



Association for Psychoanalytic
Psychotherapy of Western Australia

PROSPECTUS: TRAINING PROGRAMMES IN PSYCHOANALYTIC PSYCHOTHERAPY (commencing mid-2019)

Adult Psychotherapy Stream

and

Child and Adolescent Psychotherapy Stream

Introduction

The aim of this document is to provide details of the APPWA Training Programme in Psychoanalytic Psychotherapy that is to commence in mid-2019. The information provided is taken from the Training Handbook, which will be made available to successful applicants when an offer of a place on the course is made.

Questions or requests for further information can be addressed to:

Carmel Cairney	0408 960 166
Jan Grant	0418 644 509
Marika van Renselaar	0411 168 819

About APPWA

The Association for Psychoanalytic Psychotherapy of Western Australia (APPWA) is a multi-disciplinary body of psychotherapists. This Association is affiliated with the Psychoanalytic Psychotherapy Association of Australasia (PPAA), a national body which oversees standards and conduct for the practice of psychoanalytic psychotherapy, and for training in psychoanalytic psychotherapy, in Australasia. The PPAA has member associations in New South Wales, Victoria, Western Australia, South Australia, Queensland and New Zealand. The PPAA organises an annual conference, organises seminars with national and international speakers and publishes the Psychotherapy Journal of Australasia. The PPAA, along with similar psychoanalytic organizations, have recently formed the Australasian Confederation of Psychoanalytic Psychotherapies. The primary aim is to enhance the credibility and political power of this form of treatment and to build bridges at an organizational level.

As a professional association of psychotherapists, APPWA provides continuing education and supervision for practising psychoanalytic psychotherapists, a forum for clinical discussion, and training in the practice of psychotherapy.

Successful completion of the Training Programme meets the formal requirements for Clinical Membership of APPWA. However, such membership must be applied for in a separate process.

The Training Programme

The course provides an integrated training in psychoanalytic psychotherapy, which incorporates theory, practice, supervision, and personal therapy. The Training Programme commencing in mid-2019 will involve two streams of training, in *either* **Adult Psychotherapy** *or* **Child and Adolescent Psychotherapy**. Theoretical teaching will be combined for both streams where appropriate. There is a requirement for substantial *concurrent* participation in the four elements of training:

- Infant Observation
- Theory Seminars
- Supervision of clinical practice with two training cases
- Personal psychotherapy

Each of these is described in more detail below.

The duration of the course is 4 years. Some trainees may take 5 years to complete the requirements, due to the need to find suitable cases for supervision and then to see the supervised cases for the required period of time.

The APPWA Training Committee is appointed by the Executive of APPWA in order to train psychotherapists in psychoanalytic psychotherapy. The Training Committee maintains a register of faculty members who are qualified and available to provide clinical supervision, training psychotherapy, and theoretical teaching. Supervision and training psychotherapy are provided by full clinical members of APPWA, and online by full clinical members of other PPAA member associations (MAs).

Infant Observation

For the first time, this Training Programme will have as a requirement the completion of a one-year **Infant Observation Seminar** with an APPWA approved facilitator. Successful applicants who have completed an Infant Observation can apply for a credit. Successful applicants who have not completed an Infant Observation will be able to do so in the 4th year of training.

Once a place in an Infant Observation seminar group is arranged, trainees contact an expectant mother and her family prior to delivery, and then visit her and her baby at home at weekly intervals until the baby is twelve months old. Careful recordings of the observations made during the visits are kept and are then considered in weekly supervision small group sessions with a facilitator. These seminars run for one and a half hours and are held at a time offered by the facilitator. Each small group and facilitator remain together, at least

until the infant has reached twelve months old. The discipline of being an attentive observer of a developing relationship which involves intense feelings provides a solid foundation for involvement with emotional states evoked in the clinical situation.

Theory Seminars

Trainees will be required to attend and participate in a three-year programme of theoretical seminars. Each year will be divided into two semesters with breaks for school holidays; within each semester there will be fifteen seminars, each of two hours duration. Approximately half the theoretical sessions will be for the combined Adult and Child and Adolescent training streams. From time to time, seminars may be combined to make a longer workshop at a weekend. Progress through the Training Programme is dependent on a satisfactory level of attendance and participation in theoretical seminars.

Theoretical seminars will be conducted in the manner of post-graduate tutorials. Trainees will be required to prepare for seminars by reading specified material, which will be provided in advance. Trainees will be expected to have given thought to the major issues of the seminar, and, in turn, to take responsibility for presenting material and central questions to the group, and for conducting the discussion. Some seminar facilitators may present prepared material, but for the most part, it is expected that seminars will involve group discussion of the reading material and its implications for clinical assessment and psychotherapy. Satisfactory theoretical seminar participation is heavily reliant on regular reading of appropriate literature. Trainees should consider the recommended reading as a starting point, and not limit their reading to the recommended material.

In addition to theoretical seminars, each trainee will be expected to present clinical material in periodic Saturday morning case presentation seminars, as directed by the Coordinators of the theoretical programmes. These seminars will be organised according to the clinical needs of the trainees and will not be assessed, although attendance is required.

The theoretical training is regarded as an extremely important component of training, and only in extreme circumstances should trainees seek leave from attendance at a seminar. It is expected that trainees will, during the period of the training programme, organize holidays and other absences to coincide with breaks in the theoretical programme. Each semester will end with a review session when the trainees meet with members of the Training Committee.

Supervision

Supervision is an important part of training, and trainees are required to undertake approved clinical supervision from the beginning of the programme. The Training Committee will maintain a register of approved Supervisors who are either full clinical members of APPWA or of other Member Associations of the PPAA. Supervision can be undertaken with approved clinicians face-to face in Perth, or remotely with approved clinicians within Australia.

The cases supervised must be of individual psychotherapy. To meet the training supervision requirements, all trainees must have been supervised weekly in treatment of at least two cases.

Adult Psychotherapy stream:

- one case will be seen twice weekly for a minimum of two years
- the second case will be seen twice weekly for a minimum of one year.

Child and Adolescent Stream:

- one case will be seen weekly
- one case will be seen twice weekly
- one case will be treatment of a child and the other case treatment of an adolescent.

All trainees will be required to have negotiated a supervision contract with an approved supervisor by the end of the first semester.

From time to time, APPWA has visiting supervisors from interstate or overseas. APPWA will undertake to inform trainees of such visitors and trainees may wish to receive supervision from such visitors. Occasionally the Training Committee or an individual supervisor may advise one or all of the trainees to seek supervision from a visitor: this would occur at most twice per year. The cost for visiting supervision will be borne by the trainee

Fees for training supervision will be negotiated between supervisor and trainee. (See Appendix 1 for schedule of fees and costs.). Training supervision is tax deductible.

The theoretical framework and the method of presentation of material will be negotiated between the supervisor and trainee, for approval by the Training Committee. In general, it is expected that the model for supervision will be consistent with the model of the particular trainee's training psychotherapy.

For individual supervision, supervisors and trainees will meet weekly for a fifty-minute hour for a minimum of forty (40) sessions per year. It is expected that during each training year the trainee in the Adult Psychotherapy stream would have at least 80 psychotherapy sessions with the patient (pro rata for the weekly child case). Where trainees have completed the three-year theoretical programme, but have not completed all assessment requirements, supervision must continue on a weekly basis.

Trainees who wish to do so may apply for a change of supervisor after eighteen months (i.e. a minimum of sixty supervision sessions). While not requiring a change of supervisor the Training Committee would encourage it as a way of broadening the experience of trainees.

In undertaking the APPWA Training Programme, trainees give their permission for supervisors to provide feedback to the Training Committee. This applies both to regular supervision, and to supervision by visiting supervisors. Supervisors will provide formal feedback on the progress of supervision after an initial six-month period, and thereafter at six monthly intervals. The feedback report will be discussed with the trainee prior to submission to the Training Committee. Following each supervision report, selected members of faculty (excluding the trainee's supervisor and therapist) will meet with the trainee to discuss his or her progress.

Training Psychotherapy

In addition to the goals of a personal psychotherapy, a training psychotherapy serves to provide the trainee with an experience of the unconscious, and demonstrates psychoanalytic technique with a view to increasing the future therapist's perceptiveness for internal events by working through their own defensive organisation.

In accordance with PPAA standards, trainees are required to undertake training psychotherapy at least twice weekly, with an APPWA approved psychotherapist, for the duration of participation in the training programme.

The Training Committee will maintain a register of approved Psychotherapists who are either full clinical members of APPWA or of other Member Associations of the PPAA. Psychotherapy can be undertaken with approved clinicians face-to face in Perth, or remotely with approved clinicians within Australia.

On being accepted into the APPWA Training Programme, each trainee will be required to supply the Training Committee with their negotiated preference for a training therapist, from among the names listed in the register of APPWA approved therapists. *The training therapy should commence during July 2019.* It is expected that trainees will complete the psychotherapy requirement of the Training Programme with the same therapist. Nevertheless, there are occasions when this is not possible. eg the illness or departure of the therapist.

Psychotherapy is a confidential process. Training therapists will have regard to confidentiality at all times. The Training Committee has minimal requirements for feedback regarding training psychotherapy. On completion of the psychotherapy requirement, trainees will be required to provide a letter from their therapist to the effect that the therapy requirement has been met. In the event of serious concern regarding the psychological functioning of a trainee, a training therapist may, after discussion with the trainee, raise this concern with the Training Committee.

Fees for training psychotherapy will be negotiated between trainees and training psychotherapists. (See Appendix 1 for schedule of fees and costs.). Since personal therapy is a course requirement, it is tax deductible as an educational expense.

Assessment

To successfully complete the APPWA Psychotherapy Training Programme, trainees must satisfy the requirements for attendance and participation in theoretical seminars, supervision and training psychotherapy, and in addition will be formally assessed, via the following:

- 3 essays - one per training year
- 1 infant observation Reflective Summary
- a clinical presentation on an aspect of the transference
- a final case presentation and viva

The final case presentation and viva cannot be completed until all other requirements of the programme have been met.

Each assessment component will be evaluated by a panel drawn from the Training Committee, or, if necessary, from APPWA faculty. On no occasion will a trainee's supervisor or psychotherapist participate in his/her assessment panels. Where available, a visiting supervisor may also be invited to participate in assessment panels, following discussion with the trainee.

In addition to these formal assessments, periodic reviews of trainees' progress in supervision will take place, as described above. These reviews are intended to serve a dual function of ongoing assessment of progress in training, as well as providing a forum for trainees to convey their views regarding their own progress and training needs.

Progress through the programme will be dependent on satisfactory completion of these assessment requirements.

The Application Process

Applicants for the Training Programme should complete the attached application form: the closing date for applications is **Friday 30th November 2018**, but earlier submission of application forms would be appreciated. An application fee of \$50 should accompany the completed application form to cover the administrative costs associated with the advertising and selection processes for the Training Programme.

Successful applicants will be:

1. Clinical professionals with significant post-graduate clinical experience.
2. Members of their professional organisation and registered as required.
3. Working in a setting where they have access to long-term psychotherapy cases for supervision.
4. Bound by a formal code of ethics of their relevant membership bodies. In addition, they will be expected to be mindful of the ethical standards appropriate to the practice of psychoanalytic psychotherapy, and to abide by these standards.

Following submission of the application form, selected applicants will be invited to attend an interview, usually with two clinical members of APPWA, of approximately 50 minutes duration. In some instances, a second interview will be then be requested. The final decision about admission to the Training Programme will be made by the Training Committee, on the basis of the written application, referee reports, and the reports from interviewers. The decision of the Training Committee is final. It is intended that these interviews will be held *in February 2019* and that the selection process will be completed prior to the *end of March 2019*.

Training agreement

When successful applicants are offered a place in the Training Programme, they will be provided with a copy of the Handbook for the Training Programme which sets out full details of the requirements and regulations for the Training Programme. They will then be asked to sign a Training Agreement committing them to abide by the conditions and requirements of the Training Programme.

In particular, it should be noted that:

- Trainees may, under certain circumstances be directed to complete additional periods of supervision, theoretical training, or training psychotherapy prior to continuation of other aspects of the Training Programmes.
- In all cases, the first year of training will be probationary, and progress to later stages of the training programmes will be dependent on ongoing evaluation.
- The Training Committee reserves the right to terminate training of a trainee.

Bursaries

APPWA has decided to support trainees by granting a limited bursary to each trainee at the successful completion of each year of the four-year training. These bursaries may be used to assist the trainee with any aspect of the training.

August 2018

APPENDIX 1: SCHEDULE OF FEES AND COSTS

Trainees will need to allow for fees for the APPWA Training Programme as set out below:

Training fee

\$3000 per annum, paid in instalments of **\$1500** prior to the commencement of each semester. This fee covers costs associated with the theoretical programme, including fees for seminar leaders, venue hire, photocopying and other expenses, as well as a component for administration. Should a trainee withdraw from the programme during the year, fees already paid will, under normal circumstances, be non-refundable.

After the completion of the theoretical programme trainees will be required to pay a reduced training fee to cover administration costs for each year or part thereof that they continue as a trainee.

Fees for training psychotherapy and for supervision:

Training psychotherapy is to be twice weekly, for at least 80 sessions per year, for the duration of the training programme. In recognition of the private nature of psychotherapy, the fee for training psychotherapy, and any arrangements for variations or increases, are to be negotiated between therapist and trainee. Advice given to the Training Committee is that training psychotherapy will not attract GST and that it is a tax deduction because it is part of an educational programme.

Similarly, fees for supervision (once weekly, for at least 40 sessions per year) will be negotiated between the trainee and the supervisor. Fees for supervision will need to include GST and are tax deductible.

Visiting Supervisors:

Fees vary between supervisors. Allow up to \$220 per supervision, twice per year.

Professional Indemnity Insurance

While involved in the APPWA training programme, trainees are required to hold professional indemnity insurance.

APPENDIX 2: Sample Curriculum

	Joint content	Adult stream	Child & Adolescent stream
Semester 1	6 Seminars on aspects of technique; followed by 9 separate seminars for the two streams	9 seminars on assessment and the beginning phase of therapy for adults.	9 seminars on assessment and the beginning phase of therapy for children and adolescents.
Semester 2	10 seminars on Freud 5 seminars on Anna Freud and ego psychology		
Semester 3	15 seminars on Klein and Object Relations theory		
Semester 4	Lifespan Development		
Semester 5	5 seminars on Self-Psychology	10 further seminars on Self-Psychology	10 seminars on models of child and adolescent psychotherapy
Semester 6	5 seminars on psychoanalytic couple therapy 5 seminars on research evidence for effectiveness of psychoanalytic psychotherapy	5 seminars on short-term psychoanalytic psychotherapy	5 seminars on parental psychotherapy
Semester 7	Infant Observation – weekly for 6 months		
Semester 8	Infant Observation – weekly for 6 months		