

Explanatory Notes

for the Application for Admission to the Subject-Specific Training
in accordance with § 10 section 2 Z 6 of the Austrian Psychotherapy Act,
BGBl. (Federal Law Gazette) No. 361/1990

The requirements for training as a psychotherapist, standardized in accordance with § 10 section 2 of the cited law, determine that access to subject-specific psychotherapy training, in addition to the basic requirements such as legal age (age 24 and above) and capacity, will be granted specifically via the following three alternative levels:

1. via the exhaustively listed degrees (diploma or consecutive bachelor's and master's degrees) in: medicine, education, philosophy, psychology, journalism and communication science, theology, and/or teaching qualification for secondary schools
2. via completion of vocational trainings at technical colleges specializing in social work (Fachhochschule for Social Work), pedagogical academies (teacher training colleges), schools for marriage and family counseling with public status, nursing schools, and higher-level medico-technical services, but also via degree courses in music therapy (study of music therapy at a university or technical college). Foreign degrees must be accredited!
3. via the individual suitability of a personality particularly motivated for psychotherapy training.

These admission requirements allow for the evident content relation between psychosocial and psychotherapeutic work.

When applying for admission to subject-specific psychotherapy training on the basis of individual suitability, please keep in mind that psychotherapy training is a specialized, in-depth scientific training of an exceptional nature and that the intellectual requirements with regard to the overall duration and content-related intensity are set at university level.

General Information about the Proceedings:

- ✓ The proceedings concerning admission to the psychotherapeutic subject-specific training are a paid administrative procedure in accordance with the General Administrative Law Act (AVG/ Allgemeines Verwaltungsverfahrensgesetz), which is concluded with an official notification.
- ✓ In the case of a {for the time being} negative assessment, you will be given the opportunity to deliver a statement on the outcome of the investigation within the framework of a hearing.
- ✓ On average, administrative charges amount up to EUR 150, to be paid upon completion of the procedure.
- ✓ Exception: in case of a withdrawal of the application, the proceedings are concluded informally and no charges apply.
- ✓ The final decision about applications based on individual suitability lies with the Ministry of Health after consultation with a board of psychotherapeutic experts (Psychotherapy Advisory Board).
- ✓ The Psychotherapy Advisory Board meets four times a year; the respective deadline for applications will be announced on the homepage of the Federal Ministry of Health.
- ✓ Applicants may submit their application shortly before they complete the psychotherapeutic preparatory course (up to three months prior to the final examination). About 80% of both the theoretical and the practical part of the

preparatory course should be completed at the time of the application. Admission notices are issued only after the successful completion of the psychotherapeutic preparatory course!

Prerequisite for testing the suitability of an individual particularly interested in psychotherapy training is that the applicant hands in sufficient relevant information.

The application form lists five items under "B. Motivation Statement" that on the one hand serve as guidelines for the applicant so they may demonstrate their individual suitability, and on the other hand offer evaluation criteria for the responsible authority that provide a basis for decision-making, which is why the form must be completed fully and comprehensively. A personal interview is not required for admission.

Ad B.1.:

This section asks for a full and detailed description of the internship completed during the psychotherapeutic preparatory course as well as personal reflection about the same. Briefly introduce the internship facility, describe your activities within the institution, and reflect on the emotions you experienced, personal strengths, fears, insecurities, development of your skills etc., in the course of the internship dealing with persons with behavioral disorders and/or afflictions. You may use case studies in order to illustrate your points.

Also describe how you coped with the stress you experienced (supervision, team support, self-awareness, etc.).

Exclusively administrative duties will not be accredited.

Ad B.2.:

Additional psychosocial commitment beyond the legally prescribed internship will have a positive effect on the assessment. It is irrelevant whether these psychosocial activities took place before or during the psychotherapeutic preparatory course. Regarding description and personal reflection please adhere to the B.1 requirements.

Ad B.3.:

This is where you discuss the importance of psychotherapy for you personally and offer a precise, comprehensible, and reflected presentation of your motives or motivation for why you seek psychotherapeutic training in particular rather than choose other counselling or helping professions. Describe how the profession of psychotherapist suits you, why you consider yourself particularly suited for this vocation. Training as a psychotherapist is an intense and demanding professional training with the goal to develop the ability to treat even severely mentally ill persons. Your own stability and resilience provides the starting point for this training. Describe therefore by means of examples your own stability and mental health, your knowledge of human nature, and previous experiences with mentally disturbed people.

Ad B.4.:

During of the practical training part of the psychotherapeutic preparatory course, students must complete at least 50 hours of self-awareness with a professional psychotherapist. Please note that self-awareness means confrontation with and experiencing of oneself in certain interpersonal situations. It is recommended that trainees complete at least half of the self-awareness hours with a psychotherapist to facilitate a process of personal development. Describe and reflect on this process against the background of the psychotherapist's method-specific orientation.

It is not required to provide personal secrets processed in the course of psychotherapeutic self-awareness.

Ad B.5.:

Here, you may list additional comments or notes that do not necessarily fit into B.1. - B.4.

Important Notes:

- The application must be filed in the official language German.
- Foreign language documents (e.g. maturity certificate) or credentials must include an either court- or notarially-certified copy translated by a court-certified expert.
- Applicants who do not come from an EU member state must submit verification of university admission in their country of origin or the country where they passed their matriculation examination in addition to the translated and certified maturity certificate.