

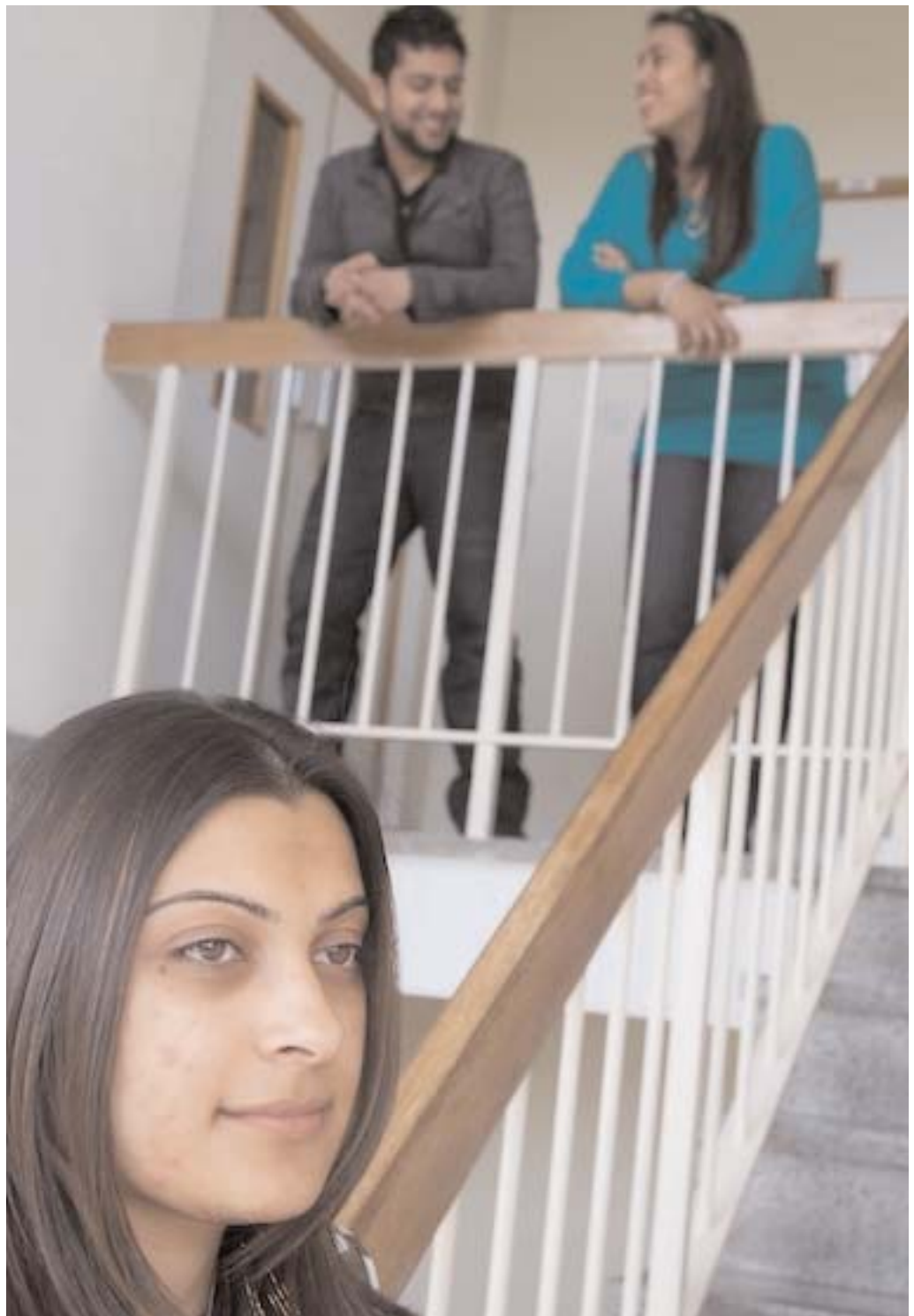
Inter-cultural Psychodynamic Psychotherapy

Part two: Qualifying course in Psychodynamic Psychotherapy

**TRAINING
PROGRAMMES**

OCTOBER 2010

Ref. D59



The Inter-cultural Psychodynamic Psychotherapy course (D59) represents an innovative development in the teaching of psychoanalytic psychotherapy.

The course offers a unique opportunity for students to develop their clinical psychoanalytic skills in the context of inter-cultural psychotherapy.

It provides students with the essential skills necessary for working therapeutically in the NHS in multicultural Britain.

Because of the course's fresh approach, it will also be of interest to those who have already qualified as BPC psychotherapists, but may wish to enhance their practice and attend for the purposes of CPD.

This course may be undertaken on a modular basis.

The course comprises Part 2 of a qualifying course in Psychodynamic Psychotherapy accredited by the British Psychoanalytic Council (BPC). Students who successfully complete Part 2 of the qualifying course are eligible to register with the BPC.

Aims

- To provide an inter-cultural focus to the theory and practice of psychoanalytic psychotherapy in multicultural Britain.
- To enhance and deepen the skills and knowledge acquired through the Tavistock Centre's Foundation Course in Psychodynamic Psychotherapy (D58).
- To equip its graduates with the essential skills necessary to work at a Practitioner level within the NHS.
- To provide a CPD opportunity for qualified BPC psychotherapists.
- To offer a rigorous psychoanalytic clinical course.
- To provide a link to the Tavistock Clinic's Interdisciplinary Training in Adult Psychotherapy for Professional Workers in Health and Social Services (M1)

Structure

In the first year students attend a series of theoretical lectures on Psychoanalytic theory with an intercultural focus. In addition students will commence the treatment of a once weekly psychotherapy patient. This supervised clinical will be undertaken within the Adult Department. Students will initially be supervised on a fortnightly, individual basis. With their supervisor's permission students will undertake the treatment of a second case, thus receiving weekly individual supervision.

During the first year students will also attend a Clinical Seminar.

Second year students will continue with their weekly individual supervision until two patients have been seen, for a minimum of 1 year each. They will also attend an Assessment Workshop and undertake supervised assessments for Psychotherapy. Students will also attend an infant observation seminar.

Timetable

Year 1

Wednesday

- 11.15 - 12.30 Psychoanalytic theory: An intercultural perspective
- 13.00 - 14.00 Personal tutorials (once per term)
- 14.00 - 15.00 Individual supervision
- 15.15 - 16.30 Clinical seminar

Year 2

Wednesday

- 11.15 - 12.30 Assessment Workshop
- 13.00 - 14.00 Tutorials
- 14.00 - 15.00 Individual supervision
- 15.15 - 16.30 Infant observation

Seminar

Functions and aims of theory course

This course is taught at a higher level than D58 year 1 and 2. It not only aims to deepen and enrich the student's understanding of psychoanalytic theory, but it emphasizes the need to develop a theoretical framework to help us understand how issues of culture and race manifest in our clinical work.

Function and Aim of Individual Supervision

Supervision in years 1 and 2 of D58 takes place in small groups. This is therefore the first opportunity for some students to experience one-to-one supervision. The supervision provides support for the student's clinical work and an opportunity to reflect on both the experience of the patient and therapist. Particular emphasis is placed on understanding the emerging transference and countertransference manifestations. Exploring these manifestations in the consulting room also enables the therapist and patient to gain an understanding of the impact of intercultural differences, both in the consulting room and at a wider level.

Functions and aims of infant observation seminar

This is a small discussion group, lead by an experienced clinician. Students will observe each week an infant, preferably at home, or in a childcare setting and make detailed recordings of their experience. The seminar group will discuss this material and explore the conscious and unconscious meanings of the events observed.

This seminar aims to encourage students to develop their observation skills. Students are encouraged to make links between the observed interaction between the infant and carer, to their understanding of psychic development and emotional growth. There will be a particular focus on understanding the impact of separation and difference on development. This seminar will also explore the effect of cultural differences in relation to this.

Function and Aims of Clinical Seminar

Students will take it in turns to present some detailed clinical material. Through this presentation students are exposed to the work of colleagues and are enabled to study a range of clinical issues. The clinical seminar provides the opportunity for concepts developed in the theory course to be recognized and identified in the clinical context. It complements the individual supervision by providing another perspective or 'third position'. As in individual supervision, and students will be required to engage with and explore issues of race and culture, as they manifest in the consulting room.

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.org
www.tavi-port.org/knowledge

Tutorials

Students are seen termly for individual tutorials. Tutorials are used to discuss and monitor progress on the programme and to offer information and guidance about future training opportunities.

Entry requirements

This course is a post foundation course. It is open to students who have successfully, and with good grades, completed D58. Students may write their D58 dissertation during the first year of D59. Acceptance is also dependent on the recommendation of their supervisor. The decision to proceed with acceptance rests with the organising tutors. This course is also open to those who have completed an equivalent clinical psychotherapy course.

Throughout the course students are required to be in twice weekly individual psychoanalytic psychotherapy with a British Psychoanalytic Council registered therapist. BPC qualified psychotherapists attending for CPD purposes are exempt from this requirement.

Organising tutor

Elisa Reyes-Simpson

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It offered an opportunity to extend and consolidate my knowledge and understanding of the theory and practice of psychoanalytic psychotherapy

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An extremely rewarding and pleasurable training experience