



THE EIRT BOOK OF REGULATIONS FOR TRAINING STANDARDS AND CONDITIONS FOR OBTAINING THE RT FACULTY TITLES IN RT TRAINING

- This EIRT Book of Regulations is approved by the decision of Expert Council of 18 February 2009
- This EIRT Book of Regulations is amended by the decision of Expert Council of 19 February 2018

I. GENERAL PROVISIONS

Article 1

The EIRT Book of Regulations for training standards and conditions for obtaining the RT faculty titles in RT training (further: The Book of Regulations) is based on The European institute for reality therapy (EIRT) statute. It is adjusted to the EIRT Book of Regulations for Training Standards and Conditions for Obtaining the Title of Reality Therapy Psychotherapist of EART, EIRT Book of Regulations for Training Standards and Conditions for Obtaining the Title of Reality Therapy Counsellor, Book of Regulations about EIRT Faculty Board Organisation and Functioning and The William Glasser Institute (WGI) regulations.

Article 2

The Book of Regulations is a document that defines educational standards, conditions and ways for obtaining the title of RT faculty and the criteria for continuous development.

Article 3

The RT faculty training is organized as a specialized programme.

Article 4

The RT faculty titles awarded by the EIRT are: supervisor, instructor, teacher RT, supervisor for clinical practice, teacher – trainer and therapist for personal experience.

Article 5

Obtaining the titles in the RT training is gradual.

II. ENTRY REQUIREMENTS

Article 6

The conditions to enter The Faculty training programme imparted by WGI and EIRT for phase I (practicum supervisor, basic instructor, senior instructor) are:

1. Reality Therapy Psychotherapist (RTP) or Reality Therapy Counsellor (RTC) title or trainee of RTP or RTC.
2. Recommendations of at least two training teachers of Phase II of RTP or RTC training programme.
3. Ongoing practice in psychotherapy / counselling / management / teaching.

III. ORGANISATION, CONTENTS AND TRAINING COURSE

Article 7

Based on the invitation to participate, the candidate submits his/her written application to The EIRT Faculty Board. The application consists of:

- a) Written self-evaluation in which s/he presents his/her professional development, motivation to be a choice theory and reality therapy trainer, and personal potentials s/he would be able to employ by taking over responsibilities as a trainer.
- b) Written recommendations of two teachers from Phase II.
- c) Verification that serves as proof of the ongoing practice in psychotherapy / counselling / management / teaching.

The candidate is invited to the EIRT Faculty board meeting, where s/he presents himself or herself personally and where after completed cooperative self-evaluation the programme of further training is accepted.

Article 8

During the programme, the candidate is enabled to participate in the preparation of all forms of organized training (seminars, practica) as well as self-assessment upon completion of these, and to experience the role of a teacher during the implementation of the organized training as well as in additional activities of educants outside the organized training.

Article 9

Faculty Board assigns a mentor / supervisor to the candidate who accompanies (supervises) the candidate through entire education process.

1. The candidate and the mentor agree on the timeframe and the content of mentoring / individual supervision.
2. In the process of monitoring the candidate's development and progress throughout the internship, the mentor guides the candidate based on

collaborative self-evaluation by offering advice and clarification regarding current tasks and standards of the training. The initiative for this is on the candidate's side.

3. The mentor, on the basis of the final cooperative self-evaluation, recommends the candidate to demonstrate his/her competency to the Faculty Board.

Article 10

The RT faculty training programme includes:

1. Training for faculty (introductory session)
2. Internship in organized training (seminars and practica):
 - a. preparing the topics for seminars and practica,
 - b. self-evaluation after each practica,
 - c. individual supervision of case studies,
 - d. participation in interventions – peer group work.
3. Supervision from a mentor
4. Interventions – peer group work.
5. Literature review
6. Attendance at The EIRT Faculty Board meetings
7. Active attendance at professional meetings
8. Personal experience (plan for personal change, journal, self-evaluation, portfolio)
9. Demonstration of competency to the EIRT Faculty Board.

Article 11

Candidates that obtained the title of RTC or are included in the RT Counsellor training programme, can enter their internship at the Phase I of the training.

Specialized programmes for obtaining the title of supervisor, for teaching in the coaching programmes, Glasser's quality school and other application programmes includes minimum of 496 hours. The outline of the programme with all corresponding hours can be found in Appendix 2 to this Book of Regulations.

The programme is completed with the mentors' recommendation that is given based on cooperative self-evaluation and with the candidate's demonstration of the competences to the EIRT Faculty Board. Upon successfully completing the programme the candidate obtains the faculty title of supervisor and can teach in the coaching, Glasser's quality school and other application programmes.

If the candidate has not yet obtained the title of RTC, s/he cannot give the demonstration of the competences to the EIRT Faculty Board.

Article 12

Candidates that obtained the title of RTP or are included in the RTP training programme, can enter their internship at the Phase I or Phase II of the training.

Specialized programmes for obtaining the titles required for teaching in the RTP, RTC are: teacher RT, supervisor of clinical practice, teacher – trainer and therapist for personal experience and include a minimum of 531 hours. The outline of the programme with all corresponding hours can be found in Appendix 1 to this Book of Regulations.

The programme is completed with the mentors' / supervisor's recommendation that is given based on cooperative self-evaluation and with the candidate's demonstration of the competences to the EIRT Faculty Board. Upon successfully completing the programme the candidate obtains the title of supervisor and and teacher – trainer.

If the candidate has not yet obtained the title of RTP, s/he cannot give the demonstration of the competences to the EIRT Faculty Board.

Teacher who obtained the RTP title can teach in the RTP, RTC programmes and in coaching, Glasser's quality school and other application programmes.

IV. CONTINUAL PROFESSIONAL DEVELOPMENT OF THE RT FACULTY

Article 13

The quality of training requires the permanent professional RT development of RT faculty members. This is the basis for the RT faculty re-accreditation, provided by The EIRT Faculty Board.

Article 14

The RT faculty member is obliged to dedicate 50 hours a year on average or at least 250 hours last 7 years before re-accreditation to his/her professional development. The data is collected in the EIRT-3 form (Appendix 3)

Article 15

The permanent professional development can be obtained in the following ways:

- a) Additional CT/RT training (seminars, workshops, lectures) and other trainings in psychotherapy / counselling or management.
- b) Supervision, peer supervision / intervision.
- c) Participating in RT/CT conferences and professional meetings.
- d) Participating in activities of National RT association, EIRT, EART, EAP, and WGI (bodies, actives, working groups, and similar)
- e) Attending special trainings for EIRT Faculty
- f) Personal practice/experience in teaching EIRT training programs

V. TRANSITIONAL AND CONCLUDING PROVISIONS

Article 16

WGI supervisors, EIRT Faculty Board members that have not obtained the RTP or RTC title are awarded the title of supervisor – senior and are enabled to teach in the coaching programme and other EIRT application programmes.

RT Faculty training programme is adjusted according to these Regulations on the day The Book of Regulation is accepted.

Article 17

RT Faculty training programme is harmonised at the EIRT Faculty Board meeting and enters into force on the day of its adoption.

Article 18

This Book of Regulations is kept in the EIRT general documents evidence.

In Kranj, February 19th 2018

President of the EIRT Expert Council
Janez Planinc, m.p.

OUTLINE OF THE TRAINING FOR EIRT FACULTY

Completed RTP Training programme **1.564 hours**

The EIRT Faculty training programme

Training for faculty (one session)	15 hours
Internship in Phase II of RT training programmes (seminars, practica, demonstration)	240 hours
Preparation for practica in the 3 rd year of training (2 hours/practica)	16 hours
Preparation for practica in the 4 th year of training (2 hours/practica)	16 hours
Cooperative self-evaluation for 3 rd year seminars (1 hour/seminar)	4 hours
Cooperative self-evaluation for 4 th year seminars (1 hour/seminar)	4 hours
Cooperative self-evaluation for 3 rd year practica (1 hour/practica)	8 hours
Cooperative self-evaluation for 4 th year seminars (1 hour/seminar)	8 hours
Individual supervision of case studies (18 hours per year for 2 years)	36 hours
Participation in intervisions/peer group work (8 hours per year for 2 years)	16 hours
Supervision from a mentor (5 hours per year for 2 years)	10 hours
Intervisions – peer group work	15 hours
Literature review	50 hours
Attendance at The EIRT Faculty Board meetings	28 hours
Active attendance at professional meetings	20 hours
Personal experience (journal, portfolio, plan for personal change)	25 hours
Demonstration of competency to the EIRT Faculty Board	20 hours

The EIRT Faculty training programme – total hours **531 hours**

Total **2.095 hours**

OUTLINE OF THE TRAINING FOR EIRT FACULTY

Completed RTC Training programme **1.323 hours**

The EIRT Faculty training programme

Training for faculty (one session)	15 hours
Internship in Phase I of RT training programmes (training, practica)	210 hours
Preparation for practica in the 1 st year of training (2 hours/practica)	16 hours
Preparation for practica in the 2 nd year of training (2 hours/practica)	16 hours
Cooperative self-evaluation for BIW, AIW, CW (1 hour/seminar)	3 hours
Cooperative self-evaluation for 1 st year practica (1 hour/practica)	8 hours
Cooperative self-evaluation for 2 nd year seminars (1 hour/seminar)	8 hours
Individual supervision of case studies (18 hours per year for 2 years)	36 hours
Participation in intervisions/peer group work (8 hours per year for 2 years)	16 hours
Supervision from a mentor (5 hours per year for 2 years)	10 hours
Intervisions – peer group work	15 hours
Literature review	50 hours
Attendance at The EIRT Faculty Board meetings	28 hours
Active attendance at professional meetings	20 hours
Personal experience (journal, portfolio, plan for personal change)	25 hours
Demonstration of competency to the EIRT Faculty Board	20 hours

The EIRT Faculty training programme – total hours **496 hours**

Total **1.835 hours**



Appendix 3

EIRT-3 form

EIRT FACULTY REACCREDITATION		
Period 20 – 20		
Name		
Faculty status		
Continual Professional Development	What, where & when?	No. hours
Additional CT/RT training (seminars, workshops, lectures)		
Attending special trainings for EIRT Faculty		
Personal practice/experience in teaching EIRT training programmes		
Supervision, peer supervision		
Participating in RT conferences / RT faculty professional meetings		
Participating in activities of National RT association, EIRT, EART, National psychotherapy association, EAP (bodies, actives, working groups, and similar)		
Total		

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