

# PSYCHOTHERAPIST (ANZSCO Code: 272314)

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 and Training.

The skills assessment involves determining the skill level and relevance of the tasks undertaken. Integrity checks may be conducted to verify the qualification and

## 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 by VETASSESS 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.**

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## Requirements for VETASSESS Skills Assessment

### **Psychotherapist is a Group A Occupation.**

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

Applicants must also have at least one year of highly relevant, post-qualification employment, at an appropriate skill level completed in the last five years.

If the qualification(s) are not at the required educational level, and not in a highly relevant field of study, or if the employment has been completed prior to the qualification, then the applicant will be assessed below the required skill level.

\*This includes qualifications assessed at AQF Bachelor, Master and Doctoral level qualifications.

A positive assessment of both qualifications and employment is required for a positive Skills Assessment Outcome.

### **Qualification**

AQF Bachelor or higher\*

Applicants must hold a highly relevant qualification.

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

- Counselling
- 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

Mental Health Science may also be considered on a case-by-case basis if sufficient theoretical and supervised practical components in psychotherapy and counselling are completed.

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### 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