

Become an Anxiety UK Approved Therapist

## Description

[Become an Approved Anxiety UK Therapist](#)

[Anxiety UK lottery](#)

[Fundraise](#)

## About the Anxiety UK Approved Therapist Scheme

We're a small, self-sufficient charity that understands the distress, isolation and misery that anxiety can cause.

We strongly believe in people having choice, and, through our therapy scheme, we offer prompt access to therapy at affordable rates for those who would otherwise be unable get help outside of the NHS.

We recruit therapists who are looking to give something back to society, support the work of our charity, and do good. If this sounds like you, please submit your application using the below links.

[Apply to join the Anxiety UK Approved Therapist scheme as a qualified therapist](#)

[Apply to join the Anxiety UK Approved Therapist scheme as a trainee/student therapist/therapist in training](#)

*Before making an application please ensure you have read the below criteria:*

## Criteria for becoming an Anxiety UK Approved Therapist

To become one of our Anxiety UK Approved Therapists, you must meet the following criteria:

### Cognitive behavioural therapists (CBT)

You must hold a diploma in CBT and be accredited or be in the process of accreditation with the BABCP.

If you have a CBT qualification (diploma or above) from a non-BABCP accredited course, you must be individually accredited with the BABCP.

## **CBT/REBT**

You must hold a diploma, advanced diploma and advanced integrative diploma in CBT/REBT.

You must also be either accredited or working towards accreditation with the NCPS or BACP within 12 months of becoming an Anxiety UK Approved Therapist.

## **Clinical hypnotherapists**

You must hold a Diploma in Clinical Hypnotherapy and be registered with one of the following professional bodies: The Complementary and Natural Healthcare Council, The British Society of Clinical Hypnosis, the General Hypnotherapy Register, National Council for Hypnotherapy, UK Council for Psychotherapy or The Hypnotherapy Society.

## **Compassion focused therapists (CFT)**

You must hold a diploma in CFT that is recognised by the Compassionate Mind Foundation, you must also hold a diploma in counselling or CBT that meets our requirements for these modalities.

## **Counsellors**

You must hold a Diploma in Counselling from a course that has been accredited or is being accredited by either the British Association for Counselling & Psychotherapy (BACP), the British Psychological Society (BPS) or the National Counselling Society (NCPS) and/or individual registration/accreditation with the BACP or NCPS. If you hold a Counselling diploma from a non-BACP, NCPS or BPS accredited course, you must be working towards BACP, NCPS or BPS accreditation within 12 months of being accepted as an Anxiety UK Approved Therapist.

## **Clinical psychologists**

You must hold a BPS-approved Doctorate in Clinical Psychology and be registered with the HCPC, with experience of delivering CBT-based therapy. Membership and /or individual accreditation with the BABCP is welcomed.

## **Eye movement desensitisation and reprocessing therapists (EMDR)**

Applicants must have completed Level 1, 2, and 3 of an approved EMDR Europe training programme.

You must meet the criteria as set out by EMDR UK to provide EMDR as a talking therapy and meet the requirements of another modality from this table.

***\*Please note – the Anxiety UK Approved Therapist Scheme is not open to applications from Psychological Wellbeing Practitioners (PWP)s.***

**We also require the following from all Anxiety UK Approved Therapists:**

- Copies of Diploma level qualifications as a minimum as set out above (or for trainee placement, evidence of learning and details of the course/institution).
- Confirmation that you have professional indemnity insurance in place, you are a member of the relevant professional body for your modality and you are registered with the ICO (Information Commissioners Office)
- A commitment to a minimum of ten hours of continuing professional development (CPD) per year. This varies between bodies.
- A named clinical supervisor & be in receipt of regular clinical supervision at a frequency that meets the requirements of your professional body.
- A valid DBS certificate (enhanced version), which is less than three years old and renewed every three years. For a copy of our Disclosure and Recruitment of Ex-offenders policies, please contact [services@anxietyuk.org.uk](mailto:services@anxietyuk.org.uk).
- For trainee placement applications we may also request a 'fit to practice' letter.
- If you are offering in person sessions, details of the location that you will be providing services from.
- Annual submission of the Anxiety UK Approved Therapists confirmation statement.
- From time to time we may ask for further information to support the delivery of our services.

## Benefits of being an Anxiety UK Approved Therapist

|   |     |
|---|-----|
| Use of the Anxiety UK Approved Therapist logo that you can use in your literature and online marketing materials. (subject to our policy) | Yes |
|---|-----|

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|---|-----|
| Access to Anxiety UK member and partners referrals, enabling you to work with a wide variety of clients/anxiety conditions. | Yes |
|---|-----|

|  |     |
|--|-----|
| Access to the Anxiety UK Approved Therapist membership package at a reduced annual rate of £25 per year (usual fee £40), with all the benefits of membership – including our month newsletter 'And Relax'. | Yes |
|--|-----|

|   |     |
|---|-----|
| Access to a range of useful Anxiety UK resources. | Yes |
|---|-----|

Access to reduced rates for CPD events and other training opportunities.

Yes

Tailored quarterly e-news bulletins, packed with helpful information and service updates.

Yes

30% discount of recommended books via Jessica Kingsley publisher, Sheldon Press and W.W. Norton.

Yes

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A significant discount on membership of the anxiety and depression association of America ([adaa.org](http://adaa.org))

Yes

## The process of becoming an Anxiety UK Approved Therapist?

1. If your application is accepted we will send you a link to three short videos providing further details on becoming an Anxiety UK Approved Therapist and organise a date for an online interview.
2. Subject to a satisfactory interview outcome, we'll ask you to provide details of two professional referees (one reference must be from your clinical supervisor).
3. Once we've received satisfactory references, we will request copies of all relevant paperwork to support your application.
4. Subject to the supply of an Enhanced DBS (PVR if based in Scotland) document dated within 3 years we will provide a copy of the Anxiety UK Approved Therapist handbook and agreement to sign.
5. Upon receipt and approval of all documents we will add you to our database of Anxiety UK Approved Therapists.
6. You'll then be ready to receive referral requests.

## How does the referrals process work?

Anxiety UK provides therapeutic support through the following routes:

### Member referrals:

Members of Anxiety UK can apply for our discounted rated therapy services at a cost based on their household income. Referrals are screened to ensure clients meet our eligibility criteria, we then allocate clients to an Anxiety UK Approved Therapist, based on their modality and any special requests.

Clients make three payments (for counselling, EMDR, CFT or CBT) or two payments (for clinical

hypnotherapy) to Anxiety UK. If you're a qualified Anxiety UK Approved Therapist, all other session payments are made directly to you at the agreed fee.

Tier prices are as follows:

| Tier Income bracket |   | Fee per session |
|---------------------|---|-----------------|
| 1                   | Under £10,000, or student in full time education living independently | £20             |
| 2                   | £10,000-£25,000   | £30             |
| 3                   | £25,000-£40,000   | £40             |
| 4                   | £40,000-£50,000   | £50             |
| 5                   | £50,000+  | £60             |

## Partnership referrals

Anxiety UK provide support for a number of charity partners organisations. If you are eligible to receive partner referrals, details will be provided in the Anxiety UK Approved Therapist handbook, and as part of any availability request.

## How many referrals will I get?

Our therapy referral service works on an on-demand basis, so we can't guarantee the number of referrals or forecast the demand for different services or modalities.

All Anxiety UK Approved Therapists receive a request for availability prior to a client allocation, we will always endeavour to supply details of any client special requests.

We operate a flexible system through our online portal, allowing Anxiety UK Approved Therapists the ability to let us know they have capacity for new referrals or when they are unavailable for short periods.