

Accrediting Organisation for Medical Psychotherapy (AcOMP)

Frequently asked questions

What is the Accrediting Organisation for Medical Psychotherapy (AcOMP)?

AcOMP is a subgroup of the Royal College of Psychiatrist's Faculty of Medical Psychotherapy and an organisational member of the UK Council of Psychotherapy's College of Medical Psychotherapy. AcOMP has the sole purpose of managing and leading the process of accrediting its members for membership of the UK Council of Psychotherapy. In so doing it contributes to the liveliness and development of Medical Psychotherapy. AcOMP has a vision of supporting the profession of Medical Psychotherapy with its combination of medical, psychiatric and psychotherapy skills, and encompassing our multi-modality training.

What is the College of Medical Psychotherapy (CMP)?

The UKCP is made up of a number of colleges. These are collections of members who share a philosophy of psychotherapy. Colleges hold standards for education, training and practice that are both compatible with UKCP generic standards and individual to the College's philosophy. Colleges are responsible for accepting members into full membership of the UKCP and all members must belong to a College. To this end the College of Medical Psychotherapy has been formed to represent the modality of Medical Psychotherapy. AcOMP members will be affiliated to the College of Medical Psychotherapy when they make a successful application via AcOMP.

What is the United Kingdom Council of Psychotherapy (UKCP)

The UKCP is a membership organisation which exists in order to:

- to promote the art and science of psychotherapy and psychotherapeutic counselling for the public benefit
- to promote research in psychotherapy and psychotherapeutic counselling, and to disseminate the results of any such research
- to promote high standards of education, training and practice in psychotherapy and psychotherapeutic counselling
- to promote the wider provision of psychotherapy and psychotherapeutic counselling for all sections of the public

Who can be a member of AcOMP?

Membership of AcOMP is currently open to those who hold specialist registration in Medical Psychotherapy in the United Kingdom with a valid GMC licence to practise, are members of the Royal College of Psychiatrists and are in good standing for CPD. An application form and further information on applying to AcOMP are available on the website of the [Faculty of Medical Psychotherapy](#).

Membership of AcOMP will enable us to recommend an applicant for membership of the UKCP.

I don't have specialist registration in Medical Psychotherapy but I work in the field, can I join AcOMP?

Not at present.

I have specialist registration in Medical Psychotherapy and I am already a member of the UKCP. Do I need to seek accreditation through AcOMP?

As you are already a member of the UKCP you do not need accreditation via AcOMP. You can, however, join AcOMP to support its formation.

What would be the advantages of a British Association for Behavioural and Cognitive Psychotherapies (BABCP) member joining AcOMP and the UKCP?

You will be part of a professional group of Medical Psychotherapists, benefit from UKCP membership and have a say in the CMP on matters of psychotherapy regulation or Medical Psychotherapy professionalism.

Will this include membership of the British Psychoanalytic Council (BPC) in addition to UKCP? More intensive training outside the NHS usually leads to registration with BPC rather than UKCP.

AcOMP membership only leads to UKCP membership. The BPC now accredits medical practitioners who have demonstrated psychodynamic and psychoanalytic clinical experience and commitment to developing their psychoanalytic psychotherapeutic practice. Email mail@psychoanalytic-council.org for further information.

Can I identify myself as an 'accredited medical psychotherapist'?

Accredited medical psychotherapist is not a protected title. The reference to accrediting in the title of AcOMP applies specifically to UKCP accreditation.

Does UKCP membership entitle me to use a post nominal?

Members may choose to add 'UKCP Registered' after their name.

If an existing UKCP member wished to change their College of affiliation to the CMP would this be possible and what would the process be?

The only way to become a member of a different College is by joining one of the organisational members that sits under it. The relevant example here is a member who wants to join the College of Medical Psychotherapy. To do so they would need to join AcOMP first and through the member's affiliation to AcOMP be linked to the CMP. Only a member who has been accredited through AcOMP will be linked to the CMP by the UKCP. There is no need to complete a new UKCP application form but a full ACOMP application should otherwise be made.

The member will then have left their old OM and the new OM cannot reaccredit them for their current modality, the member must decide whether to become a direct member of their old OM's college (in addition to their membership of their new OM) or relinquish that modality descriptor. So, for example, if a family & systemic psychotherapist currently registered with AFT decided that they wanted to transfer their membership to ACOMP, ACOMP would not be able to reaccredit the member as a family & systemic psychotherapist and so the member would need to either give up that modality or become a direct member of the College of Family, Couple & Systemic Therapy (CFCST) in order to retain it.

Why did the Faculty of Medical Psychotherapy link up with the UKCP?

The UKCP and the Faculty of Medical Psychotherapy have a longstanding relationship since the inception of the UKCP. We have got to this point over several years of work and planning both in the Faculty executive and with the UKCP. UKCP accreditation is attractive, being the only multi-modality psychotherapy voluntary regulator for Medical Psychotherapists. Indeed the College of Medical Psychotherapy within the UKCP will be their first multi-modality College.

I am registered with the GMC but I no longer have a licence to practise, can I join AcOMP and be recommended for UKCP membership?

No, we require applicants to hold, and continue to hold, a licence to practise with the GMC. Members should notify ACOMP if their circumstances change.

I completed my specialty training less than a year ago so have not had time to obtain CPD certification. Can I still join AcOMP and be recommended for UKCP?

Yes, we will accept an ARCP outcome six form instead of a CPD certificate of good standing for one year after your specialist registration date.

I am an ACOMP member but my new post won't include psychotherapy. What do I need to do maintain my membership?

ACOMP has not placed a requirement for ongoing psychotherapy cases for reaccreditation. The essential competencies have been attained as demonstrated through the CCT and taking breaks does not result in loss of accreditation. You do need to maintain your GMC licence to practise and CPD certification to maintain ACOMP membership.

While there is no requirement, we would generally advise members not to leave the practice of psychotherapy for longer than two years and that at least one case be taken over time to maintain skills. We suggest a log of patients and supervision should be kept. There are of course applications of psychotherapy relevant to other forms of work, including supervising others or utilising psychotherapy approaches in a range of clinical activities which would contribute to maintaining accreditation which would be important to reflect upon and record as supporting information.

Five yearly renewal

Why do I need to renew my ACOMP membership after five years?

Reaccreditation is a requirement of the UKCP. The UKCP's position is that all clinical members must be able to provide informed documentation, as set out by their College or OM which demonstrates and supports the way they are practising as a psychotherapist or psychotherapeutic counsellor. The process must be undertaken at a minimum of once every five years. The minimum requirements set by the UKCP are the checking of supervision records, CPD records, insurance cover and a reflective process.

How do I renew?

You will be contacted by the ACOMP office and invited to make your application.

You are eligible to renew if you:

- hold specialist registration in Medical Psychotherapy in the United Kingdom either via the CCT or via the CESR route
- are currently registered with the GMC with a licence to practise
- are currently registered with the Royal College of Psychiatrists
- are in good standing for CPD
- can provide evidence of clinical supervision and reflective process
- can provide evidence of professional indemnity insurance (applicants in private practice)

I am part of the NHS appraisal scheme, do I still need to provide evidence of clinical supervision and reflective process?

We will accept evidence that you are part of the NHS appraisal scheme to cover these requirements. A letter from the responsible officer is acceptable evidence.

I am not part of the NHS appraisal scheme, what evidence of clinical supervision should I provide?

A letter from your supervisor confirming that you have undergone clinical supervision is acceptable.

I am not part of the NHS appraisal scheme, what evidence of reflective process should I provide?

Please provide **one** of the following:

- anonymised reflection of 500 words
- Evidence from CbDs
- Evidence of participation in a reflective practice group
- Evidence of participation in supervision that includes reflection (not just technical)

I work in the NHS, do I need to provide evidence of insurance cover?

You must provide evidence of insurance cover if you do any private practice but otherwise no.

I am not a member of the UKCP via AcOMP or any other organisational member, can I renew my AcOMP membership?

No, we only accept renewal applications from current UKCP members. Your AcOMP membership will lapse if you are not a member of the UKCP. However, you can come back as a new member at any time if you continue to meet the eligibility requirements.

Any other questions?

Contact AcOMP on acompany@rcpsych.ac.uk