



The Association for
Group and Individual
Psychotherapy

Introduction to the Clinical Course



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Our training courses are competitively priced, and a bursary scheme is available to students from minority ethnic communities, and students in need of financial support due to their personal economic circumstances. The training courses are designed to thoroughly prepare individuals for the reality of being a practicing therapist in private practice and the statutory and voluntary sectors.

The training is rigorous, challenging, and rewarding. It can also be an emotionally difficult process, and we pride ourselves upon the extensive support we offer our trainees.

COURSE AIMS

The course has five distinct aims . . .

1

Understanding of psychoanalytical theories and concepts

To enable trainees to develop a critical understanding of a broad range of psychoanalytical theories and concepts derived from classical and contemporary approaches.

2

UKCP registration

To enable trainees to gain registration with UKCP enabling them to practice as a psychotherapist in private practice or a range of statutory and non-statutory organisations;

Course leads to registration with UK Council for Psychotherapy (UKCP) via the College of Psychoanalysis and Jungian Analysis (CPJA).

3

Application of psychoanalytic ideas in a wider setting

To enable trainees to confidently apply ideas from psychoanalysis to a wide range of non-clinical settings.

4 Enhance professional development

To enable trainees to use these ideas within their existing profession.

5 Personal synthesis

To enable trainees to form their own personal synthesis of psychoanalytic theory.

COURSE REQUIREMENTS

- ❖ 3-year seminar course.
- ❖ The course is delivered over ten full weekends each academic year:
 - ♦ Saturday 10:30 – 18:30
 - ♦ Sunday 10:30 – 16:00
- ❖ Trainees expected to do at least 10 hours preparatory reading between weekends.
- ❖ Personal psychotherapy at least twice a week and three times a week for a substantial period with an approved therapist
- ❖ Three tutorials each academic year with your personal tutor.
- ❖ Course assessed by annual written assignments; tutor, teacher, and supervisor reports; and a final qualifying paper of 10,000 words.
- ❖ Work with training patients under supervision.

COURSE DETAILS

MAIN SEMINARS

- ❖ All day Saturday and Sunday morning.
- ❖ Whole group (all three years) is taught together as one in a system of Cycles. The 2025 entry group will start at Cycle 1. This way we create a cross-year learning environment.
- ❖ Experiential group for the final session of Saturday afternoon.
- ❖ Usually at least two teachers per weekend.

ELECTIVE SEMINARS

- ❖ Sunday afternoon only.
- ❖ You will break out into your year groups, therefore, three sets of seminars running in parallel.
- ❖ Clinical presentations, metaphor and synthesis.

INFANT OBSERVATION COURSE

- ❖ Twelve-month stand-alone compulsory course.
- ❖ Weekly infant observations.
- ❖ Fortnightly group meetings.

TRAINING CYCLES

Weekend	Cycle 1 (2025 & 2028)	Cycle 2 (2026 & 2029)	Cycle 3 (2027 & 2030)
1	Introductory weekend	Introductory weekend	Introductory weekend
2	Module 1	Module 4	Module 7
3	Internal worlds (4 weekends)	Human Relationships (4 weekends)	The Emerging Self and the features and difficulties of the emerging self (4 weekends)
4			
5			
6	Module 2	Module 5	Module 8
7	Dreams (3 weekends)	The making of the mind (3 weekends)	The Emergent Self: Narcissism and other difficulties (4 weekends)
8			
9	Module 3	Module 6	Module 9
10	Working with particular presentations 1 (2 weekends)	Working with particular presentations 2 (2 weekends)	When things are not ideal: loss, rupture, repair and growth (2 weekends)

ELECTIVE SEMINARS SUNDAY AFTERNOON SEMINAR

	October	November	December	January	February	March	April	May	June	July
Year 1 2:00 – 4:00pm	Starting Clinical Work					Metaphor and synthesis				
4.15 – 5.15pm Introductory Seminars			Introduction to Psychiatric Placement							
Year 2 2:00 – 4:00pm	Case discussion groups									
4.15 – 5.15pm Introductory Seminars						Introduction to the Fairy Tale essay				
Year 3 2:00 – 4:00pm	Clinical Presentations	Assessment Presentations		Clinical Presentations		Fairy Tale Presentations				
4.15 – 5.15pm Introductory Seminars			Introduction to the Concept essay							
Whole Group 4.15 – 5.15pm							Meeting with Training Committee Members			
							Feedback and consultative session			

APPLICATION PROCESS

- ❖ Two selection interviews
- ❖ Two references
- ❖ Personal statement
- ❖ Prior experience of working with people in a helping capacity
- ❖ At least one year's prior psychoanalytical psychotherapy

COURSE FEES & ADDITIONAL COSTS

- ❖ Interview fee
- ❖ Course fee (set annually)
- ❖ Cost of therapy
- ❖ Cost of supervision

SUPPORT FOR STUDENTS

- ❖ Access to the AGIP library
- ❖ BJP subscription and access to PEP (Psychoanalytic Electronic Publishing) included in course fee
- ❖ LBPT book bursary of £100 per year (for three years of training)
- ❖ Personal tutor
- ❖ Peer group

THE TRAINING PLACES YOU AT THE CENTRE

