



## **THE EIRT TRAINING FOR OBTAINING THE TITLE REALITY THERAPY PSYCHOTHERAPIST**

### **Purpose:**

Training for obtaining the title Reality Therapy Psychotherapist is a training programme of European Institute for Reality Therapy. The programme has been developed in accordance with European Association for Reality Therapy (EART) training standards. The training is conceived as a 5-year training with minimum of 1489 hours for the individuals who want to train to become psychotherapists.

### **Conditions:**

Conditions for entering education is a bachelor's or master's degree in humanities (psychology, medicine, social work, pedagogy, sociology, theology,...) or equivalent and a position to work with people in clinical practice that need psychotherapy.

### **Organisation and content:**

During the five-year programme, the participants are involved with at least 1489 hours of training which consist of:

- Theory and training of therapeutic skills – minimum of 540 hours
- Personal experience – minimum of 263 hours
- Supervised practice in counselling - minimum of 216 hours
- Clinical practice with clients – minimum of 450 hours

The education is split in two phases. The first phase consists of three 4-day trainings and 16 1-day trainings (practica). The second phase consists of four 4-day seminars, eight 2-day trainings (practica), 16 1-day group supervision sessions and demonstration of psychotherapy competences. In education we differentiate the content provided by the Institute (EIRT) which consists of seminars and practicum sessions, and additional activities outside of Institute - those are responsibility of the participants of the training.

### **Educators:**

Education is lead by accredited faculty members of the European Institute for Reality Therapy.

### **Application:**

Application is possible upon a call for participants published on the EIRT website.

### **Educational costs:**

The prices for training comply with current EIRT training pricelist. EIRT preserves the right to change prices when necessary.

## OUTLINE OF THE TRAINING LEADING TO RTP ACCREDITATION

### Phase One

#### Organized training

Basic Intensive Training (BIT) – 4 days –	30 hours	}	
Basic practicum – (BP) 8 practicums –	60 hours		
Advanced Intensive Training (AIT) – 4 days –	30 hours		
Advanced practicum – (AP) 8 practicums –	60 hours		
Certification Process (RTC) – 4 days –	30 hours		
			Phase I. 210 hours

### Phase Two

#### Organized training

#### 3.year

Workshop: CT/RT and psychological disorders I.	4 days - 30hours	}	
Practicum I. – 4 practicum days	– 30hours		
Workshop: CT/RT and psychological disorders II.	4 days – 30hours		
Practicum II. – 4 practicum days	– 30hours		

#### 4.year

Workshop: CT/RT and working with groups I.	4 days – 30hours	}	
Practicum I. – 4 practicum days	– 30hours		
Workshop: CT/RT and group psychotherapy II.	4 days – 30hours		
Practicum II. – 4 practicum days	– 30hours		

#### 5.year

Workshop: CT/RT specific content	I. – 4 days – 30hours	}	
Workshop: CT/RT specific content	II. – 4 days – 30hours		
Group Supervision:	10 sessions – 60hours		

#### Additional activities outside of the organized trainings

Literature; preparation of the presentations	}		
Individual supervision (case studies); peer supervision;			
personal development through CT Focus groups;			
Personal therapy; personal experience (plan for personal change, diary, self-evaluation, portfolio)			
			Phase I+ II. 509 hours

#### Clinical practice under regular supervision

The practice is the base for candidate's experience from AP on			Phase I + II. 450 hours
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#### Demonstration of the professional competency (including preparation)

Demonstration of psychotherapeutic competency (Analysis of the case study, discussion)	}		Phase II. 20 hours
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Proposed total sum of the organized training and education: 510 hours

Proposed total sum of the Additional activities:	509 hours
Total sum of the education without clinical practice:	1039 hours
Clinical practice under supervision:	450 hours
Total sum of training together with the hours of clinical practice	<u>1489 hours</u>

### Contents, Modes and Hours of the RT Training in both Phases

Contents	Mode	Hours
Theory and training in the therapeutic skills	Attending lectures, preparation and lecturing, literature review, discussions, analysis, practicing with client and exercises through <b>organized activities</b> (BIW, AIW, CW, 4 – 6 PT workshops, BP, AP, PTP) and <i>additional activities (literature)</i>	<b>390 + 150</b> 540
Supervised practice	Group supervision through <b>organized activities</b> (5.year.) and individual supervision through <i>additional activities (supervised case studies at PTP I.- II. and individual sessions with supervisor)</i>	<b>60 + 156</b> 216
Personal experiences	Personal experience of the therapy (role plays, the Choice Theory Focus Group) exercises, self-evaluation, co-operative self-evaluation of the development through <b>organized activities</b> (PTP) and <i>additional activities (written examples; personal therapy; personal development in CT Focus group; other personal experiences – diary, portfolio, plan of personal changes)</i>	<b>60 + 203</b> 263
Clinical practice under supervision	The practice is the base for candidate's experience from AP on	450
Demonstration of psychotherapeutic competence	Presentation of CV; Case study; co-operative self-evaluation. (Open to public!)	<b>20</b>

**Prerequisite:** Bachelor degree in human sciences (medical, psychological, social, educational, etc.) or equivalence.

### Structure of Additional Activities outside of the organized training

Written examples – 6 at BP (3h / 1example)	18 hours
Written examples and case studies – 6 at AP (5 hours / 1 case study)	30 hours
Supervised case studies – 6 at PTP I. (10 hours / 1 case study)	60 hours
Supervised case studies – 6 at PTP II. (10 hours / 1 case study)	60 hours
Analysing literature and preparing the presentations	150 hours
Personal development in CT Focus group (16 hours yearly / 5 year)	80 hours
Individual sessions with supervisor (9 hours yearly /4 year)	36 hours
Personal therapy (within 5 years)	25 hours

Other personal experiences: (diary, portfolio, plan of personal changes) 50 hours  
Total : 509 hours

## **SHORT DESCRIPTION OF ADDITIONAL ACTIVITIES**

### **Written examples at BP (3h / 1 example) 18 hours**

There are 6 written examples at BP. First two of them are based on Dr. Glasser's books "Control Theory" and "Choice Theory" which should be read before basic practicum started. Participants write about understanding Glasser's ideas in these books, personal experience they were thinking about while reading and dilemmas and questions regarding reading material. Three of them are based on everyday life frustrations in relationships by trying to analyse it using CT. The final one is profound self-evaluation based on the whole year's work in training and the plan of personal changes, which has been set at the beginning. Participants usually send one example before each practicum session by e-mail. This is an opportunity for the supervisor to improve relationship with participant and model CT in action. The supervisor reviews participant's written examples and prepares a written response to it by sharing his/her comments, suggestions, personal experience and ideas.

### **Written examples and case studies at AP (5 hours / 1 case study) 30 hours**

There are 6 written examples at AP. First two of them are based on Dr. Glasser's books "Reality Therapy in Action" and "Warning: Psychiatry Can Be Hazardous to Your Mental Health " which should be read before advanced practicum started. Participants write about understanding Glasser's ideas in these books, personal experience they were thinking about while reading and dilemmas and questions regarding reading material. Three of them are case studies based on work with clients, involving an analysis of the client situation using CT and presenting how they use CT in therapy – New Reality Therapy. The final one is profound self-evaluation based on the whole year's work in training and the plan of personal changes, which has been set at the beginning. Participants usually send one example before each practicum session by e-mail. The supervisor reviews participant's written examples and prepares a written response to it by sharing his/her comments, suggestions, personal experience and ideas.

### **Supervised case studies at PTP I. and II. (10 hours /1 case study) 120 hours**

There are 6 written case studies at 3.year and 6 at 4.year Unlike case studies at AP, trainees choose the case studies in consultation with supervisor. Case study on this level is much more profound. It consists of the description of client situation and detailed analysis of it using CT. It requires review of several sessions, so that progress using the modality can be demonstrated. During the preparation of the case

study, the supervisor offers his/her help and support. After the case study is prepared, the trainee discusses it with the supervisor individually (see individual supervision).

**Analysing literature and preparing the presentations** **150 hours**

Beside the books which are already mentioned all other edition from CT/RT field are recommended to be read as well as books and written material regarding specific topics at 3., 4. and 5.year (psychosomatics, psychosis, addiction, group work, ethics, review of different psychotherapy approaches etc.)

Participants usually prepare their presentations for the practicum from CT/RT publications. If they decide to use books from the other fields, the presentation should be adjusted and explained through CT. EIRT offer the list of relevant literature for the students on the EIRT web site.

**Personal Development through Choice Theory Focus Group** **80 hours**  
(16 hours yearly / 5 year)

At the start of the training process, participants are asked meet without a supervisor between practicum sessions. We call it peer review, using the format outlined by Dr. Glasser in his writing on Choice Theory Focus Groups. It is opportunity for participants to share experiences, learn from each other as they internalise CT and improve their relationships. It helps them sometimes to declare and address with the supervisor some important issues. Peer review is very important personal experience.

**Individual sessions with supervisor** (9 hours yearly /4 year) **36 hours**

Individual supervision begins at the same time as BP and last until 5.year. Participants have an opportunity to work with the supervisor individually and discuss whatever they want. They can choose to do individual supervision with supervisor who runs the practicum or may choose any other practicum supervisor who is willing to do it. At PTP supervisor should have ECP (or in future RT diploma). During PTP I. and PTP II, participants choose the supervisor and have individual session based on case studies. For every case study participants have 1,5 hours of individual supervision.

**Personal therapy** (within 5 years) **25 hours**

All our training demands from trainees deep personal changes, which result from studying and internalising CT beliefs and insights. This is reflected in positive mental health – indeed the training itself is for us a kind of self-therapy. We also ask from our trainees that they attend personal therapy for a total of 25 hours over the 5 years of training. Participants decide for themselves when to start the therapy.

Participants should choose personal therapist from the EIRT's list. Personal therapist shouldn't be his/her teacher in any phase of the training program.

**Other personal experiences:** (plan of personal changes, diary, portfolio,) 50 **hours**

Besides the range of personal experience already outlined, participants at the beginning of the training process set out a plan of personal change which includes exploration of at least two important relationships which need to be improved and a plan to improve those relationships using CT. They write about the plan, its development and implementation, in a diary so they can record their own personal development. Participants use the diary to take other relevant notes as well as collect important documents for their portfolio. All of this is used for the final self-evaluation.