



The Association for
Group and Individual
Psychotherapy

Introduction to the Clinical Course

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INTRODUCTION

Our training courses are competitively priced, and a bursary scheme is available to students, including a dedicated bursary for students from Black and minority ethnic groups. 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 six 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 **Clinical excellence**

To enable trainees to become clinically skilled practitioners through an apprenticeship based on personal therapy and supervision;

3 **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)

4 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;

5 Enhance professional development

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

6 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 and prepare presentations for some seminars.
- ❖ 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 and ‘body of work’ patients under supervision.
- ❖ A placement in a psychiatric setting.

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			The Emergent Self: Narcissism and other difficulties
5			
6			Module 2
7	Dreams	The making of the mind	The Emergent Self: Narcissism and other difficulties
8	(3 weekends)	(3 weekends)	(4 weekends)
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 4.15 – 5.15pm Introductory Seminars	Starting Clinical Work					Metaphor and synthesis				
				Introduction to Psychiatric Placement						
Year 2 2:00 – 4:00pm 4.15 – 5.15pm Introductory Seminars	Case discussion groups									
						Introduction to the Fairy Tale essay				
Year 3 2:00 – 4:00pm 4.15 – 5.15pm Introductory Seminars	Clinical Presentations	Assessment Presentations		Fairy Tale Presentations		Clinical Presentations				
				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

