




# Psychology in Europe Development and Perspective

*Prof.dr. Robert A. Roe*  
President of EFPA  
European Federation of Psychologists' Associations

Vienna, Austria - April 8, 2011






European Federation of Psychologists' Associations

## Outline

- About EFPA
- Development & Status of the Profession
- A look into the future
- EuroPsy
- Other concerns
- A Special Word to You



European Federation of Psychologists' Associations

## About EFPA



## Some facts

- EFPA was founded in 1981 by 12 national associations of psychologists, including the Berufsverband Österreichischer Psychologen – initially as a cooperative network
- Grew over the years, became more oriented to joint action, changed its mission and name (from EFPPA into EFPA, including science)
- Became recognized as NGO by the Council of Europe
- Now has Member Associations in 35 countries, of which 26 EU countries, covering > 300.000 psychologists.



## What EFPA does

- Promotion of psychology in Europe and beyond
- European Congress of Psychology
- The European Psychologist (journal)
- Collaborative groups (SC TF WG)
- European projects
- Support for Member Associations
- Publicity and information sharing
- Representation and lobbying at European level



## Development & Status of the Profession



### Quick emergence and growth

- Professions like priest, medical doctor, midwife, and architect have a history of *thousands* of years
- The profession of psychologist has developed *in less than one century!*  
100 years ago there were just a few pioneers putting the new science of psychology into practice.
- As a profession psychology has *fared well.*  
Today we have over 300.000 psychologists in Europe alone!



## The profession today

- Significant in number:
  - 300.000 psychologists compare well to 500.000 family doctors, 200.000 pharmacists, 80.000 psychiatrists.
  - The number may increase, as there are circa 200.000 psychology students today.
- A real 'profession':
  - academic education as entry requirement;
  - associations promoting competence and ethics;
  - control over who can exercise the activities, based on specific criteria, by means of legal regulations.



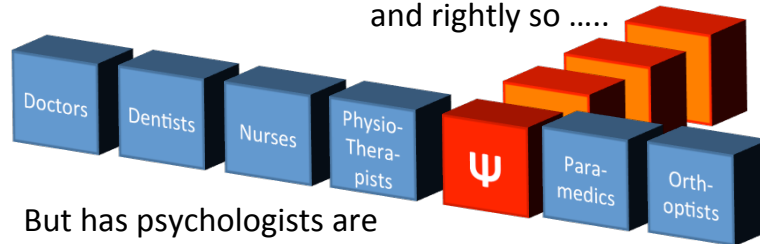
## Diverse from the start

- Right from the beginning the methods and knowledge of scientific psychology have been applied in quite *different sectors* of society and to diverse types of *problems*. E.g.:
  - Health: causes and treatment of mental illness,
  - Education: mental retardation, learning
  - Work: fatigue, performance, leadership
  - Traffic: accidents
- This has resulted in a variety of "*psychologies*" and related professional specialisms – which poses certain *problems* but is also an *asset*.



## The scope of psychology

- As a consequence, psychology has a broad scope and a great potential for application in many domains.
- Psychologists are often seen as health professionals, and rightly so .....



- But has psychologists are also experts in education, organization, the legal system, traffic, sport and so on.



## Path dependent

- Psychology has developed along *different paths* and at *different rates* throughout Europe.
- There were and are *noticeable differences* in education, types of specialization, numbers of psychologists in specialized areas, magnitude of private and public employment, wages, forms of institutionalization etc.
- Current differences reflect countries' *current and former situations* - politically, economically, socially, culturally.
- Therefore, the situation of psychology in *Austria* today is clearly different from that in e.g. the UK, Italy, or Norway.



## Increasingly European

- Yet, there has *always been collaboration* between psychologists from different European countries, in the profession as well as in research and education.
- *EFPA* is the outcome of, and instrument for collaboration!
- Over the years this collaboration has *grown* in scale and depth, with *increasing convergence* as outcome.
- The establishment and expansion of the *European Union*, and its growing role in policy development, had and has a great influence on this.
- Today, psychologists and their institutions are confronted with many common problems and challenges (e.g. Bologna process, Single Market Act) that make *joint action a necessity*.



## A look into the future



## Challenge

- In spite of all achievements, much remains to be done.
- Psychology is still not known well enough by the public, other professions and policy makers.  
... and it does does contribute all it could, to the benefit of society.
- There is a need to do more at the European level and the national level  
... adding to what the legal, economic, technical and medical professions have to offer.
- But this requires that psychologists from different fields and countries work well together



## Reorientation of EFPA

- EFPA takes its 30<sup>th</sup> anniversary as an opportunity for reorienting itself.
- It realizes that three decades have dramatically changed:
  - the European environment (from East-West to a strong EU, from industrial to information society),
  - psychology itself (volume of research, students, professionals)
  - the professions and what is expected from them.
- It is laying out a new path to the future, that will help psychology to develop further and realize more of its potential.



## What EFPA is working on

- To survive and be successful in the years ahead EFPA is currently developing:
  - A *vision* on EFPA and psychology
  - A *mission* that states what EFPA wants to achieve in the longer term
  - A *strategy* that defines EFPA's future lines of action
  - An *organization* that matches all this.



## Vision

- EFPA represents psychology in Europe:
 

*Education, Science, Profession*
- Psychology is seen as:
 

*the science of human thoughts, feelings, and behaviors and its application, through education and professional activity, to human challenges and problems.*

**efpa**  
European Federation of Psychologists' Associations

## Psychology

- is seen as a unitary multifaceted discipline with a diversified profession, dealing with ...

Wellbeing Health Performance Participation

Old age

Adulthood

Young age

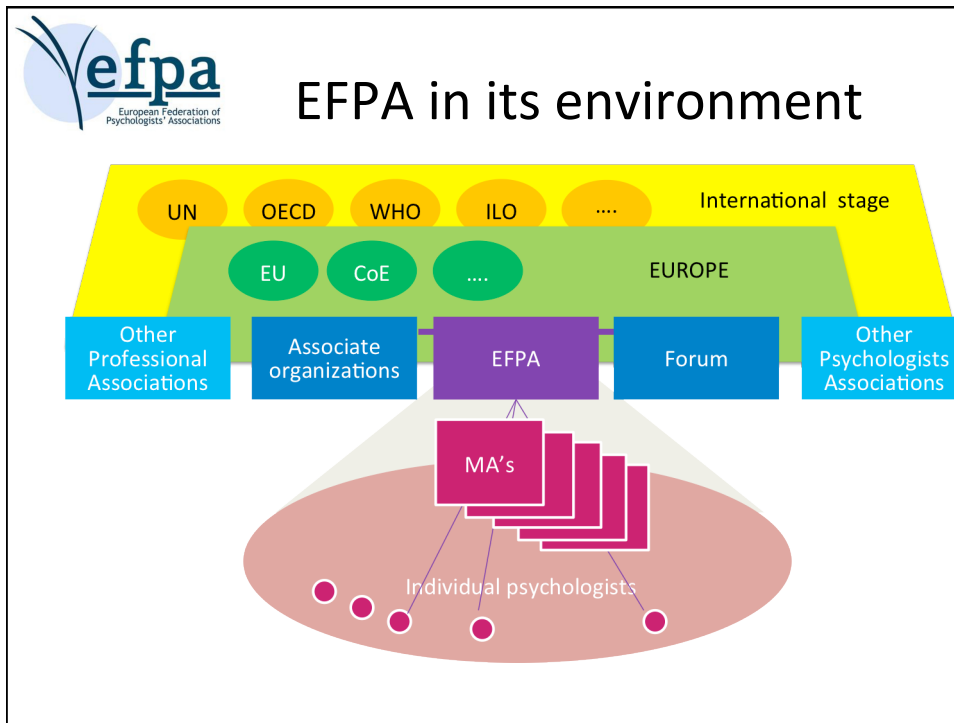
Subdisciplines and professional domains can be seen as different "cuts" of psychology with varying emphases on life phases and criteria


Other Examples: Traffic Law

**efpa**  
European Federation of Psychologists' Associations

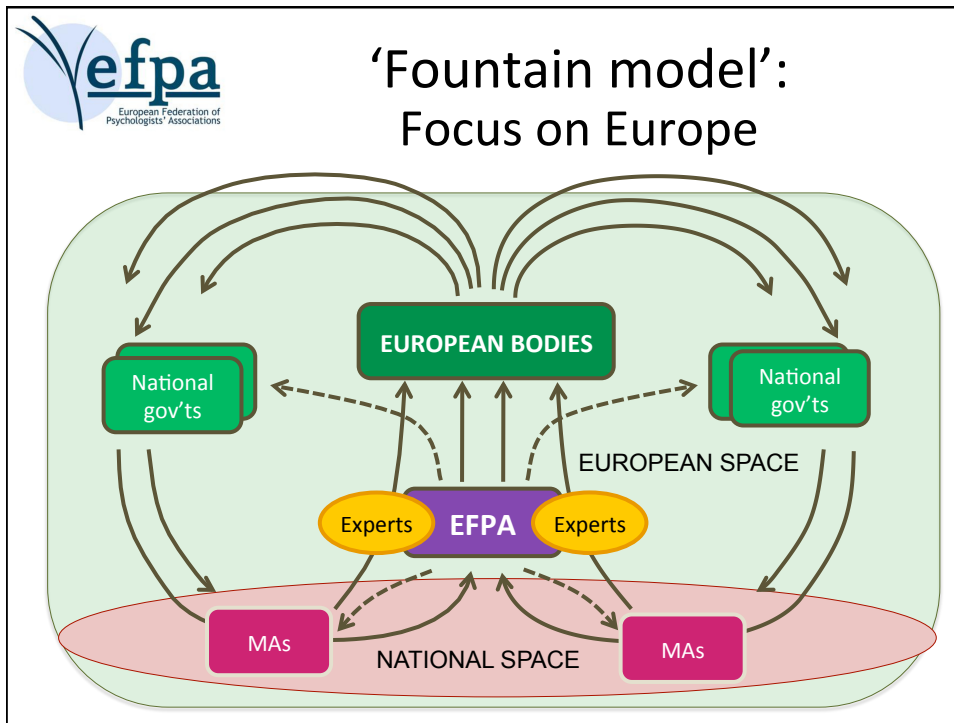
## EFPA's position and role

- EFPA sees itself as positioned - among many other parties - at three stages: the global stage, the European stage, and national stages.
- As representative of psychology, it has a role to play on each of these stages, but particularly the European one.
- This is where an increasing part of policy development and decision-making takes place, and where psychology can exert an influence that matters.



 **An active role**

- The belief is that by more actively following European policy development and making contributions based on what psychology knows and can do, EFPA may have an impact on the national level in many countries at the same time.
- In this way it may provide opportunities for the *Member Associations* and their *members* to contribute more at the national level.
- There is an important role for *experts* – from the Member Associations in this process.

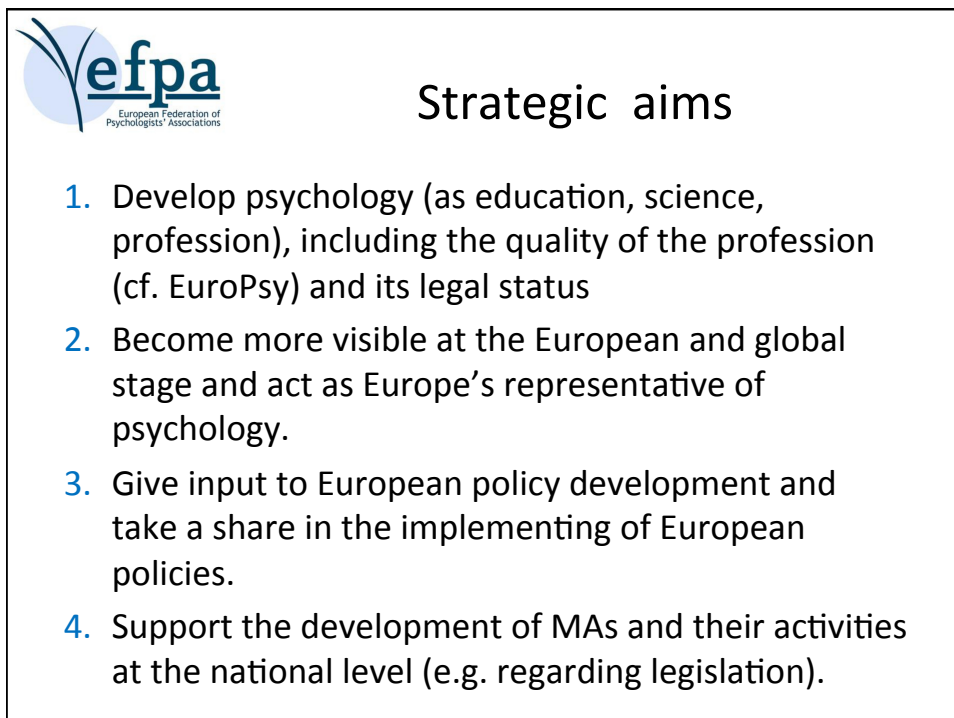
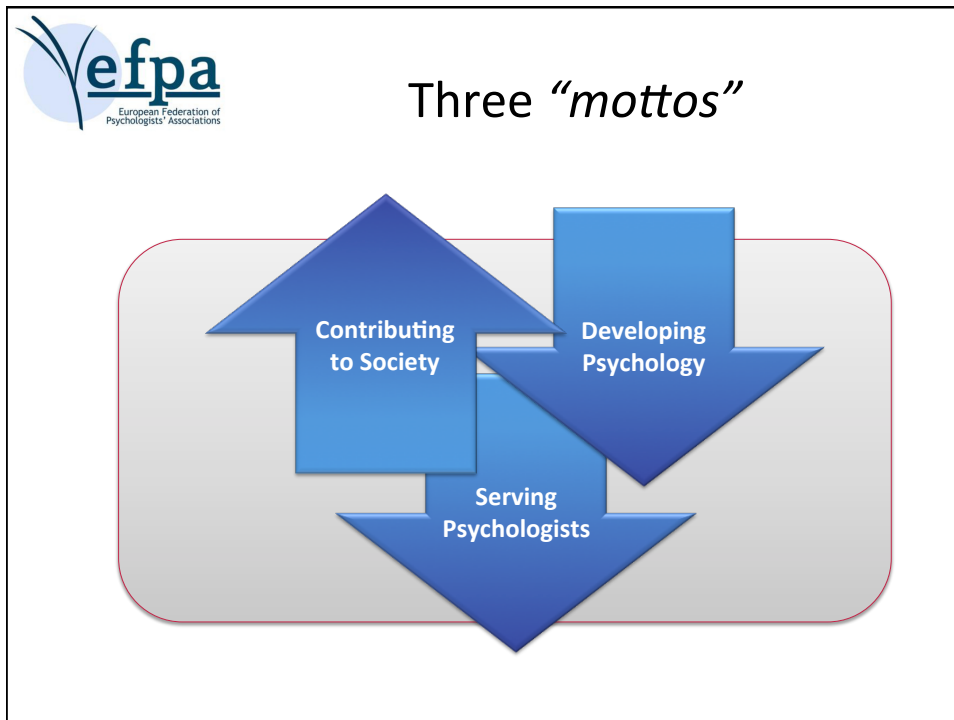


**efpa**  
European Federation of Psychologists' Associations

### Mission of EFPA

- The mission of EFPA is to promote the development, dissemination and application of psychology in all its forms in Europe and beyond, and to contribute to shaping a humane society, in Europe and beyond, on the basis of psychology's expertise.

*Principle: "responsible expertise".*





## Strategic aims

5. Help individual psychologists exercising their profession and building a European identity.
6. Promote the dissemination of psychological knowledge in Europe.
7. Contribute to the quality of life of European citizens and to a democratic and prosperous European society.
8. Develop a clearer image of psychology and make it more accessible, useful and respected.



## Organisation

- This will be the basis for a new structure of EFPA, and a new mode of operating for the Executive Council and the many committees.
- The whole will be more outward focused, more action oriented, more agile, and more visible.
- It will bring Europe closer to the national associations and to the individual psychologists (once example: EuroPsy).




## Organisation

- This will be the basis for a new structure of EFPA, and a new mode of operating for the Executive Council and the many committees.
- The whole will be more outward focused, more action oriented, more agile, and more visible.
- It will bring Europe closer to the national associations and to the individual psychologists (one example: EuroPsy).




*EuroPsy*

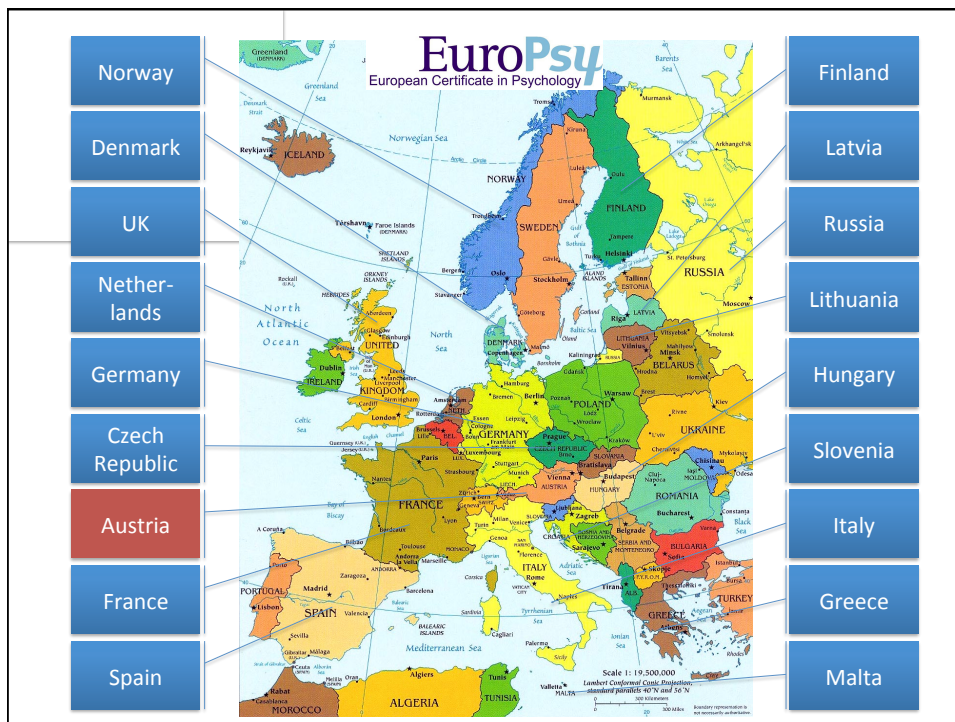


## EuroPsy

- EuroPsy is a standard of qualification set by EFPA
- Its function is to serve as benchmark across Europe
- It comes with a Certificate and a web-based Register
- EuroPsy is a registered trademark (since 16 Nov 2010)



- The issuing of Certificates has started on December 10, 2010 in Norway.





## EuroPsy Requirements

- To obtain EuroPsy psychologists must
  - have at least 5 years of academic education in psychology (of a particular profile)
  - have at least 1 year of practice under the supervision of a qualified supervisor
  - provide evidence of professional competence
  - subscribe to a statement on ethical conduct
  - engage in continued professional education
- EuroPsy is valid for a limited time (7 years) and for a particular area of professional practice.



## S-EuroPsy Requirements

- The EuroPsy Specialized Certificate will be awarded to psychologists holding (or receiving) EuroPsy.
- Those who received a provisional testimonium in an approved EuroPsy pilot, will receive a EuroPsy Specialized Certificate.
- New applicants must meet the criteria of the 'Standard Requirements Framework':
  - Postgraduate study  $\geq$  400 hrs
  - Post experience and training  $\geq$  3 years
  - Supervision  $\geq$  150 hrs (i.e. on average 50 hrs a year)
  - Supervised practice  $\geq$  500 hrs
  - Submission of a log book to evidence the specialism

The screenshot shows the EuroPsy website home page. At the top left is the EFPA logo (European Federation of Psychologists' Associations). The main heading is "Website". Below it is a navigation menu with links: HOME, SEARCH A PSYCHOLOGIST, BECOME A EUROPSY PSYCHOLOGIST, KNOWING MORE ABOUT EUROPSY, and EUROPSY INTRANET. The EuroPsy logo and "European Certificate in Psychology" are also present. A sidebar on the left lists menu items: What is EuroPsy, Why EuroPsy, Areas of Practice, Specializations, Register / Certificate, Countries, FAQ, and News. The main content area is titled "What is EuroPsy?" and contains a bulleted list of facts: EuroPsy is the European qualification standard for psychologists; EuroPsy supplements national standards and helps the public identify competent psychologists; EuroPsy is awarded to psychologists meeting educational and professional requirements; EuroPsy is implemented throughout Europe since 2010; and EuroPsy was established by the EFPA. At the bottom, a link to the website is provided: <http://europsy.efpa.eu/>

The screenshot shows the EuroPsy website registration page. At the top left is the EFPA logo. The main heading is "Register". Below it is a navigation menu: HOME, FIND A PSYCHOLOGIST, BECOME A EUROPSY PSYCHOLOGIST, KNOWING MORE ABOUT EUROPSY, and EUROPSY INTRANET. The EuroPsy logo and "European Certificate in Psychology" are also present. A search bar is located in the top right. A sidebar on the left lists menu items: What is EuroPsy, Why EuroPsy, Areas of Practice, Specializations, Register / Certificate, Countries, and News. The main content area is titled "Find a psychologist" and includes instructions: "Find a psychologist in your country or region, according to area of practice or specialist expertise." and "Additional information on psychologists may be found through the websites of the national associations of psychologists. See: [countries](#)." Below this are several dropdown menus and text input fields: Country, Town, Area of practice, Language, Gender, and Family name.



## Aims of EuroPsy

- Raise standards and create transparency in the market of psychological services:
  - Help clients, employers and other professionals to identify who is a qualified and trustworthy psychologist
- Promote mobility of psychologists (and clients) in Europe
  - The European Directive 2005/36/EC does not provide automatic recognition for psychologists.
  - EuroPsy can help by facilitating the work of 'Competent Authorities' and establishing semi-automatic recognition in the future.



*Other concerns*



## Legal issues

- Most European countries have some form of legal recognition of psychology, i.e. of the title and/or the professional activities.
- Some countries are in the process of establishing new laws or revising existing laws.
- EFPA has decided to design a common model that can guide legislative activities and to promote congruence, in order to create greater transparency and certainty for psychologists and their clients throughout Europe.
- A special working group will start its activity this year.



## Psychotherapy

- Psychologists with a specialization in psychotherapy can apply for the EuroPsy Specialized Certificate in Psychotherapy.
- EFPA does not support the recognition of psychotherapist as an independent profession, as the 'European Association for Psychotherapy' has proposed to the European Commission in 2010.
- It has issued a statement against it.



## Position statements on various issues

- EFPA has begun issuing position statements (and position papers) on a number of important issues:
  - The contributions that psychology can make in the area of health.
  - The promotion and protection of school psychology in Europe.
  - The nature and treatment of ADHD and the role that psychologists can play.
  - The meaningfulness of age-based screening of older drivers.
  - The contributions of psychology to promoting mental health at the work place.



A Special Word to You



## A special word to you

- Austria is a country with a well developed psychology, scientifically and professionally, and a very good reputation in Europe.
- The legal protection, during the past 20 years has certainly contributed to the present status of psychology.
- I congratulate the 'Berufsverband Österreichischer PsychologInnen' with today's special event.
- I thank those who will be awarded for their contributions to society, and congratulate them with their important distinction..



Thank you

robert.roe@efpa.eu