cosrt

College of Sexual and Relationship Therapists

Membership Categories and Selected Criteria for Membership

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Overview of Membership Categories

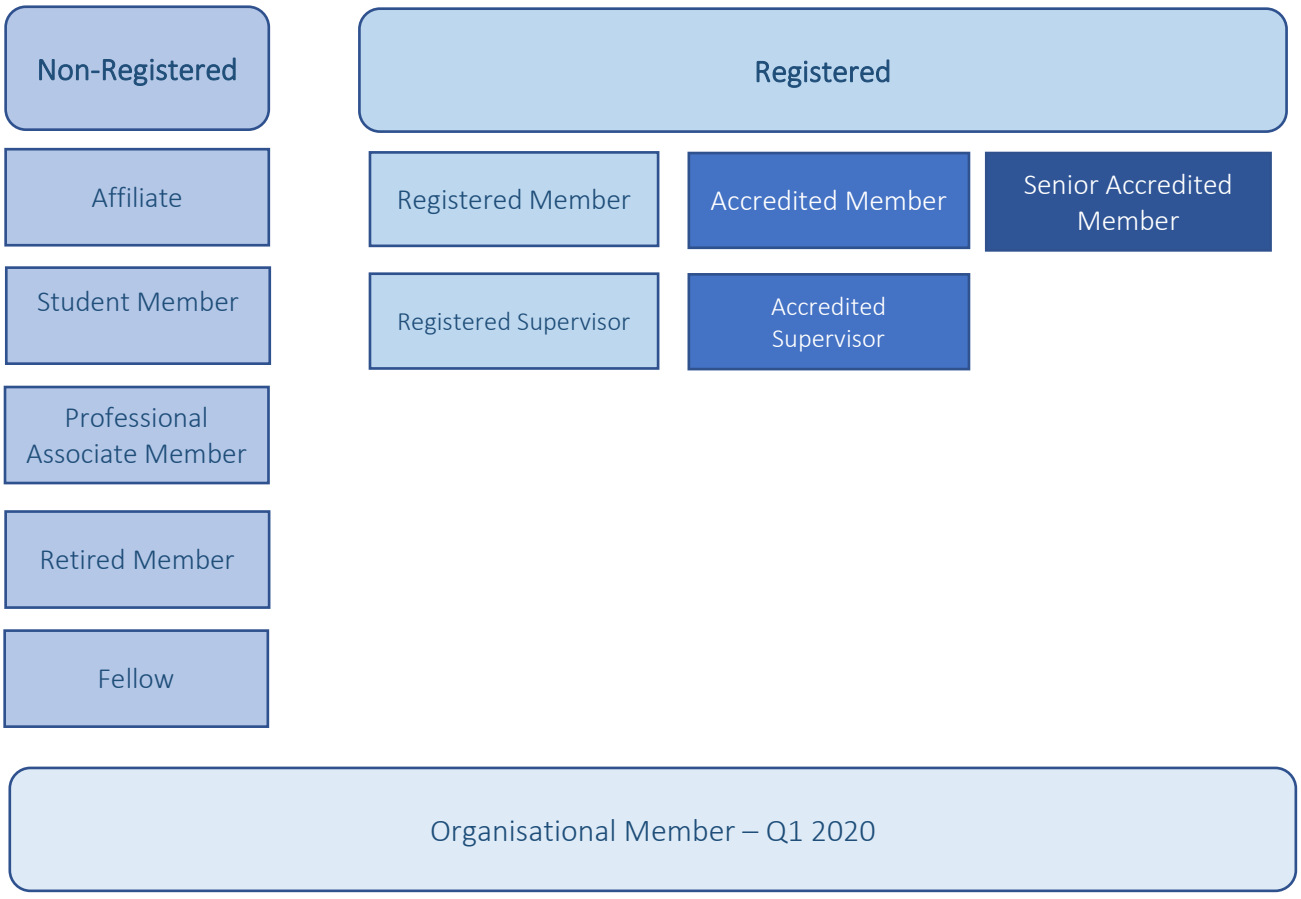
COSRT is the UK's professional body for psychosexual and relationship therapists and counsellors. An overriding aim for COSRT is to maximise professional standards and public protection.

To help achieve this, membership is divided into two broad categories:

- 'Non-Registered' categories - covering those who benefit from COSRT membership but who do not meet Criteria for practitioner registration
- 'Registered' categories - covering practicing psychosexual and relationship therapists who meet appropriate criteria

All those within a Registered category must meet professional standards that ensure public protection and outcomes. Members in these categories have specialist training and knowledge, undertake continued professional development, engage in supervision, and adhere to strict practice frameworks. All members within these categories are on COSRT's Therapist Register and benefit from the use of designatory letters highlighting their membership level.

The new membership structure from 1st January 2020 is:



Common Criteria

Members across categories are subject to a range of Criteria that relate to the good governance of the organisation. As part of this, those entering a membership category are required to uphold the terms contained in the application pack relevant to their membership category.

In addition, all members have a common set of Criteria including to:

- Uphold and abide by COSRT's current Code of Ethics as amended from time to time.
- Abide by the Code of Ethics for Supervisors as amended from time to time, if their work involves conducting supervision.
- Be subject to the Professional Conduct Procedures and the associated protocols of COSRT should any complaint arise against them during their period of membership.
- Observe and be bound by the Terms and Conditions of Membership and Accreditation (including the policies, codes and other documents set out therein), COSRT's Articles of Association and any other rules, regulations, policies and procedures for the time being in force, in each case as may be varied from time to time and notified to members via the website or otherwise by COSRT.

Non-Registered Categories

Affiliate

Overview

Affiliate membership benefits those with an interest in the work of COSRT who wish to maintain an association outside professional activity. In other organisations this category might be referred to as 'Friend of…'.

Cost

Annual membership is £90 per year running from 1st January to 31st December. A reduced fee of £70 available if applicants supply proof they are currently in receipt of income-related benefits.

Benefits

Members within this category benefit from:

- Receipt of all editions of the COSRT Newsletter 'Good Therapy'
- Electronic access to the (Taylor and Francis) Journal of Sexual and Relationship Therapy
- Member-rate ticket price for the COSRT Conference

Additional Information and Criteria

Therapists, counsellors, trainees and students cannot join as an Affiliate.

Affiliates do not have any voting rights under company law.

Student Member

Overview

This category is for people training to be a psychosexual or relationship therapist, or in related education who can benefit from COSRT Membership.

Cost

Annual membership is £110 per year running from 1st January to 31st December. A reduced fee of £88 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

Student Membership is compulsory for all participants in COSRT-accredited training courses and foundation courses. It is also open to people on the following Ofqual RQF Level 5 (or above) training courses:

- Non-COSRT Specialist psychosexual, sexual and/or relationship therapy/counselling courses
- General psychotherapy and/or counselling course
- Psychology or medical course with a specialism or focus in psychosexual/relationship issues

Benefits

Members within this category benefit from:

- Receipt of all editions of the COSRT Newsletter
- Electronic access to the Journal of Sexual and Relationship Therapy
- Member-rate ticket price for the COSRT Conference
- Member-rate price for COSRT CPD events
- Access to COSRT Practice Guidelines

Additional Information and Criteria

Anyone entering a COSRT-accredited training course or foundation course must apply for COSRT Student Membership. If successful, they must maintain membership for the duration of their studies. At the successful completion of their studies, they will be moved to the Professional Associate Member category pending confirmation they meet all criteria for Registered Member Status.

If someone entering or already on a COSRT-accredited training course meets criteria for Registered Member level or above, they can apply for that status. They must maintain that membership for the duration of their studies.

Student Members are not placed on the COSRT Therapist Register.

Students on COSRT-accredited courses will undertake supervised practice as part of their studies. To help service users check the validity of a student's status a COSRT Student List is publicly available.

Professional Associate Member

Overview

Professional Associate Membership is for professionals working in and around psychosexual and relationship therapy, but ineligible for Registered Membership. This includes general counsellors and therapists, nurses, doctors, psychologists, and qualified psychosexual and relationship therapists working towards Registered Membership.

Cost

Annual membership is £150 per year running from 1st January to 31st December. A reduced fee of £120 available if applicants supply proof they are currently in receipt of income-related benefits.

Benefits

Members within this category benefit from:

- Receipt of all editions of the COSRT Newsletter
- Electronic access to the Journal of Sexual and Relationship Therapy
- Member-rate ticket price for the COSRT Conference
- Member-rate price for COSRT CPD events

Additional Information and Criteria

Professional Associate Members are not placed on the COSRT Therapist Registers.

Retired Member

Overview

Retired Member status is for psychosexual and relationship therapists who are currently not in practice or working in a related field. Inactivity can be because of retirement or an extended career break.

Cost

Annual membership is £100 per year running from 1st January to 31st December. A reduced fee of £80 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

The category is open to existing members, and those whose membership has lapsed within the last three years, who are not currently in practice or working in a related field.

Applications for Retired Member Status can be made no sooner than three months after active practice ended. If a Retired Member starts practicing again, they must return to Professional Associate or appropriate Registered category within one month (subject to meeting criteria).

Benefits

Members within this category benefit from:

- Receipt of all editions of the COSRT Newsletter
- Electronic access to the Journal of Sexual and Relationship Therapy
- Member-rate ticket price for the COSRT Conference
- Member-rate price for COSRT CPD events

Additional Information and Criteria

Retired Members are not placed on the COSRT Therapist Registers.

Fellow

Overview

This is an honour rather than membership category for Individuals who have contributed significantly to the profession of psychosexual and relationship therapy. Fellowship cannot be applied for directly. They can be nominated by peers, or Fellowship can be awarded by the Trustees at their discretion. Nominees can be from outside COSRT membership.

Benefits

COSRT Fellows receive:

- The use of the title COSRT Fellow (including after retirement)
- A 50% reduction on annual conference fees

Additional Information and Criteria

COSRT Members nominated for Fellowship must be at Registered Member level or above. Fellowship is in addition to rather than in place of paid for membership. Accordingly, any COSRT member appointed as Fellow from 2020 onwards must maintain paid-for membership to retain Registration and associated benefits. Fees for the relevant membership level will be discounted by 50%.

The Trustees may decide in their discretion to revoke Fellowship status in order to protect the public, maintain confidence in COSRT, maintain confidence in psychosexual therapy, counselling, and psychotherapy and/or where considered to be in the interests of CORST.

Registered Categories

Registered Member

Overview

This membership category is for qualified therapists and counsellors working with psychosexual and/or relationship issues. Members must demonstrate they have the knowledge and skills required to provide high quality therapeutic services to clients.

Cost

Annual membership is £165 per year running from 1st January to 31st December. A reduced fee of £130 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

Applicants must have successfully completed one or more of the following qualifications:

- A COSRT-accredited psychosexual and/or relationship therapy practitioner training course (note that all graduates of COSRT-accredited courses are moved to this category when in practice and meeting the commitments below)
- A non-COSRT accredited specialised psychosexual and/or relationship therapy practitioner course at Ofqual RQF Level 7 or above (eligibility determined by COSRT on application)
- General psychotherapy or counselling practitioner training course at Ofqual RQF Level 7 or above including at least 100 hours face-to-face training focused on psychosexual/relationship issues (eligibility determined by COSRT on application)

Registered Members are required to:

- Be a current practicing psychosexual and/or relationship therapist
- Hold adequate, current and ongoing professional indemnity insurance
- Ensure appropriate supervision with a trained supervisor for at least 1 hour per month.
- Undertake and record a minimum of 30 hours Continued Professional Development per year including 16 hours on psychosexual and relationship therapy and 6 face-to-face

Accredited Register Pathways

BACP, UKCP and BCS Registrants as well as HCPC Practitioner Psychologists can use an adapted entry route. Criteria for this route are:

- Eligible non-COSRT accredited training courses are accepted at Ofqual RQF level 5

- BACP, UKCP and NCS-approved counselling/therapy practitioner and HCPC-approved Practitioner Psychologist qualifications with psychotherapy components accepted if applicant:
    - Holds adequate, current and ongoing professional indemnity insurance
    - Has had specialist psychosexual and relationship supervision in place for two years at a level of at least one hour a month
    - Has undertaken and can demonstrate a minimum of 30 hours Continued Professional Development per year (over the last three) including 16 hours on psychosexual and relationship therapy and 6 face-to-face
- Applicants can request that the COSRT Professional Standards Board review evidence of skills and experience in lieu of eligible qualifications by:
    - Demonstrating that at least 200 hours supervised practice has focused on psychosexual and relationship issues over the last three years
    - Providing logs evidencing psychosexual and relationship supervision
    - Providing a clinical log covering three years practice evidencing the delivery of specialised psychosexual and relationship therapy
    - Giving details of at least 16 hours CPD per year (over the last three) focused on psychosexual and relationship therapy within a 30-hour annual requirement
    - Completing and passing the COSRT Professional Competence Registered Assessment in Psychosexual and Relationship Therapy – an assessment of professional competence

Benefits

Members within this category benefit from:

- Use of RegCOSRT designatory letters
- Limited license to use COSRT logo in defined manner
- A place in the COSRT Therapist Register
- All editions of the COSRT Newsletter
- Electronic access to the Journal of Sexual and Relationship Therapy
- Member-rate ticket price for the COSRT Conference and CPD events
- Access to COSRT Practice Guidelines

Registered Supervisor

Overview

This is an additional 'bolt on' category designed for existing members within Registered or Accredited categories or who are active supervisors, but who do not meet accreditation standards for supervision. The category is applied for and held in addition to normal Registered, Accredited or Senior Accredited membership status.

Cost

Additional annual membership (on top of standard membership fees) is £50 per year running from 1st January to 31st December. A reduced fee of £40 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

Registered Supervisor Members are required to:

- Complete the COSRT Supervisor Assessment - an examination of professional competence through case studies and other methods
- Hold adequate, current and ongoing professional indemnity insurance
- Ensure they have supervision in place including supervision focused on their own supervision activities
- Undertake and record a minimum of 30 hours Continued Professional Development per year including 16 hours on psychosexual and relationship therapy and 6 face-to-face
- Undertake a minimum of 6 hours of CPD related to supervision annually within their annual activity

Benefits

Members within this category receive (in addition to standard membership benefits):

- Use of RegCOSRT(sup) designatory letters
- A place in the COSRT Supervisor Register

Accredited Member

Overview

This category is for specialist psychosexual and relationship therapists with high levels of expertise and experience. Members meet stringent Selected Criteria for Membership and are highlighted on COSRT's Therapist Register.

Cost

Annual membership is £210 per year running from 1st January to 31st December. A reduced fee of £168 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

Applicants must have been a Registered Member for at least 12 months and are required to:

- Have been in professional practice as a psychosexual and relationship therapist for a minimum of five years in total
- Completed at least 450 hours of supervised practice over a minimum of five years
    - At least 250 of these hours must have been after completing practitioner training
    - Members who also hold Registrant status with a PSA-Accredited Register body need only complete 320 hours - 200 while training and 120 post training
- Been supervised for a ratio of at least 1:6 hours per month for 200 hours practitioner training
- Been supervised at a ratio of 1:10 post-training for 250 hours (120 hours for those who hold Registrant status with a PSA-Accredited Register body)
- Demonstrate 50 hours personal-development experiences in the last 10 years of which at least 20 hours must be personal or relationship therapy.

After the award of Accredited Member status individuals are required to:

- Hold adequate, current and ongoing professional indemnity insurance
- Ensure appropriate supervision with a trained supervisor for at least 1 hour per month
- Undertake and record a minimum of 30 hours Continued Professional Development per year including 16 hours on psychosexual and relationship therapy and 6 face-to-face

Accredited Registrant Pathway

BACP, UKCP and NCS Accredited-level Registrants as well as HCPC Practitioner Psychologists can use an adapted entry route. To take account of standards, skills and professional experience demonstrated to secure their registrant status criteria are:

- Eligible non-COSRT accredited training courses will be accepted at Ofqual RQF level 5
- BACP, UKCP and NCS-approved counselling/therapy practitioner and HCPC-approved Practitioner Psychologist course qualifications with psychotherapy components will be accepted with evidence the applicant:
    - Holds adequate, current and ongoing professional indemnity insurance
    - Has had specialist psychosexual and relationship supervision in place for three years for at least one hour a month
    - Has undertaken and can demonstrate a minimum of 30 hours Continued Professional Development per year (over three) including 16 hours on psychosexual and relationship therapy and 6 face-to-face

Accredited-level Registrants from BACP, UKCP or NCS and HCPC Practitioner Psychologists can apply for Accredited Member status without previous COSRT Registered Membership.

Applicants can request that the COSRT Professional Standards Board review evidence of skills and experience in lieu of eligible qualifications by:

- Demonstrating that at least 450 hours supervised practice has focused on psychosexual and relationship issues over the last five years
- Providing supervision log covering one year evidencing specialised psychosexual and relationship therapy.
- Providing a clinical log covering one-year practice evidencing specialised psychosexual and relationship therapy.
- Giving details of at least 16 hours CPD per year (over the last three) focused on psychosexual and relationship therapy within a 30-hour requirement.
- Demonstrate 50 hours personal development experiences in the last 10 years of which at least 20 hours must be personal or relationship therapy
- Completing and passing the COSRT Professional Accredited Competence Assessment in Psychosexual and Relationship Therapy – an assessment of professional competence through case studies and other methods to test theoretical competencies and clinical skills

Benefits

Members within this category benefit from:

- Use of the designatory letters AccCOSRT
- Limited license to use COSRT logo in defined manner
- Personalised certificate
- A place on the COSRT Therapist Register
- All editions of the COSRT Newsletter
- Electronic access to the Journal of Sexual and Relationship Therapy
- Member-rate ticket price for the COSRT Conference
- Member-rate price for COSRT CPD events
- Access to COSRT Practice Guidelines
- Exclusive CPD offer

Additional Information and Criteria

Annual re-accreditation requires evidence that the Member is still actively engaged in psychosexual and relationship therapy activities. This can include but is not limited to the provision of therapeutic services, supervision, training and education and senior management.

Accredited Supervisor

Overview

This is an additional 'bolt-on' category designed for existing members within Registered categories who are experienced and qualified supervisors. The category is applied for and held separately/in addition to normal Registered, Accredited or Senior Accredited membership status.

Cost

Additional annual membership (on top of standard membership fees) is £50 per year running from 1st January to 31st December. A reduced fee of £40 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

Applicants must provide evidence that they have completed:

- Formal supervision training course of no less than 75 taught hours
- A minimum of two years supervising psychosexual and relationship therapy
    - Including a minimum of 80 hours of supervision with a minimum of two supervisees
    - Of which a minimum of 40 hours must be supervision of psychosexual and relationship therapy with at least two supervisees

After the award of Accredited Supervisor status individuals are required to:

- Hold adequate, current and ongoing professional indemnity insurance
- Ensure they have supervision in place including on their own supervision activities
- Undertake and record a minimum of 30 hours Continued Professional Development per year including 16 hours on psychosexual and relationship therapy and 6 face-to-face
- Undertake a minimum 6 hours of CPD related to supervision annually within their activity

Benefits

Members within this category benefit from (in addition to standard benefits):

- Use of the designatory letters AccCOSRT(sup)
- Use of Accredited Supervisor COSRT logo
- A place on the COSRT Supervisor Register
- Dedicated CPD offer

Senior Accredited Member

Overview

This category is for specialist psychosexual and relationship therapists with the highest levels of expertise and experience.

Cost

Annual membership is £230 per year running from 1st January to 31st December. A reduced fee of £180 available if applicants supply proof they are currently in receipt of income-related benefits.

Selected Criteria for Membership

Applicants must be a current Accredited Member and:

- Held COSRT Accredited member status for at least five years in total
- Completed at least 300 hours supervised practice hours since the initial Accreditation award
- Be in good professional standing on annual licensing
- Complete substantial reflective essay work drawing on theory and practice to demonstrate expertise and critical thinking in psychosexual and/or relationship therapy

After the award of Senior Accredited status individuals are required to:

- Hold adequate, current and ongoing professional indemnity insurance
- Ensure appropriate supervision with a trained supervisor for at least 1 hour per month
- Undertake and record a minimum of 30 hours Continued Professional Development per year including 16 hours on psychosexual and relationship therapy and 6 face-to-face

Benefits

Members within this category benefit from:

- Use of the designatory letters AccCOSRT(Sen)
- Limited license to use COSRT logo in defined manner
- Personalised certificate
- A place on the COSRT Therapist Register
- Access to a dedicated COSRT Accredited Member assistance email address
- All editions of the COSRT Newsletter
- Electronic access to the Journal of Sexual and Relationship Therapy

- Member-rate ticket price for the COSRT Conference
- Member-rate price for COSRT CPD events
- Access to COSRT Practice Guidelines
- Exclusive CPD offer

Additional Information and Criteria

Annual re-accreditation will require evidence that the Member is still actively engaged in psychosexual and relationship therapy activities. This can include but is not limited to the provision of therapeutic services, supervision, training and education and senior management.

For Organisations

Organisational Membership

Overview

In Q1 2020 will launch an Organisational Membership category. Through this, COSRT will welcome organisations to join if they are responsible for:

- Providing psychosexual and/or relationship therapy and associated services
- Providing training in psychosexual and/or relationship therapy
- Undertaking research in psychosexual and/or relationship issues

Benefits

Benefits of this membership level will be:

- Discount on COSRT's training accreditation programme
- Ability to use COSRT Marks
- Electronic access to and one paper copy of the Sexual and Relationship Therapy Journal
- Discounted rates on CPD and AGM events for up to five staff per event

Cost

Organisational Members will receive a 15% discount on training course accreditation fees, and 5% discount on CPD Accreditation. From 2021 only Organisational Members will be eligible to have their training courses accredited. Fees for organisational membership will be:

- £225 for local/regional charitable organisations
- £275 for national voluntary organisations
- £350 for commercial organisations

Additional Information and Criteria

Organisations will be expected to share COSRT's aims to improve standards, protection and service user experience. Organisational Members will also be asked to promote the COSRT Code of Ethics as a framework for good practice in the workplace.

Applicant organisations must be able to demonstrate that they maintain robust policies covering equality and antidiscrimination, and data protection. They must also agree to adhere to COSRT's positions on issues including but not limited to conversion therapy. Any central application from an organisation would allow branches to also be members under this umbrella. Staff will not automatically become COSRT members as no group membership exists.