

Foundations of psychodynamic psychotherapy (D58L)

Postgraduate Diploma / Master's



Course Type

On site at NSCAP

Course Length

3 years part time

Study Attendance

Wednesday

Course lead

Dr. Sally Beekan

This course, delivered in Leeds and validated by University of Essex, is accredited by the British Psychoanalytic Council. It will introduce you to a psychoanalytic way of thinking about your clinical work and form a solid foundation from which to pursue further training in psychotherapy.

Course outline

This course is centred on clinical work. You will undertake a supervised clinical placement, seeing a patient for psychotherapy once a week in the NHS for a period of a whole calendar year. You will also learn through theory seminars on fundamental psychoanalytic concepts and texts, supervision groups,

and clinical seminars.

Supervision groups

You will meet in a small supervised group on a weekly basis throughout the first two years. In this group you will 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.

Please note, you will be seeing your patient on placement in an NHS or equivalent setting. In Leeds the Course Lead will identify a placement for you.

Clinical seminars

You will participate in a group with a clinical seminar leader where you will present your psychotherapy

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

patient. The aim of this group is to reinforce the clinical skills learned in the supervision group and to link the clinical material with theoretical ideas and to introduce the idea of clinical formulation.

Theory seminars

The aim of weekly seminars is to introduce you to fundamental psychoanalytic concepts and texts, looking at these both historically and with reference to different theoretical traditions.

Personal psychotherapy

You are required to be in personal psychotherapy at least once a week with a psychoanalytic psychotherapist or psychoanalyst registered by the BPC (please note: not psychodynamic psychotherapy or therapist on another register). Preferably you need to have been in this type of therapy continuously for at least six months before the course starts and ideally at the time of your application. You will need to continue your therapy at least until all clinical work is completed.

You will need to successfully complete all of the modules in order to receive a nationally recognised award which has been quality assured and ratified - a Postgraduate Diploma (after two years) or an MA (after three years) awarded by the University of Essex, through the Centre for Psychoanalytic Studies.

If you successfully complete the first two years of this course (Part 1 of Qualifying Course in Psychodynamic Psychotherapy) you will be eligible to apply for Part 2 of the Qualifying Course, Intercultural Psychodynamic Psychotherapy (D59) or one of the other clinical trainings such as those for couples or forensic patients at the Tavistock Clinic in London.

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, nurse or be in another mental health role in the NHS or voluntary sector. Even if you do not have a clinical background in mental health you may still be considered. You will need to complete a psychiatric placement prior to taking on a patient.

Why study this course with us?

All staff teaching on this course are experienced practising psychoanalytic psychotherapists or psychoanalysts. 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 beyond psychotherapy. The course provides the first part of a unique British Psychoanalytic Council (BPC) accredited training in psychodynamic psychotherapy.

Entry requirements

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

- Have a good honours degree
- Have a professional qualification in Mental Health OR significant direct experience, paid or voluntary, of working within mental health
- Preferably have been in therapy for at least 6 months with a BPC registered psychoanalytic psychotherapist or psychoanalyst (NOT psychodynamic psychotherapist) prior to starting the course or ideally by the time you apply.

Please note: These 3 points are essential prerequisites.

Find out more about this course

Visit www.tavistockandportman/training and search for ‘Foundations of psychodynamic psychotherapy Leeds’ or email nscap.lypft@nhs.net

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