

With NHS waiting lists to access psychological therapies being as long as they are, many patients are seeking out their own therapists. However, looking for a counsellor, psychotherapist or play therapist can be a daunting experience for any patient, and it is essential that they find someone who is fully qualified, experienced and insured.

As counselling, psychotherapy and play therapy are not subject to statutory regulation, it is important to seek out a therapist who belongs to one of the organisations who are on the Professional Standards Authority (PSA) Accredited Registers.

In guiding your patient to find a therapist from an accredited PSA register you are ensuring that their therapist has met minimum training requirements and are fully qualified and insured.

WHICH COUNSELLING, PSYCHOTHERAPY AND PLAY THERAPY ORGANISATIONS ARE MEMBERS OF THE PSA ACCREDITED REGISTERS?



Association of Child Psychotherapists -

www.childpsychotherapy.org.uk

Association of Christian Counsellors - www.acc-uk.org

British Association for Counselling and Psychotherapy -

www.bacp.co.uk

British Association of Play Therapists - www.bapt.info

British Psychoanalytic Council - www.bpc.org.uk

Counselling and Psychotherapy in Scotland -

www.cosca.org.uk

Human Givens Institute - www.hgi.org.uk

The National Counselling Society -

www.nationalcounsellingsociety.org

Play Therapy United Kingdom -

www.playtherapyregister.org.uk

UK Association for Humanistic Psychology Practitioners -

www.ahpp.org.uk

UK Council for Psychotherapy - www.psychotherapy.org.uk

About the Accredited Registers

The PSA assess organisations that register health and social care practitioners who are not regulated by law so that you can choose a practitioner to meet your needs with confidence. There are 26 registers covered by the program which includes a wide range of therapies and is not limited to counselling, psychotherapy and play therapy. For the purpose of this leaflet we have mentioned the counselling and psychotherapy accredited registers only.