



## TA Certification Requirements for TA Practice in Romania

The ARAT / CPR requirements are translated from the website of ARAT - the Romanian TA association and include the CPR requirements (CPR was formerly known as COPSI).

### Steps to TA Certification: Professional certification criteria for Romania –

The Romanian TA Association (ARAT) certifies the level of training and practice in TA for its members based on the following criteria and documents:

### The first level of practice: Psychology practitioner under supervision in Psychotherapy

This is the name used by The Romanian Psychology College – CPR (Formerly known as COPSI)

### Requirements:

All the details for psychotherapy, and the forms required to apply for certification are available on this webpage: <http://arat.ro/criterii-de-atestare/psihoterapie/>

1. Bachelor's degree in Psychology or by completion of studies for medicine school graduates (Psychiatrists),
  - Or for Social Assistance, Philosophy, Pedagogy, Theology graduates, with the following additional hours in the disciplines:
    - General Psychology: 42 hours
    - Clinical Psychology: 42 hours
    - Psychodiagnosis: 42 hours
    - Psychopathology: 42 hours
2. TA 101 course – The official introduction to TA.
3. 500 hours of TA training and practice, from which: minimum 300 TA hours conducted by PTSTA or TSTA and the difference to 500 obtained from other TA events like conferences, TA summer/winter schools etc.



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4. Minimum 150 hours of personal development / psychotherapy, from which a minimum of 80 hours should be in the TA field
5. To be under supervision – Having signed either a supervision contract for CTA which is registered to EATA or a regular supervision contract signed by a PTSTA or TSTA.

### Application Process to Practice under Supervision:

- The professional committee of ARAT handles the files for certification, details of this process can be found at: <http://arat.ro/criterii-de-atestare/>
- For the field of psychotherapy the forms and application process is described alongside the requirements at: <http://arat.ro/criterii-de-atestare/psihoterapie/>
- Contact ARAT professional committee - [comisiaprofesionala@arat.ro](mailto:comisiaprofesionala@arat.ro)

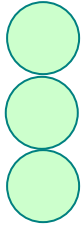
### Second level of Practice: Autonomous psychologist in Psychotherapy level:

ARAT members who obtain their CTA from EATA/ ITAA are certified by ARAT as fulfilling the criteria for obtaining their Autonomous level in Psychotherapy. These members will submit to ARAT the CTA document issued by EATA / ITAA, together with the request for the new certificate to be issued, plus the training hours logged and the copies of the diplomas of the TA workshops that have been made after the first level certification.

### TA training at YTCi is recognised by EATA > ARAT > CPR (COPSI):

A Description of the relationship between EATA > ARAT > CPR(COPSI) is available on the ARAT website: <http://arat.ro/despre-arat/prezentarea-asociatiei/>

YTCi – along with other TA training organisations in Romania is recognised as a running a TA training programme by ARAT (- The Romanian TA Association). ARAT have an agreement with CPR (COPSI) that YTCi and the other TA training programmes in Romania are formerly recognised as offering TA training. Therefore, TA training at YTCi can be used to fulfil the requirements of CPR (formerly known as COPSI)



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**EATA** - The European Association of Transactional Analysis, sets the training standards and requirements throughout Europe for all TA training and qualifications. EATA organise external examinations and certifies TA trainers. EATA recognises trainers, and not training organisations.

EATA does not have direct individual membership, you become a member of EATA by being a member of one of the affiliated national TA associations:

In the Romanian the only national TA association affiliated to EATA is ARAT. Therefore, in order to train and qualify in TA, in Romania, you must become a member of ARAT. - Dave Spenceley TSTA, director of YTCI is a member of ARAT.

### EATA Qualifications:

- **TSTA** = *Teaching and Supervising Transactional Analysts.*
- **PTSTA** = *Provisional Teaching and Supervising Transactional Analysts*
  - *PTSTA's must have a TSTA sponsor and can only remain PTSTA's only for a maximum of 14 years before taking their TSTA examinations.*
- **CTA** = *Certified Transactional Analyst – Only CTA's are qualified as Transactional Analyst's in one of four fields of application: Psychotherapy, Counselling, Organisational and Educational.*
  - *Only CTA's in the psychotherapy field of application can offer TA psychotherapy and call themselves TA psychotherapists.*

### EATA Training requirements for CTA qualification:

- 1) TA 101 certificate
- 2) An EATA training contract
- 3) Been recommended by their principal supervisor and fulfils the national requirements.
- 4) Has achieved a total of 2000 hours of professional development – with the following minimum requirements.
  - a. 750 hours of client contact –
    - i. For the psychotherapy field a minimum of 50 of the 750 must be with a couple or group.
    - ii. At least 500 of the 750 must be in TA



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- b. 600 hours of professional training (relevant to the field of practice) of which a minimum must be 300 TA
- c. 150 hours of professional practice supervision:
  - i. Of which at least 75 hours must be with a PTSTA / TSTA
  - ii. Of which at least 40 hours must be with their principal supervisor.
- d. 500 Additional professional development hours which are agreed with their principal supervisor.

**EATA Training handbook:** The details for all the TA training requirements, and all issues related to TA training, ethics, the core competencies expected of a CTA and a description of the examination process are available in the “EATA Training Handbook” – available for download from the EATA website: <https://eatanews.org/exams/#handbook>

*Dave Spenceley*

Teaching and Supervising Transactional Analyst