

February 2009

Australian Psychotherapy and Counselling Workforce Study
in collaboration with the
Society for Psychotherapy Research Collaborative Research Network

DEVELOPMENT OF PSYCHOTHERAPISTS
COMMON CORE QUESTIONNAIRE

Dear Association President,

We wish to request your help in inviting all members of your association to complete the Australian Psychotherapy and Counselling Workforce Online Survey on the development of counselling and psychotherapy professionals. We need a large proportion of relevant professionals to complete this survey to maximise the value of the results obtained.

This study is important as the first comprehensive survey of the profession in Australia. Government advisers have indicated an urgent need for a more comprehensive profile of the profession to inform future policy and planning around the provision and funding of mental health and community services. Accurate data is also very valuable to facilitate development of the profession as a whole, and to inform advocacy on behalf of the profession.

The aim of this study is to develop a comprehensive profile of workforce and practice characteristics of the counselling and psychotherapy profession in Australia and to understand factors which influence therapist development and practice. It aims to be comprehensive by recruiting from all relevant professional associations, registers, and training institutions.

The study is part of the *International Study of the Development of Psychotherapists*, a project developed by the Society for Psychotherapy Research Collaborative Research Network. Over the past two decades, this project has studied the development and practice of thousands of professional psychotherapists and counsellors in over 25 countries. The current survey utilises the *Development of Psychotherapists Common Core Questionnaire* from the international project so that Australian counsellors and therapists may be represented among and compared with colleagues around the world. We have also included questions specifically relevant to the Australian context.

This research has been funded by: the Faculty of Health Science, La Trobe University; the Counsellors and Psychotherapists Association of NSW; the Psychotherapy and Counselling Federation of Australia; and a philanthropic grant. Approval to conduct this research has been given by the Faculty of Health Sciences Human Research Ethics Committee of La Trobe University.

We would like to ask you to strongly encourage your members to participate in our study by completing the online survey. By clicking on the following link you will get information about the project and you can directly access the online survey:
www.thissurvey.com/APCWS

We have attached a Participant Information Letter which informs your members about this study and invites them to participate. We have also attached a sample letter for you to place on your association letterhead, as you may wish to add this as a cover letter to the Participant Information Letter when you circulate this to your members.

We would also greatly appreciate it if you distributed information about this research through email, newsletters, conferences, professional development events, or through association meetings to enable your members to participate.

We will contact you by phone over the next week to discuss our request personally with you. Please feel free to contact us if you have further questions about our study.

Yours Sincerely,



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