

Report for the development of psychotherapy and counseling in China (2012-2014)

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Organization:

In China, the practice of psychotherapy and psychological counseling is within the area of clinical and counseling psychology. As there is increased need for psychotherapy and counseling for the general population in China, the practice of psychotherapy and counseling is growing, and the number of professionals in this field rapidly increases. High quality professionals are in urgent need in the current society.

The Chinese Ministry of Labor and Social Security Affairs (CMLSS) is in charge of the license of professional psychological counselors. The former Ministry of Health, now the Commission of Health and Family Planning monitors the qualifications of professional psychotherapists in hospitals and other health care agencies. The CPS controls the quality of professional psychologists and professional training programs.

The CMLSS promulgated a state protocol defining the professional criteria for professional psychological counselors in 2002 with revisions in 2005 (CMLSS, 2002; 2005). The Requests for the counselors are quite low. Someone only get more than 300 hours' training would apply the examination. Until the first half year of 2014, there are more than 400000 people passed the examination.

In 2003, the former Ministry of Health (MOH, now is re-named as National Commission of Health and Family Planning) established a similar system to certify professional psychotherapists working in hospitals who had passed the required

examinations. Typically, the participants who want to take the MOH required exams for psychotherapist get a degree from a technical secondary school. So far, more than 3000 persons have passed the examination.

In order to facilitate regular, ordered and healthy development of Chinese clinical and counseling psychology, the Clinical and Counseling Psychology Registration System (CCPRS) of CPS is characterized by quality control and voluntary application. So far, 637 professionals have registered in the system.

It is aimed at quality control: this system seeks to control the quality of the training program, training agency, continuing training projects, and professional practitioners in clinical and counseling psychology in mainland China.

From 2007, the first part of professionals have registered; then each year, the applicants are increased. In 2014, 215 applied to join the system, 54% was passed. From 2012, the intern training agency registration has begun. Until this year, 9 units have been registered, and 6 of them are the Counseling centers in top rank universities (5 of them are also set up as psychological health education models by the Chinese Ministry of Education) ; 3 of them belong hospitals.

We are going to work on registration for master and doctoral training program in the universities next year.

The registration system now has a very good reputation in whole of China. According to the CPS ethical principles, one registered member who violates ethics severely was expelled by the system. It's said that is the first case in worldwide Chinese circle, and in the web, it has pointed out more than 1000000 times so far, up to 95% comments are praise.

For further development, the registration system organized two delegation groups to visit Taiwan in December of 2013, learning from the professionals, and professional organizations development after the Law of Psychologists issued in 2001.

In March of 2014, another delegation group visited USA, visited APA, and has several meetings with some APA key members discussed about organization and management affairs.

Activities:

1. Promote the development of the first Mental Health Law of China

Chinese psychotherapists and counselors have contributed much to the birth of the first Mental Health Law in China. After 27-years efforts, the Mental Health Law has been issued on October 26, 2012, and began to be active from May 1st of 2013. In this historical law, psychotherapy is defined as a kind of treatments for mental health problems applied in medical institutions and psychological counselling is defined as an approach to mental health promotion outside medical institutions.

So far, Prof. Zhao Xudong is working on the drafts of related administrative regulations as requested by the Mental Health Law.

2. International congress

(1) The International Federation for Psychotherapy (IFP) has held its 21st IFP World Congress of Psychotherapy on May 9-11, 2014, in Shanghai (China). Dr. Zhao Xudong as the co-chair of the congress, and Dr. Qian Mingyi as the chair of academic committee. There were more than 1100 participants, and Dr. A. Pritz was also present.

(2) The International Group therapy and counseling congress has held in March of 2014 in Beijing, there were more than 400 participants.

3. National congresses:

Several nationwide congress and conferences were held within 2012-2013. They are:

Congress of Clinical and Counseling Psychology(July 2012; July 2013 both in Beijing, each with more than 300 participants)

Congress of Psychotherapy and Counseling (August 2012 in Kunming; Sept. 2013 in Wuhan)

Psychoanalysis conference (Sept. 2012 in Shanghai), more than 200 participants join the conference.

Humanistic counseling conference (May 18-19, 2013 in Guilin), more than 150 professionals took part the conference.

Training:

Several training programs have been held. CCPRS has set up 12 training- supervision centers supported by a CPS project. The project requirements:

(1) Standard management manual; (2)The structuring schedule; (3)Training and supervision task; (4) Psychological counseling and service.

The project is a non-profit project. The training and supervision time should not less than 8 times every year. Now is the 3rd year of the project. It indeed helps a lot of professionals, with good effects and high reputation.

Suggestions:

We are supporting the World Certificate for Psychotherapy. We hope that WCP can accept our CCPRS as group member.