

INTER-DISCIPLINARY TRAINING IN

Adult Psychotherapy (MI)

The Adult Psychotherapy Training is organised jointly by 4 disciplines:

- Psychiatry
- Clinical Psychology
- Social Work Training
- Nursing

The aim of the training is to equip course members to function as clinical, training and consultative personnel within the health and social services and whenever possible within their discipline of origin.

Option 1 of the training extends over 4 years full-time, during which period the course member holds a staff appointment or 4 Year Course Associateship in the Tavistock Clinic within one of the 4 disciplines.

Option 2 of the training also extends over approximately 4 years, during which period the course member is required to hold a staff appointment in an external sponsoring institution and to attend the Tavistock on a part-time basis. The clinical requirements of the training will, in the main, be carried out in the 'home institution', with supervision and seminars being carried out at the Tavistock.

Option 3 comprises a training in Adult Psychotherapy for qualified and experienced Child Psychotherapists.

Option 5 comprises a training in Adult Psychotherapy for qualified and experienced Chartered Psychologists.

Overall responsibility for the training is held by the Organising Tutor together with the Adult Department Training Committee. The external assessor to the training is Mrs Anne-Marie Sandler, Training Analyst, British Psycho-Analytical Society. The course is accredited by the British Psychological Society and the Joint Committee on Higher Psychiatric Training.

The core requirements of the training described in this outline are all in the context of the course member concurrently fulfilling the training requirements of his/her discipline.

ENTRY TO THE TRAINING

Applicants can enter the training through one of the 4 professional disciplines, and must illustrate their suitability. In the selection of applicants, emphasis will be upon the personal suitability for the training. Applicants will be expected to show evidence of a commitment to maintaining a contribution within the public services.

The Psychiatric Discipline - members are expected to have considerable previous training in general psychiatry and to have obtained Membership of the Royal College of Psychiatrists. Applicants will be Specialist Registrars in Psychotherapy, Consultant Psychotherapists, or Consultant Psychiatrists with Special Responsibility for Psychotherapy. Enquiries to Dr David Bell, the Scheme Organiser.

The Clinical Psychology Discipline - requires that applicants be qualified Clinical Psychologists and eligible for registration as a Chartered Clinical Psychologist with the British Psychological Society, and able to evidence a working knowledge of a range of psychological treatments. The applicant should also have had a number of years in a work setting relevant to a future training as a specialist psychoanalytic psychotherapist. Applicants for Option 2 will hold a post involving specialist responsibilities for psychotherapy. Enquiries to Rachael Davenhill, Chair of Clinical Psychology Discipline

Social Work Training Discipline - the applicant should be a graduate with a professional qualification and substantial post-qualification experience in relevant settings, generally including a psychiatric hospital or clinic. They are expected to have experience as a supervisor. Enquiries to Mr Michael Mercer, Chair of the Social Work Discipline.

The Nursing Discipline - applicants should have several years experience at Charge Nurse, Clinical Specialist or Nursing Tutor grade. The applicant should also have considerable experience of working psychotherapeutically. Enquiries to Marcus Evans, Chair of Nursing Discipline

Option 2 - is aimed at enlarging the training of suitably experienced applicants, including nurses, who will usually be working outside London. It usually requires 2 full days attendance at the Tavistock Clinic (Thursdays and Fridays).

The applicants' 'home institutions' will need to be fully appraised of, and actively in sympathy with, the goals of the training. The 'home institution' must also be able, and prepared, to support the course member in the provision of a context in which students can fulfil their training requirements. In practice this entails access to suitable patients and appropriate settings for psychotherapeutic work. Enquiries through the relevant Discipline.

Option 3 - is a modified training for qualified Child Psychotherapists and takes into account previous training and experience. Applicants should have at least 2 years' post-qualification experience and a substantial current commitment within the public sector. Enquiries to Maria Rhode or Marilyn Lawrence, Joint Organising Tutor; Option 3.

Applicants will be interviewed by 2 senior staff members of disciplines other than that of the applicant and their personal suitability for psychotherapeutic training established. For prospective post-holders this is in addition to the usual staff selection procedure.

Option 5 - is a training in psychoanalytical psychotherapy tailored by the Trust's psychology discipline specifically for psychologists outside the Trust. It aims to prepare those accepted on the training to contribute at a senior level to the provision of psychoanalytical psychotherapy in the NHS and public sector. Enquiries to Louise Lyon, Course Tutor; Option 5.

ORIENTATION OF THE TRAINING

The training derives its major orientation from the theories and practice of psychoanalysis and aims to enable course members to gain competence in the application of psychoanalytic principles to a wide variety of clinical and applied settings. It comprises an experience of closely supervised clinical work with a range of workshops and theoretical seminars. The multi-disciplinary structure of the Adult Department is reflected in the training. Members of all disciplines are required to undertake a central 'core' of training.

PERSONAL PSYCHOTHERAPY

Each member of the course (excepting Option 3) will be required to undertake personal psychotherapy throughout the training for a minimum of 3 sessions a week. The cost of personal therapy is borne by the course member unless subsidised by an external sponsoring institution. In some circumstances loans may be available within the Tavistock.

In respect of Option 2, course members who have no local analyst available, are expected to undertake personal therapy, this will involve sessions on 3 consecutive days (necessitating 2 over-night stays in London to allow a session on Wednesday evening or on Saturday morning). In certain circumstances, where such an arrangement is particularly difficult for personal reasons, the Adult Department Training Committee might agree that the course member have 2 sessions on 1 day to limit the member's stay in London to 1 night.

In respect of Option 3, course members personal psychotherapy will not be required if an analysis has already been completed. The course organisers reserve the right to recommend further therapy to any course member where difficulties on the course warrant it.

The course member's analyst will be a Member or Associate Member of the British Psychoanalytical Society or the Society of Analytic Psychology of at least 5 years standing. The course member's tutor will be available to discuss and help as necessary in the choice of personal analyst, the final decision is, however, at the discretion of the Adult Department Training Committee. The content of the analysis is confidential; the personal analyst is not asked to submit reports on the progress of the analysis. Wherever possible allowance will be made for attending analytic sessions during the working day though the timing of sessions cannot be accepted as a reason for being unable to fulfil course requirements.

CORE REQUIREMENTS OF THE TRAINING

OPTIONS 1 AND 2

1. Individual Psychotherapy

In order that a course member shall gain a deep and secure understanding of the operation of unconscious process they will see 2 adult patients in individual psychoanalytically-orientated therapy at least 3 times weekly over an extended period. This intensive experience is a training prerequisite for the development of competence in a range of applications of psychotherapeutic principles such as may be appropriate to the practical requirements of National Health Service and other related settings. The minimum number of 3 times a week cases should be 2, 1 male and 1 female, and the overall amount of time spent with these cases must amount to a minimum of 4 patient years. For purposes of definition, an adult patient is aged 21 years or more, though flexibility will be adopted in the case of course members attached to the Adolescent Department. In the case of the course member concurrently undertaking psychoanalytic training this requirement is reduced to one 3 times a week case for 2 years.

2. Assessment Work

The experience of supervised assessment consultations with a substantial number of referred patients is regarded as important in providing experience of a range of pathology and outcome. The consultation is not only concerned with assessing the patient's suitability for psychotherapeutic treatment but also with providing a consultation service to the referrer and exploring a variety of possible courses of action. The requirement is at least 40 supervised consultations, though in practice the number is usually greater. The assessment may involve more than one interview and some patients will require extended consultations.

3. Psychotherapy Group

The requirement is that one group be individually led for 3 years or 2 groups for 2 years, particularly where this is more appropriate to the work situation of the course member, such as course members linked to the rotational posts. A group therapy supervision will be attended concurrent with the clinical work.

4. General Clinical Experience

In addition to the specified core requirements it is understood that all course members will undertake a range of clinical work, in the case of Option 1 this will be as part of a Clinical Unit attachment. Option 2 course members will gain this experience in both their 'home institution' and the Adult Department. The Disciplines have different emphases and in some instances different requirements of the course member. These should be discussed with the tutor and a programme drawn up and reviewed at least annually (at time of the annual assessment). The range of clinical work will include a number of once-weekly patients for 1-2 year treatments, a brief therapy patient (10-30 sessions), a couple/marital therapy and several assessments of referred couples - this work will ordinarily be supervised and usually undertaken as a member of a workshop or specialised supervision group. In most circumstances the course members will also be involved in the supervision of an external student or students, a consultancy to at least one institution, and attend a suitable Group Relations Conference, e.g. Tavistock January Conference or Leicester Conference.

5. Theory Seminars

A range of theory seminars and workshops are available. A programme will be formulated by the course member and tutor each year with reference to individual and discipline requirements. Attendance at two department seminars is normally required. The first of these, held on a Thursday 3.45pm-5.00pm is concerned with the historical development of psychoanalysis; the second is on a Thursday 1.30pm-2.45pm and explores applications of psychoanalysis to a variety of settings and clinical categories.

6. Clinical/Applied Paper

The requirement is that a paper of a satisfactory standard be submitted, before the course member can qualify.

The formal process is that in conjunction with their tutor, a supervisor will be appointed who will be available to help the course member with this project. The course member will give a copy of the paper to their tutor who will send it to the course organiser. The paper will then be considered by the Adult Department Training Committee, and thereafter by the external assessor to whom it will be submitted together with a profile of the course member's work done throughout the training. If the paper is judged to require further work, prior to or after submission to the external assessor, it will be returned to the course member's tutor with comment for resubmission. The final decision on the paper rests with the Adult Department Training Committee. The course organiser will inform the course member and tutor of the outcome as soon as possible. The external assessor of the course is at present Mrs Anne-Marie Sandler.

Guidelines

- i. A course member undertaking a PhD while concurrently doing the training will be exempt from this requirement.
- ii. A guideline for the length of the paper is between 6,000 - 10,000 words.
- iii. The paper will be expected to draw upon clinical work the course member has been engaged with during the training. This may include infant observation or consultation work. In the paper the course member is expected to show clinical acumen, and to demonstrate a capacity to integrate theoretical ideas with clinical experience. Evidence of the course member's capacity to develop their own understanding of the clinical experience, or a capacity to use clinical experience to illustrate and/or elaborate upon ideas in the sphere of psychoanalytic/psychotherapy will be sought.
- iv. It is strongly recommended that course members give serious consideration to joining Professor Peter Hobson's seminar for writing clinical papers.

OPTION 3

Option 3 course members will ordinarily not be based in the Tavistock Clinic as part of a clinical team and may only attend once a week for seminars; the requirements are therefore more detailed to provide more guidance. Where course members do not have suitable settings to fulfil particular core requirements, it is usually possible, by arrangement, to provide for the requirements to be met in the Adult Department, Tavistock Clinic.

1. Individual Psychotherapy

Individual psychotherapy of one male and one female patient 3 times a week (or more) amounting to at least 4 patient years and not less than 18 months with each patient. This work is to be individually supervised. For the purposes of the training an adult patient is 21+ years.

2. Assessment Work

Assessment consultations with a substantial number (not less than 20) of adult patients. Each assessment is to be supervised; supervision may take place individually or in a supervision group.

3. Group Psychotherapy

A psychotherapy group with adults, either individually or jointly run, for a period of at least 18 months. This may be supervised individually or in a supervision group. Course members who can provide evidence of established expertise in group psychotherapy may be exempt from this requirement.

4. General Clinical Experience

As with Options 1 and 2, in addition to specified core requirements, course members will undertake a range of supervised clinical work appropriate to prepare them to work as adult psychotherapists in the private sector. It is recognised that they will already have received a comprehensive training in NHS child psychotherapy, with its many facets, clinical and theoretical. This may mean that they have already supervised considerable couple or consultation work, experienced a group relations event and been involved in the supervision of others. It is important that Option 3 course members have the opportunity to work with adults in a variety of settings, and in each case a plan will be drawn up in discussion with the tutor, and reviewed at the time of annual assessments. The range of clinical work needs to include a number of once-weekly adult patients in supervised brief and medium-term treatment. Although the trainee will have worked individually with adults as parents, it is important that they have a chance to experience the different emphasis and focus of individual psychotherapeutic work with adults in their own right. Where there is insufficient supervised experience of work with couples, or of consultation, or supervision, or an absence of experience in group relations training these will also usually be required at some stage.

5. Theory Requirements

It is recognised that course members will already have completed a psychotherapy training with a considerable theoretical seminar component. However, it will be important for them to have adequate opportunity to study the applications of psychoanalytic theory to adult work. It is envisaged that the course member will if at all possible spend a half-day a week with other MI trainees attending at least some of the theoretical seminars in the Adult Department. Through this, they will also experience being part of a peer group of trainees in adult work. The four year rolling programme of 'Applications of Psychoanalysis' seminars will be important for the course members to attend. These seminars cover the broad range of applications of psychoanalytic thinking in public sector adult work.

In addition, all or part of the 2 year cycle of reading seminars may be appropriate, according to the particular needs of the individual, as perceived by themselves and others. Again, this will be arranged in consultation with tutors, with the advice of the Adult Department Training Committee where appropriate.

THE ROLE OF TUTORS

Each member will have a personal tutor who will usually hold this position throughout the member's training. The tutor will be a member of the senior staff of the course member's discipline and will be nominated by the member's discipline. The responsibilities of the tutor will be:

1. To assist the course member as necessary in the selection of a personal therapist.
2. The planning of each year's programme in advance.
3. Ensuring that the course requirements are being fulfilled and that the course member's specific interests and discipline requirements are being adequately catered for. The tutor provides the course member with an essential link to the national training requirements of his/her discipline.
4. The choice, together with the course member, of supervisors and consultation with the supervisors as to the member's progress and development. The taking on of the course member's second 3 times weekly case requires the agreement of both the tutor and first supervisor.
5. Discussing with the course member the choice of topic for the clinical/applied paper and advising on a suitable internal assessor.
6. The collation and administration of the continuous assessment process (see below) and reporting to the discipline concerned and to the Course Organiser on matters concerning the course member's progress.
7. Supporting the member in their professional development.

CONTINUOUS ASSESSMENT AND QUALIFICATION

The progress of a course member will be monitored by means of regular assessment, including a formal annual assessment. The annual assessment will consist of the course member's tutor presenting reports to the Departmental Training Committee from his/her supervisors and seminar and workshop leaders. On reaching a satisfactory final assessment the member will receive a formal certificate in qualification (Tavistock Qualification in Adult Psychotherapy) from the Organising Tutor and the Vice Dean of Postgraduate Training. Appeals can only be made against a decision of the Adult Department Training Committee relating to continuation on the training or for final qualification on the basis that full discussion between the course member, tutor and Organising Tutor has already taken place. Formal appeal can be made to a Departmental Appeal Committee comprising the appellant's tutor, the Organising Tutor, Vice Dean, Chairman of the Department and the Departmental Chair of the appellant's discipline.

CRIMINAL RECORDS BUREAU

Students enrolling on this course must obtain a Criminal Records Bureau (CRB) Disclosure for the Trust's records. Students who are offered and accept a place are advised to contact the CRB as soon as possible (www.crb.gov.uk or 0870 9090 811). Please note that we cannot accept a photocopy of any existing disclosure you may have and that the fee for obtaining a disclosure is payable by the applicant.

ORGANISING TUTOR

David Millar
Consultant Clinical Psychologist

FURTHER DETAILS:

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