

## **EFTA - DRAFT REPORT**

# **Survey of Family Therapy Training and Employment in Europe – 2025, EFTA**

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Report compiled by Dr Valerie O'Brien, Chair of EFTA Task  
Force with the assistance of Dr Mattia Messina, Aug  
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## Background to Survey

**Survey Design:** As part of the EFTA Training Standards Task Force, we sought information through a survey to capture family therapy training and service delivery practices in different countries. The information gathered was used to review and update EFTA training standards for family therapists in Europe. The questionnaire was divided into 11 short sections.

**Data Collection :** *Through the NFTO chamber in EFTA and with the assistance of Task Force members, we asked one person per country, with experience of training and knowledge of family therapy service provision. to fill up this survey.* A nominated person from the EFTA Task Force on Training Standards was allocated to link with each person and was available to help if needed.

The survey design took into account that there would be variations across countries. We asked the person filling in the survey to provide us with a general idea of the training of family therapists from their perspective. We appreciated that some elements of the questionnaire needed elaboration to more fully explain specifics in the individual context. We provided for a number of open sections for such commentary .

**Presentation of Data :** The data in this report provides a descriptive overview some aspects of family therapy training and service provision across 35 countries. It is intended to publish a more detailed analysis of family therapy training in Europe – using the data in this report.

**Membership of the Task Force includes:**

Valerie O’Brien (Chair); Federico Ferrari; Julia Hardy; Lucie Hornova;  
Teresa Moratalla Gellida; Martine Nisse; Yvain Piketty; Marie Jeanne Schon; Shan Tate.

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## Contents : EFTA Survey on Training Standards – Updated Results 2025

**Total respondents: 35**

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## Country List

1. Albania
2. Austria
3. Belgium
4. Bulgaria
5. Croatia
6. Cyprus
7. Czech Republic
8. Denmark
9. Estonia
10. Finland
11. France
12. Germany
13. Greece
14. Hungary
15. Iceland
16. Ireland
17. Italy
18. Latvia
19. Lithuania
20. Luxembourg
21. Malta
22. Montenegro
23. Netherlands
24. North Macedonia
25. Norway
26. Poland
27. Portugal
28. Romania
29. Serbia
30. Slovenia
31. Spain
32. Sweden
33. Switzerland
34. Turkey
35. United Kingdom

Kosova - No training. No information available

Liechtenstein- No training. No information available.

## Information about Training for Family Therapists /Systemic Practitioners in Europe

### *Number of 4-year-minimum Training Programmes in the Country*

	Frequency
0-5	20
6-10	6
11-15	4
16-20	1
21 plus	4
<b>Total</b>	<b>35</b>

### *Where the Training Occurs*

	Frequency
Mainly private Institutes with Institute accreditation only	18
Combination of Private Institutes and Universities	7
Mainly private institutes with accreditation by universities or by other Higher Education public institutions	5
Mainly University sector	3
Individually Accredited Training	1
No training in the country and people train elsewhere	1
<b>Total</b>	<b>35</b>

## Regulation of professional practice of psychotherapy

### *Is there a law that governs who is permitted to practise as a psychotherapist?*

	Frequency
No	18
Yes	17
<b>Total</b>	<b>35</b>

### *If there is no law, is there a professional body that regulates and registers psychotherapists?*

	Frequency
Yes	13
No	5
<b>Total</b>	<b>18</b>

## Regulation of Professional Practice of Family Therapy

*In your country, is the family therapy modality regulated by law as a form of psychotherapy?*

	Frequency
No	24
Yes	11
<b>Total</b>	<b>35</b>

*If not, is there a Professional Body /Association that registers family therapists?*

	Frequency
Yes	15
No	9
<b>Total</b>	<b>24</b>

## Payment for Service and Job Opportunities

*Excluding exceptional cases (e.g. court designation), who is paid by the public service to offer family therapy services in your country?*

	Frequency
Only registered professionals	15
There is no provision for the state to pay for services	11
Anyone who can practise	7
I don't know	1
<b>Total</b>	<b>34</b>
<b>Missing</b>	<b>1</b>

*Are there designated posts in the public service for professionals with training in family therapy?*

	Frequency
No	19
Yes	15
<b>Total</b>	<b>34</b>
<b>Missing</b>	<b>1</b>

## General Elements of the Training

*In your country, does family therapy training need to be accredited?*

	Frequency
Yes	27
No	8
<b>Total</b>	<b>35</b>

*If yes, is the training accredited by the State or by the Professional Association?*

	Frequency
Professional Association	16
State body	11
<b>Total</b>	<b>27</b>

*Is the total training comprised of undergraduate and postgraduate level training?*

	Frequency
Yes	24
No	5
<b>Total</b>	<b>29</b>
<b>Missing</b>	<b>6</b>

*If yes, how many years does the post graduate part of family therapy training take?*

	Frequency
4 years	21
3 years	2
5 years	1
<b>Total</b>	<b>24</b>

*If yes, please indicate for each of these training elements, whether they are required for programme accreditation*

	Frequency
Clinical Elements: Live Supervision and Independent Practice	23
Theory: Methodology and Philosophical Positioning	23
Personal and Professional Development	23
Research	13
<b>Total</b>	<b>24</b>



## Clinical Elements of the Training

*Is live clinical teamwork (defined as working with families in a team with a supervisor present) required in accredited training?*

	Frequency
Yes	20
No	9
<b>Total</b>	29
<b>Missing</b>	6

*If live teamwork is a central part of the training (not retrospective cases brought to group supervision), how many hours are the teams required to work across the duration of the training?*

This refers to the total number of hours that the teams need to work together and is separate from number of hours individual team members need to accumulate during their training

	Frequency
0-50	6
200 plus	6
I don't know	4
151-200	2
51-100	1
101-150	1
<b>Total</b>	20

*As part of the live team, how many individual hours as lead therapist does each student require for registration?*

	Frequency
41 plus	8
I don't know	4
0-10	3
31-40	3
11-20	2
21-30	0
<b>Total</b>	20

*If there is no live clinical team in the training, what method of clinical supervision is used?*

	Frequency
Students are provided with combination of one to one and group supervision	16
Students are provided with group supervision only	3
Students are provided with one-to-one supervision only	0

I don't know	0
<b>Total</b>	<b>19</b>

*In the totality of the training, how many hours of independent practice does each therapist need to accumulate (in addition to/or not as part of the live clinical teams.)*

	<b>Frequency</b>
200 plus	19
I don't know	4
0-50	3
51-100	2
151-200	1
101-150	0
<b>Total</b>	<b>29</b>

### **Research and Theory Elements of the Training**

*Is there empirical research dissertation required as part of the training?*

	<b>Frequency</b>
No	23
Yes	9
<b>Total</b>	<b>32</b>
<b>Missing</b>	<b>3</b>

*How many hours of direct teaching in total across the programme?*

	<b>Frequency</b>
201 plus	23
I don't know	5
0-50	2
51-100	2
101-150	0
151-200	0
<b>Total</b>	<b>32</b>
<b>Missing</b>	<b>3</b>

*How many hours of student self-study work for theory development across the programme?*

	<b>Frequency</b>
201 plus	14
I don't know	9
51-100	4
101-200	4
0-50	2
<b>Total</b>	<b>33</b>

**Missing**

**2**

**Personal and Professional Development (PPD)**

*How many hours of PPD is required across the training?*

	<b>Frequency</b>
200 plus	14
51-100	6
I don't know	6
0-50	3
151-200	2
101-150	1
<b>Total</b>	<b>32</b>
<b>Missing</b>	<b>3</b>