

# Official census and survey about State and Professional recognition.

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By EADMT Professional State recognition WG

PETRA AICHER – PICHLER – Austria  
CELINA de MONTE - Belgium  
SINI-MARIA TUOMIVAARA - Finland  
KATALIN WALTER – Hungary  
BEN EDRI – Switzerland  
JEANETTE MCDONALD - UK  
Coordinator Vincenzo Puxeddu

## State Recognition

Just 4 members out of 26 countries have full recognition by government:

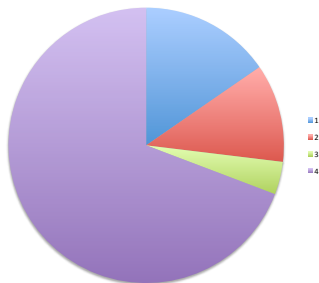
Estonia, Latvia, Netherland, Switzerland

3 Members have a partial recognition: Hungary, U.K., Italy

1 Special recognition by official Guidelines Health and Rehabilitation: Germany

18 countries: Low recognition

State Recognition  
(n.26) Full: Blue 4 countries Red  
partial 3 + green 1 Low 18 Violet



## Which Government Department Recognized Dmts

- Estonia: Estonian Qualifications Authority (SA Kutsekoda)
- Netherlands: Ministry of Education, Research and Innovation
- Latvia: Ministry of Health
- Switzerland: Ministry of Health Wellbeing and Sport
- Hungary: Hungarian Council of Psychotherapy Association (psychotherapy)  
Ministry of Human Resources
- UK : HCPC - The Health and Care professions Council, UKCP - independent UK register of psychotherapists (psychotherapy)
- Italy : (Prof. ass. new professions) MISE (Ministry of Economic Development)
- Germany: Ministry of Health (Guidelines)

## Strategy of recognition

- Educational training standards
- Collaboration with the other Arts Therapies Professional Associations
- Scientific recognition
- Psychotherapy (Hungary and UK (partially); partially others )

## Benefit of state recognition

- Protected title (arts therapist with specialisation in DMT);
- Professional standards which defines knowledge, skills and competences of DMT professionals
- Better position to be recognized by health insurances and to be employed in state institutions
- Minimum pay scales and minimum requirements for employment.

## DMT and Psychotherapy

The practice of psychotherapy **in 14 countries out of 26 members** of the EADMT is **protected by law**.

In these countries the qualification of psychotherapist is reserved for those who have the requisites of the law, that is, depending on the country: doctors, psychologists or social-workers (Sweden) with a university education plus a specialization of further 4 or 5 years.

The use of the qualification of psychotherapist in the absence of these requirements is configured as an abuse of the profession of psychotherapist and is punishable by law.

**Is the practice of psychotherapy recognized and protected by law in your country?**

Not protected red 12 countries

Yes protected by law blue 14 countries



**In 21 countries out of 26 DMT is not recognized as Psychotherapy**, just in Hungary and partially in UK Denmark, Sweden and Romania.

In some countries such as Hungary and UK, training in DMT coincides in terms of requirements and path with that of psychotherapists, in this case DMT is officially recognized as psychotherapy.

DMT graduates in the UK are required to complete a number of extra modules of study to be recognised as psychotherapists and to be registered with UKCP (an independent UK register of psychotherapists).

In other countries as in Italy there are 2 kinds of trainings: some training courses for DMT and training courses in Creative Mediation Psychotherapy (also DMT) reserved for doctors and psychologists. In this case the DMT who have carried out this specific path are also registered in the register of psychotherapists. The same thing happens in Denmark where it is possible for DMTs to take a more complex training course in psychotherapy.

The same is true in Romania, where psychologists can combine DMT training with psychotherapy training.

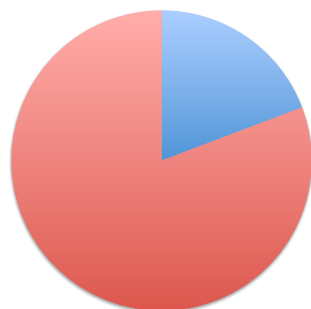
In every countries if Dmts have the basic requirement by law to be a psychotherapist and they do a specific training they can be recognised and registred as psychotherapists.

**In general in Europe the professional profile of the Dmts appears as a specific and original profile.**

### **Is DMT recognized as psychotherapy?**

Red= No n.21

Blue= Yes n.5

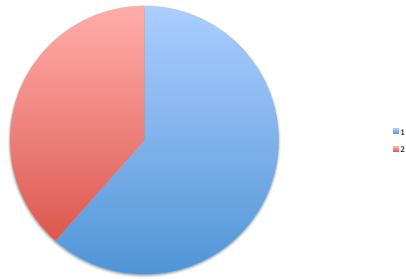


### **DMT Training programs at University\***

In 16 countries out of 26 the DMT educational program is offered by universities; in 10 countries only by private institutions.

**Are DMTs trained within the state educational system of your country e.g. University courses, Profession formation schemes, etc. ?**

- Yes=Blu n.16
- No just private training = red n.10



\* EADMT standard trainings WG have elaborated a specific questionnaire