



Scottish Training in Psychoanalytic Psychotherapy (STPP)

PROSPECTUS

2020- 2023

**PROFESSIONAL TRAINING IN
ADULT PSYCHOANALYTIC PSYCHOTHERAPY**

A BPC REGISTERED COURSE



Introduction

Psychoanalytic Psychotherapy draws on theories and practices of analytical psychology and psychoanalysis. It is a therapeutic process which enables patients to better understand and change deep seated, and often unconsciously based, emotional problems and patterns of behaviour which cause distress. Psychoanalytic Psychotherapists work with patients experiencing serious psychological disorders as well as those seeking a greater sense of meaning in their lives through increasing awareness of their inner world and its influence over past and present relationships.

The Scottish training in adult psychoanalytic psychotherapy was begun in Edinburgh in 1973 by a group of psychoanalysts under the chairmanship of the late Dr J. D. Sutherland, a former Director of the Tavistock Clinic in London. From 1973 until 2012 the training was delivered by the Scottish Institute of Human Relations (SIHR) which subsequently became Human Development Scotland. From September 2013 the Scottish Association of Psychoanalytic Psychotherapists (SAPP) assumed full responsibility for the training which became the Scottish Training in Psychoanalytic Psychotherapy (STPP). The training is accredited and regulated by the British Psychoanalytic Council (BPC) of which SIHR was a founding member.

The theoretical component of the training takes four years to complete. However, most trainees will require a longer period of time in order to complete the clinical requirements. The course, though demanding in terms of commitment, is seen as a stimulating and rewarding experience.

The Scottish Training in Psychoanalytic Psychotherapy provides those with a core training (or equivalent) in the caring professions with the opportunity of extending their knowledge of human development and complex relationships through the study of psychoanalytic theory, personal psychotherapy, one to one intensive clinical work and supervision. We also welcome applicants from other disciplines, such as those from teaching, academia, art and literature or the sciences.

This higher training forms the basis for a senior/consultant post in the NHS or other public services or for working as a registered psychoanalytic psychotherapist in private practice. It would be expected that, on completion, the qualified graduate would act as a trainer within his or her own professional area, as well as stimulating and disseminating psychoanalytical knowledge to the wider community.

Outline of the Training

The training consists of a Pre-Training Period followed by a four-year course of academic and clinical seminars and supervised clinical practice with two patients. Throughout the training, and until qualification, the trainee is engaged in personal analysis four times a week which may continue thereafter by mutual arrangement.

Pre-Training Period

Introductory Reading

On acceptance to the course, trainees are given a recommended reading list.

Progress Advisor

On acceptance to the course the trainee will be allocated a Progress Advisor who will meet with the trainee to discuss their entry to the course and help them prepare for this. Trainees should meet their Progress Advisor at least once a year and are expected to contact them at other times as the need arises.

The functions of the Progress Advisor are:

1. Together with the trainee, to review the trainee's progress.
2. To provide help and advice or pass on to the Training Committee concerns which it is not appropriate for the trainee's analyst or supervisors to raise.
3. To help the trainee think about taking on their training patients and to advise them as to whom they might approach for supervision.

Infant Observation Seminars

Completion of the Infant Observation course (currently run by Human Development Scotland, in Glasgow) is a requirement of the training that can be undertaken any time prior to or after acceptance. Trainees find it a good introduction to psychoanalytic reflection and it is recommended that it is taken up before beginning the academic and clinical seminars.

The Infant Observation course runs over four terms and trainees are asked to find and observe a new born baby in the child's family home for a period of one year. This hour long, weekly, observation is discussed by the trainee at weekly seminars facilitated by an experienced child or adult psychoanalytical psychotherapist. The aim is to heighten capacity for psychoanalytic observation and understanding, and to provide a lived experience of the emotional development of the infant in the context of mother-baby and family relationships.

Personal Analysis

The experience of personal analysis is a cornerstone of the training. It allows the trainee an experience of the analytic relationship, process and development. It aims to facilitate personal insight, learning and development. Working intensely with a patient is emotionally demanding and concurrent personal analysis is seen as essential to identify and address the issues and themes that belong to the trainee.

The successful applicant is asked to choose an approved training analyst, who must be a member of the STPP Training Committee. Trainees are expected to begin personal analysis at least one year before the course commences.

The training analysis consists of a minimum of four sessions weekly, which continue at least until the trainee has qualified.

The training analyst's work with the trainee is confidential and the training analyst does not attend the parts of committee meetings where his/her analysand's progress is being discussed.

Psychiatric Experience

In the Pre-Training Period it is essential for candidates who have been accepted to review their professional psychiatric experience. There are various recommendations laid down by The British Psychoanalytic Council (BPC). These include the need for the trainee to have had some experience of interacting with in-patients in a psychiatric hospital. It is particularly important to be involved in assessment and diagnosis. It is the trainees' responsibility to acquire such experience if they do not already have it. The Training Committee and Progress Advisor, however, will assist in this. It is likely to require at least six months of attachment to an in-patient unit, apart from other opportunities relevant to the individual trainee and their particular needs.

Conferences

The Psychotherapy Section of the Royal College of Psychiatry organises a yearly conference, which is a popular forum for meeting others involved in psychoanalytic work in Scotland. Similarly, periodic conferences are jointly organised by SAPP and the Institute of Psychoanalysis (normally in Edinburgh) which trainees are expected to attend. Conferences in different parts of the UK are organised by the BPC which trainees are welcome to attend and information regarding such conferences will be publicized during training.

Following successful completion of the Pre-training Period, trainees move on to the main body of the clinical training, comprising four strands of study and activity:

1. The Academic seminars
2. The Clinical seminars
3. Clinical experience and Supervision
4. Personal analysis

1. The Academic seminars

* Currently, due to the COVID 19 pandemic, the seminars are held online. In the future they may be offered in person and online.

The academic seminars operate as a "rolling programme" i.e. they run on a four year cycle, with trainees in the first, second and third years all forming part of the same seminar group for the year. This means that trainees start seminars at different points in the cycle, depending on the year of intake. For this reason it essential that the trainee undertake the Introductory reading indicated, so that they can start the seminars with a broad background grasp of the field.

The fourth-year curriculum is planned around trainees' specific academic and clinical needs.

The academic seminars provide an outline of psychoanalytical thought from its classical origins to the modern thinking and practice of psychoanalytical work. The seminars cover the work of Freud and the emergence and impact upon psychoanalysis of the works of Klein, Fairbairn, Winnicott, and Bion as well as current writers and practitioners. The development of psychoanalytical technique is also studied, as are theories of human development, psychopathology, and psychoneurology.

There are also seminars on ethics, research and organisational dynamics. The programme is under the supervision of the Curriculum Co-ordinating Group who are all members of SAPP.

STPP trainees have access to a comprehensive SAPP library of relevant publications and online membership of the Tavistock Library.

2. The Clinical Seminars

* Currently, due to the COVID 19 pandemic, the seminars are held online. In the future they may be offered in person and online.

Clinical seminars begin in the first year and continue until qualification. These seminars are facilitated by experienced clinicians and allow trainees to present work with their training cases to the seminar group for discussion.

3. Clinical Experience and Supervision

* Currently, due to the COVID 19 pandemic, supervision is held online. In the future supervision may be offered in person and online, by negotiating with the analyst.

Trainees see two training patients during the training. The first patient is seen three times weekly for two years and the second patient is seen three times weekly for eighteen months. The trainee has a different supervisor for each case. The supervisors are drawn from the STPP Training Committee on the advice of the Progress Advisor. Trainees are expected to complete six-monthly reports on each training patient.

The first training patient is usually taken on following the first year of academic seminars, with the approval of their analyst. After seeing their first patient for six months the trainee will write a six-monthly report. If the clinical work and report are satisfactory, they will be given permission to proceed with a second training patient.

4. Personal Analysis

The trainee will continue analysis with the analyst with whom they have been working through the pre-training period.

Course Assessment

There is continuous assessment of the trainee's work throughout the course until final qualification. The STPP Training Committee monitors each trainee's progress through its regular business meetings. The aim of this continuous assessment procedure is to ensure that the trainee receives feedback on his/her progress, so that any difficulties can be addressed at an early stage.

The assessment process includes:

1. Consideration of reports from the various seminar leaders: the Infant Observation seminar, the Academic seminars and the Clinical seminars.
2. Consideration of the Infant Observation paper completed at the beginning of the training.
3. Consideration of reports from the supervisors submitted after evaluation of the trainee's six-monthly reports, in discussion with the two readers.
4. Consideration of the Case Study
5. Twice-yearly meetings with Progress Advisor.

Code of Ethics

Trainees and staff are bound by the Code of Ethics and Practice, Ethical Guidelines, Statement of Confidentiality, all approved by the BPC. A copy of these publications will be given to each trainee at the beginning of the course and updates will be given as necessary.

Fees

There is a one-off application fee of £150 (payable to Scottish Association of Psychoanalytical Psychotherapists (SAPP)).

Infant Observation Course - £1,370 (payable to Human Development Scotland).

Infant Observation Course – There is a one-off administration fee of £200 (payable to the Scottish Association of Psychoanalytical Psychotherapists (SAPP)).

Seminar fees – payable to Scottish Association of Psychoanalytical Psychotherapists (SAPP) annually or termly, £2,750 per annum.

There is an annual course fee for clinical seminars taken after the first four years of training. As a trainee might qualify part way through the year, half of the annual fee will normally be payable for participation in seminars up to the mid-point of the year. When a trainee attends seminars beyond the mid-point of the year the full annual course fee will be payable.

The STPP Training Committee reserves the right to increase fees, if necessary, before the beginning of the course and to review them annually.

The hourly fee for both personal analysis and supervision is arranged between training analyst or supervisor and trainee. In setting the fee the therapist or supervisor considers the trainee's needs, resources and financial situation.

It may be possible to obtain small Bursary assistance through The Susan Emery Trust (www.susanemerytrust.org.uk), The Sutherland Trust (www.sutherlandtrust.org.) or The Guntrip Trust (www.guntriptrust.com).

Payment of Fees

Payment of fees may be made by cheque - made payable to 'Scottish Association of Psychoanalytic Psychotherapy' and posted to the STPP Administrator, or through BACS:

Bank: TSB Account name: Scottish Association of Psychoanalytic Psychotherapy Account No.: 89603060 Sort Code: 87 37 16 Reference: STPP (Your name) Fees	STPP Administrator: Catherine Rutter admin@sapp.org.uk
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Qualification:

The Scottish Association of Psychoanalytical Psychotherapists

When the STPP Training Committee decides that all criteria for qualification have been satisfied, the trainee is able to apply to become a member of the Scottish Association of Psychoanalytical Psychotherapists (SAPP). This organisation is the independent qualifying body and the only professional association in Scotland for those qualifying in psychoanalytical psychotherapy. In turn, this meets the standards set by the British Psychoanalytic Council in the field of Adult Psychotherapy.

The British Psychoanalytic Council

The BPC is composed of various psychoanalytic and psychodynamic professional training organisations of which SAPP is a Member Institute. All meet the same rigorous standard of training. The BPC liaises with other bodies, e.g. the Health Professions Council and government bodies on behalf of its Member Institutes in matters of policy. It has a code of ethics and a complaints procedure. Its register of members is available to the public. When the graduate from the STPP training is accepted for membership of SAPP he/she becomes eligible to apply to be included on the BPC Register.

Enquiries

Those considering application to the Scottish Training in Psychoanalytic Psychotherapy, who wish to have a discussion about the information contained in this Prospectus or about their own circumstances should, in the first instance, contact the Administrator, Ms. Catherine Rutter via e-mail stpp@sapp.org.uk

Social Media

SAPP maintains a website (www.sapp.org.uk) with information about membership, training, events, the history of psychoanalytic training in Scotland, links, and resources for further study. SAPP's Twitter account can be found through its username SAPP or @SappStpp

Applications

Those wishing to apply for a place on the Scottish Training in Psychoanalytic Psychotherapy should send a CV and the name of two referees to the Training Advisor, with a covering letter. The covering letter should say a little about the applicant, their background and their reasons for applying for the training. A cheque for £150 should accompany the application. Cheques should be made payable to Scottish Association of Psychoanalytical Psychotherapists (SAPP).

SAPP aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

Selection

Currently, due to the COVID 19 pandemic, selection interviews are carried out online and include two meetings with each of the interviewers.

Becoming a psychoanalytic psychotherapist is not just another academic hurdle or the acquisition of a technique, but the achievement of a maturational task. This takes place in a setting in which the three major learning processes – personal psychotherapy, academic and clinical seminars, clinical supervision – overlap and provide an integrated experience. With this in mind, the STPP Training Committee places great emphasis on the interview with the applicant. The applicant is assessed in two separate interviews by individual members of the STPP Training Committee. A third interview may follow if necessary.

Members of the STPP Training Committee

Mrs Molly Ludlam – Chair of STPP
Mrs Anne Amos
Dr Susie Bainbrigge
Ms Joanne Brooks
Ms Audrey Neill
Dr Aileen Ogilvie
Mrs Esti Rimmer
Mr Jonathan Sperber
Dr Gail Taylor

External Examiner – Ms. Susan Godsil