



Statement for the Professional Liaison Group outlining key reasons why Child and Adolescent Psychotherapist should be a specific protected title under the regulated title of Psychotherapist and why specialist child training should be indicated with a marker on the HPC register.

- ACP Child psychotherapists undergo rigorous unique doctoral-level clinical training and have historically always had a separate training route from adult psychotherapy
- No adult psychotherapy trainings include practice based training in the psychotherapeutic treatment of children
- Breadth and depth of training gives child psychotherapists the ability to provide expertise in specialist areas of work e.g. looked after children, autistic spectrum disorders, eating disorders, school-based therapeutic services, assessment for the family courts
- Differentiation is needed between practitioners qualified to work with children and adolescents and those qualified to work with adults
- A lack of differentiation would be in conflict with the aims of the HPC which are to protect the public and ensure training standards

Child Psychotherapy differs because:

- Children and young people have particular ways of communicating and cannot be viewed as small adults
- Specialist child training allows psychotherapists to understand the complexities of such communication at different developmental stages
- Child psychotherapists understand and know how to work within the legislative framework around risk, safety and child protection
- Specialist child training is required to manage the impact of the child's behaviour on the social environment and to work with complex 'teams around the child'
- Confidentiality: there are complexities within child and family work in relation to the sharing of information not present in adult work
- Knowledge about specific working practices of psychotherapists working with children and adolescents is essential to deal with 'fitness to practise' issues
- NICE guidance on depression in children and young people: differentiation is needed to allow the NHS, employers and the public to know who is qualified to deliver the NICE recommended treatment