

# College of Psychotherapy: Recognised Psychotherapy Modalities



## Therapeutic Modalities in Psychotherapy

Psychotherapy is a diverse and multifaceted field, offering numerous therapeutic modalities tailored to individual needs and preferences. Renowned therapists have contributed to these approaches throughout time, each providing unique insights, techniques, and methods to support emotional well-being and post-traumatic growth. Training in psychotherapy is not merely about training in therapeutic techniques, the primary focus of a training is the psychotherapeutic relationship and how this relationship is utilised that defines who is a psychotherapist. Therefore, adhering to the College of Psychotherapy guidelines when choosing a course is essential if you aim to become a PACFA Registered Clinical Psychotherapist®.

## Choosing Your Psychotherapy Modality

Are you just starting your psychotherapy training journey? Embarking on the transformative journey of becoming a psychotherapist begins with selecting the therapeutic modality that most resonates with you. Your choice of modality will not only shape your practice and professional life, but it will also transform your inner world and personal life, as significant participation in your own psychotherapy is required to become a psychotherapist. When choosing your psychotherapy training, the College of Psychotherapy recommend reviewing your course and the modules carefully, making sure that the psychotherapeutic relationship is core to your specific modality training and that it meets the College of Psychotherapy [entry requirements](#), which are in addition to PACFA's [registration requirements](#).

## Dynamic and Evolving Modality List

The below College of Psychotherapy Recognised Psychotherapy Modalities list is a live list. The College acknowledges that psychotherapy training programs vary over time and place and are continually evolving. The modalities listed below are considered psychotherapy modalities by the College of Psychotherapy, as long as they are core psychotherapy training and have psychotherapeutic principles at their foundation.

Training in psychotherapy should consist of at least 450 hours, with one training being preferred. However, the College of Psychotherapy values a wide range of modalities and has thus opened the option for a maximum of two trainings to meet the 450-hour requirement. The College of Psychotherapy has divided the recognised modalities into two columns: Column A for core training that meets 300 to 450 hours, and Column B for secondary trainings that trainee psychotherapists can use to make up their application hours. This is a guideline only, as individual trainings continue to change, and it is the applicant's responsibility to ensure their training meets

the Psychotherapy Training Standards. For example, if your course only recommends 40 personal psychotherapy hours, it is your responsibility to make up the remaining 110 hours.

Feel free to email the College of Psychotherapy if you are unsure about your chosen modality and course.

**List of PACFA College of Psychotherapy Recognised Psychotherapy Modalities:**

<b>Modality</b>	<b>A</b>	<b>B</b>
Accelerated Experiential Dynamic Psychotherapy (AEDP)		✓
Body Psychotherapy	✓	✓
Buddhist Psychotherapy	✓	✓
Creative Arts Psychotherapy (Art/Movement/Dance, etc.)	✓	✓
Eco Psychotherapy		✓
Emotion Focused Therapy		✓
Equine Psychotherapy		✓
Existential Psychotherapy	✓	✓
Functional Analysis Psychosomatic Psychotherapy	✓	✓
Gestalt Psychotherapy	✓	✓
Hakomi Mindful Somatic Psychotherapy	✓	✓
Holistic Psychotherapy	✓	✓
Integrative Psychotherapy	✓	✓
Interpersonal Psychotherapy		✓
Jungian Analysis	✓	✓
Logotherapy		✓
Narrative Psychotherapy		✓
Process-Oriented Psychotherapy	✓	✓
Psychoanalytic Psychotherapy	✓	✓
Psychodrama	✓	✓
Psychodynamic Psychotherapy	✓	✓
Psychosynthesis Psychotherapy	✓	✓
Sensorimotor Psychotherapy		✓
Somatic Psychotherapy	✓	✓
Soul-Centred Psychotherapy	✓	✓
Transactional Analysis	✓	✓
Transpersonal Psychotherapy	✓	✓

## Techniques Used by Psychotherapists

Psychotherapy is not a regulated term in most countries, this has resulted in many continued professional development organisations marketing their skills and techniques training as psychotherapy. Unfortunately, this has caused confusion in the field in terms of differentiating between a core psychotherapy training and a technique that psychotherapists might use in therapy. The following are examples of techniques that psychotherapists use. These tools and techniques are therefore not approved modalities to enter the PACFA College of Psychotherapy.

- Acceptance and Commitment Therapy (ACT)
- Brainspotting (BSP)
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Family-Based Therapy (FBT)
- Internal Family Systems (IFS)

## Document version control

Version	Description	Originator	Reviewed	Approved	Date	Next Review
A	Effective 1 <sup>st</sup> August 2024	College of Psychotherapy Leadership Group	PACFA Office	PACFA Head of Practice	August 2024	July 2025

For further information, please email [practice@pacfa.org.au](mailto:practice@pacfa.org.au). Proposals for amendments or additions to this document should be sent to the PACFA Head of Practice.