



PROSPECTUS

An Introduction to the
CLINICAL TRAINING PROGRAM
in
INDIVIDUAL PSYCHOANALYTIC PSYCHOTHERAPY
with ADULTS

The Queensland Psychoanalytic Psychotherapy Association Inc (QPPA) offers a Training Program in Individual Psychoanalytic Psychotherapy with adults.

The QPPA is a professional association which represents psychoanalytic psychotherapists in Queensland. It is a member organisation of the Psychoanalytic Psychotherapy Association of Australasia (PPAA).

This prospectus is intended as an outline of the Training Program. It is not an exhaustive statement of the contents of the training. Nor should it be taken as the final arbiter of requirements of candidates, as the QPPA may change training and membership requirements from time to time.

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THE TRAINING PROGRAM

INTRODUCTION

The QPPA offers intensive training in adult psychoanalytic psychotherapy. Completion of the training provides the foundation for a lifelong development as a psychoanalytic psychotherapist. The successful completion of this training will allow a candidate to apply for full membership of the QPPA. The training is open to professionals from various disciplines including Psychiatrists, Psychologists, Social Workers, General Practitioners, Counsellors, Nurses and others. Other appropriate professional backgrounds may be considered by the Training Sub-Committee.

The QPPA Training Program follows the traditional tripartite model of training for psychotherapy operating throughout the Australian and international psychoanalytic psychotherapy communities (i.e., didactic seminars, clinical supervision and personal therapy).

The Training Program is conducted by the QPPA Training Sub-Committee under the auspices of the QPPA Management Committee and follows the guidelines established by the Psychoanalytic Psychotherapy Association of Australasia (PPAA). The Chair of the Training Sub-Committee is generally a member of the QPPA Management Committee and provides feedback on the developments in the training and the overall progress of the Candidates in the training.

The QPPA Training Program is divided into two stages:

1. **Clinical Foundation Year.** This 12-month program is a stand-alone basic introduction to the clinical foundations of the practice of Psychoanalytic Psychotherapy. It consists of two aspects, namely group theoretical and clinical seminars plus individual supervision of individual cases. While personal individual psychoanalytic psychotherapy is not a requirement during this year, it is recommended and considered essential for those intending to continue to the full training. Participants of this training course may decide not to progress further with the Full Clinical Training offered by the QPPA.
2. **Adult Clinical Training Program.** Having completed the Clinical Foundation Year, prospective Candidates may apply to participate in the full Training Program offered by the QPPA as detailed below. The training involves the integration of both theoretical and clinical studies. It is generally carried out on a part-time basis in conjunction with the Candidate's daily clinical work. It is estimated to take a minimum of five years, however most candidates take longer to complete the full training.

Completion of the full training and making an application for membership are separate processes.

WHAT IS PSYCHOANALYTIC PSYCHOTHERAPY?

Psychoanalytic psychotherapy is a form of treatment for psychological and emotional problems which requires specialised training.

For the purposes of the training and membership of the QPPA, psychotherapy is defined as an approach to the treatment of psychological and emotional problems which:

- Stems from, and takes place within, the broad conceptual framework of psychoanalytic theory of human behaviour and mental life.
- Regards the individual as an ever-changing dynamic system in which each part or aspect relates to, affects, and is affected by all the others.
- Assumes that many emotional and cognitive functions and experiences are unconscious.
- Assumes that the processes which govern admission to and exclusion from conscious awareness can be modified by insight or self-understanding.
- Assumes that therapy takes place within a relationship which involves commitment and responsibility from both therapist and patient.
- Recognises and utilises the development of transference as an important vehicle for the achievement of insight and therapeutic change.
- Recognises that countertransference needs careful monitoring, can enhance the therapist's understanding of the therapeutic process, and draws on the therapist's self-awareness achieved through personal therapy and supervision.
- Undertakes constantly to assess the therapeutic progress of each patient and to evaluate and refine the techniques employed as well as the theory itself.

Throughout this Prospectus, the terms "psychotherapy" and "psychotherapist" always refers to "psychoanalytic psychotherapy" and "psychoanalytic psychotherapist".

STRUCTURE OF THE FULL TRAINING PROGRAM

The Full Clinical Training Program is comprised of the following components:

1. Personal Psychoanalytic Psychotherapy/Psychoanalysis
2. Supervision of Clinical Cases
3. Clinical Seminars and Weekend Workshops
4. Theoretical Seminars
5. Infant Observation Seminars
6. Attendance at QPPA and PPAA seminars and conferences
7. Participation in a minimum of six-monthly group reflection with an outside consultant

It should be noted that it is a requirement of the PPAA that the components of the Training Program must be undertaken largely concurrently.

Each Candidate is assigned a Mentor for the period they are in training. The Mentor provides direct communication with the Training Sub-Committee, as well as advice and support to the Candidate as they progress through the training.

An annual Training Fee of \$500.00 is payable to cover various administrative costs. This fee will be reviewed annually by the training committee.

Personal Psychoanalytic Psychotherapy/Psychoanalysis

Personal therapy is considered an essential component of training to become a Psychoanalytic Psychotherapist. Candidates will be required to be in at least twice weekly psychoanalytic psychotherapy with a therapist approved by the Training Sub-Committee, for the duration of the training.

It is usual for applicants to have been in psychotherapy with an approved therapist (e.g. accredited member of the QPPA, or a therapist who is a member of a Member Organisation of the Psychoanalytic Psychotherapy Association of Australasia PPAA, or of the Australian Psychoanalytic Society APAS) for at least six months prior to applying for training. Applicants wanting to be referred to an approved therapist may contact members of the Training Sub-Committee for assistance.

To accommodate Candidates in regional or remote areas, therapy by electronic means is possible but will need further discussion with the Training Sub-Committee. A Candidate's personal therapy should be concurrent with their participation in all other aspects of the training. It is expected that some proportion of the training therapy will be face-to-face.

Candidates will be responsible for the cost of personal therapy undertaken as part of the training. As personal therapy is a training requirement, fees for personal therapy will not be rebatable under Medicare.

Supervision of Clinical Cases

Candidates are required to take on a minimum of two (2) training cases. The training cases are seen at a minimum frequency of twice weekly for at least 12 months and 24 months respectively during the period of training.

Queensland Psychoanalytic Psychotherapy Association Inc.

Candidates will be required to undertake weekly Individual Supervision with a Supervisor approved by the Training Sub-Committee, for each of the training cases. Assistance will be given to Candidates for referral to an approved Supervisor. This should be discussed with the Training Sub-Committee.

Selection of training cases will be undertaken in conjunction with the Supervisor. Selection of a patient already in therapy with a candidate is not usually acceptable and special written application must be made to the Training Sub-Committee to consider this option.

It is usual for Candidates to commence with one case only. After the successful completion of the first case, Candidates may take on their second case. Occasionally, it is possible for Candidates to have some overlap in their training cases, however this should be discussed with the Candidate's Mentor and with the approval of the Training Sub-Committee.

It should be noted that the responsibility for finding training cases rests with the Candidate. The QPPA is not in a position to provide access to training cases. Therefore, Candidates must be in a clinical position which has the potential to provide suitable training cases.

In some circumstances, based on the development of the Candidate, it may be necessary for a longer period of supervision or a third training case to be undertaken.

These experiences of supervision provide a foundation for ongoing supervision throughout a clinician's working life.

Candidates will be responsible for the cost of Individual Supervision. The cost of Individual Supervision is negotiated with the Training Supervisor.

Clinical Seminars

Candidates will also be required to attend Clinical Seminars on a weekly basis, largely during school terms, for the full duration of their training. These seminars are points at which all Candidates gather to participate in the presentation and discussion of their clinical work. These seminars will involve discussion of case material and theoretical papers. The Clinical Seminars are 90 minutes duration. The format of the clinical seminars will consist of a 45-minute discussion of a theoretical paper and a 45-minute discussion of clinical material presented by one Candidate on a rotating basis. A curriculum detailing the theoretical papers will be provided. Discussion will be led by the Candidates.

This experience will highlight the value of peer supervision over the course of a professional life.

Candidates will be responsible for the cost of the Clinical Seminars. The cost of the Clinical Seminars will be \$120.00 (+/- GST) per seminar paid directly to the seminar leader.

Candidates are required to participate in two weekend workshops annually. These will be held in-room, generally in Brisbane. Attendance via teleconferencing will not be available. Each weekend will address a particular theme. Dates, themes and readings will be notified well in advance to allow for planning and participation. Additional fees may be payable, e.g. if there is an invited speaker or facilitator.

Theoretical Seminars

Candidates will be required to complete comprehensive theoretical studies during the training, covering aspects of psychoanalytic theory and technique, developmental psychology and theory of psychotherapy. Study in the Theoretical Seminars will need to extend over a minimum period of three (3) years.

For the purposes of this training, the Theoretical Seminars are undertaken through courses offered by the *Brisbane Centre for Psychoanalytic Studies (BCPS)*.

The BCPS produces a Program of Studies each year outlining several one-year long Theoretical Seminars and some one-term Clinical Seminars. The Program of Studies is available on the BCPS website. The choice of seminars should be discussed with the Candidate's allocated Mentor, but generally Candidates would be expected to undertake Reading Freud, Psychoanalytic Theories of Object Relations, and Contemporary Psychoanalytic Theory which are offered sequentially by the BCPS.

Prior credit may be given for previous theoretical studies either through the BCPS or its equivalent.

Candidates will be responsible for the cost of the Theoretical Seminars conducted by the BCPS and should apply directly to the BCPS for enrolment.

Infant Observation Seminars

Candidates will also be required to undertake Infant Observation Seminars for a minimum period of 18 months. Candidates will be required to observe an infant in their home environment from birth onwards, and to bring detailed accounts of their weekly observations to an Infant Observation Seminar. The aim of Infant Observation is to develop observational skills and an understanding of the infant's development and emerging relationships.

Details of Infant Observation seminars are available on the BCPS and the QPPA websites.

Candidates will be responsible for the cost of the Infant Observation Seminars and should apply directly to the Seminar Leader for enrolment.

Attendance at QPPA and PPAA seminars and conferences

Throughout the year, the QPPA holds seminars and conferences as open days. Candidates are encouraged to attend these. Generally, the registration fee is waived or reduced for Candidates. In addition, the PPAA holds an Annual Conference in June of each year in various locations throughout Australia and New Zealand. Candidates are encouraged to attend the Trainee component of these annual conferences. A registration fee generally applies. It provides a valuable opportunity to meet Candidates from other Member Organisations of the PPAA.

Six-Monthly Group Reflections

All Candidates will participate in six-monthly (minimum frequency) group reflections on their training experience. These will be facilitated by an external consultant appointed by the QPPA Training Committee. These provide an opportunity for all candidates to reflect on and discuss their training experience independently of the Training Committee. While not group therapy, they allow a space for exploration of the impact of training and of the group processes within the candidate group.

ASSESSMENT

The Candidate's progress will be assessed at regular stages throughout the Training Program. Both Candidates and their Training Supervisors will be required to provide six-monthly reports about clinical work to the Training Sub-Committee. Seminar Leaders will be asked to provide feedback on a Candidate's attendance and participation. Candidates will be required to present a clinical paper on one of their training cases towards the end of the training period. The Candidate's therapist will not be asked to report in any way other than to provide a statement of commencing and completion of the Candidate's personal therapy.

Candidates will remain in the Training Program until they have fulfilled the requirements. This generally takes a minimum of four years in total. Generally, the training is undertaken over a period of more than four years. A break in training is possible but will require application to the Training Sub-Committee.

MEMBERSHIP OF THE QUEENSLAND PSYCHOANALYTIC PSYCHOTHERAPY ASSOCIATION INC (QPPA)

Upon the Candidate's successful completion of the Training Program, the Training Sub-Committee will advise the QPPA Management Committee that the Candidate has met all the training requirements and would be eligible to apply for Membership of the QPPA. The Management Committee will then invite the Candidate to make a formal application for membership to the Association.

It is important to note that while the Candidate has completed the training, there is no automatic right of Membership of the QPPA.

APPLICATIONS FOR TRAINING

Applications for a place in the Training Program are welcome.

It should be noted that the successful completion of the *Clinical Foundation Year* is highly recommended prior to application for the full training.

An applicant should, in the first instance, discuss their application with a member of the Training Sub-Committee (see contact details below). The applicant will then be required to make a written application, submit a resume and the names of two referees. The Training Sub-Committee will subsequently advise whether the applicant has been selected to continue to an interview.

Applicants are required to attend two individual interviews with members of the QPPA, nominated by the Training Sub-Committee. Applicants will be informed of the success of their application following ratification by the QPPA Management Committee.

Applicants should hold current registration with an appropriate authority (such as AHPRA etc.) if applicable or membership in their professional association (e.g., AASW etc.) and be of good standing with these bodies. Current professional indemnity insurance is also required. Applicants should have a minimum of five (5) years postgraduate clinical experience.

Applications from remote/non-metropolitan areas are encouraged.

It is the intention of the Training Sub-Committee throughout this process to assist applicants to be as realistic as possible about their capacity to make a commitment (emotional, financial, professional) to the Training Program.

For further information, please contact the Training Sub-Committee:

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