



# prospectus

## Training in Psychoanalysis

British Psychoanalytic  
Association (BPA)  
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INTERNATIONAL  
PSYCHOANALYTICAL  
ASSOCIATION

The BPA is a Component Society of the  
International Psychoanalytical Association  
(IPA) and also a Society within the  
British Association of Psychotherapists  
(BAP) - registered charity no:281720



## Introduction

The British Psychoanalytic Association (BPA) is a Component Society of the International Psychoanalytical Association (IPA). The BPA is an IPA Society with its own Constitution and Training within the British Association of Psychotherapists (BAP). 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, the running of which is delegated to the BPA's Training Committee. The Board gives final approval to both the selection of candidates and their qualification as psychoanalysts and informs the BAP Council.

The BPA shares the use of the administrative offices and staff, the library and seminar rooms with the BAP.

## Requirements for Training

### Applicants are expected to have:

- Academic Qualifications - A first degree or equivalent
- Pertinent Work Experience - Experience of work in psychology, medicine, nursing, social work and teaching are considered particularly relevant. We also look forward to attracting candidates from a wide range of disciplines and working backgrounds
- Had Personal Psychoanalysis with a BPA approved training analyst at a frequency of four or five times a week, for at least one year prior to starting the training.  
The BPA would be pleased to advise finding a suitable training analyst
- Worked in a Mental Health Setting - If an applicant has not had experience of work with psychiatric patients they will be expected to undertake a placement in a mental health setting during their training.

## Application and selection

Prior to applying potential applicants are welcome to have a preliminary discussion about the training. 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 then have three or four interviews before a decision is made as to whether they have been accepted.

## Duration of Training

The training course is part-time and seminars are in the evenings so that candidates are able to continue to work during their training. The length of the training is expected to vary, with four years being the minimum.

## Fees and Subscriptions

Candidates pay fees to the BPA for the Seminars. These are reviewed annually. Candidates negotiate with and pay directly their Training Analyst and Supervisor for their personal analysis and supervision.

Candidates pay a significantly reduced student subscription to both the BPA and BAP for the administration of the training and for use of facilities such as the Library. The BPA student subscription also covers 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 until obtaining Membership.

**Theoretical Seminars:** Candidates are required to attend Theoretical Seminars once a week for four years. Seminars take place from 8.30 to 10.00 pm, usually on Tuesdays over three terms which range from ten to thirteen weeks. Seminars take place either at the BAP house, or at the seminar leader's consulting rooms.

From time to time each term seminars will be scheduled on a Saturday morning.

Seminars offer candidates an understanding of the history of psychoanalytic ideas including the study of Classical and Contemporary Freudian Theories and Independent and Kleinian Object Relations Theories. There are also Seminars on Psychopathology and Further Developments in Concepts and Technique.

**Year 1:** An introduction to psychoanalysis including discussion on 'What is Psychoanalysis'. The study of Freud's writings. Ethics.

**Year 2:** The development of Freud's ideas by the Object Relation Schools of Klein, Winnicott, Balint, Fairbairn, Bion and others. Child Development.

**Year 3:** Psychopathology: psycho-neurosis, depression, pathological mourning, narcissism, psychosomatics, perversions, character and borderline personality disorders and psychosis. Theory of technique. Key analytic concepts such as transference and countertransference and their relation to technique.

**Year 4:** There are some Compulsory Modules that include Assessment/Initiating Psychoanalysis with a Patient, Comparative Clinical Concepts, Research Issues, Further Thoughts about Ethics and the Relation between Theoretical Concepts and Analytic Technique and Further Exploration about 'What is Psychoanalysis'; and some Optional Modules – candidates can submit requests for topics to be covered such as further development of a particular theory.

**Infant Observation Seminars:** During the first year of the course candidates 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 weekly seminars led by an analyst. An Infant Observation paper is written by the candidate (approximately 4000-6000 words). This must be passed before the candidate can apply to take on a first training patient. Seminars will usually take place on a Thursday evening.

**Clinical Seminars:** Clinical seminars are held on a weekday evening from 8.30-10.00pm from the second year, usually on a Thursday evening, 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 to five sessions per week, in accordance with the BPC Code of Ethics and 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 be long term and continue well beyond these periods of time. An application to take a first patient may take place at the end of the first year or the beginning of the second year. Before applying an Infant Observation paper must have been approved by the Training Committee. An application to take a second patient may be made after the first patient has been seen for six months. The BPA's Low Fee Service will help to find suitable patients for candidates.

**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 patient and 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. Candidates are encouraged to contact their advisor concerning work or personal issues that are likely to have repercussions on their progress.

**Continuous Assessment:** The Training Committee is responsible for all decisions in connection with each stage of the candidate's Training progress. Throughout all aspects of the Training each candidate's development is continuously assessed which helps to identify strengths and difficulties and to address the latter before they become too problematic. Annual Meetings between Adviser and Candidate provide an opportunity for both parties to participate in an 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 will have an opportunity to raise issues and provide feedback to the Training Committee in a number of ways.

**Scientific Life:** During their training candidates will have opportunities to participate in the scientific life of the BPA, the IPA, 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 a capacity in candidates to establish and sustain an analytic process 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 is expected that the paper will demonstrate a candidate's capacity to integrate theory with clinical work. It will be read by two Readers who will then meet with the candidate to discuss the paper. A written report from the readers will then be submitted to the Training Committee, indicating whether they consider the paper to be satisfactory or not.

## Qualification and Membership contnd.

### On qualification the candidate will:

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

**Continuous Professional Development:** All qualified members are expected to continue with a programme of continuing professional development (CPD) to support and develop their professional practice, and to report these activities to an Audit carried out annually by the BPC.

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### For an application form or to arrange an informal discussion, contact:

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