Psychoanalytic Observational Studies - Leeds

The Masters/Post-Graduate Diploma programme in Psychoanalytic Observational Studies in Leeds is provided by the Northern School of Child and Adolescent Psychotherapy (NSCAP) and accredited by the University of Leeds.

About the course

The course is designed to help people deepen their understanding and awareness of human development and interaction and to help participants to think about their work from a psychoanalytic perspective.

The course is relevant to teachers, psychologists, child and adolescent psychiatrists, social workers, youth workers, nurses and allied professional disciplines including those working in adult mental health services. The course offers participants the opportunity to develop observational skills within a psychoanalytic framework and to apply this in their professional work.

Completion of the course is a pre-requisite for those wishing to apply for the clinical training in child and adolescent psychotherapy. Alternatively, students may wish to undertake individual modules of the course as an introduction to the subject area or as an aspect of their continuing professional development.

Course structure

This is a part-time course with teaching taking place one day a week in mainly small-group seminars. The course day is currently on a Friday. The programme is designed to give students flexibility to complete the modules over a period of time appropriate to their personal and professional development and to fit in with their work and other commitments.

The majority of students usually take 3-4 years to complete the Post-Graduate Diploma and 3-5 years to complete the Masters. The minimum period to complete the Post-Graduate Diploma is 2 years and 3 years for the Masters. It is also possible to undertake individual modules without registering for either qualification. In all circumstances Infant Observation and Work Discussion must be taken together.

The programme content can be broadly divided into two areas:

- The close observation of infants and young children in their home or care setting and the application of psychoanalytic observation to the student's work setting and role. The opportunity to reflect on and discuss this observational experience in a small-group setting facilitated by experienced child and adolescent psychotherapist.

- A series of seminars and tutorials enabling the student to become familiar with a large body of theoretical knowledge concerning psychoanalytic theory and research including research methodology.
Programme outline

<table>
<thead>
<tr>
<th>Module</th>
<th>Frequency and duration</th>
<th>Credits</th>
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<tbody>
<tr>
<td>Infant Observation</td>
<td>Weekly for 2 Years</td>
<td>40</td>
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<tr>
<td>Work Discussion</td>
<td>Weekly for 2 Years</td>
<td>25</td>
</tr>
<tr>
<td>Young Child Observation</td>
<td>Weekly for 1 Year</td>
<td>20</td>
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<tr>
<td>Psychoanalytic Theory</td>
<td>Fortnightly for 2 Years</td>
<td>20</td>
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<tr>
<td>Personality Development Series</td>
<td>7 Seminars</td>
<td>Included in Theory</td>
</tr>
<tr>
<td>Child Development Research</td>
<td>Fortnightly for 1 Year</td>
<td>15</td>
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<tr>
<td><strong>Postgraduate Diploma</strong></td>
<td><strong>Min 2 years</strong></td>
<td><strong>120</strong></td>
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<tr>
<td>Dissertation</td>
<td>Seminars and supervision</td>
<td>60</td>
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<tr>
<td><strong>Masters</strong></td>
<td><strong>Min 3 years, Max 6 years</strong></td>
<td><strong>180</strong></td>
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Infant observation

Students are required to observe weekly, for an hour, over a period of two years, babies growing up in their families, from birth onwards. Students will be advised and supported about how to find an infant to observe. Every observation is to be written up afterwards.

Discussion takes place in small group seminars, (no more than 5/6 students per group) and this centres around the students’ written reports of their observational experience. Seminars run on a weekly basis for 1½ hours duration.

Young child observation

Students are required to observe weekly, for an hour, over a period of one year, a young child (under five years old) in his/her family setting or day care. Discussion in the seminar centres around the students’ written reports.

The aim of the seminar is to sharpen observational skills; to enrich knowledge of child development through direct experience. This is particularly in relation to a young child’s widening social experience and development of language - verbal and non-verbal communications with each other and with adults.

Work discussion

This seminar runs concurrently with Infant Observation. The experience of work is studied through close observation of the behaviour and the emotional responses of both worker and clients/patients. The observational stance is therefore carried over into the study of professional interaction.

Students bring detailed accounts of their work, from their varied professional contexts. Attention will be paid to the worker’s settings, including the expectations and the pressures of the institution in which they work, the experience of teamwork, and the worker’s own role within the team.

Psychoanalytic theory

This 2 year module consists of fortnightly seminars which aim to give students a critical understanding of the chronological development of psychoanalytic theory using a range of primary texts in psychoanalysis and to relate this to their work experience, and to their observational studies. The seminars are conducted as a group discussion of the text. This module essentially tracks in detail the historical development of psychoanalytic thinking.
**Child development research**

This is a fortnightly reading seminar over one year that aims to give a critical and sophisticated understanding of research concepts and techniques of classical and contemporary theories in child development. The seminars take the form of didactic teaching and group discussion. Students are given papers or texts to read in preparation for each seminar.

**Personality development**

This course takes the form of seven Saturday workshop style meetings. This is led by an experienced child psychotherapist and the format includes a lecture presentation and a group discussion. Students will be invited to think about the interplay of internal and external factors which underlie the development of personality through the life-cycle: i.e. infancy, young child, latency, adolescence and adulthood. Participants may be invited to bring professional clinical material from their work place.

**Dissertation**

Students going on to complete the Masters will be required to complete a dissertation of 15,000 words. The topic for this dissertation may arise from any of the major components of the course, though most students will choose to develop either an observation study or a work based topic.

**Programme staff**

**Programme Lead**
Dr Rajni Sharma

**University of Leeds Link Tutor**
Andy Hill

**Course Administrator**
Georgia Rickson

**Seminar Leaders**
Dr Deborah Marks
Sumi Cannon
Dr Rajni Sharma
Laura Liddell
Michelle Littlewood

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**Course fees**

All students pay an annual registration fee of £627 (Year 1 & 2) or £519 (Year 3 and subsequent years) and then a further £354 per year for each module taken, including the dissertation module. Therefore a student undertaking four modules at once would pay £2,043 for the year. A student taking two modules at once would pay £1,335 for the year. In addition there is a separate fee of £275 for the series of Personality Development seminars which some students will have undertaken before registering for the programme.

A small number of additional hardship bursaries up to 25% of the course fee are available to support a limited number of students.

The closing for bursary applications is **Friday 30th June 2017**.

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<tr>
<th>Year</th>
<th>Registration Fee</th>
<th>No. of Modules</th>
<th>Module Fee</th>
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<th>Total Fee</th>
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<tr>
<td>1</td>
<td>£633</td>
<td>4</td>
<td>£358</td>
<td>£1,432</td>
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<tr>
<td>2</td>
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<td>£358</td>
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<td></td>
<td><strong>Personality Development Seminars</strong></td>
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How to apply

The next intake of students will be in September 2017.

Please visit: www.nscap.org.uk/content/courses-and-training for a link to the downloadable application form. The closing date for applications is Friday 24th March 2017.

Students are considered on the basis of application forms, references, relevant work experience, aspirations and personal interviews. Students are required to be working in a professional capacity with children, adolescents or families. They are generally expected to have had at least one year’s experience of such work in either an employed or voluntary capacity before commencing the course. This need not be in a clinical setting.