
The ASSOCIATION
OF INDEPENDENT
PSYCHOTHERAPISTS

Training Prospectus

Throughout history the therapeutic relationship has taken many forms. Its purpose has been not only to relieve suffering but also to enable a person to achieve a deeper self-understanding. In resolving past conflicts, a person can begin to live more fully in the present and face the future more creatively.

The AIP training in individual psychodynamic psychotherapy follows the unfolding life journey from our present understanding of life in the womb to old age and death. It explores the way in which contemporary psychological perspectives (developmental, clinical and mythological) can facilitate the special attentiveness that allows the personal and collective meanings of the journey to reveal themselves. The training aims to maintain a creative tension between analytical psychology and psychoanalysis. It is pluralistic and emphasizes an historical perspective on analytical theory and practice. The practice of psychotherapy is felt to be a vocation.

Selection

The roots of the psychotherapist's vocation lie in the interplay of innate qualities and personal experience. Each applicant is considered individually, and life and work experience are given greater weight than academic qualifications.

A successful applicant will normally have

- previous experience of personal therapy
- completed a counselling training, and
- experience of working under supervision with people in distress in a paid or voluntary capacity.

The minimum age for participation in the training is 25. We welcome applicants up to 60 years of age. Selection is based on a written application and interviews.

Personal psychotherapy

The heart of a psychotherapist's training is his or her personal therapy. A psychotherapist is in a privileged position and it is in the facing of one's own wounds that the integrity and sensitivity to care for others is born. Trainees are therefore required to be in therapy with an experienced psychotherapist at least twice a week from the beginning of the course until qualification. It is expected that they will experience more frequent sessions for a substantial period during their training and will have the experience of using the couch.

Lectures and seminars

During the first three years of the training there are 30 evenings each year of lectures and seminars, starting in October. The lectures and seminars reflect on the stages of life journey from developmental and archetypal perspectives.

Clinical case discussions are held throughout the course. From the fourth year students attend the monthly Pre Qualification Seminars until they complete the training requirements. Qualification takes at least 4 years.

Curriculum

First Year

- The History and Anthropology of Psychotherapy
- Life in the Womb, Birth, The Mother/Infant relationship

Second Year

- The Maturation Process of the Infant
- The Father, Siblings, Childhood
- Sexuality, Adolescence

Third Year

- Adulthood, Parenthood
- Vocation, Midlife
- Ageing, Death

Pre-Qualification Seminars

- Variety of themes

Throughout the training there are seminars covering a variety of clinical issues including transference/ countertransference, regression, narcissism, schizoid phenomena, depression, suicide, somatization, dreams, the shadow, archetypes, alchemical imagery and individuation. Attention is also given to management and professional concerns. Reading includes papers from a broad range of writers - Freud, Klein, Winnicott, Guntrip, Ferenczi, Searles, Laing, Lacan, Jung, Jacoby, Von Franz, Fordham, Edinger, Stein, Eliade and Hillman.

Supervision

Trainees are encouraged to work with a variety of clients. The frequency and duration of the therapy is determined by the needs of the clients, but one client must be seen for at least 24 months and another for at least 18 months.

Trainees are required to be in individual weekly supervision and in a small supervision group for a minimum of two years.

The Association does not take responsibility for providing clients for trainees.

Assessment

There is continuous monitoring of the trainee's progress by the Training Co-ordinators, and supervisors provide written reports. Several pieces of written work are required throughout the course, including a substantial paper which will demonstrate the student's ability to integrate clinical and theoretical material.

Each student is assigned a tutor with whom they can discuss their progress during the training. The emphasis throughout is on the development of a psychotherapeutic identity as demonstrated through clinical work.

Final Assessment of trainees is by the AIP Membership Group. Upon qualification, trainees become Members of the AIP.

Fees

Fees are fixed for the first three years of the course. Fees for pre-qualification seminars are reviewed each year. Fees for psychotherapy and supervision are by arrangement with the psychotherapist and supervisor.

The Training Co-ordinators are responsible for the management of the training. They reserve the right to terminate the training of any student if they feel it is in the best interests of the student or the Association.

Training co-ordinators

- Gay Crace
- Brian Edwards
- David Henderson
- Dania Myers
- Alan Taylor

Contact

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