TRAINING COURSE
IN THE CONVERSATIONAL MODEL

Of
Psychoanalytic Psychotherapy
(Commencing in 2016)
**TRAINING IN ADULT PSYCHOTHERAPY**

The training course in Adult Psychotherapy is a three year, part-time course offered by the Australian & New Zealand Association of Psychotherapy in Sydney, New South Wales.

**The Faculty:**

- Professor Russell Meares  M.D.  F.R.A.N.Z.C.P. (consultant)
- Dr Leo van Biene  F.R.A.N.Z.C.P.
- Dr George Lianos  F.R.A.N.Z.C.P.  M. Med
- Dr Cath McGrath  M.B.B.S. M.Med.
- Dr Tessa Philips  Ph.D.  H.E.D.,  M.A.
- Ms Rochelle Hersch  B.S.W.  Dip. Psychotherapy ANZAP
- Dr Judith Pickering  Ph.D.  Dip. Psychotherapy ANZAP
- Dr Phil Graham  M.B.B.S. Masters in Psychotherapy
- Dr Colette Rayment  M.A.  (Hons)  Ph.D.  Dip. Psychotherapy ANZAP
- Dr Andrew Leon  M.B.B.S. Masters in Psychotherapy, Dip. Psychotherapy ANZAP
- Ms Michele Rousseau  Diploma in Psychotherapy ANZAP
- Ms Cecile Barral  Diploma in Psychotherapy ANZAP
- Dr Nick Bendit  MMed (Psychotherapy), Dip. Psychotherapy ANZAP

Faculty members have a shared interest in:

- Theoretical issues surrounding the Conversational Model, Psychology of Self, Affect Theory, Neuroscience, Infant Research and Trauma Research.
- Research into the psychotherapy of severe personality disorder.
- Clinical supervision using audio and videotaped clinical material along with process notes.
- Ongoing post-graduate training.
- Dissemination of information by way of seminars and an annual psychotherapy conference.
- The Conversational Model – as we currently practice it, and continue to develop it.

**THE COURSE**

The course would be of interest to suitably qualified people who wish to develop a specialist psychotherapeutic interest, or wish to enhance their psychotherapeutic skills within their current professional role.

It will be open to:

- medical graduates
- clinical psychologists
- psychologists
- social workers
- counsellors
- clinical workers
- clinical nurse specialists

For all individuals it is expected that individual psychotherapy forms a significant component of their work at the time of application.

There will be a limited number of places; hence selection will be done by interview, after appropriate application with 3 supporting referees is received. Preference will be given to those who already have some experience in the area of dynamic psychotherapy, and who are working in that area.

**Personal therapy** – part of which should be undertaken during the course – is compulsory.

**Objectives:**

- To provide comprehensive and systematic training in individual psychotherapy.
- To provide an intellectual and conceptual framework to enable trainees to effectively practice.
- To provide an opportunity for trainees to exercise their own thinking, to develop skills, and their own personal style with the guidance of supervisors.
- To maintain high standards through teaching and example- of ethics, values and responsibilities in daily practice.
- To conduct an ongoing evaluation and feedback to trainees leading to successful completion of the course.
- To give trainees an experience of the supervisory process in groups and individually, and to enable them to negotiate this experience with a range of supervisors through the three years of the course.
- Trainees will be given associate membership of ANZAP when accepted into the course, and full membership on successful completion.

**Structure:**

The course will consist of five strands, successful completion of which will lead to award of the Certificate under the auspices of ANZAP.

1. Seminars.
2. Psychotherapeutic work.
3. Clinical supervision individually and in groups.
4. Collegial activities.
5. Assessments.

**Year I**

- ANZAP Faculty members will provide weekly seminars over the two semesters of the academic year. Seminars will deal with assessment and psychodynamic formulation of individual cases, and the development of the therapeutic relationship. Emphasis will be placed on Conversational Model, within the field of Psychology of Self.
- Clinical work: trainees will see a case twice a week in the first year.
- ANZAP faculty members will provide group supervision weekly for small groups over the two semesters of the academic year. Any extra supervision outside the academic year will be negotiated personally and not covered in the fees.
- Feedback will be given to each trainee before the 2nd semester.
- An end of year assessment, both clinical and theory, will take place.
- An essay will be submitted at the end of first semester (2000 words) and at end of second semester (2000 words) which will describe the clinical case under supervision, in relation to particular theoretical topics.
- Twice yearly report on Learning Journal.
Year II

- ANZAP Faculty members will provide seminars in same format as Year I examining concepts of Self with focus on Trauma and Affect Theory.
- Clinical work - Trainees will continue to see their first case twice a week; and will take on a second case which they will also see twice a week. Whenever possible, an opposite sex case to the first one would be required, to enable the trainee to have supervision of both male and female cases.
- Group supervision will continue as for Year I for the first case with a new supervisor. The second case will be supervised individually with each trainee choosing his/her individual supervisor from the faculty pool. Individual supervision during the 28 semester weeks is covered by the fees. Any extra supervision outside the academic year will be negotiated personally with the supervisors.
- Feedback will be given before the end of the 1st semester, and an end of year assessment will take place in both clinical and theory.
- An essay of 2,000 words (I) and 2,000 words (II) will be required at end of each semester. It will describe the clinical progress of the first case under supervision with attention to theoretical constructs.
- End of year assessment as for Year I
- In second year it is expected that each trainee will have an opportunity to present clinical and theoretical material to the group.
- Twice yearly report on Learning Journal.

Year III

- ANZAP Faculty members will provide seminars elaborating advanced psychotherapeutic concepts and further areas of Conversational Model as well as seminars to prepare students for the Dissertation. Demonstration of clinical work and case material will be a focus during this year.
- Therapeutic work - the trainee will continue to see two cases, each twice a week. 200 hours for the first case and 100 hours for the second case will be the minimum required to satisfy clinical component of the course.
- Supervision - Group supervision will continue for the first case. Trainees will have to negotiate an individual supervisor for their second case; the supervisor will be the same or different supervisor from Year II and the trainee will pay for their supervision separately from the course fees.
- Feed-back will be given before the end of 1st semester and assessment will take place at the end of the year.
- A treatise of at least 8,000 words will be required. The topic will be the choice of the trainee.

Note:

- The formal end of year assessment may vary from year to year at the discretion of the faculty.
- Supervision may take place at the training venue or at the individual supervisor’s rooms.
- Course books will be maintained by individual trainees, which supervisors will sign at appropriate times during the course.
- Trainees will be required to audio tape all sessions and maintain process notes, both of which are used in supervision.
- Collegial activities are part of the course; Saturday seminars, an annual Sydney residential weekend intensive held in February (tuition and full board included in fees), and Annual ANZAP Conference (registration & additional tuition included in fees). These activities are included in the course requirements.

Theory:

1. A USB of references relevant to each module of the course and a further comprehensive reference list will be provided to each trainee at the beginning of the course.
2. Books, papers and DVDs on selected topics are available from the ANZAP library.

Course Fees:

Fees are payable either monthly (from February to November) or in four equal installments by 15th February, May, July and September.

Year 1: $7,600 per annum (includes GST). Fees include the group supervision for 28 weeks of the year as well as the cost of full board and accommodation during the Sydney Intensive weekend held in February and registration and tuition for ANZAP’s Annual Conference held over four days in the third quarter of the year.

Years 2&3: $11,000 per annum (including GST). Included in the fee is the cost of 28 weeks of both group and individual supervisions, full board and accommodation during the Sydney Intensive weekend held in February and registration and tuition for ANZAP’s Annual Conference held over four days in the third quarter of the year.

Personal therapy costs are met by the trainee, separate to course fees.

Course fees will increase each year in line with CPI.

Application:

An application fee of $325 is required with each application. $250 will be refunded if application rejected.

Further Information:

For more detailed information, the faculty members will be happy to discuss with interested persons and can be contacted through the ANZAP Administrator, Anne Malecki on Tel: 02 8004 9873 or email: info@anzapweb.com

The course outline on the website www.anzapweb.com is for the Sydney course. Courses outside Sydney will follow this outline combined with the use of additional teaching materials.