

BRITISH/ PSYCHOANALYTIC /COUNCIL

Accreditation Criteria

Training modality: Psychodynamic Psychotherapy (PDP)

Patient group: Adult

These are considered to be the minimum requirements; most trainings include additional training elements, for example an Infant Observation, a third year of theory seminars, or further training cases.

Selection of suitable candidates:

Applicants should:

- be evaluated in terms of integrity and psychological aptitude as suitable to work at depth with adults.
- have completed a basic introductory course in psychoanalytic theory or the equivalent.
- ideally have a background in allied professions and have a degree, usually but not necessarily in medicine, nursing, psychology or social work, and be able to demonstrate an ability to work to a high academic standard.

Duration of training:

A minimum of four years must be completed before qualification. Each year should consist of thirty weeks per year with three hours teaching per week. One year of an entry requirement course may be included in those four years.

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. Of that, 180 hours must be theory seminars over at least two years.

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 or psychodynamic psychotherapists, and encompass a thorough grounding in theory and psychoanalytic thought and practice. To enable trainees to develop a flexible and thorough understanding of the theory base and its clinical application to psychodynamic work, a range of psychoanalytic approaches from the British clinical tradition must be taught, as detailed in the *Practice Requirements* document.

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 psychiatry and psychodynamic work in order for trainees 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 Providers must ensure that trainees are appropriately trained in psychodynamic patient assessment and formulation.

Training cases

Trainees are required to treat two cases under weekly supervision. Each of the two cases, of different sexes, is to be treated at a frequency of not less than once and no more than twice weekly for a minimum of one year. Wherever possible, the trainee should have experience of working in an open-ended way. A training case cannot be seen twice weekly unless the student's training therapy is also twice weekly or more.

A psychoanalytic assessment of a potential training patient 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 providers must adhere to the BPC's protocol for clinical responsibility for training cases.

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

Supervision

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

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.

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.

Wherever possible, the training therapy should be initiated at least six months before starting academic seminars. The training therapy must continue at least until qualification.

Training therapy frequency should preferably be three times weekly and no less than once weekly. A training case cannot be seen twice weekly unless the trainee's training therapy is also at least twice weekly.

Selection of Supervisors, Training Therapists and Clinical Seminar leaders

Supervisors and training therapists should be selected by the training



provider and there must be available written criteria and procedures in place. The selection should be made by a training therapist committee or a subcommittee.

Only BPC registered psychoanalysts, Jungian analysts and psychoanalytic psychotherapists can be considered as supervisors and training therapists, once they have the required postgraduate clinical experience. This is generally five years post-qualification, and a substantial number of clinical hours (usually three intensive cases) as detailed in the *Approval of training therapists and supervisors* document (currently being updated).

Clinical seminar leaders should be BPC registered psychoanalysts, Jungian analysts or psychoanalytic psychotherapists.

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, except for the training therapist, and include six-monthly written patient reports.

The training committee will discuss and critically evaluate the reports the trainees write about their training patients and teaching staff assessments of their contribution to theoretical and clinical seminars. In addition, the external examiner provides a more distanced assessment of the trainee's clinical standard as shown in their clinical patient reports and assessments by supervisors and teaching staff.

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

Qualification and BPC registration

To be eligible to qualify, trainees must show sufficient competence in all areas outlined in the training provider's standards of proficiency.

The central qualifying process is the trainers' assessment of the trainee. Trainees can only graduate and be included in the BPC register once 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, the management 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 training therapists, supervisors and clinical seminar leaders are BPC Registrants from the psychoanalytic or Jungian analytic section.

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

BPC Registration Committee, March 2021

Associated BPC Documents:

- Approval of training Therapists and Supervisors
- Clinical Responsibility Protocol
- Clinical Responsibility Pro forma
- Practice Requirements
- Psychiatric Experience