VETASSESS

Information sheet

Psychotherapist

ANZSCO: 272314 | **Group A**

About this document

- The following Information Sheet is for your reference only and should be used as a guide to assist with your Skills Assessment application to VETASSESS. This information is subject to change.
- Please note that a Skills Assessment of the qualification involves assessment of both the qualification level and content. Qualifications are assessed according to the guidelines published by the Australian Government Department of Education.
- The employment assessment involves determining the skill level and relevance of the tasks undertaken.
- Integrity checks may be conducted to verify the qualification and employment claims made in an application.

Job description

A psychotherapist provides diagnosis and treatment of mental and emotional disorders using psychotherapeutic methods such as behavioural therapy, biofeedback, relaxation therapy and other techniques.

Alternative Titles:

- Art Psychotherapist or Therapist

Occupations not considered under this ANZSCO code:

The following occupations are assessed under ANZSCO 252299 Complementary Health Therapists nec:

- Dance Therapist
- Drama Therapist
- Hypnotherapist
- Music Therapist
- Play Therapist

Other Counselling modalities are also not considered under the occupation of Psychotherapist:

- Careers Counsellor
- Drug and Alcohol Counsellor
- Family and Marriage Counsellor
- Rehabilitation Counsellor
- Student Counsellor
- Counsellors not elsewhere classified

Psychologists are advised to contact the Australian Psychological Society for assessment as a Psychologist for migration purposes.

Psychotherapist is a Group A Occupation

This occupation requires a qualification assessed as comparable to the educational level of an Australian Qualifications Framework (AQF) Bachelor degree or higher, in a field highly relevant to the nominated occupation.

GROUP A	Criteria for a suitable Skills Assessment		
	Comparable Bachelor degree AQF level	With highly relevant major field of study	Relevant employment duration
1	 +	 +	
Pre-qualification methodology does not apply to Group A occupations			

Description of Pathways

The information below describes the available pathways for a Skills Assessment under**Group A**. Please note that in order to achieve a suitable Skills Assessment Outcome, a positive assessment for both qualifications and employment is required.

Pathway 1

This pathway requires a qualification assessed as comparable to the education level of an Australian Qualifications Framework (AQF) Bachelor degree or higher degree and in a field highly relevant to the nominated occupation. Bachelor degree or higher degree includes AQF Master Degree or AQF Doctoral Degree. In addition, it is essential for applicants to meet the following employment criteria:

- at least **one** year of post-qualification employment at an appropriate skill level, undertaken in the last five years,
- working 20 hours or more per week, and
- highly relevant to the nominated occupation.

Pathway 2

This pathway requires a qualification that has been assessed as comparable to the educational level of an Australian Qualifications Framework (AQF) Bachelor Degree or higher, in a field not highly relevant but related to the nominated occupation, as listed below, and an additional qualification in the field of Counselling or Psychotherapy at AQF Graduate Diploma level only. Related fields for a Bachelor qualification include:

- Psychology / Psychological Science
- Psychiatry
- Social Work
- Mental Health / Mental Health Nursing
- Special Education
- Behavioural Science
- Criminology

Bachelor degree or higher degree includes AQF Master Degree or AQF Doctoral Degree. In addition, it is essential for applicants to meet the following employment criteria:

- at least **one** year of post-qualification employment at an appropriate skill level, undertaken in the last five years,
- working 20 hours or more per week, and
- highly relevant to the nominated occupation.

Please note - To be eligible, the one year of employment must have been undertaken after the completion of a qualification comparable to an AQF Bachelor Degree or higher.

Qualification

Major Fields of Study

• Counselling

• Psychotherapy

The following areas of study may be considered highly relevant; however, these programs must include theoretical and practical training in Psychotherapy:

• Counselling – Health Sciences

• Applied Social Science (Counselling)

• Gestalt Therapy

• Reality Therapy

• Psychology – Degrees in psychology can be accepted if sufficient theoretical and supervised practical components in psychotherapy and counselling are completed

• Clinical Psychology

Employment

Tasks include:

- collecting data about clients and assessing their cognitive, behavioural and emotional disorders.
- developing, administering and evaluating individual and group treatment programs.
- utilising a range of therapeutic interventions and interpersonal relationship to enable people to develop self-understanding and insight. Psychotherapists may use a range of methods on clients' during sessions such as music, art, drama and exercise, but that would be in addition to the talking therapy.
- working in one-on-one sessions or may guide group therapy meetings.