

# Why psychoanalysis?

AGIP

The Association for  
Group and Individual  
Psychotherapy



# Why a training in psychoanalytic psychotherapy?



Continuing relevance of psychoanalytic thought and its contribution to individual lives, groups and organisations



Many modalities of talking treatments in past decades



Inherited theory from original gene pool of psychoanalysis



Further influenced by contemporary psychoanalytic practice in myriad applications



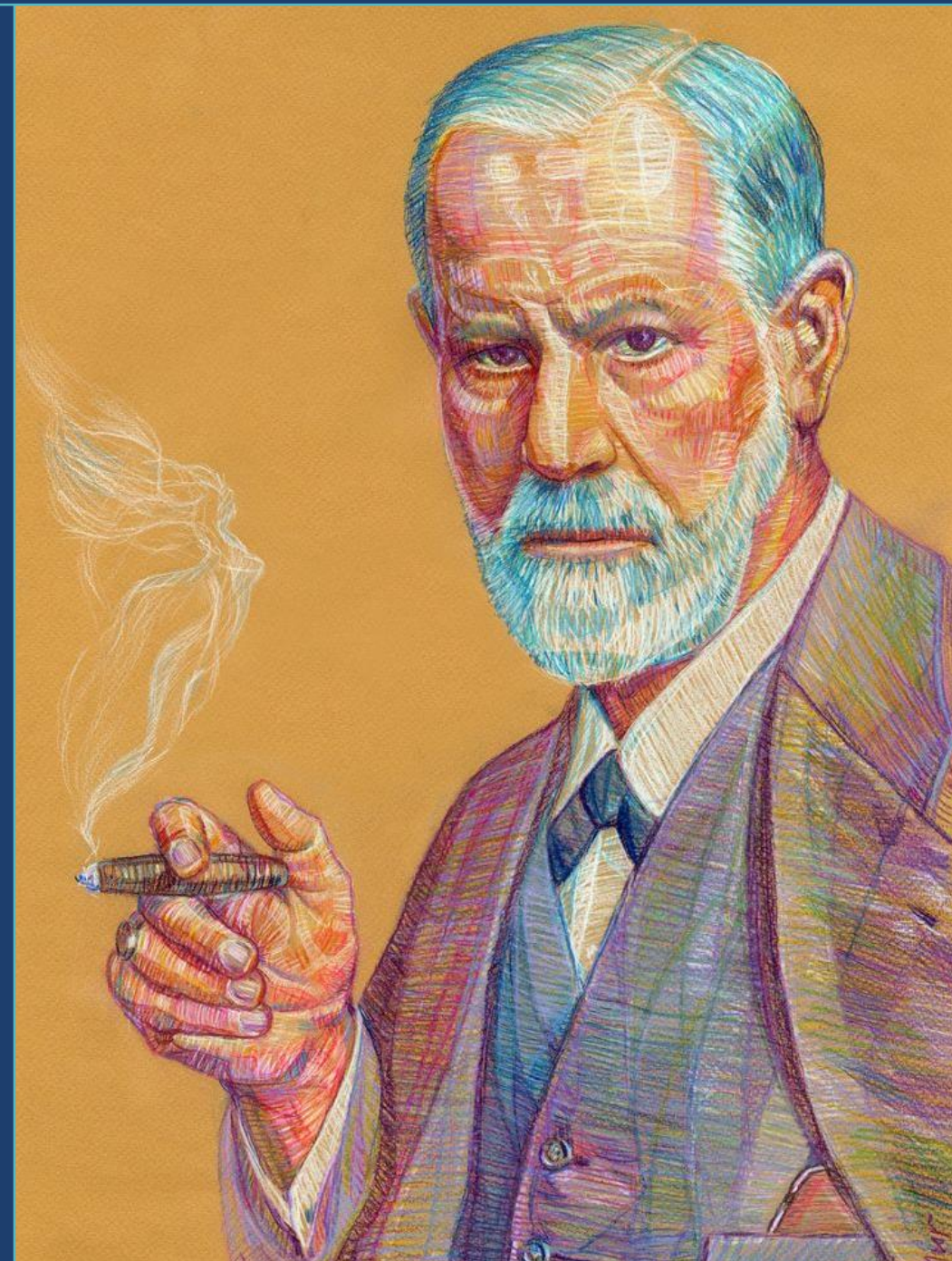
Maintain a lively engagement with this root of contemporary thought



Ubiquitous influence of psychoanalysis - politics and society, personal and the collective



Contemporary education, arts, psychology, applied social sciences



# 21<sup>st</sup> century psychoanalysis - many applications

- Psychoanalytic practitioner meeting one to one in a room – confidential space set aside for the exploration of the individual psyche
- Psychoanalysis influencing the film director and actors who try to convey the inner world of characters, showing what is ‘beneath the surface’.
- Schoolteachers who have absorbed psychoanalytic theories of child development and attachment - Winnicott / Bowlby - helpful in understanding psychological pressures – obstacles to learning that affect the children they teach



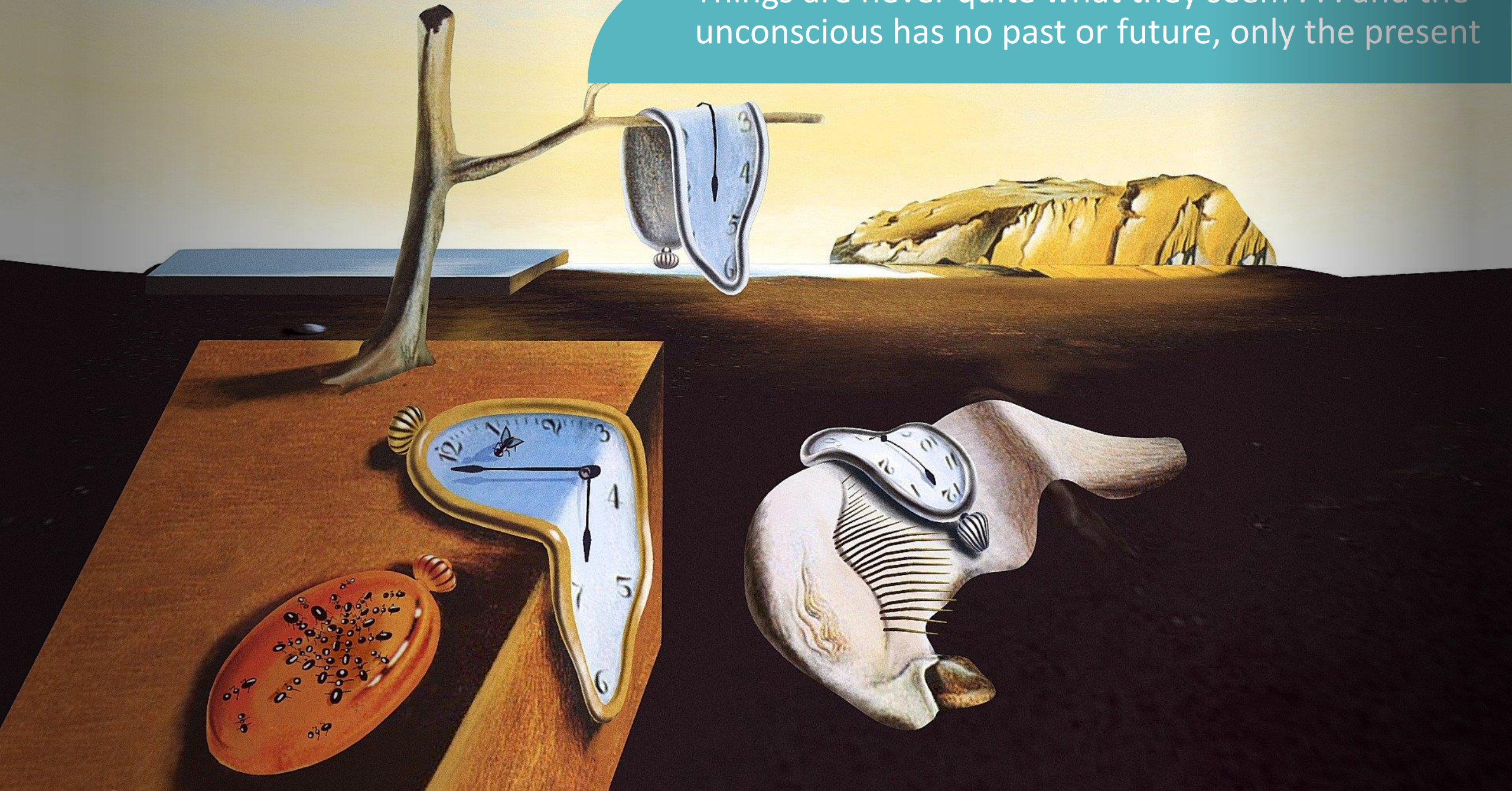


Automatism working from the unconscious without censorship - SURREALISTS



Artists using art to  
express inner  
thoughts, feelings and  
emotions

Things are never quite what they seem . . . and the unconscious has no past or future, only the present





Perception of  
reality

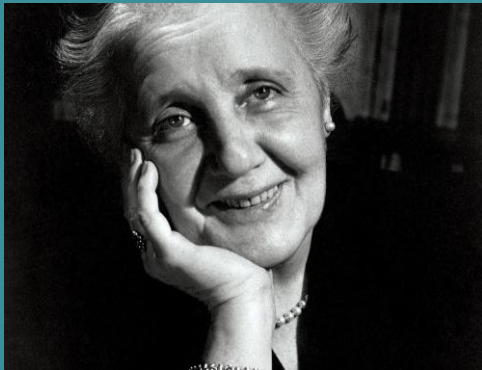
# Where does AGIP fit in within the field of psychoanalytic trainings?

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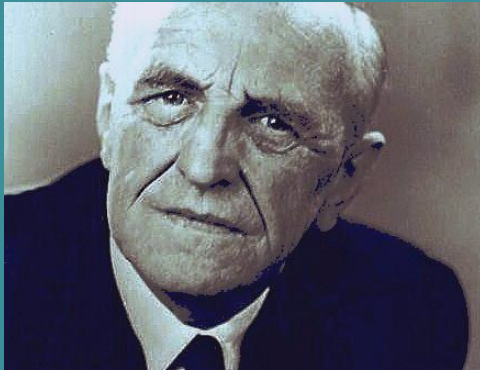
- AGIP founded in 1974 - psychoanalysis firmly established in UK
- Field of talking treatments cross-fertilised by ideas from the humanistic individual 'growth' movements in the USA
- Committed to rigorous study of 'founding theory of psychoanalysis'
- An interest and curiosity towards the contemporary world of psychological enquiry
- Not part of the psychoanalytic orthodoxy e.g. Institute of Psychoanalysis
- Forged a different path - 'pluralism' - cross-fertilisation of strands of psychoanalytic thought as a creative process - which each trainee psychotherapist synthesises during their studies.



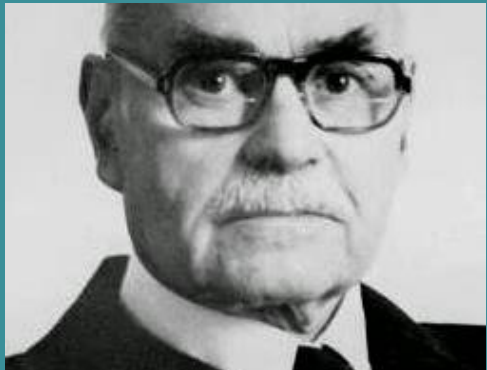
# Some of the 'greats' whom we study on the training alongside



**Klein**



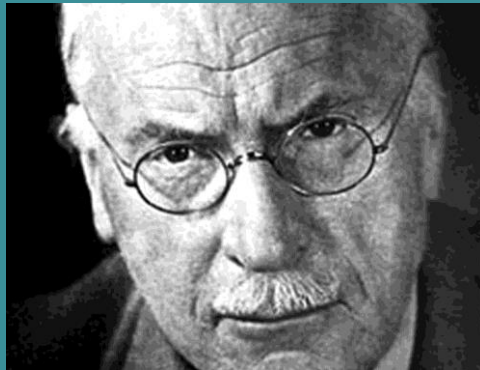
**Winnicott**



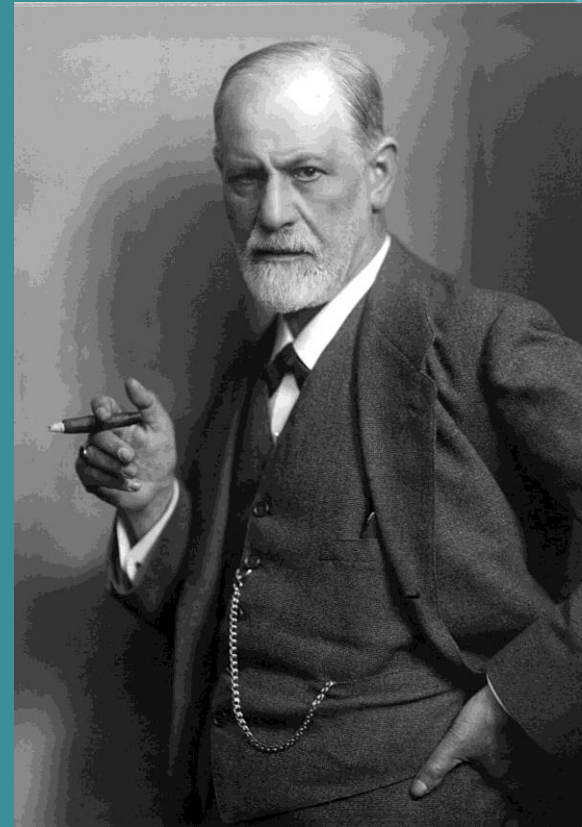
**Bion**



**Fairbairn**



**Jung**



**Freud**



A charity with a commitment to making psychotherapy and psychotherapy training as available as is possible

Fairbridge clinic low-cost scheme offering long term therapy

Non-profit making training courses

# Foundations

Penelope Balogh – founder of AGIP

The flaming dragon of Penelope Balogh's dream during the foundation period of AGIP and subsequently discovered on the petrol sign in France – hence the acronym AGIP



# The importance of myth and metaphor

“It is only a step from the phantasies of individual neurotics to the imaginative creations of groups and peoples as we find them in myths, legends, and fairy tales.”

Sigmund Freud, 1925, p.68

The AGIP clinical training acknowledges and explores the importance of the metaphorical (metapsychological) aspects of people's lives. To underline this, at the end of the second year of each trainee's course, they are required to write an essay based on a myth, fairy tale or legend.



# What we offer

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- UKCP recognised psychoanalytic training
- The opportunity to consider how psychoanalytic ideas can be applied in different arenas
- Key aim of developing analytic reflection -increased insight building of more rewarding relationships with self and others
- Reflective or analytic capacity applied in any context -one-to-one - group dynamics- organisational –cultural – the arts
- Commitment to maintain and further the study of psychoanalysis and its application in psychoanalytic psychotherapy
- Framework understanding why people feel, think and act as they do - or where change may be helpful

# How do you 'grow' a psychoanalytic psychotherapist?

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- Integral part of psychoanalytic training - personal therapy
- We become our first analytic subject personal experience of therapy foundation practice we build during training
- In this sense psychoanalytic psychotherapy training differs from many other mental health trainings
- We are both subject and object
- Insight co-created in conversation between therapist and patient - experience of understanding oneself in the presence of one's own therapist vital to practice
- Formulations are important to our work

# Work paths are varied

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- Private practice and work in many public settings
- NHS: AGIP therapists working in neo natal units; bereavement services; psychological services and addiction units
- Education: our therapists in Schools & Universities, as therapists, teachers, supervisors and Heads of Counselling Services
- Work in voluntary and community settings, such as refugee centres, the Irish Centre, and homeless projects such as St Mungo's
- Consultancy and training on management; communication; leadership and motivation
- Members work nationally as practising therapists, delivering training and speaking at conferences including in France and Ireland



**The Association for  
Group and Individual  
Psychotherapy**

**Thank You**

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For taking the time to look at this short presentation.

Much more information can be found on our web site including in the FAQ section

<https://agip.org.uk/train-with-us/training-f-a-q/>