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Crediting of practice and supervision hours

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During supervision (individual and group supervision), the therapeutic work process must be supervised for at least 600 hours.

As a guideline, at least one third of the required practice hours should be covered by long-term therapies (i.e. at least 30 WU/client) and a maximum of one third of the practice hours should be covered by short therapies (less than 10 WU/client).

Ultimately, **the teaching supervisors decide** on a case-by-case basis whether the distribution as a whole provides meaningful professional experience.

Two-hour sessions with clients are generally just as creditable as practice sessions with clients suffering from dementia, clients who are seriously ill and/or mentally handicapped. Here, too, the decision is made by the teaching supervisor.

Group therapy

Method-specific therapy groups held by psychotherapists in training under supervision on their own responsibility count entirely as practice hours and are also supervised as such. A maximum of half of the required 600 hours of practice can be covered with group therapies.

Therapeutic processes in group therapies are to be regarded as long-term if the individual client has attended at least 30 sessions.

In any case, the above-mentioned third of long-term individual therapies must be fulfilled.

Co-Training

Co-training in annual groups of teaching therapists of the IGWien counts as practice hours. The share of total hours may not exceed 150 WU. One weekend within the annual group counts a maximum of 15 WU.

The debriefing of the group session with the teaching therapist does not count as teaching supervision.

Co-training with psychotherapists who are not teaching therapists of the IGWien cannot be credited.

Child and adolescent psychotherapy

At least 75% of the 600 practice hours must be covered by adult psychotherapy, a maximum of 25% can be covered by psychotherapy with children and adolescents. This relationship must also be reflected in the overall distribution of supervision hours. From the age of 16, clients are considered adults within the definition of this regulation.

Individual and small group supervision

During the first 15 hours before admission to the small group supervision, the individual teaching supervision only treats the psychotherapy sessions with adults.

Additional supervision hours for child and adolescent therapy made before the first 15 hours are counted as part of the total supervision hours, but not used to calculate the number of hours for the transition to the small group supervision.