collegium Medicum Uniwersytetu Jagiellońskiego
- i. Fundacja Krakowskiej Katedry Psychiatrii im. J.J.Haubenstocków, Zakład Terapii Rodzin Katedry Psychiatrii CM UJ oraz Fundacja Rozwoju Terapii Rodzin Na Szlaku
- j. Polski Instytut Ericksonowski\*
- k. Stowarzyszenie na Rzecz Rozwoju Psychiatrii i Opieki Środowiskowej Plac Sikorskiego
- l. Oddział Leczenia Zaburzeń Osobowości Szpitala Specjalistycznego im. dr Józefa Babińskiego w Krakowie
- m. II Klinika Psychiatryczna AM w Warszawie
- n. Śląskie Stowarzyszenie Psychoterapeutów wraz z Ośrodkiem Leczenia Nerwic i Zaburzeń
- o. Laboratorium Psychoedukacji\*
- p. Profesjonalna Szkoła Psychoterapii SWPS we współpracy z Instytutem Psychologii\*
- q. Wielkopolskie Towarzystwo Terapii Systemowej
- r. Wrocławska Fundacja Ochrony Zdrowia Psychicznego i Rozwoju Psychoterapii
- s. Polskie Stowarzyszenie Rozwoju Psychoterapii\*

**Legal situation (is there a law or a regulation, if yes please attach the law/regulation to the article), is there a national register for psychotherapists?**

There is no bill regulating psychotherapy profession. There is no national register for psychotherapists.

But annually or every two years Ministry of Health issues a decree „On psychiatric assistance and addiction treatment” which includes the definition of psychotherapist “a person who conducts psychotherapy”, and „person applying for the certificate of psychotherapy”. The decree in force states these definitions as follows:

1. *A person who conducts psychotherapy is A person who fulfill jointly the following conditions:*

- a) *Holds a University Degree in medicine or Master Degree in Psychology, Nursing, Pedagogy or Rehabilitation or satisfies the conditions described in article 63 par. 1 of the act on psychologist profession and psychologists' professional corporation dated 8 June 2001 (Dz. U. Nr 73, poz. 763, z późn. zm.),*
- b) *Has completed postgraduate training in a field of psychotherapeutic effect, applicable to health disorders treatment, which was conducted according to scientifically proven effectiveness methods, particularly in psychodynamic therapy methods, cognitive-behavioral therapy methods or systemic therapy methods at least 1200 hours of duration or before 2007 has completed postgraduate training in a field of psychotherapeutic effect applicable to health disorders treatment lasting as specified in the postgraduate training syllabus*
- c) *Holds an attestation, further called ‘certificate of psychotherapy’, certifying completion of the course mentioned in point b), that has resulted in a final examination conducted by an examining board*

*external towards the educational body, consisting of no members of the educational body; in particular, the board may be appointed by associations which issue certificates of psychotherapy further called "a person who conducts psychotherapy"*

- 2. The person mentioned in point a) above possessing the status of the person participating at least for 2 years in postgraduate training, mentioned in point b), and holding an attestation issued by the educational body and working under supervision of the person possessing certificate of psychotherapy, further called "a person applying for certificate of psychotherapy".*

Additionally, this act allows employing psychologists, not educated in psychotherapy, as psychotherapists.

### **Payment: how much do clients pay on average per hour**

Average psychotherapy hour costs 25 euro, depending on the localization. National Health Fund pays for 33 euro for individual psychotherapy hour.

### **Is psychotherapy paid by health insurance?**

Most of psychotherapy services in Poland exist in a free market. In that way it is available mainly for clients with at least average income. Psychotherapy is also paid by public health insurance. Actually, because of policy of Ministry of Health, excluding a lot of professional psychotherapists, quite a few professional psychotherapist practice psychotherapy in institutions funded by public health insurance. Furthermore, the decree quoted above allows employing psychologists not having psychotherapy training. In effect, availability of psychotherapy for not wealthy patients, using NHF services, is insufficient and patients looking for psychotherapy are frequently exposed to undereducated psychologists.

### **Which governmental body is responsible for psychotherapy in your country?**

In the situation where psychotherapy bill does not exist, it is Ministry of Health which issues annual regulations determining who will be granted the right to be employed as a psychotherapist by National Health Fund institutions. Most of psychotherapy practice is performed outside those institutions. Professional psychotherapy associations are taking care for professional standards and ethical conduct of psychotherapists.

### **Which psychotherapy modalities are accepted in your country?**

There are at least 27 modalities accepted by Polish public and professional community. They are listed below. In state funded mental health care the decree defines "particularly recognized" approaches as: psychodynamic, cognitive-behavioral and systemic. Psychotherapists practicing other modalities are frequently refused being acknowledged by National Health Fund, as the case of Ms Rommel, discussed now in EAP.

In institutions not funded by National Health Fund, i.e. social care institutions, psychological-educational counselling centers, NGO, open clinics, professional psychotherapeutic associations, private psychotherapy centers, private practices there are growing number of modalities actually practiced.

Modalities below are observed by the Federation. "\*" indicates modalities represented by professional psychotherapeutic association:

1. Analytical psychology (Jung)\*
2. Behavioral\*
3. BSFT\*
4. Existential - logotherapy
5. Hypnotherapy
6. Christian psychology\*

7. Cognitive-behavioral\*
8. Eclectic (represented mainly by Polish Federation for Psychotherapy and Scientific Psychotherapy Section of Polish Psychiatric Association)
9. Ericksonian (center represented by Scientific Psychotherapy Section of Polish Psychiatric Association)
10. Family constellations (Hellingerian) (centers accredited by Polish Psychological Association and Scientific Psychotherapy Section of Polish Psychiatric Association)
11. Family/ systemic therapy\*(also section of Polish Psychiatric Association)
12. Gestalt\*
13. Group psychoanalysis
14. Integrative\*
15. Lacanian psychoanalysis\*
16. Lowen Bioenergetics\*
17. MetaSystemic\*
18. NLPt\*
19. Positive (Peseschian)
20. Process oriented (Mindell)\*
21. Psychoanalysis\*
22. Psychoanalytical\*
23. Psychodrama\*
24. Psychodynamic\*
25. Psychosomatotherapy\*
26. Transactional Analysis\*
27. Transpersonal

