

Training therapist selection for psychodynamic counselling training

A psychodynamic psychotherapist may be approved as a training therapist for a once weekly psychodynamic counselling training. The therapist must be approved according to the following requirements and procedure:

Criteria for approval

1. The applicant must be a BPC registered psychodynamic psychotherapist.
2. The applicant should have been in practice for at least five years post qualification.
3. The applicant should have experience of personal therapy of at least two years at a frequency of three times weekly or more with a BPC registered training therapist who is a psychoanalyst, Jungian analyst or psychoanalytic psychotherapist. This may be as part of the original training and/or subsequently.
4. The applicant should have post qualification experience of two patients seen twice weekly under the supervision of a BPC registered psychoanalyst, Jungian analyst or psychoanalytic psychotherapist. One patient is to be seen for at least three years and the other for at least two years.
5. The applicant should have ongoing supervision on their trainee patient with a BPC registered psychoanalyst, Jungian analyst or psychoanalytic psychotherapist.

Procedure for approval

- 1 The applicant must complete an assessment process overseen by the Training Therapist Committee, comparable to that undergone by psychoanalytic training therapists and supervisors, to include an application, references, and the presentation of clinical work to at least two



assessors appointed by the Training Therapist Committee. The presentation will be either to a panel of assessors or to a number of individual assessors.

- 2 The assessors must be psychoanalysts, Jungian analysts or psychoanalytic psychotherapists, at least one external to the organisation and at least one to be a Training Therapist and supervisor.
- 3 Two references will be required, one from the current supervisor (see 4 above) and one from another BPC registered psychoanalyst, Jungian analyst or psychoanalytic psychotherapist.
- 4 The applicant must be able to demonstrate to the assessors that he or she has a well- established analytic frame and a thoroughly developed understanding of unconscious dynamics, together with the necessary personal and professional qualities, including:
 - A capacity to engage with the internal world of the patient as it is expressed within the transference
 - A commitment to, and personal responsibility for, continued professional development and appropriate supervision.

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