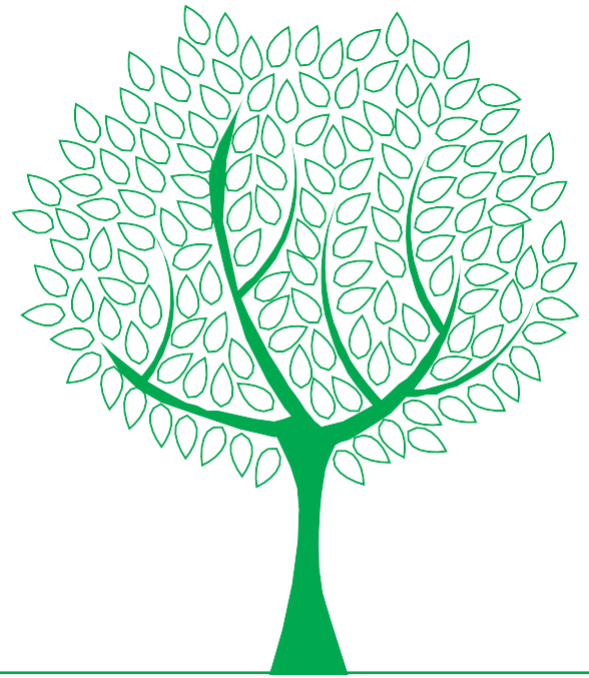




Psychoanalytic Approaches:

Personality Development
across the Life Cycle

Saturday seminars

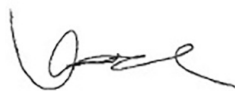
October 2025 – July 2026

Welcome

We are delighted to offer in 2025-26 a well-established series of *æſÖpŘ Njæ* that can be taken separately or connected together to fit in with particular areas of interest, continuing professional development and an exploration of psychoanalytic perspectives. These Saturday Seminars track the development of the personality from birth to old age, exploring the internal and external factors that combine to make us who we are.

The centrality of unconscious emotional experience within developmental frameworks is at the heart of the learning. The focus on the unique insights offered by opening up to unconscious communications and mind-body experience is the distinctive offer of these courses. How unconscious and developmental perspectives relate to culture and socio-political contexts frame the seminars and discussions

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Laura Liddell
Child and Adolescent Psychotherapist
3URJUDPPH /HDG Psychoanalytic Observational Studies

6WLPXODWLQJ WKRXJKW provoking and challenging. A very demanding and exciting learning experience.'

Course 1 Personality Development Across the Life Cycle - Psychoanalytic Approaches

Course Outline

Informed by psychoanalytic thinking, this course provides a detailed and in depth introduction to the key developmental factors and unconscious processes involved in the emotional life of the child and family from before birth through to old age. Participants are invited to think about the interplay of internal and external factors which underlie the development of personality.

Each seminar is led by an experienced psychoanalytic clinician and includes a variety of teaching methods: lecture, presentation, group discussion and small group work, using mediums such as poetry, children's literature and film to convey psychoanalytic concepts in an accessible way.

As the course highlights the impact on later development of earlier emotional experiences, the course will be most meaningful if the whole series is attended. Participants are also welcome to attend selected seminars.

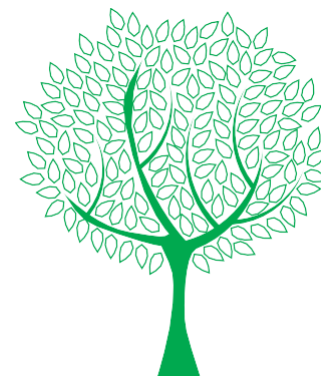
Learning Outcomes

The identified learning outcomes include:

- Increased understanding of key developmental factors and unconscious processes
- Increased awareness of the interplay of internal and external factors that underlie personality development to inform work with children and families across the life-cycle and developmental stages
- Exploring the impact of earlier emotional experiences on later development throughout life
- Greater capacity to reflect on and understand oneself and others

“Inspiring on a professional but
also personal level”





Course Lead Brian Nilsson is a Child and Adolescent Psychoanalytic Psychotherapist at Leeds CAMHS, where he works clinically with a range of children, adolescents and families. Brian is also a Course Tutor on the PGDip/Masters in Psychoanalytic Observational Studies at NSCAP and he has a particular interest in the unconscious processes at work in groups and teams.

Who should attend This course is highly relevant for all professionals working with infants, children, adolescents and adults across a range of settings; ie education, social care, residential care, physical and mental health, third sector. It is also recommended for those who are interested in learning about how we become who we are.

Cost Full series of ten seminars: £474 Individual seminars: £54

Dates 2025

1. 4 Oct - Pregnancy and birth: where does personality begin?
2. 1 Nov - Babyhood: becoming a person in the family
3. 6 Dec - Young children: the family and the wider world

2026

4. 10 Jan - Latency: going to school
 5. 7 Feb - Puberty: anxieties about growing up
 6. 7 Mar - Mid-adolescence: the search for identity
 7. 18 Apr - Late adolescence: the transition to young adult life
 8. 9 May - Adulthood: what does it mean to 'grow up'?
 9. 6 Jun - Middle age: when are we middle aged?
 10. 11 Jul - Older age: the beginning of the end?
-

Please note that it is not possible for students to attend in person teaching remotely.



Dates & Times

Leeds 2025	Life Stage	Seminars	• H01YHU\
4 Oct	1. Pregnancy and birth	Where does personality begin?	,Q-pHUVRQ
1 Nov	2. Babyhood	Becoming a person in the family	,Q-pHUVRQ
6 Dec	3. Young children	The family and the wider world	,Q-pHUVRQ
Leeds 2026			
10 Jan	4. Latency	Going to school	2Q0LQH YLD JRRP
7 Feb	5. Puberty	Anxieties about growing up	2Q0LQH YLD JRRP
7 Mar	6. Mid-adolescence	The search for identity	2Q0LQH YLD JRRP
18 Apr	7. Late adolescence	The transition to young adult life	In-person
9 May	8. Adulthood	What does it mean to 'grow up'?	2Q0LQH YLD JRRP
6 Jun	9. Middle age	When are we middle aged?	In-person
11 Jul	10. Older age	The beginning of the end?	In-person

Timings of the day: 11.00am – 2.15pm (with a break for lunch 12:15pm-1pm)

Tea and coffee provided from 10:30am

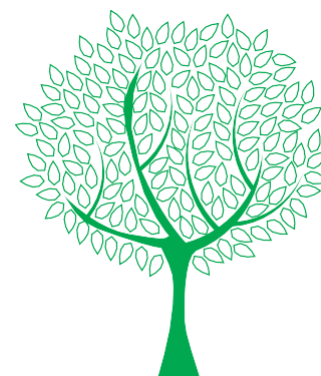
Venue for in-person teaching: St Mary's House, Main House, Potternewton, Leeds LS7 3JX

Please note that it is not possible to attend seminars that are taught in-person via Zoom.

Certificates for CPD will be issued



How to book



Applying for the course

Complete and return the attached application form, and seminar options to:

nscapadmin.lypft@nhs.net Telephone: 0113 855 8750

Cancellation charges

All cancellations are subject to an administration charge of 10% of the course fee.

Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

Terms & Conditions

1.0 Payment Methods

10.1 Payment must be made in advance of the course start date. We prefer to receive payment by cheque and ask that you submit payment along with your application form. Please make a cheque payable to Leeds and York Partnership NHS Foundation Trust.

10.2 If your organisation has agreed to fund your place on the course, please provide invoicing details: name, job title, organisation, address and telephone number, and order number if required.

10.3 Please contact the Business Operations Team on 0113 855 8750 with any queries about payment.

10.4 Places cannot be confirmed until receipt of payment.

2.0 Availability

2.1 Please note that any courses may be limited in capacity, and will be allocated on a first-come, first-served basis. No guarantees can be made regarding the availability of spaces on any of our seminars prior to receipt of payment.

3.0 Confirmation of Reservations

3.1 All reservations will be confirmed in writing with details of programme times and venue information provided.

3.2 Please ensure you provide an up-to-date email address as any details of final changes to the course will be emailed to your account. Please therefore remember to check your email account prior to the start of the course to ensure you are informed of such changes.

4.0 Reservation & Cancellation Policy

4.1 All cancellations are subject to an administration charge of 10% of the course fee.

4.2 Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

5.0 Further Information

5.1 For further information about all our future events and activities, visit www.nscap.org.uk, email nscap.lypft@nhs.net or call 0113 855 8750.



Application Form

Personal details

Title: _____ Name: _____

Occupation: _____

Email address: _____

Address for correspondence: _____

Postcode: _____

Telephone: _____

Any special requirements: _____

Organisation details for invoicing (if applicable)

NB: Organisation contact details **MUST** be correct for invoicing,
ie NOT your place of work.

Name: _____

Job title: _____

Organisation: _____

Address: _____

Postcode: _____

Telephone: _____ (if required)

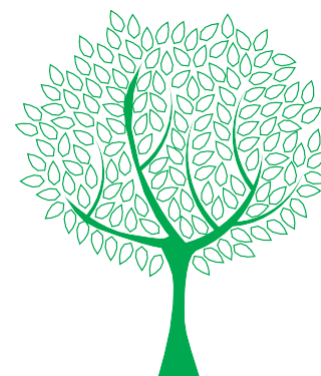
Purchase Order No: _____

Agreement from Manager: _____

Payment & Invoice details

☐ Please invoice me/my organisation for £ _____





☐ 10 Personality Development across the Life Cycle Seminars - £474

OR

Individual Personality Development Seminars
(please tick)

☐ Seminar 1 - Pregnancy and birth:
where does personality begin? £54

☐ Seminar 2 - Babyhood:
becoming a person in the family £54

☐ Seminar 3 - Young children:
the family and the wider world £54

☐ Seminar 4 - Latency:
going to school £54

☐ Seminar 5 - Puberty:
anxieties about growing up £54

☐ Seminar 6 - Mid-adolescence:
the search for identity £54

☐ Seminar 7 - Late adolescence:
the transition to young adult life £54

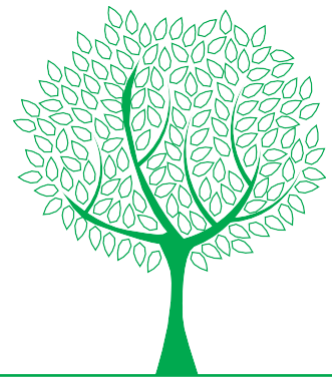
☐ Seminar 8 - Adulthood:
what does it mean to 'grow up'? £54

☐ Seminar 9 - Middle age:
when are we middle aged? £54

☐ Seminar 10 - Older age:
the beginning of the end? £54

Total: £





Keeping in Contact

Your personal information will be held on our database and used to process your application.

NSCAP would like to keep you informed of other events and activities that we feel are relevant to you. If you are happy for us to do this, please tick this box. ☐

If you do not want to be contacted about other events and activities, please tick this box. ☐

