

POSTGRADUATE DIPLOMA/MA IN
**Foundation Course in Psychodynamic
Psychotherapy**

PART ONE: QUALIFYING COURSE IN PSYCHODYNAMIC PSYCHOTHERAPY

**TRAINING
PROGRAMMES**

SEPTEMBER 2014

Ref. D58 / D58L



This is a well-established foundation course in Psychodynamic Psychotherapy which presents an important opportunity for professionals in the health service, statutory and voluntary sectors to gain an initial training in psychodynamic psychotherapy.

It is important to apply as early as possible, as certain requirements need to be in place before you begin the course.

These include being in personal psychotherapy with a BPC registered psychoanalytic psychotherapist.

We will be pleased to discuss this with you at interview and help you find a suitable vacancy.

This course is offered in London and Leeds.

Aims

The primary aim of the course is to introduce a wide variety of students to a psychoanalytic way of thinking about their clinical work. It is expected that in most instances, course participants will wish to remain working within their core professions and the course will equip them with a new dimension in their capacities to reflect upon that work.

This course also provides students with an opportunity to explore whether they may wish to pursue further training in psychoanalytic psychotherapy.

In the contemporary NHS, many of the most vulnerable and deprived patients are from black and ethnic minority communities. Staff working in NHS and public sector settings are drawn from a wide range of racial and cultural communities. We therefore consider it essential that the inter-cultural dimension in psychotherapy is given proper attention.

Inter-cultural psychotherapy is represented in the lecture programme and cultural issues will be fully considered in supervision and in the clinical seminars.

Recognition and Qualifications

Students who remain registered for the course and who successfully complete the requirements are eligible for either a Postgraduate Diploma (after two years) or an MA (after three years), awarded by the University of Essex, through the Centre for Psychoanalytic Studies.

The Centre for Psychoanalytic Studies at the University of Essex runs a variety of programmes, including individual courses, one year postgraduate certificates, MA schemes and doctoral programmes by research or doctoral programme. Information about the Centre for Psychoanalytic Studies is available on www.essex.ac.uk/centres/psycho

The course comprises Part 1 of a qualifying course in Psychodynamic Psychotherapy accredited by the British Psychoanalytic Council. Students who successfully complete the first two years of this course are eligible to apply for Part 2 of the Qualifying Course, Intercultural Psychodynamic Psychotherapy (D59). Please note Part 2 is only accredited by the BPC.

Entrance Requirements

Students have different levels of clinical experience. Some may already be familiar with psychoanalytic concepts while others are quite new to the field. Applicants should normally have a good honours degree in addition to their professional qualification. Applicants not yet ready to undertake the foundation course may be eligible for an introductory programme.

A. Professional

Applicants are invited from the disciplines of psychology, social work and medicine, (both from general practice and psychiatry), as well as those working as nurses, probation officers, art therapists and workers from the voluntary sector.

Applicants are generally, expected to be working within a core profession in the NHS or related organisations. Students should be in a position to treat at least one patient in once-weekly psychotherapy for two years.

Occasionally an applicant may not have an appropriate clinical setting within which the work for this course can be conducted. Under these circumstances, the applicant is advised to discuss this situation well in advance with the course staff, so that we may be able to consider how to help find an alternative suitable setting in which to see a patient.

B. Personal

Applicants are required to be in a minimum of once-weekly personal psychoanalytic psychotherapy, with a psychoanalytic psychotherapist or psychoanalyst registered with the British Psychoanalytic Council to practice with adults. Personal psychotherapy is a core component of the student's personal and professional development. Therefore, more intensive personal psychotherapy or psychoanalysis is recommended as this enhances the student's learning experience.

Students who have not already embarked on personal psychotherapy are advised to discuss this issue well in advance with the course organiser so that a suitable psychotherapy vacancy can be found.

C. Interviews

Personal interviews take place from January onwards prior to the autumn term intake. Early application is advised. Applications are accepted on the basis of the application form, interview and references.

Course Structure

Years 1 and 2

The core component of the course is the supervised treatment of an adult patient in once weekly psychodynamic psychotherapy in a suitable NHS psychotherapy setting for a period of two years. The taught components take place weekly on a Wednesday over three academic terms of Year 1 and 2, with a fixed programme of lectures and seminars between 11.15 to 4.45pm (it may be possible to begin at 12.30 and finish at 6.30).

Although the taught part of the course takes place on one day, Wednesday, it may not always be possible for all the course

requirements to be completed in this one day. Students should be prepared to find time on other days to attend their own personal psychotherapy, to see their patient or to attend meetings in their clinical placement (if this is not their usual work setting). Students will also be expected to see their patients and attend their own therapy outside academic term times.

A. Supervision

Supervision groups take place weekly for 1¼ hours over three terms each year. A maximum of three students meet with the same supervisor to discuss their clinical material in detail, on a rotational basis. Supervisors are all experienced clinicians in psychotherapy. The course fee covers the cost of supervisions over the two-year programme. The supervision task is to look at the detail of the individual cases from a psychoanalytic view, and to advise on management issues as they arise.

B. Clinical Seminar

Weekly clinical seminars last for 1¼ hours, for three terms per year. They have a membership of up to twelve students and are conducted by an experienced seminar leader, who continues with the group for one year. Each student in turn presents their clinical work, and the material is used to develop a wider clinical discussion than will be possible in the supervision setting.

C. Theory Seminars

A series of theory seminars is provided throughout the first two years. These are presented to the whole year group, usually 20 - 25 students, by a number of different lecturers, addressing a wide range of topics. The style and format of the seminars varies depending on the subject and individual style of each seminar leader; some are more structured and didactic, others approximate more to a discussion or a reading seminar.

Major basic concepts in psychotherapy and psychoanalysis are covered, and reading lists are provided in advance with online access for many texts. It is expected that all students read at least the required reading for theory seminars and time needs to be allowed for this outside the course schedule.

D. Workshops

In addition to lectures students are expected to attend lunchtime workshops three times each term. These workshops cover a variety of issues such as ethics, risk assessment and clinical skills. They are less formal and more interactive than lectures and are led by a number of different staff. Workshops may vary on the Leeds course and students should check details with Leeds staff.

All seminars, workshops and supervision groups are compulsory. One hundred percent attendance is expected.

Tutorial Arrangements

Each student has a personal tutor whom they will meet for at least one tutorial per term in Years 1 and 2. The tutor, together with the organising tutor if necessary, is available to discuss issues relating to the course, including the student's progress, academic work and any relevant personal issues including career development.

Year 3

The third year is for those students wishing to submit a dissertation for an MA and has less formal teaching. In the first term there are 4 seminars on writing a dissertation. In the second term the student works on the dissertation and will have meetings with their dissertation supervisor. The dissertation is due for submission at the beginning of the third term.

In addition some students may need to continue with a further term (occasionally two terms) in the supervision group to complete the clinical requirement of at least five terms of supervised work with their patient. This can be undertaken concurrently with work on the dissertation. The cost of supervision groups in the third year is not covered by the course fee and an additional charge will therefore be made.

Written Requirements

Three written assignments (approx 5000 words each) based on the three components of the course are submitted in the third term of both Years 1 and 2. The dissertation (10,000 to 15,000 words) is submitted in the third term of Year 3.

Progression Through the Course

Year 1

Applications are processed by the Directorate of Training and Postgraduate Education who can also respond to any initial enquiries on 020 8938 2314 or (for Leeds course) through contact with Susie Godsil on 0113 265 7169. Applications are submitted to the Course Director who decides whether an interview will be offered on the basis of the information provided in the application form. Preliminary discussion with an applicant is sometimes necessary, in which case the Course Director will contact the applicant.

Interviews are arranged with individual members of the course team, and take place from January onwards, prior to the autumn intake.

Year 2

Entry to the second year is dependent on the assessment of the student's performance in Year One.

Year 3

Entry to the third year is dependent on the assessment of the student's performance in Year 2.

From time to time, students will experience a delay in starting with a patient. This may be for a variety of reasons, including the student's readiness and the

availability of suitable patients. Where a delay occurs, students will need to take more time to complete the clinical requirement. This will entail the student paying for additional supervision in the third year.

If there is a delay in starting with a patient, the student may be allowed to bring clinical experience from his/her own work place to the supervision group. However, this will not count towards the clinical psychotherapy experience required by the course.

London Staff

Course Director

Marilyn Lawrence

Course Organising Tutor

Elizabeth Coates Thummel

University Link Tutor

David Millar

Seminar Leaders

Orna Hadary

Marcus Evans

Gideon Hadary

Susannah Ginsberg-Taffler

Supervisors

Michael Halton

Susan Phillips

Hiroshi Amino

Kannen Navaratnem

Gordana Batinca

Julian Lousada

Orna Hadary

Monica Lanman

Sandra Linford

Mary Bradbury

Katya Golyunkina

Mike Swinburne

Alan Colam

Flavia Morante

Carlos Tamm

Lesley Steyn

Lecturers

Neil Morgan

Iain Oswald

Naomi Shavit

Joanne Stubbley

Julian Lousada

Judith Edwards

Susan Stuart-Smith

David Millar

Carolyn Walker

Michael Halton

Bernard Roberts

Orna Hadary

Maria Eyres

Fakhry Davids

Elisa Reyes Simpson

Alan Colam

Mary Bradbury.

Leeds Staff

Course Director

Marilyn Lawrence

Course Organising Tutor

Susan Godsil

Leeds Link Tutor

Sue Stuart Smith

University Link Tutor

David Millar

Clinical Seminar Leaders

James Johnston

Nicola Chadd

Supervisors

Dick Agass

Susanna Bailey

Walter Gibson

Susie Godsil

Graham Ingham

Lecturers

Dick Agass

Nicola Chadd

Jean Dix

Gearoid Fitzgerald

Walter Gibson

Kay Goddard

Susie Godsil

James Johnston

Alison Knights

External Examiner

Jenny Cobb

Leeds Administrator:

Amy Crawshaw

Tel: 0113 305 8750

Email: amy.crawshaw@nhs.net

Resources

A programme of lectures and reading lists are provided at the outset. In addition to the programme of events designed for this course students have access to the following extra resources:

Library

Students will have computer access to the Tavistock Library and its services. The training, teaching, research and clinical work of the Tavistock Clinic is supported by the services provided by the Tavistock Library. The Library is open to members every day and during some evenings on a regular basis. The Library staff are available to assist readers and to help with individual searches on dissertation topics.

The Leeds course takes place in the Northern School of Child and Adolescent Psychotherapy (<http://www.nscap.org.uk/>). There is an excellent library on the premises for students' use with a wide selection of psychoanalytic texts. Photocopying facilities for students' purposes are also available in this library and computers linked to the Tavistock Library system.

Administrative Support

Department of Education and Training deals with all course enquiries, applications, references, fees, notification of qualification and provides information on work permits for overseas students, etc. Photocopying facilities for students' own purposes are available in the Library.

Equal Opportunities

The Tavistock and Portman NHS Foundation Trust has an active commitment to increasing the number of trainees from black and minority ethnic groups and such applications are welcomed.

Other Information

In addition to course fees, students will be responsible for meeting the costs of their own personal psychotherapy which are agreed privately with their psychotherapist.

FURTHER INFORMATION

Course Administrator,
Directorate of Education and Training,
The Tavistock Centre, 120 Belsize Lane,
London NW3 5BA

Tel: 020 8938 2314

Fax: 020 7447 3837

Email: adultadmin@tavi-port.ac.uk

www.tavistockandportman.ac.uk