

# Foundations of psychodynamic psychotherapy (Leeds)

## Postgraduate Diploma/Masters



**Course Type**  
On site

**Course Length**  
3 years part time

**Study Attendance**  
Daytime

**Fees**  
Home/EU £5000  
International £8500

This course, delivered in Leeds, will introduce you to a psychoanalytic way of thinking about your clinical work and will explore whether you may wish to pursue further training in psychotherapy.

### Course outline

Over the three years, you will undertake the following elements:

- supervised clinical work
- clinical seminars
- theory seminars
- workshops
- personal psychotherapy
- optional dissertation.

This course is centred around your clinical work, where you will see a patient for psychotherapy once a week usually in the NHS for a period of five terms. Suitable placements will be arranged through your course tutor.

Years one and two:

### Supervision groups

You will meet in a small group with a supervisor on a weekly basis throughout the first two years. You will take it in turns to present detailed sessions of your work with your psychotherapy patient. The focus is on developing the basic clinical skills of psychotherapy – maintaining the setting, understanding transference and countertransference, formulating interpretations, risk assessment and management, and appropriate record keeping.

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“This course has been the most intellectually nourishing course I’ve attended since I sat my finals.”

#### Clinical seminars

You will meet in groups with a clinical seminar leader and you’ll take it in turns to present your psychotherapy patient. The aim is to reinforce the clinical skills you learned in the supervision group but also to link the clinical material with theoretical ideas and to introduce the idea of clinical formulation.

#### Theory seminars

Theory seminars will take place weekly with the whole year group with a series of different seminar leaders. The aim is to introduce you to fundamental psychoanalytic concepts and texts, looking at these both historically and with reference to different theoretical traditions. There is reading to be undertaken prior to each seminar which can be found within your Moodle, our online learning platform.

#### Workshops

Workshops take place with the whole year group, including students studying the same course in Manchester and provide you with the opportunity for developing clinical skills or understanding through more active learning, e.g. role play and small groups.

#### Personal psychotherapy

You are required to be in personal psychotherapy at least once a week with a psychoanalytic psychotherapist registered by the BPC, preferably beginning six months before the course starts and continuing at least until clinical work is completed. The cost of psychotherapy

is not included in the course fee and is by private arrangement with the psychotherapist. The course tutor will help you find a suitable vacancy with a psychotherapist if required.

#### Year three

#### Dissertation

A dissertation workshop is held to help you develop a dissertation proposal which is then submitted for approval. You will be required to work independently with a supervisor to write a dissertation over the spring term, usually based on your clinical work in the preceding years. This must then be submitted at the beginning of the summer term.

This is a three year Masters level course. Students may exit after two years with a Postgraduate Diploma (PgDip)

#### Why study this course with us?

This course will help you gain a deeper understanding of your clinical work and dynamics in clinical settings by approaching these from a psychoanalytic point of view. You will be able to use this at work and apply it in a range of settings other than actual psychotherapy. It will also provide you with an opportunity to explore whether you may wish to pursue further training in psychoanalytic psychotherapy.

The course provides the first part of a unique, British Psychoanalytic Council (BPC) accredited training in psychodynamic psychotherapy. It has received a very high student satisfaction rating on teaching and student support. All staff teaching on the course are experienced psychotherapists.

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### Who is this course for?

This course is for mental health professionals who work across a number of sectors, including the NHS. You might be a psychiatrist, psychologist, social worker or nurse, or be in another mental health role in the NHS or voluntary sector. Even if you don't have a clinical background, you can still be considered but you may be required to complete some introductory training and a psychiatric placement

### Entry requirements

In order to undertake this course, we ask that you:

- have a good honours degree or equivalent
- have a professional qualification in mental health OR
- significant clinical experience in mental health (at least one year paid or unpaid) without professional qualification.

### Fees and funding

The annual fee for this course is £5000 for Home/EU students and £8500 for International students on a part time basis.

We are happy to offer a range of ways to pay your fees, as well as some funding for specific courses.

Please contact us if you have any questions.

Please note that course fees will increase by 2% each year.

### Course delivery

This course will be delivered at NSCAP in Leeds:

Northern School of Child & Adolescent Psychotherapy  
Bevan House  
34 - 36 Springwell Road  
Leeds  
LS12 1AW

### Find out more

Please visit [www.nscap.org.uk/content/foundation-course-in-psychodynamic-psychotherapy-with-adults](http://www.nscap.org.uk/content/foundation-course-in-psychodynamic-psychotherapy-with-adults)

If you have any queries about or wish to discuss this course please contact the Course Organiser in Leeds Dr Sally Beeken on 0113 855 8750 or [nscap.lypft@nhs.net](mailto:nscap.lypft@nhs.net)

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