



GUIDE A: ACCREDITATION AS AN ADLERIAN COUNSELLOR

Criteria and Application Guidelines

1.0 Purpose of IIP Accreditation

IIP Accreditation is not intended to replicate or replace BACP Accreditation. Rather, the purpose of Accreditation is to ensure that Adlerian Counsellors continue to:

- 1.1 maintain high standards in their work with clients.
- 1.2 make optimal use of Adlerian approaches in their work with clients.
- 1.3 receive supervision that helps them in their practice with clients and encourages them to develop as Adlerian Counsellors.
- 1.4 develop personally and professionally as Adlerian Counsellors.

2.0 Significance and Value of IIP Accreditation to Award Holders

IIP Accreditation offers real benefits to Award Holders by:

- 2.1 providing proof of being a fully trained, competent and active Adlerian Counsellor.
- 2.2 being a pre-requisite for becoming a supervisor of Adlerian Counsellors and trainees.
- 2.3 being a pre-requisite for becoming an Adlerian Assessor of Diploma and Accreditation applications.
- 2.4 entitling the Award Holder to be listed with their Accredited status highlighted in the Adlerian Society's online Directory of Adlerian Counsellors.

3.0 Criteria and Procedure for Accreditation of New Applicants

A new applicant for Accreditation must:

- 3.1 be a FULL member of ASIIP and remain so for the period of Accreditation (2 years).
- 3.2 hold a Diploma in Adlerian Counselling awarded by IIP (or have satisfied Council that sufficient Adlerian training has been undertaken as to be equivalent to the standard required for the Diploma) and have completed a minimum of 300 hours of client counselling contact, rather than telephone or email counselling. The above requirement should read as meaning 300 sessions of 60 minutes or 350 sessions of 50 minutes. (There should be a minimum of 12 months between the award of the Diploma and the application for Accreditation.)

- 3.3 provide details regarding the current use of *Adlerian* counselling (number of clients and types of problems) under formal supervision for a minimum of 1 ½ hours monthly, and be committed to continue this level of supervision for the period of accreditation.
- 3.4 as evidence of a serious commitment to on-going professional and personal development, provide a list with dates of recent activities such as regular participation in training courses, study, group work and personal therapy.
- 3.5 provide evidence and 4 copies of a written summary of a personal philosophy of *Adlerian* counselling which integrates training, experience, further development and practice.
- 3.6 demonstrate practice that adheres to the BACP Ethical Framework and undertake to continue working within this code of ethics.
- 3.7 if the applicant's Supervisor is an *Adlerian* Counsellor, submit a completed Application form together with (**OPTION 1**):
 - 4 copies of a satisfactory client Case Study of between 2000 and 3000 words (excluding Early Recollections and appendices)
 - 4 copies of a satisfactory Life Style Assessment of around 1500 words (excluding Early Recollections and appendices) on a different client
 - the Supervisor's Report form, along with 3 extra copies of the Supervisor's Evaluation of the applicant's counselling

OR

if the applicant's Supervisor is a non-*Adlerian* Counsellor, submit a completed application which has been signed by the applicant's usual supervisor, together with (**OPTION 2**):

- 4 copies of a satisfactory client Case Study of between 2000 and 3000 words (excluding Early Recollections and appendices)
 - 4 copies of a satisfactory Life Style Assessment of around 1500 words (excluding Early Recollections and appendices) on a different client, which has been presented with the Case Study in-person to an experienced *Adlerian* Supervisor (i.e. an Accredited *Adlerian* Counsellor) who completes the Supervisor's Report form as part of a successful 2-hour assessment
 - the signed Supervisor's Report form, along with 3 extra copies of the *Adlerian* Supervisor's Evaluation of the applicant's counselling
- 3.8 pay the required £50 processing fee.

4.0 Structure and Content of a Case Study

A case study submitted for Accreditation should include:

- 4.1 an introduction to the client – first name or pseudonym, age, ethnic/cultural background.
- 4.2 client's current social, living and work situations and relationships.
- 4.3 number of sessions to date and whether counselling is continuing or is completed.
- 4.4 the client's presenting problem, including any medical problems and history of mental health problems.
- 4.5 an account of the counselling contract, goals and process, including number and frequency of sessions, and use of assignments and their effectiveness, any particular difficulties the client presented for the counsellor, and other evidence of the counsellor's creativity, flexibility, encouragement and responsiveness to the client.

- 4.6 a brief description of the establishment and development of the counselling relationship and boundaries.
- 4.7 use of supervision in gaining insight in work with the client, including how often the client has been taken to supervision.
- 4.8 client's background, including family constellation and childhood circumstances.
- 4.9 reference to how the client's data has been used and interpreted:
 - 4.91 how the data relates to the presenting problem and the here-and-now, in particular the extent to which the client has been helped to gain insight through collaborative work;
 - 4.92 how the client has been enabled to become re-oriented from useless to useful behaviour;
 - 4.93 how the client has been helped to increase his/her social interest with regard to the life tasks.
- 4.10 Data should include:
 - 4.10.1 the client's family constellation (genograms may be used);
 - 4.10.2 the client's Early Memories (a minimum of 3 is recommended);
 - 4.10.3 analysis of Early Recollections should include identified strengths, outstanding moment and associated feelings and beliefs;
 - 4.10.4 Private Logic and Life Style (the individual's hidden convictions about self, others and the world, and the resulting behavioural strategies);
 - 4.10.5 when appropriate, any other relevant information, like dreams, family values, family atmosphere, gender guiding lines, etc.
- 4.11 demonstrate awareness of issues of difference and equality.

5.0 Structure and Content of the Life Style Assessment

- 5.1 an introduction to the client – first name or pseudonym, age, ethnic/cultural background.
- 5.2 client's current social, living and work situations and relationships (i.e. the life tasks).
- 5.3 presenting problems or uncertainties.
- 5.4 client's basic family background, childhood circumstances, experience of neighbourhood and school.
- 5.5 family constellation, including descriptions of self and others, roles in family, alliances, role models, etc.
- 5.6 childhood ambitions, dreams, fears and habits.
- 5.7 family atmosphere, family values, family mottoes and gender guiding lines.
- 5.8 sexual development.
- 5.9 early recollections (at least 4), including most vivid moment (snapshot), emotion, title, belief and mistaken notions.
- 5.10 summary of basic convictions, syllogism, client's resources (points of encouragement).

6.0 Content of the Supervisor's Report

The following areas should be assessed by the supervisor and form the basis of the supervisor's written evaluation of the applicant's counselling.

- 6.1 *Assessment and Planning*: including understanding the client's private logic, isolating the long-term goal, setting a goal, making a counselling contract.
- 6.2 *Counselling Relationship*: including establishing and maintaining an appropriate and effective counselling relationship.
- 6.3 *Strategies and Interventions*: including use of *Adlerian* techniques such as life style and willingness to confront.
- 6.4 *Parallel Process and Transference*: including awareness of his/her part in the counselling dynamic and awareness of how to use self as monitor.
- 6.5 *Ethics and Practice*: including setting and maintaining boundaries, awareness of his/her own ethical deliberations, criteria for possible referral and willingness to refer on.
- 6.6 Applicant's main strengths and awareness of his/her present limitations in counselling skills, and supervisor's recommendations for future personal and professional development.

7.0 Application Process

- 7.1 *Submission*: The Applicant sends his/her signed Application and additional documents as specified by Option 1 or 2, plus a cheque made payable to 'ASIIP' for the non-refundable processing fee of £50, to the Registrar at the above address. An SAE should be included if notice of receipt is desired other than by email.
- 7.2 *Evaluation by Assessors*: The Registrar sends anonymous copies of the Case Study, Life Style Assessment and of the Supervisor's Evaluation of the applicant's counselling to three different Assessors for evaluation, and requests their individual decisions regarding whether or not to grant the award (i.e. recommended without reservation; recommended with reservation and reasons; not recommended and reasons).
- 7.3 *Award to successful Applicant*: When at least two of the three Assessors have returned an unreserved recommendation, the Registrar prepares a formal awarding letter (a copy of which is sent to the supervisor) and the Accreditation certificate. These are sent to the Chair of Council who signs the certificate and forwards it on to the applicant.
- 7.4 *Denial of Award*: When two or more of the Assessors either recommend with reservations or do not recommend the applicant for the award, their reasons and suggestions for improvement are summarised in a letter from the Registrar to the applicant, a copy of which is sent to the supervisor.
- 7.5 *Length of Assessment Procedure*: It will generally take no more than 8 weeks from receipt of the application by the Registrar to receipt of the signed Accreditation Certificate by the applicant. If after 6 weeks, it appears that there will be a delay, the Registrar will inform the applicant.
- 7.6 If an application is unsuccessful, there are guidelines for Re-Application, Re-Submission or Appeal, obtainable from the Registrar.