

About Austria:

As one of the first countries to regulate psychotherapy by law – our country has been regulated since 1991 – we are now struggling with the new professional tendencies in Europe related to the ‘academicisation’ of the psychotherapy professions according to the Bologna statement (Abkommen). At this time the psychotherapy profession is not linked to an academic grade, nor is it reserved for a special method: (wieviele methoden sind anerkannt) rather 20 methods of psychotherapy are accepted and the criteria for inclusion is related to awards in the social field or a predetermined study like medicine, psychology, and social studies. It is likely that our existing law will adapt to the European standards in the following years ([link to EAP platform here](#)). Our training criteria are high because of the open law (around 2000 hours committed to theory, self experience and practice under supervision).

We now have a new situation with the development of a private university dedicated to psychotherapy, the Sigmund Freud University. Students begin their study with three years of general studies, and for two years afterwards they specialise in a psychotherapy method, for example systemic therapy.

Link zur ÖAS

The ÖAS is the largest association of systemic therapists in Austria (Mitgliederzahl) , which in cooperation with the LSF (Lehranstalt für Systemische Familientherapie) represents Austria in the EFTA, delegating Corina Ahlers to work in the NFTO Board.