



Adult Analysis Psychodynamic Psychotherapy

Training Prospectus





WELCOME

The Society of Analytical Psychology has a 75-year history in providing contemporary and progressive professional training for Jungian psychoanalysts. Over the past decade we've expanded our Adult Analytic clinical training by offering a twice-weekly training in Psychodynamic Psychotherapy.

This prospectus contains pre-requisites for both the Adult Analytic and Psychodynamic Psychotherapy trainings along with academic outlines and clinical components, and our structures and processes.

We've built our reputation on our intensive four- to five-times-weekly Adult Analytic Training (AAT). Central to our clinical training is a personal analysis with an SAP Training Analyst for each trainee of four- or five-times-per-week. In addition, each trainee attends two individual training-patient supervisions per week with an SAP Supervising Analyst, when personally ready, until qualification. Applications for the AAT open at the beginning of each clinical term.

Our Psychodynamic Psychotherapy Training (PPT) programme prepares trainees wanting work up to twice-weekly as qualified Jungian psychotherapists. Our membership qualification helps trainees achieve an excellent level of professional clinical practice, and puts them in a competitive position when applying to work in mental health environments as well as private practice as a psychodynamic psychotherapist.

Central to the PPT is a minimum of a twice-weekly personal analysis with an SAP Analyst for each trainee. Trainees each attend one individual weekly-supervision for their training-patient casework with an SAP Supervisor, when personally ready, until qualification. We invite applications for our PPT in May of each year with a January start.

If you are interested in finding out more, I invite you to explore our popular one-year Foundations of Analytical Psychology Course. We also run a monthly Jungian Process & Experiential group (JPEG) as well as a one-year Diploma in Psychodynamic Therapeutic Skills and Reflective Practice. For details see www.thesap.org.uk.

For further information please contact the SAP's Education Manager, Urvi Bhatt on 020 7419 8898 or training@thesap.org.uk. Training Faculty members are available for informal interviews.

We look forward to hearing from you.

Jay Barlow
Director of Training
Spring 2021

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INTRODUCING THE SAP

The Society of Analytical Psychology was founded in 1946.

Its aims are:

- The practice and development of analytical psychology.
- The provision of analysis for patients who cannot otherwise afford it.
- The education and training of candidates who are suitably qualified to become analysts and psychotherapists.
- The provision of a programme of public events to bring modern Jungian thinking to other professionals and to the wider public.





SAP'S TRAINING OPPORTUNITIES

The Society offers a variety of courses to allow interested professionals to build on their theoretical and clinical experience, leading to SAP professional qualifications.

Many people begin with SAP introductory courses before progressing to the professional trainings. The professional trainings are demanding, rigorous and take a minimum of three years. Our aim is to facilitate the development of clinicians who will be well-equipped to build their own private practices and work in the NHS or other institutions.

Introductory Courses

Foundations Course

The aim of the Foundations Course is to introduce participants to the distinctive character of the SAP's approach to Jungian psychology. It is a stand-alone course but also is usually the introductory year for most people wishing to apply for the psychodynamic Psychotherapy Training or the Analytic Training. There are no pre-course requirements for the Foundations Course.

Jungian Process and Experiential Group (JPEG)

For those people who have completed an introductory course at the SAP or an equivalent course elsewhere and wish to apply to train but do not yet have sufficient clinical experience or other pre-requisites to be eligible, the Jungian Process and Experiential Group (JPEG) offers an opportunity to develop their abilities further and gain some relevant experience.

Diploma in Therapeutic Skills and Reflective Practice

A one year course exploring psychodynamic therapeutic skills and developing reflective practice for those people interested in developing psychodynamic counselling skills, interested in personal growth and reflective practice. or preparing to apply for clinical training at the SAP.

PROFESSIONAL TRAININGS

The Society offers two professional trainings that qualify trainees to practice. One is in Psychodynamic Psychotherapy and the other in Adult Analysis. Each is a stand-alone training, with its own application procedure.

Both trainings have three components: academic teaching, clinical practice and personal analysis. The style and content of these courses is informed by Jungian and post-Jungian theory and practice.

The Psychodynamic Psychotherapy Training qualifies participants to practice as professional psychotherapists offering therapy to their patients at a frequency of up to twice a week.

The Adult Analytic Training has recently been re-shaped and offers participants the opportunity to develop their clinical skills and theoretical knowledge for more intensive work at a frequency of up to four times a week.

The curriculum for both trainings is modular, allowing trainees flexibility in moving through the training and also the flexibility to move from the psychotherapy training to the analytic training.

Applicants for SAP trainings are carefully assessed with regard to their capacity to become psychotherapists and analysts and their readiness to undertake the training. The Society pursues a pro-diversity policy and welcomes applications to train from anyone, irrespective of their religion, age, disability, race, ethnic origin, gender or sexual orientation.

Working with the Society's Clinic

The SAP, as part of its charitable aims, provides a subsidised consultancy and assessment service for people who cannot afford the full costs of therapy. Trainees often find their patients through this Clinic.

The fees received from trainees' first patients are payable to the Clinic until qualification. Trainees keep the fees from their second patients. All members of the SAP are expected to continue working with a patient seen through the Clinic for a period of 10 years after qualification.

Membership of the SAP

Trainees who successfully complete either professional training may apply for membership of the SAP and registration with the British Psychoanalytic Council (BPC). This entitles the member to practice as a psychotherapist or analyst.

Successful completion of either training also entitles trainees to membership of the International Association for Analytical Psychology (IAAP).

Links to Further Qualifications

Depending on the route taken to train, SAP members may be eligible to apply to study for a Professional Doctorate in Analytical Psychology at the Centre for Psychoanalytic Studies, University of Essex.

The Society also offers a series of advanced CPD courses for practising clinicians for continued professional development.

Society Resources

Trainees are invited to attend a variety of meetings of the Society at which papers on current theoretical and clinical issues are presented and discussed.

The Society has an excellent library with the largest collection of Jungian literature in the UK. The SAP librarian provides support and guidance. In addition, trainees have access to PEP-Web, an online collection of psychoanalytic journals.

The Society publishes a periodical, the Journal of Analytical Psychology, five times a year. A subscription to the Journal and to PEPWeb, a digital archive of academic psychological journals, is mandatory for all trainees. These subscriptions are at a discounted rate and trainees are invoiced annually for these resources.

Training Bursaries and Loans

Over the years the SAP has been given money, mainly as bequests, to help trainees pay for their training. Currently, this assistance is in two forms: interest-free loans and bursaries (based on need). The loan and the bursary funds have limited resources and funds available are divided between the two trainings. Further information may be obtained through the Education Manager at the SAP.



Carl Gustav Jung, 1958 © Copyright Yousuf Karsh

PSYCHODYNAMIC PSYCHOTHERAPY TRAINING

Pre-course requirements

Academic Qualifications

An applicant must ordinarily have a degree or equivalent.

For applicants who can show they have completed a training at another institute where they had sufficient academic and clinical experience, a degree may not be necessary as long as other prerequisites are met. On some occasions, an applicant without a degree may be asked to submit a written essay on a prescribed topic.

Clinical Experience

Previous clinical experience with patients is an advantage to those wishing to make an application. For those who are not in a position to work in a psychodynamic setting prior to applying, it is encouraged that they seek experience with an organisation which offers their own basic training in one-to-one work with clients, e.g. Cruse, Samaritans, some hospices, some branches of MIND, etc. Once applicants to the PPT have been through the Selection process and received a firm offer to train, they are asked to contact the Programme Director (PPT) for guidance in securing an appropriate psychotherapy or counselling placement in time to commence seeing placement patients from the point at which they begin the training in January. Requests for assistance should be made through the Education Manager at the SAP Office.

Psychiatric Placement

Trainees will be expected to complete a 6 month placement in a psychiatric setting before or at some time during their training. This is usually a minimum of half a day a week. It must be completed before putting in an application for membership. The SAP can provide assistance in finding suitable placements. Requests for assistance should be made to the Training Clinical Coordinator through the Education Manager at the SAP Office.

Infant Observation

Infant Observation is a highly desirable precursor to training and applicants are

urged to join a seminar with an SAP member or approved group leader. These courses usually last for two years. Names of Infant Observation seminar leaders may be obtained through the Education Manager. Fees for Infant Observation Seminars are by private arrangement with the seminar leaders.

Personal Analysis

Applicants for the Psychodynamic Psychotherapy Training must be established in a minimum of twice-weekly psychotherapy or analysis for a year with an SAP Analyst who has been qualified for at least 5 years.

Applicants may apply for the training before they complete the year but trainees will only be permitted to begin the clinical training when they have been in twice-weekly psychotherapy on separate days for a minimum of a year (80 sessions) continuously and with the same analyst. Personal psychotherapy/analysis must continue throughout training until the trainee is accepted as a member of the Society.

Any applicant who hopes at some point after they complete the Psychodynamic Psychotherapy Training to continue onto the Adult Analytic Training should ensure that they choose a personal analyst (an SAP Training or Supervising Analyst) at the outset who would be eligible to continue as their analyst during the Analytic Training. A list of suitable SAP analysts may be obtained from the Education Manager.

DBS Checks

Acceptance of an applicant is subject to a DBS check.

Advice

Applicants needing advice about these requirements should write to the Director of Training at training@thesap.org.uk

Those thinking of training are encouraged to seek an informal interview with a member of the Training Faculty. These can be arranged through the Education Manager. A fee of £65 is payable for this meeting.

“Everything that irritates us about others can lead us to an understanding about ourselves”

Carl Jung

Outline of Course

The Course has three components: psychotherapy theory, clinical experience and personal analysis.

Theory

The training consists of 9 modules of theoretical and clinical seminars. Each module runs for 10 weeks, plus one Saturday workshop each term. The training takes a minimum of three years.

Seminars take place once a week. The seminars are held on Thursday, from 4.30 pm. to 8.00 pm. There are three ten-week terms during the year.

Seminars are led mostly by members of the Society but also by specialists from other training organisations. The afternoon often begins with a theoretical seminar and is followed by a seminar with a clinical orientation to the subject under study.

Themes for the Modules:

1. Approaches to the Unconscious
2. The Therapist's Approach to the Patient in Psychodynamic Psychotherapy
3. Transference/Countertransference: What's you and what's me?
4. The Origins and Development of the Self
5. Dreams, Imagination and the Development of the Symbolic Capacity
6. Difficult Patients and Difficult Treatments
7. The Theory and Practice of Working with Trauma in Psychotherapy
8. Diversity: Contemporary Themes in Clinical Practice
9. What Works for Whom: Psychotherapy in a Wider Context

Examples of Saturday workshop themes:

1. Assessment for Psychotherapy
2. Stimulating Ethical Awareness in Clinical Practice
3. Working with Trauma
4. Suicide and self-harm
5. Working with Otherness and Cultural Complexes
6. Working with LGBT patients
7. Spirituality
8. Impasse in Therapy

Academic Requirements

1. Two written theoretical papers, each of 3000 words with clinical illustrations to be submitted after the completion of the third and sixth seminar modules.
2. A final qualifying paper after completing the 9 modules. This will be a longer clinical paper of 6000 words on the trainee's clinical work with a twice-weekly patient.

Papers are marked anonymously and written feedback to the trainee will be provided.

Personal Tutor

Each trainee has a personal tutor. Trainees are expected to meet with their tutor once a term, or more often should they wish to. He/she is available for consultation and assistance with any difficulties that may arise during training.

Clinical Components of the Training

Trainees must complete three clinical cases during their training:

- One 1 x weekly case for 1 year
- One 2 x weekly case for at least 18 months
- One 2 x weekly case for at least 1 year

Trainees are encouraged to build up a portfolio of clinical work undertaken in addition to training patients. This portfolio would then be produced at the time of applying for membership.

Trainees will be required to write 6-monthly reports on their psychotherapy work with each of their patients.

It is important to note that trainees cannot complete their training and apply to be members of the Society until they have fulfilled these clinical requirements of the training. Occasionally, patients leave therapy prematurely and should this occur, the SAP will do its best to help the trainee to find a new patient.

Trainees are responsible for providing their own consulting rooms, though some rooms may be available to see training patients at the Society.

Supervision Requirements

Trainees will be expected to have both group and individual supervision with SAP members during their training.

Group supervision usually takes place at the SAP before seminars on a Thursday (2:30pm - 4.00 pm).

Group supervision will be for one and a half hours per week and groups will usually have three or four members per group, with two trainees presenting their clinical work per meeting. There will be 40 meetings per year. At the start of the course, trainees will bring to group supervision whatever clinical experience they currently have from their practices or placements.

Once-weekly training cases may come from trainees' own practices/agencies/placements and will be presented in group supervision.

The group supervisor in consultation with the Director of Training and Programme Director (PPT) will help trainees to decide when they are ready to begin each constituent of the formal clinical requirements.

The trainee will be in individual supervision on a weekly basis with one supervisor for both their twice-weekly patients. Trainees will begin with one patient and the supervisor will assess when the trainee is ready to take on the second patient. The Director of Training is responsible for helping trainees find an individual supervisor.

Supervisors will write six monthly reports on trainees' progress, and trainees will be expected to write their own self-assessments.

A list of available individual supervisors is obtainable from the Education Manager.

Year Group Facilitator

A Year Group Facilitator is appointed for each group of trainees to help individuals and the group engage in the process of training in order to facilitate learning. Meetings with the Year Group Facilitator are arranged three times a term.

Community Meetings

Trainees meet as a community with members of the Training Faculty. These meetings take place once a term and are an opportunity for trainees to discuss all aspects of the training including structures, process and content with members of the Training Staff. There is an additional joint Community Meeting once a year where trainees from the Psychodynamic Psychotherapy training meet together with those on the Analytic Training.

Personal Analysis

Trainees must continue in personal analysis at a minimum of twice weekly until they have completed the course and been accepted for membership of the SAP.

Attendance

Trainees are expected to attend all seminars, Saturday workshops, the three times-a-term meetings with their Year Group Facilitator and the once-a term Community Meetings.

Continuous Assessment

The progress of trainees is reviewed regularly by a sub-group of the Training Faculty called the Trainee Progress Group (TPG). An External Consultant, registered with BPC but who is not a member of the SAP, is appointed to oversee all the Society's assessment processes and structures to ensure they are transparent and fair. The External Consultant participates in the annual review of the progress of all trainees and post-trainees.

Trainees are expected to adhere to the BPC Code of Ethics and especially to respect confidentiality in all circumstances. The SAP Council reserves the right to terminate training at any stage.

Applying to Train

Application forms may be obtained through the Education Manager at the SAP (training@thesap.org.uk).



Application Deadlines

Applications must be made by 2 May 2021 to start training in January 2022.

Application Process

If all the pre-requirements are met, the applicant will have interviews with two SAP analysts and will also be asked to attend a group selection meeting.

The SAP reserves the right to decide whom to accept on to its trainings and the timing of any acceptance. It is not possible to appeal against these decisions. However if an applicant for training is dissatisfied with any aspect of the process of selection they may make a complaint. A copy of the Complaints Procedure is available from the Education Manager.

Cost of Psychodynamic Psychotherapy Training

The cost of the Training has three components: the trainee's own personal therapy (agreed with their analyst), the cost of group and individual supervision (paid directly to the supervisor) and the cost of the seminars.

Fees for training analysis are negotiated with the analyst.

The fees for application, pre-application interviews, tuition fees and individual and group supervision fees are set by the SAP and reviewed annually.

For a list of this year's fees, please refer to our website - <http://www.thesap.org.uk/training-and-events/professional-training/psychodynamic-psychotherapy-training/>



ADULT ANALYTIC TRAINING

Our long running, highly regarded flagship Adult Analytic Training has been recently redesigned to make it more accessible especially for those professionals with previous training and clinical experience and for those who have completed the SAP Psychodynamic Psychotherapy Training and wish to become Analyst Members of the SAP. The following changes have been introduced:

- A module-based curriculum
- Three different routes of entry
- Three application dates each year.
- A programme of weekly seminars and Saturday seminars over a three-year period
- Weekly seminars on a Tuesday afternoon plus a once-a-term Saturday Workshop and for some trainees, a once-a-term Saturday seminar
- Weekly Clinical Case Discussion Group before seminars on a Tuesday afternoon
- A regular Reflective Learning Group for trainees to process all aspects of the training



Three Routes of Entry

- **Route A:** Applicants applying through Route A will be expected to meet the pre-course requirements listed below. If accepted through Route A, trainees will be expected to complete the 6 Core Modules of the curriculum, 3 Auxiliary Modules and termly Saturday Workshops and Saturday Seminars
- **Route B:** Applicants applying through Route B will have completed the SAP twice weekly training in Psychodynamic Psychotherapy, wishing to undertake further training to become analyst members. If accepted through Route B, trainees will be expected to complete the 6 Core Modules of the curriculum and termly Saturday Workshops
- **Route C:** Applicants applying through Route C will be expected to have already completed the equivalent of a twice-weekly training in psychodynamic psychotherapy. This is a route of entry where applicants will be assessed on an individual basis according to their previous theoretical and clinical experience. Usually, trainees accepted through Route C will be expected to complete four to six of the Core Modules of the curriculum, termly Saturday Workshops and perhaps some specific Saturday Seminars, depending on previous training

Pre-course requirements

These comprise academic and professional qualifications, clinical experience, and personal analysis.

Academic Qualifications

A candidate must ordinarily have a degree or equivalent.

Professional Qualifications

It is an advantage for candidates to have a professional qualification which carries clinical responsibility. If the qualifications contain insufficient study of dynamic and developmental psychology, the applicant may be required to conduct further study before applying.

Clinical Experience

Candidates are expected to have previous experience of working in a psychodynamic setting; this should include working continuously, under supervision, with at least two patients out of a broad caseload for a minimum of one year.

Employment in a psychodynamic capacity is desirable though not mandatory. It is also expected that candidates will have had sufficient experience in the psychiatric field, with both inpatients and outpatients, to be familiar with a wide range of diagnostic categories, and to have had the opportunity to observe developments and changes in different patients.

Applicants needing advice about these requirements should contact the Director of Training via the Education Manager at the SAP.

An informal interview to discuss pre-requirements is recommended, especially for those who are uncertain about their eligibility to apply through Route A, B or C. A fee of £65 is payable for this meeting.

Psychiatric Placement

A six month psychiatric placement needs to be undertaken and completed before trainees begin seeing their training patients. This is normally for a minimum of half a day a week. The Programme Director will be able to assist with finding a placement if needed, and should be contacted through the SAP Education Manager.

Personal Analysis

Before putting in an application to train, whether through Route A, B or C, all candidates must be well-established in analysis; a minimum of 150 analytic sessions, continuously and with the same analyst and at a minimum frequency of four times weekly (each session on separate days). The analyst must be a SAP Training or Supervising Analyst. A list of eligible analysts can be obtained through the SAP Education Manager and advice may be sought from the Director of Training or the Programme Director. Personal analysis must continue throughout training with the same analyst, except in exceptional circumstances, and until the trainee is accepted for Membership of the Society.

Infant Observation Seminars

Infant Observation is a highly desirable precursor to training and applicants are urged to join a seminar with an SAP member or approved group leader. These courses last usually for two years. Fees for these seminars are agreed privately with the seminar leaders. Names of Infant Observation seminar leaders may be obtained from the Education Manager.

DBS Checks

Acceptance of an applicant is subject to a DBS check.

Outline of Course

Seminars, Clinical Case Discussion Groups and Reflective Learning Groups

Weekly seminars are held at the SAP on a Tuesday from 4.30 – 6 and then from 6.30 – 8pm. There are three ten-week terms in the year.

There is also a weekly (30 weeks per year) Clinical Case Discussion Group that takes place at the SAP from 2.30 – 4pm before seminars on a Tuesday afternoon.

On alternate Tuesdays, there is a Reflective Learning Group from 1.20 - 2.20.

Saturday workshops for all trainees and post trainees are held once a term. Seminars are led by members of the Society and cover theoretical and clinical aspects of analytical psychology. For those training through Route A and sometimes Route C, a termly Saturday Seminar Day will also be required.

Course Seminars

The Analytic Training Curriculum consists of a total of 9 Modules which are structured into 3 Auxiliary Modules (AM1, AM2, AM3) and 6 Core Modules (CM1, CM2, CM3, CM4, CM5, CM6).

This Module structure is sufficiently flexible to accommodate the different requirements of entry for Routes A, B and C in terms of seminar requirements for the Adult Analytic Training.

Each 10 week Module is comprised of 20 seminars held on a Tuesday afternoon plus a one day Saturday Seminar.

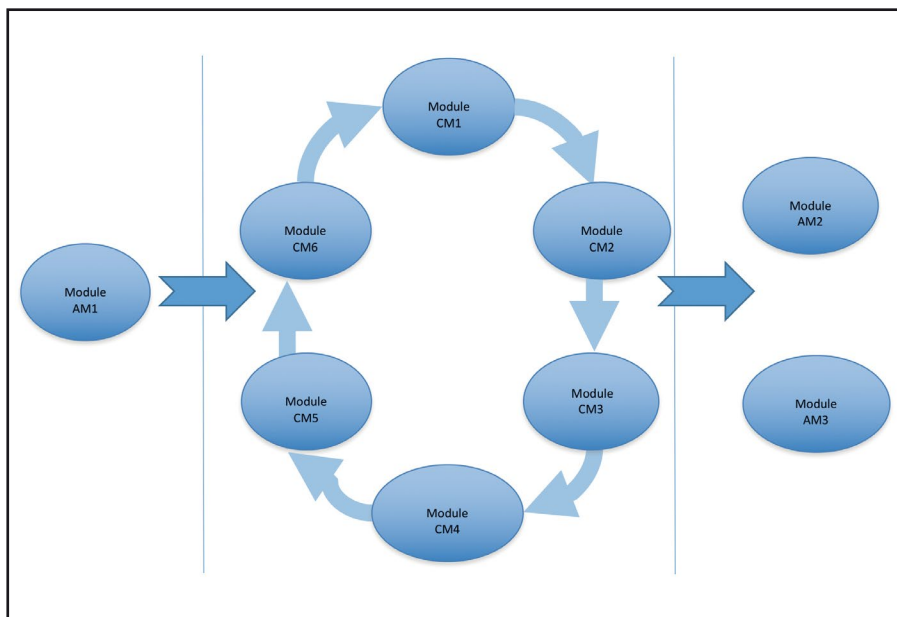
Three Auxiliary Modules:

- **Essential** for Route A of the training.
- Auxiliary Module One (AM1) is to be completed before beginning the Core Module Rota of 6 Modules.
- Auxiliary Modules Two and Three (AM2 and AM3) to be completed following completion of the 6 Core Module Rota.
- Auxiliary Modules may be made a compulsory part of a bespoke recommendation for certain Route C applicants.
- Auxiliary Modules may be chosen by Route B applicants but not as essential training requirements.

Six Core Modules:

- **Essential** for entry Routes A, B and C.
- Core Modules will be run on a rolling programme basis and Route A, B and C entrants may join this Rota at the beginning of any one of the Core Modules.
- The Core Modules will usually be the entry point for applicants to Routes B and C into the Analytic Training.

Auxiliary Module (AM1)	Core Modules	Auxiliary Modules (AM3)
Route A: entry point, essential	Route A: essential (entry at Module A1, and then integrate into Core Module Rota)	Route A: essential
Route B: optional in some cases*	Route B: essential (direct entry into Core Module Rota)	Route B: optional
Route C: optional in some cases	Route C: essential (probable direct entry into Core Module Rota)	Route C: optional in most cases
<i>*may be selected</i>		



Auxiliary Module Curriculum Themes - AM1, AM2, AM3 (Tuesdays)

Each Auxiliary Module includes ONE Saturday Seminar Training Day (AS1, AS2, AS3)

AM1 Models of Development: Developmental and Classical

AS1 Saturday Seminar Training Day: The Relevance of Jungian Concepts Today

AM2 A Jungian Approach to Working with Otherness and Diversity

AS2 Saturday Seminar Training Day: Beginnings, Breaches, Breaks and Endings

AM3 A Jungian Approach to Working with Trauma and Anxiety

AS3 Saturday Seminar Training Day: Other Disciplines, Case Management Issues and working with Other Agencies

Core Module Curriculum Themes - CM1, CM2, CM3, CM4, CM5, CM6 (Tuesdays)

Each Core Module includes ONE Saturday Seminar Day (CS1, CS2, CS3, CS4, CS5, CS6)

CM1 The Self and Individuation

CS1 Saturday Seminar Training Day: Evolution of Jungian Theory

CM2 Defences and Personality Organisation

CS2 Saturday Seminar Training Day: Evolution of Freudian Theory

CM3 Transference and Countertransference: Working in and working with Transference and Countertransference Dynamics

CS3 Saturday Seminar Training Day: Assessment and Diagnosis

CM4 Infancy and Early States of Mind

CS4 Saturday Seminar Training Day: Stimulating Ethical Awareness

CM5 Jungian Approaches to the Analytic Relationship

CS5 Saturday Seminar Training Day: Addictive and Perverse States of Mind

CM6 Imagination, Dreams and Symbolisation

CS6 Saturday Seminar Training Day: Research and Evidence-Based Practice

This curriculum may be subject to changes in content and order as we seek to refine it and respond to trainees' interests.

Personal Tutorials

Throughout the training the progress of trainees is regularly reviewed with a personal tutor. Trainees are expected to meet with their personal tutor once a term.

Academic Requirements

1. A paper (3000-4000 words) at the end of the first four Modules which aims to show the trainee's theoretical understanding with a clinical illustration.
2. A final qualifying paper after completing the theoretical and clinical components of the training. This will be a longer clinical paper (of 8000 words) to show the development of the trainee's clinical work with a patient.

Clinical Requirements

Trainees analyse two patients and are expected to see each patient four to five times weekly; one for a minimum of two years and the other for a minimum of a year. Analysis of the first patient usually begins when the clinical case discussion group supervisor considers that the trainee is ready. Trainees usually begin with their second training patient six months later, subject to satisfactory progress and the agreement of the first supervisor.

Training patients are normally referred from the SAP Clinic. The Clinic was set up to provide analysis at reduced fees for those patients with limited financial resources. Patients are selected and assessed by the Director of the Clinic or a member of the Clinic staff.

Trainees continue to analyse their patients, under supervision, until they are elected to Membership. Fees from one (typically the first) training patient are paid to the Society.

It can be an advantage to see patients in London. Trainees who wish to see their patients outside the London area may have to find their own patients to refer to the Clinic since there are fewer referrals to the Clinic from outside London.

It is important to note that trainees cannot complete their training and apply to be members of the Society until they have fulfilled the clinical requirements. Occasionally, a patient will leave analysis early: the Clinic will do its best to provide the trainee with a new patient where possible.

Trainees are responsible for providing their own consulting rooms, though some rooms may be available for the analysis of Clinic patients at the Society.

Supervision

1. **Group Supervision:** During the training, there will be a weekly clinical case discussion group led by a member of the SAP. Leaders may change on an annual basis. This is an opportunity for trainees to share clinical experiences, present their own work and listen to the presentations of others.
2. **Individual Supervision:** The treatment of each training patient is supervised by a Supervising Analyst on a regular weekly basis, ie one supervision session for each patient, with a different supervisor. The Director of Training is responsible for allocating supervisors after consultation with trainees to ask for their preferences. Reports on patients must be submitted by trainees every six months. Trainee status is lost and must be reapplied for if supervision of both cases ceases.

Reflective Learning Group

Trainees will meet fortnightly with a member of the SAP, also trained as a Group Analyst, where they will have the opportunity to reflect dynamically on all aspects of their training. Given that the training is on a modular basis, trainees may not journey through the training with a consistent group of trainees. The Reflective Learning Group permits a smaller or larger number of trainees to be part of the group and for people to join and/or leave at different times.

Community Meetings

Trainees meet as a Community with members of the Training Faculty. These meetings happen once a term and are an opportunity for trainees to discuss all aspects of the training including structures, process and content with members of the Training Staff. There is also a Community Meeting held once a year where trainees on the Analytic Training meet together with those on the training in Psychodynamic Psychotherapy.

Attendance

Trainees are expected to attend all seminars, Saturday workshops and/or study days, the twice-a-term meetings with their Year Group Facilitator/Reflective Learning Group leader and the once-a term Community Meetings.



Continuing Assessment

The progress of trainees is reviewed regularly and assessed continuously by a sub-group of the Training Faculty called the Trainee Progress Group. An External Consultant, registered with BPC but who is not a member of the SAP, oversees all the Society's assessment processes and structures to ensure they are transparent and fair. The Consultant participates in the annual review of the progress of all trainees and post-trainees.

In the second or third year of clinical training, trainees will make a Clinical Case Presentation of their work with their (first) training patient to Training Faculty Staff. All trainees are invited to attend this meeting.

Trainees are expected to adhere to the BPC Code of Ethics and especially to respect confidentiality in all circumstances. The Council reserves the right to terminate training at any stage.

Applying to Train

Application deadlines

Applications may be submitted three times per annum. The following are the upcoming deadline dates:

2021

- 10 January 2021
- 2 May 2021
- 12 September 2021

If accepted, trainees will begin their training with the first module beginning following their acceptance

“There is no coming to consciousness without pain”

Carl Jung

Application Process

If all the pre-requirements are met, the applicant will have interviews with two SAP analysts and may also be asked to attend a group selection meeting. Those applying through Route C may be asked to have additional interviews.

The SAP reserves the right to decide whom to accept on to its trainings and the timing of any acceptance. It is not possible to appeal against these decisions. However if an applicant for training is dissatisfied with any aspect of the process of selection they may make a complaint. A copy of the Complaints Procedure is available from the Education Manager.

Cost of Adult Analytic Training

The cost of the Training has three components: the trainee's own personal analysis (agreed with their analyst), the cost of group and individual supervision (paid directly to the supervisor) and the cost of the seminars.

Fees for training analysis are negotiated with the analyst.

The fees for application, pre-application interviews, seminars and individual supervision are reviewed annually.

For a list of this year's fees, please refer to our website - <http://www.thesap.org.uk/training-and-events/professional-training/training-in-adult-analysis/>

The fees of the Analytic Training are lower than those of the Psychodynamic Psychotherapy Training to reflect the greater costs trainees will incur from their personal analysis and supervision.

**“Who looks outside dreams, who looks
inside awakens”**

Carl Jung

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