

Excerpt from Minutes of the TAC meeting

Belgrade (Serbia)

Thursday, October 18th, 2018

“Blended Learning” Guidelines for online platform / direct contact hours

Expression “blended learning” is the use of digital platforms combined with classroom activity which gives some flexibility to the student such as listening to a lecture online when is convenient or it could enable a lecturer based in one country to give a class to students in another country via safe online platform. The definition is about using of online tools in traditional training or academic settings.

TAC agreed that complete psychotherapy training through online platforms is not possible, however online platforms can be used for some percentage of certain elements of the training.

TAC recommendation for the particular aspects of the training that could be organized in an online format are:

Therapy:

Group therapy through online platforms cannot be accepted.

Up to 40% of individual therapy for trainees through video online platforms is acceptable, but it is highly recommended that it starts with direct face-to-face contact and that it has occasional face-to-face sessions at least once a year.

Supervision:

Acceptable through video online platforms, highly recommended that occasional face-to-face supervision sessions be conducted with a minimum once a year meeting between supervisor and trainee.

Group supervision would require above other listed criteria, that a group does not exceed 3 or 4 persons.

Theory and methodology:

Only pure lecturing (“ex-cadestra”) can be attended by trainees through online platforms.

Interactive lectures and workshops of theory and methodology cannot be attended through online platforms.