

Training Criteria

Training modality: Parent-Infant Psychoanalytic or Psychodynamic
Psychotherapy

Patient group: Parent-infant dyad

These requirements are considered to be a **minimum** and it is the case that most trainings include additional training elements, for example further theory seminars or training cases.

Selection of suitable candidates:

Applicants should:

- be evaluated in terms of integrity and psychological aptitude as suitable to work at depth with the parent-infant dyad.
- have Doctoral level training or equivalent in an allied discipline and be able to demonstrate an ability to work to a high academic standard.
- have completed a masters-level training in infant observation.
- BPC or ACP registration or equivalent.

Duration of training:

A minimum of two years must be completed before qualification. They must consist of thirty weeks per year with three hours teaching per week.

Training components:

- Academic teaching
- Clinical work
- Personal psychoanalytic psychotherapy

Academic Teaching:



This should include theory seminars, workshops and clinical seminars, of not less than 360 hours. The theory seminar programme should last at least two years with a minimum of 3 x 10 week terms of 3 hours teaching per week.

Trainees should be taught the psychoanalytic view of human growth and development, and its application to parent-infant work.

The clinical seminar programme should last at least three years and until qualification.

Psychoanalytic theory is to be taught by experienced and knowledgeable psychoanalytic, Jungian analytic, and psychodynamic psychotherapists and encompass a thorough grounding in theory and psychoanalytic thought and practice. A range of psychoanalytic approaches from the British clinical tradition as detailed in the *Theory and Practice Requirements* document must be taught, to enable trainees to develop a flexible and thorough understanding of the theory base and its clinical application to psychoanalytic work.

In clinical seminars trainees take turns to present their clinical work to the seminar leader and other trainees in conditions of strict confidentiality. Clinical seminars should expose the trainees to different approaches in the British clinical tradition from the ones offered by their supervisors and training therapists.

There must be some teaching on the interface between (perinatal) psychiatry and psychodynamic work in order for practitioners to understand when to seek further advice about patients.

Clinical Work

Psychiatric experience

This is a requirement if the trainee has not had sufficient experience of working with mental illness and observing psychiatric conditions, as detailed in the *Psychiatric Experience* document (currently being updated).

Patient Assessment

Training organisations must ensure that trainees are appropriately trained in psychoanalytic assessment and formulation.

Training cases



Trainees are required to treat cases totalling 24 months of supervised practice. Wherever possible the trainee should have the experience of working in an open ended way. A training case cannot be seen twice weekly unless the student's experience of training therapy is also twice weekly or more.

A psychoanalytic assessment of a potential training case is required and where possible completed by a BPC registrant from the psychoanalytic or Jungian analytic part of the register. It is the responsibility of the training committee to ensure the ability of the assessor to make a psychoanalytic assessment. The final decision as to whether a case is suitable for a particular trainee is made by the training supervisor.

Clinical responsibility

Training Institutions must adhere to the BPC's protocol for clinical responsibility for training cases.

Please see *clinical responsibility protocol* and *clinical responsibility proforma documents* of 2011 (currently being updated).

Supervision

Each training case must be supervised by an approved training supervisor on an individual or small group basis until qualification. If supervision occurs in a small group there must be no more than three trainees. Trainees must have at least one supervision per week.

The supervision should consist of a detailed discussion of the clinical material presented by the trainee about the treatment sessions. The trainee should bring comprehensive process notes detailing their observations, interactions and dialogue of the treatment session or video recordings.

Personal psychoanalytic psychotherapy (Training therapy)

A trainee's personal psychoanalytic psychotherapy must be conducted by an approved training therapist (see below) for the entire length of their training,

Depending on their history of psychoanalytic psychotherapy and current circumstances, trainees are required to be in personal therapy for the duration of the course. The length of time & frequency will depend on past



therapy experience and this will be discussed individually in the intake process. Only analysts registered with the psychoanalytic psychotherapy section of the BPC are accepted as training analysts for the purposes of this course. Fee and payment arrangements are made between the trainee and their analyst.

Selection of Supervisors, Training Therapists and Clinical Seminar leaders.

Supervisors and Training Therapists should be selected by the training institution, and there must be written criteria and procedures in place and available. The selection should be made by a training therapist committee or a subcommittee.

Only psychoanalysts, Jungian analysts and psychoanalytic psychotherapists registered with the BPC are eligible to be considered as training therapists, once they have the required amount of postgraduate clinical experience. This is generally 5 years post qualification and a substantial number of clinical hours (usually three intensive cases) as detailed in the *Selection of Training Analysts/Therapists and Training Supervisors* document.

Psychoanalysts, Jungian analysts and psychoanalytic psychotherapists registered with the BPC, as well as BPC or ACP registered child psychotherapists are eligible to be considered as supervisors, once they have the required amount of postgraduate clinical experience. This is generally 5 years post qualification and a substantial number of clinical hours (usually three intensive cases) as detailed in the *Selection of Training Analysts/Therapists and Training Supervisors* document.

Clinical seminar leaders should be psychoanalysts, Jungian analysts and psychoanalytic psychotherapists registered with the BPC.

Assessment of Trainees

Trainees should be assessed throughout their training and given written feedback at least once per year.

The assessment should include feedback from all staff involved with the trainee, with the exception of the training therapist. The trainees' regular reports on their patients, and the assessment of their contribution to



theoretical and clinical seminars, by teaching staff who are familiar with the trainee, should be discussed and critically evaluated by the members of the training committee. In addition, the external examiner provides a more distanced assessment of the clinical standard of the trainee, as shown in their clinical patient reports and assessments by supervisors and teaching staff.

The external examiner should be available to be consulted at any stage of the training.

Qualification and BPC registration

In order to qualify, trainees must show sufficient competence in all areas outlined in the training institution's standards of proficiency.

The central qualifying process is the assessment of the trainee made by the trainers. Trainees may not graduate or be put on the register until they have met the training requirements.

BPC registration is offered following successful qualification from an accredited Member Institution (MI).

Accreditation of the MI involves a periodic thorough assessment of the training process and the MIs structure and postgraduate body. In addition, annual reports from the external examiner provide a regular assessment of the standard of the training.

The BPC wishes to ensure the psychoanalytic basis of all trainings, and therefore requires that the training therapists, supervisors and clinical seminar leaders are BPC registrants from the psychoanalytic or Jungian analytic section of the register.

To ensure the psychoanalytic basis of the training is maintained an appropriate balance of training committee members (psychodynamic and psychoanalytic psychotherapists) should be sought.

Training institutions have the discretion to vary training requirements in exceptional circumstances and as an interim measure. Any variations should be documented, indicating by whom agreed and brief details of the reasons, to be produced for the next reaccreditation.