College of Sexual and Relationship Therapists

Criteria for Accreditation - Category One (for general members who have completed a two-year COSRT approved course)

The applicant must:

1. be a paid up General Member of COSRT for a minimum of 12 months preceding application.
2. provide evidence of successful completion of COSRT approved course.
3. have undertaken for a minimum of 50 hours experiential work (excluding supervision, case discussion and CPD) and/or personal therapy which facilitates awareness of self in relation to others within the context of client therapy.
4. after completion of the COSRT approved course, applicants must complete at least 200 hours of face-to-face assessment and treatment. The 200 hours should be supervised according to COSRT Practice Guideline 1 – Supervision and the Supervision Contract, at a minimum ratio of one-hour individual supervision to six hours clinical work and face to face.

   Period following completion the COSRT approved course, and prior to application for Accreditation

   (a) The period following completion of the COSRT approved course is regarded as an important phase in continuing professional development, moving from the pre-accreditation period towards accreditation. There is, therefore, a requirement of no less than one-hour supervision to six hours therapy.

   (b) During this period of 200 hours and prior to accreditation, supervision must be with a COSRT Accredited Member, or a COSRT Accredited Supervisor, or with a suitably qualified and experienced supervisor(s). Please refer to the COSRT Practice Guideline 1 – Supervision and the Supervision Contract.

   (c) Applicants who are seeking accreditation more than two years after completing the approved course must confirm, and provide evidence if possible, that the initial post-training 200 hours practice was supervised at the required rate of one hour of supervision to six hours of therapy.
5. have completed 20 cases during training on the approved course and the pre-accreditation period. At least ten of these cases should be couples. Completion does not imply successful outcome. The case may be deemed complete after appropriate referral or termination of therapy by client or therapist without achieving a successful outcome. A wide spread of experience encompassing a wide spread of sexual difficulties will be expected.
6. have completed at least 100 of the 200 hours of face-to-face assessment and treatment of clients in the year prior to application.

7. not have had any breaks in practice in the 12 months prior to applying for accreditation.
8. have completed not less than 100 hours of face-to-face assessment and treatment of clients each year.
9. complete a log book in the form provided to document all relevant sexual and relationship clinical work carried out over the six months preceding application for accreditation. A signature will be required from your current supervisor(s) to verify they have supervised the current work.
10. provide the name and address of past supervisor(s) who will be contacted to give a report, preferably typed, on the 200 hours of work completed after finishing the approved training course*.
11. provide the name and address of current supervisor(s) who will be contacted to give a report, preferably typed, of current work*. It is important that any named current supervisor has worked with you for the full six months, covered by your log book.
12. confirm you have studied the COSRT Code of Ethics and Practice for General and Accredited Members with your supervisor(s).
13. provide the name and address of a further professional colleague if the current supervisor and post basic training is the same person. This colleague should have known the applicants professional work for a minimum of one year and can confirm his/her work in the field of sexual and relationship therapy to the standard required for accreditation.
14. provide a Curriculum Vitae detailing your background and career to date. This should include evidence of a commitment to continuing professional development, e.g. courses, conferences, research and publications.
15. provide proof that you are insured to the required minimum level of £2,000,000 for the work you undertake. Please note this applies to UK and Ireland residents only. COSRT accepts no liability for your insurance.
16. have not been convicted of any sexual offences.
17. agree to participate in the annual audit of CPD.
18. agree to undertake a minimum of 30 hours per year of CPD. **A minimum of 16 hours of CPD must be relevant to sexual and relationship therapy.**

* Payment of fees by the applicant can be individually negotiated for the typed submission.

NB Applications will be returned if they are found to be illegible.

Please note these criteria are subject to review.