

Introduction

The British Psychoanalytic Association (BPA) is a Component Society of the International Psychoanalytical Association (IPA). It is also an association within the British Psychotherapy Foundation (*bpf*) and has its own Constitution and Training. The BPA has the approval of the IPA to train and qualify candidates.

The main features of the training are outlined below.

Administration of Training

The BPA Board, which is the elected executive and policy-making body of the BPA, maintains overall responsibility for the training but delegates the responsibility for running the training to the BPA's Training Committee. The Board gives final approval to the selection of candidates and their qualification for Membership and informs the *bpf* Board which endorses membership of the *bpf*.

The BPA shares the use of the administrative offices and staff and the library and seminar rooms with the other associations of the *bpf*.

Requirements for Training

Applicants are expected to have:

Academic Qualifications: A first degree or equivalent.

Work Experience: Applicants are accepted from a wide range of disciplines and working backgrounds but work experience in psychology, medicine, nursing, social work, and teaching are recognised as particularly relevant.

Worked in a Mental Health Setting: Applicants are required to have experience of work with psychiatric patients. Applicants without this will be required to undertake a placement in a mental health setting during the first year of their training.

Had Personal Psychoanalysis: This has to be with a BPA approved training analyst at a minimum of four times a week, for at least one year prior to starting the training. We can help find a suitable training analyst if required.

Application and selection

Prior to applying potential applicants are welcome, and will find it helpful, to have an informal discussion about the training and their particular situation. When formally applying applicants must submit copies of all degrees and diploma certificates with the completed application form as well as the names of two referees. Applicants will have three interviews with three different analysts before a decision is made as to whether they have been accepted.

Fees and Subscriptions

Candidates pay fees annually to the BPA for all the Seminars. Candidates negotiate fees with their Training Analyst and Supervisors and pay them directly for their personal analysis and supervision.

Candidates pay a significantly reduced subscription for student membership of both the BPA and the *bpf*. This also covers administration of the training and use of facilities such as the Library. Candidates may also be asked for a subscription to cover membership of the European Psychoanalytical Federation (EPF) and the International Psychoanalytical Studies Organisation (IPSO), the student body for candidates in training with IPA societies.

Training Content

Personal Psychoanalysis

A candidate's personal psychoanalysis is central to his/her development as a psychoanalyst and must be continued four or more times weekly with a BPA approved training analyst until Membership has been obtained.

Theoretical Seminars

Candidates are required to attend Theoretical Seminars once a week for four years. Seminars take place from 8.30 to 10.00 p.m., usually on Tuesdays over three terms which range from ten to thirteen weeks. Seminars take place either at the *bpf* house in Kilburn, or at the seminar leaders' consulting rooms.

There will be occasional extra teaching on a Saturday morning to cover important topics for which there is insufficient space in the Theoretical Curriculum.

Seminars offer candidates an understanding of the history of psychoanalytic ideas starting with Freud and including, in particular, the study of Independent and Kleinian Object Relations Theories followed by post Kleinian and other recent developments. There are also seminars on technique, psychopathology and key analytic concepts. The aim of the theoretical programme, combined with the other aspects of the training, is to provide candidates with sufficient understanding of analytic concepts and the complexity of the human psyche to be able to function independently as an analyst by the end of the training.

- Year 1** An introduction to psychoanalysis including discussion on 'What is Psychoanalysis'. The study of Freud's writings. Seminars include Freud's early ideas, his metapsychological papers and his papers on technique.
- Year 2** The development of Freud's ideas by the Object Relation Schools of Klein, Winnicott, and others. Child Development. Key Concepts such as transference, countertransference and sexuality.
- Year 3** Psychopathology: depression, narcissism, psychosis, perversions, borderline personality disorders, Dreams.
- Year 4** Bion and Post Kleinians, Contemporary Independent Thinking, Ethics, Assessment and a series of final seminars aimed at a 'synthesis' of the four years of theory.

Infant Observation Seminars

During the first year of the course trainees are required to observe a mother and her baby in the family setting once a week for an hour. The observations are written and discussed at a weekly seminar. An Infant Observation paper is written by the candidate (4000-6000 words) and this must be passed before the candidate can apply to take on a first training patient. Seminars take place on Thursday evenings.

Clinical Seminars

Clinical seminars are held on a weekday evening from 8.30-10.00pm from the second year until qualification. Seminars take place on Thursday evenings until qualification. They provide the opportunity for candidates to present and discuss the treatment of their training patients in a small group with experienced BPA seminar leaders of different psychoanalytic orientations.

Treatment of training patients

Candidates are required to treat two patients (one male and one female), each for a minimum of four sessions per week, in accordance with the Code of Ethics of the British Psychoanalytic Council and the BPA's Guidelines on Confidentiality. One training patient must be treated for at least two years and one for at least 18 months although it is expected that the analytic treatment will continue well beyond these periods of time. An application to take a first patient may take place at the end of the first year. An application to take a second patient may take place after the first patient has been seen for six months. The BPA's Low Fee Service will help to find a suitable patient for candidates. Candidates are required to write reports on their patients every six months and seminars are held to help with report writing.

Supervision

Each training patient will be discussed in weekly supervision with a BPA approved training analyst. It is required that the candidate works with a supervisor of each sex. Supervision will continue throughout the training until Membership is obtained.

Progress Advisers

Each candidate will have a Progress Adviser assigned throughout the training. The role of the Adviser is to be a link between the candidate and the Training Committee.

Continuous Assessment

The Training Committee is responsible for all decisions at each stage of the candidate's training. Throughout all aspects of the Training each candidate's development is continuously assessed which helps to identify both strengths and difficulties and provides an opportunity for the latter to be addressed before they become too problematic. Annual meetings between Progress Advisor and candidate provide an opportunity for both parties to participate in a constructive on-going appraisal and discussion of the candidate's development.

Feedback from Candidates

The Training Committee values feedback from candidates about all aspects of the Training and candidates have an opportunity to raise issues and provide feedback to the Training Committee in a number of ways.

Scientific Life

During their training candidates have opportunities to participate in the scientific life of the BPA, the IPA, the *bpf*, the EPF and IPSO by attending the Scientific Meetings, Congresses and Workshops held by these organisations.

Qualification and Membership

In assessing a candidate's readiness to qualify the Training Committee, through discussion with the Progress Adviser, will review reports from Seminar Leaders and Supervisors. The Training Committee will be looking for evidence of sufficient understanding and development of candidates' clinical and analytic work with their training cases. As part of the assessment process candidates will be required to write a Clinical Paper of 6-7000 words based upon work undertaken with one of the training patients. It will be read by two Readers who will then meet with the candidate to discuss the paper. The Readers will then submit a written report to the Training Committee, indicating whether they consider the paper to be satisfactory or not. The final decision as to the candidate's readiness to qualify is made by the Training Committee.

On qualification candidates will:

- Become a Member of the BPA
- Become a Member of the IPA
- Become a Member of the *bpf*
- Be eligible to register with the British Psychoanalytic Council (BPC) as a psychoanalyst
- Have access to post-graduate seminars, courses and conferences organised by the BPA for their further development as a psychoanalyst.

To arrange an informal interview or to receive an Application Form, contact:

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ASSOCIATION



The BPA is a Society of the International Psychoanalytical Association (IPA) as well as an Association within the British Psychotherapy Foundation (BPF) - registered Charity 1150806