

## Foundations of psychodynamic psychotherapy (D58M, Manchester) Open day



**Date:** Saturday 30th March

**Time:** 10am-12pm

**Location:** Psychological  
Therapy Centre  
Manchester Gaskell House,  
Swinton Grove Manchester  
M13 0EU

**Book now by visiting:**  
[www.tavistockandportman  
.nhs.uk/OpenDay](http://www.tavistockandportman.nhs.uk/OpenDay)

### Open day

If you are a mental health professional this course 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.

On the day you can expect:

- A talk about the course delivered by the Course Lead.
- A clinical presentation.
- Hear from current students and graduates.
- The opportunity for Q&A.

This is a free event but booking is essential. To book your place visit [www.tavistockandportman.nhs.uk/OpenDay](http://www.tavistockandportman.nhs.uk/OpenDay).

There will be light refreshments available on the day.

### About the course

**Qualification:** Postgraduate Diploma

**Course length:** 2 years part-time

#### Course outline

Over two years, you will undertake the following elements:

- supervised clinical work
- clinical seminars
- theory seminars
- personal psychotherapy

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 one year. Suitable placements will be arranged through your course tutor.

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## 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 counter transference, formulating interpretations, risk assessment and management, and appropriate record keeping.

### 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.

### 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.

## 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.

## 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

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

## Find out more visit

[tavistockandportman.nhs.uk/training/courses/psychodynamic-psychotherapy-d58m/](http://tavistockandportman.nhs.uk/training/courses/psychodynamic-psychotherapy-d58m/)

For enquires and more information about the event or course email Mr Martin Gill  
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