

Statement on legal regulation of the professional activity of psychologists

The title and professional services of psychologists are legally regulated in a number of European countries. Legal regulation sets requirements and specific standards for psychologists' competency and practice. Psychological services should be scientifically founded and evidence based.

The main argument is that legal regulation safeguards the public and individual client. Without regulation, there is no quality assurance of services rendered. And there is no legal ground to question the quality or effectiveness of the services. Furthermore, the non-regulated provider of psychological services cannot be subject to official sanctions for breach of sound practice. Nor will he be subject to sanctions from a professional ethical board.

Evidence based practice is vital in providing effective psychological services. Mental health problems severely hamper the economy of a society. Untreated, or ineffectively treated problems are associated with large national costs – both because of constraints on the work force, and on public spending on social benefits and compensational measures. Without legal regulation, mental health treatment would be out of governmental control.

More than 20 European psychological member associations, including the Lithuanian, adhere to the quality and competency requirements of psychologists as stated in the EuroPsy standard. EuroPsy is a certificate issued by the European Federation of Psychologists' Associations (EFPA) to psychologists with a minimum 5-year professional education, one year of supervised practice and commitment to professional ethical standards.

For these reasons, we strongly support the proposed Law on the practice of psychologists, shortly to be considered at the Seimas of Lithuania.

Oslo, 23 November 2017



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