“The training was thorough, broad and professional, it’s a privilege to understand the significance of the changes you can make to people’s lives”
I feel privileged to be Director of Training. Facilitating potential so that people can develop and grow as individuals within their personal and professional lives has always been important to me.

Training and personal growth are aspects of professional development and the ladder of training within WPF Therapy offers a creative way for people to develop.

Christine Driver
Director of Training
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The past forty-five years have seen WPF Therapy develop from its innovative beginnings into one of the leading counselling and psychotherapy training organisations and one of the largest providers of counselling and psychotherapy in the UK. Our reputation for training excellence in counselling skills, group and individual psychodynamic psychotherapy has gone from strength to strength over the years.

WPF Therapy has worked hard to remain at the cutting edge of psychotherapy training, with key staff playing active roles in the British Association for Counselling and Psychotherapy, the United Kingdom Council for Psychotherapy and the British Psychoanalytic Council. We are also an Associated Institution of the University of Roehampton. We have also sought and listened to feedback from trainees and staff, using this to help refine the training that we offer. Overall, we aim to provide high quality, well-rounded courses that are grounded in clinical work, and take place within a supportive and respectful learning environment.

We hope that you will take some time to explore the different training choices open to you by reading our brochure or visiting one of our regular Open Events. Through these you will gain a sense of WPF Therapy as an organisation that is concerned with rigorously upholding high standards of professionalism and good practice, whilst offering a welcoming and supportive learning environment to students. We hope you will share our vision that training at WPF Therapy is not only about study and learning, but about joining a growing community of people concerned with the deeper meanings of human experience. Before you navigate your way through this training brochure we would like to draw your attention to a few of the points that we believe make training at WPF Therapy a uniquely rewarding experience.

Staff
All our staff are qualified and experienced practitioners in the field in which they teach or supervise.

Dr Christine Driver
D.An.Psych., PGCE is Director of Training
She is a qualified psychoanalytic psychotherapist (FPC), Jungian analyst (SAP), and supervisor (BAPPS). She has worked as a psychotherapist and supervisor in private practice and in agency settings for many years and has been involved in the teaching and training of counsellors, psychotherapists and supervisors at WPF Therapy and elsewhere. Whilst at WPF Therapy she has developed the training in Supervision and been involved in the development of the training programmes. She has co-written and co-edited: Supervising Psychotherapy (2002) London: Sage, Supervision and the Analytic Attitude (2005) London: Whurr: Being and Relating in Psychotherapy (2013) Basingstoke: Palgrave Macmillan.
A highly qualified staff of psychotherapists and counsellors assist her.
Programme Manager:

Colin Campbell, MA, MSc. is a qualified counsellor and psychodynamic psychotherapist (FPC). Before training as a psychotherapist he worked for some years as a Team Leader and Director of Studies in Further and Higher Education. Currently he manages the twice weekly Psychodynamic Psychotherapy Programme, the MA Programme and the DIT Training and has worked as an External Assessor within the WPF Therapy Network. He also works as a student counsellor in a university setting and as a psychotherapist in private practice.

Programme Manager:

Gwen Evans is a qualified psychodynamic psychotherapist and a BPC registered psychoanalytic psychotherapist. She trained at WPF Therapy and is a member of FPC. She has worked as a clinician in a statutory mental health setting. She works as a supervisor and tutor at WPF Therapy and has a private practice.

Programme Manager:

Anna Bravesmith B.Ed. is a Jungian analyst registered with BPC holding the Supervision Diploma of the Society of Analytical Psychology, where she also co-ordinated the supervision training for a number of years. She is a highly experienced trainer and teaches periodically in several training organisations. She is an accredited DIT therapist, supervisor and trainer. Anna divides her time between private practice providing long term analytic treatment, supervisory work, providing brief therapy in NHS and managing the WPF Therapy supervision training. She has published papers on supervision, brief therapy and Jungian clinical and theoretical developments.

Senior Programme Manager:

Stephen Crawford BA, PGCE, is a qualified psychoanalytic psychotherapist trained at WPF Therapy and registered with BPC. He is a member of FPC and has been active within FPC on a number of committees. He contributed a chapter to Supervision and the Analytic Attitude and he is an author and co-editor of Being and Relating in Psychotherapy (2013) Basingstoke: Palgrave Macmillan. He is a psychotherapist and supervisor in private practice.

Senior Programme Manager:

Lynsey Hotchkies is a UKCP registered group-analytic psychotherapist and has a Diploma in Counselling and an MA in Group and Intercultural Therapy, as well as an LLb(Hons). She is the Programme Manager for the introductory courses, groupwork and CPD courses. She works as a psychotherapist, trainer and supervisor in a variety of settings, including the NHS.

Training Administration Office

Each of the training courses is allocated a Programme Administrator and they are often the first point of contact for potential trainees. The Administrators have a good working knowledge of the courses and can be contacted either by telephone (020 7378 2050) or by email to training@wpf.org.uk.
Flexibility

WPF Therapy offers a range of training routes including full time, part-time, evenings, weekend and modular. We aim to ensure, as much as possible, that our training is accessible to all students, including those with important work and family commitments and individuals from a diverse range of backgrounds. WPF Therapy is unique in operating a full ladder of training up to Masters degree level with no fixed point of entry. There are no mandatory initial academic requirements to embark on the training ladder, personal suitability and relevant experience are taken into consideration.

WPF Therapy Clinical Services

Approximately 400 people attend the WPF Therapy Clinical Services each week for individual therapy (long and short term work), and group therapy CBT and DIT.

At WPF Therapy we recognise that training is more than just theory and academic study. We believe that the practical experience of clinical work and regular clinical supervision is an essential aspect of preparation for working as a psychotherapist. WPF Therapy students have a placement in the Clinical Service and are spared the distress and inconvenience of struggling to find training clients to complete the required number of supervised hours of clinical work required before they can graduate.

You will notice that WPF Therapy training courses are not the shortest or least expensive training courses on offer. This is because WPF Therapy has a commitment to the provision of training of the highest quality, ensuring that our trainees achieve graduation only when they have successfully completed a thorough and rigorously assessed process of experiential, academic and skills-based learning, ongoing client work and personal therapy. Trainees on advanced and postgraduate training courses are provided with extensive practical experience through the provision of our clinical placement and regular clinical supervision from within WPF Therapy’s own on-site Clinical Service. WPF Therapy provides a supportive structure, including individual tutorials for all students, with identified personal tutors for students on advanced trainings.

Foundation for Psychotherapy and Counselling

FPC is the professional body for psychotherapists, and group analytic psychotherapists who have trained and qualified on the professional courses at WPF Therapy. Full Membership is open to those who have completed the appropriate training at WPF Therapy (see course information), while Student Membership is mandatory for those on certain advanced courses. FPC is unique among Counselling and Psychotherapy graduate bodies for having an appointed Referral Manager to co-ordinate referral of potential clients to members efficiently and professionally.

Graduates of the Group-Analytic trainings are registered with UKCP (The United Kingdom Council for Psychotherapy). Graduates of Postgraduate Diploma / MA in Psychodynamic Theory and Practice and the Psychodynamic Therapy Training (licenced to practice once or twice weekly) plus the Psychoanalytic Psychotherapy training are eligible to register with BPC and UKCP. FPC provides some continuing professional development (CPD) to complement that of WPF Therapy, in the form of scientific meetings, seminars, conferences and study days. A mentor scheme has been set up for WPF Therapy trainees and information on jobs is available within the WPF Therapy network.

FPC is a limited company run by the members who have voting rights and serve on FPC committees. FPC has its own Code of Ethics which is followed by all members. This provides protection for patients and clients and includes a procedure to follow in the event of any complaints. These will be handled by the FPC Ethics Committee.
All members are required to have full indemnity insurance in order to practise. FPC members work in private practice and in agencies, as well as supervising and teaching on WPF Therapy courses, in WPF Therapy network centres and in other settings across the country.

Programme of Workshops and Events
Throughout the year we run a programme of workshops and lectures intended to augment and complement the core courses. The majority of these are open to appropriately qualified members of the public as well as those undertaking training at WPF Therapy.

Masters Degrees
WPF Therapy with the University of Roehampton, is pleased to be able to offer Masters degrees in Psychodynamic Theory and Practice, Psychoanalytic Studies, Psychoanalytic Psychotherapy, Group-Analytic Psychotherapy and Supervision of Counselling and Psychotherapy. In this way we combine our reputation for clinical excellence with the academic rigor and challenge of university validated Masters Degrees.

The Academic and Professional Validation of WPF Therapy Training Courses
The Postgraduate Diplomas in Psychodynamic Theory and Practice, Group-Analytic Psychotherapy, Psychoanalytic Psychotherapy and Supervision are validated by the University of Roehampton. Graduates of these courses may enrol in preparatory workshops and proceed to write a dissertation for the award of an MA in the area of their Postgraduate Diploma. In addition, those qualifying with a Postgraduate Diploma may undertake the MA in Psychoanalytic Studies.

The WPF Therapy Postgraduate Diploma in Psychodynamic Theory and Practice leads to registration with BPC and UKCP and is accredited with the British Association of Counselling and Psychotherapy. The Postgraduate Diploma in Psychodynamic Theory and Practice is also recognised as a foundation for advancement to WPF Therapy’s training in Individual Psychoanalytic Psychotherapy or the twice weekly Psychodynamic Psychotherapy training. Graduates of the Postgraduate Diploma in Psychodynamic Theory and Practice are eligible to become Psychodynamic Psychotherapy Members of the Foundation for Psychotherapy and Counselling (FPC).

Successful completion of the WPF Therapy Postgraduate Diploma in Group-Analytic Psychotherapy leads to registration as a Group-Analytic Psychotherapist with the United Kingdom Council for Psychotherapy (UKCP). The WPF Therapy qualification in Individual Psychoanalytic Psychotherapy entitles Professional Psychotherapy Membership of FPC and registration as a Psychoanalytic Psychotherapist with BPC. The WPF Therapy qualification in Supervision leads to eligibility to register with the British Association for Psychoanalytic and Psychodynamic Supervision (BAPPS). WPF Therapy is an organisational member of BPC, UKCP and BACP and meets their ethical requirements.

Application Procedures
All candidates for training are required to submit an initial application form. The details of the application procedure vary from course to course. Any additional application requirements will either be outlined with the course description or you will be advised of these after making your initial application. Please note that a fee is charged for the interview process.
Different Training Needs

The courses on offer can be used in two ways:

• each course is designed to stand alone and provide the training that the student needs for one particular purpose
• the courses also provide an integrated programme whereby the trainee may progress from stage to stage on a ladder of training

It is important to note that there is a separate application procedure for each stage. Qualification at one level does not imply any guarantee of acceptance for further training. WPF Therapy reserves the right to prolong or terminate training when it is held to be in the best interests of clients or when standards or training requirements have not been met.

Trainee Association

The Trainee Association actively aims to improve services for trainees and to represent the interests of trainees to WPF Therapy staff and FPC. To this end an elected representative is a member of the Training Management Group and the Ethics Committee. The Chair of the Trainee Association also has regular meetings with senior management in the Training Department. The Trainee Association holds regular, open meetings for members, maintains the trainees’ room (where postgraduate trainees can meet informally and relax) A photocopier and IT resources for the exclusive use of trainees is provided.

Equal Opportunities

WPF Therapy is strongly committed to opposing discrimination. We recognise that there are processes inherent in any organisation, including our own, which can work against this intention. We acknowledge that we have an obligation to constantly examine all aspects of our policy development and implementation. We aim to ensure that as far as is possible, equality of opportunity is available to all who work within WPF Therapy or use its services.

WPF Therapy will seek to promote equality of opportunity where it has influence, including in its own constituent bodies and the professional organisations.

Bookstall

There is a well-stocked bookstall in the reception area of WPF Therapy where we endeavour to maintain a stock of the course books as well as related and complementary material. A 10% discount on book sales is available to all trainees. The Reception Coordinator is willing to order relevant books if given sufficient notice.

Library

WPF Therapy has a small library covering psychotherapy, psychoanalysis, counselling, group analytic psychotherapy, analytical psychology [Jungian studies], CBT, short term therapy, research, etc. It also uses an online library management system, which is accessible to all staff and students 24/7 and contains records of all Library holdings, including books, journals and reading lists. The Library includes reading lists citations, with links to full text, where appropriate. The library is run by a professional librarian, with the help of library volunteers.

WPF Therapy

• seeks to help people who suffer from emotional, psychological, or relationship problems and to train people to provide this help. It aims to promote personal growth to maturity and wholeness of personality
• is committed to the practice of, and training in, the professional disciplines of counselling and psychotherapy as well as to their application in other professional roles
• seeks to make therapy affordable to all sections of the population.
• has concern for spiritual values and meanings as essential aspects of human living. It is not however a religious organisation. WPF Therapy staff come from many different backgrounds and its services are open to anyone regardless of any or no religious affiliation
• is a member of the British Association for Counselling & Psychotherapy, the United Kingdom Council for Psychotherapy and the British Psychoanalytic Council

Aims and Policy of WPF Therapy Training
• to work to the highest standard possible at all levels of training
• to provide courses appropriate to the needs of people working with clients and patients in different settings
• to provide the opportunity for training to all personally suitable candidates, including those who have no formal academic qualifications
• to work within the Equal Opportunities policy of WPF Therapy in providing training accessible to different sections of the community, according to resources
• to co-operate with other training organisations to advance the work of counselling and psychotherapy, thus promoting availability for those in need

Theoretical Approach
The theoretical models that inform the work of WPF Therapy are predominately those formulated by the psychoanalytic and psychodynamic tradition and contemporary developments. Although the orientation of WPF Therapy is psychoanalytic and psychodynamic, recognition is also given to the work of the humanistic client-centred and cognitive traditions.

Ethics
WPF Therapy subscribes to the BACP Codes of Ethics for people using counselling skills, counsellors, trainers and supervisors. Trainees seeing WPF Therapy clients during their training are members of the WPF Therapy Clinical Service and are required to subscribe to the BPC, UKCP, BACP and FPC Codes of Ethics and to WPF Therapy’s own Codes of Ethics.

Open Events
If you would like to find out more about what WPF Therapy has to offer and meet training staff in an informal and friendly environment, you are warmly invited to attend one of our Open Events. Open Events are held several times a year. These events include Taster Sessions to give an interactive sense of our courses and are free of charge.
Training Consultations
If you have any queries about the training at WPF Therapy you can arrange a consultation session with one of the senior staff. During this session you will be able to ask questions about our different courses and get a sense of what it would be like to train with us. Consultations last for approximately 50 minutes and cost £40. Please call 020 7378 2051 if you would like to arrange a consultation.

Important Information

Fees
On accepting an offer of a place on a course, trainees pay a registration fee, sign and return all enrolment forms and enter into a financial contract with WPF Therapy. In the event of a trainee not taking up an accepted place the registration fee and any other fees already paid are non-refundable. If a trainee withdraws from a course part way through the year, the full fees for the year are payable. If WPF Therapy asks a trainee to withdraw from a course the fees paid up to and including that term are non-refundable. In the event of a trainee anticipating or experiencing difficulty in meeting financial obligations to WPF Therapy, she/he should contact the Departmental Administrator, as soon as possible. An award cannot be made if there are any outstanding fees. The fee list for courses beginning in October is updated and published in late Autumn of the year before. Fees are revised annually.

Applications
Completion of a form listing any unspent criminal convictions forms part of the application procedure for all courses. This information will not necessarily prejudice your application.

A DBS Check is required for all those who will be seeing WPF Therapy clients.

Absences During Training
Trainees on courses that carry a qualification are expected to attend at least 80% of the sessions. On some courses this is a requirement for qualification. Prolonged absence because of illness or for other reasons (for example, a period of time abroad) may necessitate a trainee completing extra work, repeating a year or withdrawing from the course.

Assessment and Qualification
Trainees on courses that carry a qualification are subject to continuous assessment; interim assessment at the end of intermediate years and a formal assessment at the end or their final year.

Waivers
WPF Therapy reserves the right to cancel a course at any time if there are insufficient numbers of students to make the course viable.

WPF Therapy reserves the right to terminate or extend the training agreement with a trainee in the event of the trainee not meeting the requirements of any course and/or those of WPF Therapy.

WPF Therapy will offer client work when appropriate but subject to availability of suitable clients.

WPF Therapy also reserves the right to refuse the offer of a place on a course.

WPF Therapy has a published Complaints and Appeals Procedures.
Introduction to Counselling and Psychotherapy (Group and Individual)
WPF Therapy Certificate in Counselling Skills

For over forty-five years we have been offering people the opportunity to come to WPF Therapy and develop their interpersonal skills, including their capacity to listen and be listened to by participating in one of the modes of our introductory course. The different modes aim to provide the same content, but in differing formats, to suit the professional requirements of a wide range of people. No previous training is required.

The modes:

Mode 1: Introduction to Counselling and Psychotherapy-October Start
Over three ten week terms (WPF Therapy Certificate in Counselling Skills)

Mode 2: Introduction to Counselling and Psychotherapy-Modular
Two weeks full time in July, followed by four weekends spread throughout the academic year (WPF Therapy Certificate in Counselling Skills)

Mode 3: Introduction to Counselling and Psychotherapy-January
January to July consisting of three weekends and two ten week terms (WPF Therapy Certificate in Counselling Skills)

Course Aims

• to teach participants how to use counselling skills, such as active listening and responding, ethically and with an understanding of how earlier life experiences can affect how people feel and behave in the present.

• to provide an opportunity to practise counselling skills and develop appropriate attitudes through discussion, in role-plays and exercises, in a supportive but challenging learning environment

• to learn about human growth and development from a psychodynamic perspective and to be able to explore some of their own experiences of each stage of development.

Lynsey Hotchkies
Senior Programme Manager
Programme Manager for Groupwork Training, Continuing Professional Development and Introductory Courses
Learning Outcomes
At the end of the course the participants are expected to:

- have learned about and practiced the basic counselling skills of listening, mirroring, reflecting back, paraphrasing and summarising to facilitate the other’s understanding and accommodation of their feelings and emotional conflict;
- have begun to look at, reflect on and recognise patterns in behaviour, feeling and thinking in themselves and in others and to have practised these experientially involving the counselling skills of clarifying, supporting and challenging others to further their recognition, thinking about and management of feelings, thoughts and conflicts;
- have shown an interest in and commitment to self-exploration and development, through participation in the experiential group and exercises in the seminars.
- have learned some basic theory about human growth and development and their own development;
- have understood about the importance of boundaries and ethics in counselling work and developed an understanding of the difference between using counselling skills in a variety of situations and counselling/psychotherapy;
- be aware of working and living in a multicultural society where issues of difference are acknowledged and worked with sensitively, and assumptions are challenged.

Course Structure
The course is experiential. What this means is there are no ‘lectures’. Rather the course consists of ‘doing’ activities, role plays, exercises, student presentations etc. and then discussing your experience with the other group members. Applicants can apply for one of three modes, all of which consist of seminars that link theory and practice and an experiential group.

Time Commitment
Mode 1:
Introduction to Counselling and Psychotherapy-October Start
(WPF Therapy Certificate in Counselling Skills)
The course lasts for one academic year of 30 sessions, beginning each October.
The year is divided into three terms, normally of ten weeks with a reading week. Applicants are asked at interview to state their preference for the time and day for attending the course. WPF Therapy tries to meet this request but cannot always guarantee to do so.

Courses run at the following times:

- Morning Sessions
  - Seminar 9.30am-11.00am
  - Experiential Group 11.20am-12.45pm

- Evening Sessions
  - Seminar 6.30pm-7.55pm
  - Experiential Group 8.10pm-9.30pm

Mode 2:
Introduction to Counselling and Psychotherapy-Modular
(WPF Therapy Certificate in Counselling Skills)
The course consists of a two week Summer Full Time Programme held in July or August of each year, Monday through to Friday, 10.00am-5.00pm, plus four weekend modules that take place over the academic year. The weekends consist of Saturday and Sunday from 10.00am-4.00pm.

Mode 3:
Introduction to Counselling and Psychotherapy-January Start
(WPF Therapy Certificate in Counselling Skills)
The course lasts for seven months. It consists of three weekends-Introductory, Mid-way and Completion and two ten week terms. It starts in January and ends in July.

Time Commitment
Each weekend module consists of seminars and groups taking place on Saturday and Sunday 10.00am-4.00pm.
The term sessions are on either:

Wednesday evening or Friday morning

- Seminar 6.30pm-7.55pm
- Experiential Group 8.10pm-9.30pm

- Seminar 9.30am-11.00am
- Experiential Group 11.15am-12.45pm
Course Content for Modes
For all modes the training is experiential, consisting of a seminar and a group. Skills and attitudes are taught and practiced through the use of skills practice and exercises, as well as discussion, video and reading materials. Students are expected to spend 2 to 3 hours a week studying in addition to attending the course at WPF Therapy.

Seminars consist of:
- using counselling skills and attitudes
- BACP Ethical Framework
- psychodynamic understanding of human growth and development
- introduction to psychodynamic concepts

The experiential group offers a place to explore feelings and relationships, with a group facilitator, in the ‘here-and-now’ of an unstructured setting, as well as to learn about group dynamics.

The following refers to all modes:

Entry Requirements
For all modes applicants should be able to demonstrate self awareness and maturity as well as psychological mindedness and reflective capacity. Applicants should be able to demonstrate a commitment and openness to personal development of their use, or potential use, of counselling skills. No formal prior qualifications are required but candidates are required to have the capacity to fulfil the standards of written work. There are required reading and written assignments during the course of the training.

Selection Procedures
Selection is through completion of the initial application form and interview. Please note that a fee is charged for the interview process.

Assessment
This is continuous and assessed by self, peer and staff. Students are expected to keep a journal of what they learn on the course. From this they will be expected to complete written assignments on the development of their use of counselling skills and attitudes and their own self awareness. Students are required to pass two pieces of written work approximately 1500 words each as well as participate in group presentations.

“...The course was very useful and exceeded my expectations. I thought it would be theoretical discussions and lectures, but it was a challenging mixture of theory, discussion and role play which has been the beginning of a great journey..."
This Diploma is intended for those who have successfully completed a basic counselling skills course but would like to consolidate and improve their skills and theory before embarking on a full psychodynamic psychotherapy training; or who would like to develop their counselling skills and theoretical understanding but do not wish to train as a psychotherapist.

**Course Aims**
- to give participants more time to study further psychodynamic theory and link this to the practice of counselling skills
- to prepare participants for psychodynamic psychotherapy training if applicable
- to further develop their counselling skills through more skilled practice, role plays and exercises
- to further develop self-awareness and personal insight through participation in the experiential group

**Learning Outcomes**
At the end of the training participants can expect to:
- use counselling skills competently and within the BACP Ethical Framework
- integrate their use of counselling skills with an understanding of the process of counselling and individual growth and development
- have sufficient self-awareness and know the main ways in which the counsellor’s personality can interfere with and/or enhance their use of counselling skills
- to know how to present written work, clinical and theoretical papers for psychodynamic psychotherapy training

**Course Structure**
The course runs from January to July and each session of its intensive programme consists of a theory seminar, in which papers are read and discussed, a counselling skills practice seminar and an experiential group.

**Time Commitment**
The course consists of two terms held on Thursday mornings 9.30am-2.00pm and three weekend modules which require attendance on Saturdays and Sundays from 10.00am-4.00pm.
Full attendance at the weekends is compulsory. Please check dates with the Training Office to ensure that you are available to attend.

**Course Content**

**Theory Seminars (sample only):**
- Introduction to Freud, Klein, Winnicott and Bowlby
- Contemporary thinking on development (e.g. neuroscience)
- Structuring the session and thinking about boundaries, beginnings and endings
- BACP Ethical Framework
- Money
- The therapeutic relationship
- Cultural and sociological issues
Skills Seminars
Skills Practice, role plays, exercises and video.

The Experiential Group offers a place to explore feelings and relationships with a group facilitator in the “here-and-now” of an unstructured setting, as well as to learn about group dynamics.

Entry Requirements
Applicants must be able to demonstrate self-awareness and maturity as well as suitability for using counselling skills. Applicants should be able to demonstrate a commitment and openness to personal development. Applicants must have usually successfully completed a one year certificate course in counselling skills, which includes 45 hours of seminar work and 45 hours in an experiential group. Candidates with considerable experience but no formal training in counselling skills are also encouraged to apply.

Selection Procedures
Application form and interview. A reference from a previous seminar leader or work place manager will be requested to support your application. Please note that a fee is charged for the interview process.

Assessment
This takes place continuously throughout the year and is carried out by self, peers and seminar leaders. Two written assignments have to be successfully completed approximately 2500 words each.

Qualification
On successful completion of this course a WPF Therapy Diploma in Counselling Skills (Access Course) is awarded. This is a qualification in the practice of counselling skills and is not a licence to practice as a counsellor. The Diploma can strengthen subsequent applications for training in psychodynamic counselling or psychotherapy.
Training in Groupwork

WPF Therapy offers two levels of group training:
• Certificate in Groupwork (Two Term Course)
• Postgraduate Diploma/MA in Group-Analytic Psychotherapy

Certificate in Groupwork
(A Two Term Course in working in and with teams and groups)

This course is taken over two terms, and consists of a seminar and a personal development group. Seminars will cover theory and specific group themes. The personal development group provides a space to think about what participants are learning on the course and to develop and expand upon their interpersonal and relational skills.

Course Aims
The aim of this course is to provide a basic training in working with groups from a range of analytic perspectives. Groupworkers come from a variety of backgrounds and work in diverse settings. The course will be tailored to the needs of participants and therefore the outline is somewhat flexible. However, the basic theory of group dynamics, common group dilemmas and facilitation techniques will be covered.

Learning Outcomes
At the end of this course:
• students will have a grounding in group theory and what happens in formal and informal groups from families to large organisations.
• students will have developed their skills in groupwork facilitation; be able to review and develop their leadership style and effectiveness.
• students will have increased individual awareness of how they function and interact and the impact they have on groups.
• students will have improved their basic listening and responding skills.
• students will have been encouraged to develop a personal style from a selection and synthesis of theory.

Course Structure
The course consists of:
• Theoretical discussion led by the seminar leader based on pre-distributed papers and reading material.
• Presentations by participants based on their personal work situation.
• Invited guest speakers.

Applicants must be able to demonstrate a high level of self-awareness and a commitment to continued development. Personal therapy is not a requirement, but those students who wish to complete their training as a group analytic psychotherapist (see page 16) will need to have completed a year in group psychotherapy before beginning their training group.
**Seminars**

**Seminars will cover:**

- Introduction to group theories – with a particular emphasis on analytic theories (i.e. working with the unconscious in groups)
- Group roles and the role of the facilitator
- Working with conflict and confrontation
- Specific concepts, e.g. transference, counter transference, projective identification in groups
- Specific topics and guest speakers (which may include attachment, art psychotherapy, the anti-group, CBT groups, themed and task focused groups, gender, race and difference, Jung and groups, social dreaming, drama therapy, myths and fairy tales, ethics, therapeutic communities, organizations, staff support groups)
- The opportunity to develop some of the course outline on the basis of the group’s interest

**Written Assignments**

Students are required to produce one 3,000 word paper.

**Time Commitment**

This is a part-time course held on Wednesdays from 1.00pm – 5.00pm. There are 20 sessions over two terms.

**Entry Requirements**

No previous training in groups is required. However, applicants must be able to demonstrate proficiency in relationship skills from prior training and / or work experience. Please provide a statement of your skills and experience with your application.

**Selection Procedure**

Students are selected on the basis of written application and interview.

If you wish to apply, please provide the following:

- a completed initial application form
- a brief personal statement about why you wish to complete the course

Please note that a fee is charged for the interview process.

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**Assessment**

Assessment is continuous throughout the course. The assessment process includes elements of self, peer and staff evaluation. The award of the Certificate is determined by the student’s participation in all components of the course, including the seminars, personal development group and written assignments. Successful completion of a 3,000 word essay is required. The essay will be devised with the group but primarily will relate to an aspect of the student’s groupwork experience and linking it to what they have learned on the course. The award of the Certificate is not a licence to practice as a group therapist. Students wishing to practice as group-analytic psychotherapists will need to complete the Postgraduate Diploma / MA in Group-Analytic Psychotherapy.

“...The seminar leaders were generous in sharing their experiences and the variety of teachers and teaching styles meant the learning was stimulating, inclusive and memorable...”
WPF Therapy Qualification in Group-Analytic Psychotherapy
Postgraduate Diploma in Group-Analytic Psychotherapy
(with licence to practise individual therapy as a Counsellor)
MA in Group-Analytic Psychotherapy

This is a professional training in Group-Analytic Psychotherapy. Graduates are qualified to conduct groups in agencies or in private practice. The qualification leads to registration with the United Kingdom Council for Psychotherapy (CPJA Section). Upon completion of a dissertation, trainees may be awarded an MA in Group-Analytic Psychotherapy validated by the University of Roehampton.

Programme Aims
- To qualify students to practise competently and ethically as group-analytic psychotherapists in a variety of settings, including setting up and running private therapy groups and groups within agencies such as the NHS or WPF Therapy
- To enable students to assimilate and critically assess the main models of group theory, with a particular emphasis on group analysis, so that they can arrive at a personal synthesis and style
- To equip students with the skills and techniques of the group analytic model: to develop a therapeutic relationship and to respond and interpret appropriately within it
- To equip students to work independently as reflective practitioners
- To enable students to engage in the theoretical rationale for the body of techniques used in this field and to add to the understanding of what constitutes best practice
- To enable students to engage in the theoretical debates within the subject area to contribute to its knowledge base
- To provide an opportunity for students to develop a professional stance and to begin to integrate into the psychotherapy profession, fulfilling their professional goals
- To train students to respond creatively to complex, unpredictable situations

Course Outline and Structure
The Programme is designed to be flexible. Some modules may be APEL’d for those applicants with sufficient experience and who can demonstrate that they have met the Learning Outcomes of that Module.

1. Group Analytic Concepts Seminar
   Compulsory for all students. This takes place at WPF Therapy on Wednesday mornings over 3 years and covers group analytic concepts.

2. Psychoanalytic Concepts Seminar
   This may be APEL’d by suitably qualified students. It takes place at WPF Therapy over 2 years and introduces core psychoanalytic concepts.

3. First Training Group
   Students must run an outpatient psychotherapy group under supervision for a minimum of 2 years. This module is compulsory and must be taken contemporaneously with the Group Analytic Concepts Seminar. Students are supervised privately in supervision groups of 4 to 5 students for 35 sessions a year. Supervision fees are paid directly to the supervisor at £28 per session. Supervision fees are revised annually.
4. **Second Training Group** This module may be APEL’d for those students who have previously conducted a suitable group. Students must facilitate a theme or task focussed group along group analytic lines for 30 sessions. Students attend a clinical seminar at WPF Therapy to discuss this work.

5. **Individual Counselling Qualification** Students are required to have the experience of working one-to-one for a minimum of 120 hours. Students will also need to have a period of individual psychodynamic therapy, minimum of once weekly, 18 months (with a WPF approved therapist). Students will be licensed to undertake ‘once weekly counselling/therapy’. Therapy must be completed 5 years post or pre training. This therapy cannot take place at the same time as the personal group therapy. This does mean that the licence to practise as a counsellor will not be given at the same time as the group qualification.

6. **Psychiatric Placement** This may be APEL’d by suitably qualified students. Students are required to attend Ward Rounds in a psychiatric setting for the equivalent of half a day over six months. Attendance at Psychiatric Placement Seminars at WPF Therapy.

7. **Experiential Group** Students must attend an experiential group at WPF Therapy on Wednesdays for a minimum of three years. This group is run on a ‘slow-open’ basis with students joining and leaving after 3 years.

8. **Personal Therapy** Students must attend an approved group analytic therapy group throughout the training and for a minimum of one year before beginning their first training group.

Trainees continue in therapy until the Training Committee is satisfied that they have adequately completed all requirements of one-to-one component.

**APEL:** Some components of the course may be APEL’d. Compulsory components (ie not subject to APEL) are the two year training group and supervision, theoretical seminars, personal therapy, the experiential group and Study Days.

**Course Contents**

Seminars cover the theory, development and practice of group psychotherapy, the group-analytic approach, key psychoanalytic concepts, psychodynamic principles and practice, psychoanalytic developmental psychology, social psychology and systems theory.

**Entry Requirements**

Admission is open to candidates who have successfully completed or obtained the following:

- the WPF Therapy Diploma in Groupwork, or equivalent, with a good pass OR other introductory course which included a group component
- one year in personal therapy
- a satisfactory reference from their Supervisor on the Diploma in Groupwork, or other equivalent course.

**Selection Procedure**

Applicants should provide:

- a completed initial application form
- a curriculum vitae
- a statement giving relevant experience of groupwork and reasons why they wish to train as a group psychotherapist
- a personal statement which should include significant life experiences or events
- the names of two referees (one being their Supervisor on the Certificate in Groupwork or relevant course)
- applicants may be asked to provide an example of written work demonstrating that their academic ability is at the required standard

The selection process consists of two personal interviews. Please note that a fee is charged for the interview process.
**Time Commitment**

**Wednesdays:**

- 9.00am - 10.30am Seminar
- 11.00am - 12.30pm Seminar
- 1.15pm - 2.45pm Supervision
- 3.15pm - 4.45pm Experiential Group

The time needed for personal group psychotherapy and conducting of client groups is in addition to the above times. Trainees will also have to allow time for reading and writing papers.

**Assessment**

Assessment is continuous throughout the training. There are three papers required of 4000-5000 words. A theoretical paper on a topic related to group-analytic psychotherapy, is presented in year one and two of the seminars. A 4000 word essay is required on issues of difference. The timing for submission can be negotiated.

A final clinical paper of 8,000 words based on clinical material from the students’ training group, must be presented within twelve months of completing the seminars and supervision. Students are not qualified until acceptance of the final clinical paper.

The Training Committee receives annual reports on the trainee’s progress from supervisors and seminar leaders. Qualification is dependent upon satisfactory completion of all components of the course. WPF Therapy reserves the right to extend or terminate training.

A 10,000 word dissertation is required to receive the MA in Group-Analytic Psychotherapy. This will be completed after satisfactory completion of all supervisory and theoretical requirements of the WPF Therapy Qualification in Group-Analytic Psychotherapy.

**Qualification**

WPF Therapy Qualification in Group-Analytic Psychotherapy carries Professional Membership (Group Psychotherapy) of the Foundation for Psychotherapy and Counselling (FPC), the professional body of WPF Therapy graduates, and registration as a group-analytic psychotherapist with UKCP. Trainees completing a dissertation will be awarded an MA in Group-Analytic Psychotherapy from the University of Roehampton.
High priority has always been given to the principles of equal opportunity and of accessibility to training. One aspect of this is that although we offer a postgraduate level course we do not require a previous degree and are interested in the individual applicant’s potential to train as a psychodynamic psychotherapist.

We have a well-deserved reputation for the clinical excellence of the training and for the high standard of our teaching. A special feature of the course is that it integrates theory and practice, with seminars on skills and theory running alongside supervised clinical practice in WPF Therapy’s own Clinical Service. All components of the training take place on site. Clients, supervision, and consulting rooms are provided by WPF Therapy’s Clinical Services, saving trainees the effort of having to find their own clinical placements and supervision. We believe that this provides greater containment for trainees as they begin their clinical work, which is usually during the first year of training. It is also possible for some trainees to bring clinical work from an agency with which they are associated. Trainees often form strong supportive bonds as they progress through the course and many will form lasting friendships, while gaining their professional qualification.

Course Aims

- to provide an in-depth, broadly based, high quality training in psychodynamic psychotherapy on the model of once weekly sessions
- to enable trainees to integrate their experiential and theoretical learning with their clinical experience as they progress though the training
- to provide a contained and supportive environment at WPF Therapy, where trainees have client work, therapy rooms, supervision and seminars on site
- to facilitate the learning and support the personal development of trainees

In 1989, this training, now the Postgraduate Diploma /MA, was the first course in the country to be accredited by the British Association for Counselling and Psychotherapy and it has retained its BACP accreditation ever since. In addition, WPF Therapy has a long-standing connection as an Associated Institution to the University of Roehampton, which gives the course its academic validation. This training leads to BPC and UKCP registration as a Psychodynamic Psychotherapist and also leads towards BACP Accreditation.
Entry Requirements

Applicants should:
• have successfully completed WPF Therapy’s Introduction to Counselling and Psychotherapy (Certificate in Counselling Skills), or be about to complete an equivalent basic course in counselling skills
• already have experience of using counselling skills with individuals in a face-to-face context
• have the potential to work with clients in the WPF Therapy Clinical Service
• have the academic potential to work at postgraduate level. It is not necessary to have gained a previous degree. Academic tutorials are included in the timetable
• be able to show appropriate evidence of prior learning and experience for entry into year two or three of the training

The Selection Procedure

The selection process involves:
• Completing an application form
• Attending a group interview, which includes a case discussion and provides an opportunity to discuss and ask questions about all aspects of the training
• Attending an individual interview that explores issues of personal development and potential for client work

Course Structure and Time Commitment

WPF Therapy seeks to offer the Postgraduate Diploma / MA in a way that is sufficiently flexible to allow for previous learning experience and the individual learning needs of trainees.

The course is offered in a structure which will usually enable a trainee to proceed to qualification in four years. Applicants with a WPF Therapy Network Diploma in Psychodynamic Counselling or with equivalent and certificated previous learning experience may be admitted into year two or three of either Mode M or Mode A.

The components of the course are offered in two routes to qualification

1. Mode M that can be taken during the day over four years. The first two years take place on Tuesdays and years three and four on Mondays.

2. The afternoon route, Mode A, that runs from 1.00pm-7.00pm on one day a week for four years with years one and two taking place on Thursday and years three and four taking place on Friday.

The above structure includes attendance at supervision but time spent with clients in the Clinical Service is not included.

The afternoon route, Mode A, offers a more compact training timetable to fit in with other commitments such as work or family. Mode M offers a daytime timetable that can also be fitted in with other commitments without having to attend in the evening.

Course Content

There are 30 teaching weeks in a year, divided into three terms. Client casework continues for 44 weeks and supervision continues for at least 42 weeks per year. The course has a pluralist ethos within the psychodynamic and psychoanalytic tradition. Trainees study a wide range of authors from the seminal contributions of Freud, Jung, Klein, Winnicott and Bion to contemporary views and development of theory and technique. Trainees are encouraged to engage critically with the required reading. Some study of cognitive behavioural, family

Learning Outcomes

• to equip graduates with the clinical experience and theoretical knowledge to work in agencies in the private and the public sector, and in private practice
• to provide a qualification that gives a point of entry into the Foundation for Psychotherapy and Counselling, one of the largest professional bodies in this field in the U.K.
• to develop the skills and theoretical knowledge necessary for BPC registration as a psychodynamic psychotherapist and BACP accreditation as a psychotherapist
• to provide the foundation on which an application can be made for the WPF Therapy psychoanalytic psychotherapy training leading to BPC registration as a psychoanalytic psychotherapist
therapy, and group analytic theoretical approaches are undertaken in order to help trainees understand something of the range of psychological treatments which may be suitable for clients.

The course is composed of both postgraduate and additional modules

**Postgraduate level modules**
- Practice/Techniques
- Human Development
- Psychopathology
- Advanced Clinical and Theoretical Issues
- Clinical Concepts
- Client Casework and Supervision

**Additional compulsory modules - seminar or workshop format**
- Groupwork
- Issues of Diversity
- Family Perspectives
- Research
- Ontology
- Psychiatry
- Time limited Work
- Assessment of new clients
- Some Saturday workshops are compulsory for Mode A and M trainees.

**Experiential Groups**
All trainees attend experiential groups for at least one year of their training.

**Written Work**
Written work is required for the postgraduate level seminars, usually an essay of 2,000 words in each. Essays or student presentations may also be required in the additional compulsory seminars.

Trainees are also required to complete two clinical essays, the first submitted at the beginning of year 3, the second in the final year. These are of 3,000 and 3,500 words respectively.

**Tutorials**
Each trainee has a personal tutor with whom to discuss, in confidence, any problems relating to participation in the course.

**Clinical Placement**
WPF Therapy places emphasis on the clinical aspects of our professional courses and the Postgraduate Diploma / MA will provide extensive experience of face-to-face practice in the WPF Therapy Clinical Service. This is central to our training and usually involves working with both male and female clients of different ages and from a diversity of backgrounds.

This clinical experience as a whole provides an invaluable opportunity for trainees to develop their skills while under the supervision of experienced practitioners, and so equips graduates for a broad-based professional practice once training is complete.

**Supervision**
Supervision is an integral part of the course, taking place on a weekly basis, in groups of three or four trainees. All clients are assessed by an experienced psychotherapist and are allocated to trainees according to their level of experience and training.

At WPF Therapy trainees should gain approximately 320 client contact hours by the time they qualify and so will then need a further 150 hours post qualification to be eligible for BACP accreditation.

**Assessment**
Assessment is continuous and intended to provide helpful and constructive feedback wherever possible. Satisfactory attendance at, and completion of, all modules of the course is required. At the end of each year a staff committee, together with the External Examiner and Programme Moderator considers the progress of each trainee and makes recommendations based on the trainee’s self-assessment, a supervisor’s report, seminar reports and the written assignments.

**Therapy**
Trainees are required to be in individual personal therapy at least once a week with a WPF Therapy Training Therapist.

WPF Therapy Guidelines for Therapy and a list of WPF Therapy Training Therapists is available from the training department.

Applicants do not have to be in therapy at the time of application, but previous experience of therapy may strengthen an application.
For applicants who need to find a therapist, or who are required to change therapist, we offer a consultation with a WPF Therapy adviser for which there is a fee. Applicants who are accepted for training need to be settled in therapy before the course commences. Therapy needs to have been established for 6 months before trainees can begin to see clients.

**Qualification**

**The course leads to the:**

- Postgraduate Diploma in Psychodynamic Theory and Practice validated by the University of Roehampton

**With the options:**

1. To complete an MA in Psychodynamic Theory and Practice by satisfactorily completing two preparatory workshops and writing a dissertation

2. To begin working towards the requirements of the twice weekly Psychodynamic Psychotherapy training during the final year subject to the approval of the penultimate year supervisor.

**This involves**

- individual supervision in addition to the usual group supervision
- additional client work
- twice-weekly personal therapy for a period of at least six months

Completion of the portfolio referred to on page 35 will lead to the WPF Therapy Qualification in Psychodynamic Psychotherapy, in twice weekly work and BPC registration as a Psychodynamic Psychotherapist.

3. To undertake further training in three times weekly psychoanalytic psychotherapy on the WPF Therapy Qualification and Postgraduate Diploma/MA in Psychoanalytic Psychotherapy, which builds on the Postgraduate Diploma in Psychodynamic Theory and Practice.

**What Happens Following Qualification?**

Trainees on the Postgraduate Diploma / MA join the Foundation for Psychotherapy and Counselling (FPC) as trainee members, and are eligible to become professional members on graduation.

**WPF Therapy graduates work as therapists in many settings such as:**

- GP surgeries and hospitals
- Therapy and counselling agencies in both public and private sectors, including ones with specialist areas of provision, such as for the bereaved, young people and addictions
- Family support services
- Colleges and Universities
- Private practice

And in a variety of other roles including:

- Teaching psychotherapy, counselling and counselling skills
- Supervising other professionals or volunteers
- Managing or co-ordinating therapeutic work and training

Many WPF Therapy graduate therapists go on to successfully undertake psychoanalytic psychotherapy trainings, including that offered by WPF Therapy.
WPF Therapy Programme in Psychodynamic Psychotherapy with a Licence to Practise Twice Weekly Psychodynamic Psychotherapy (PDPL2)

This Programme is for those who:

a. are trainees in the final year of the Postgraduate Diploma in Psychodynamic Theory and Practice.

or

b. already hold the Postgraduate Diploma in Psychodynamic Theory and Practice

or

c. already hold the WPF Network Advanced Diploma in Psychodynamic Counselling.

or

d. hold a qualification deemed equivalent to the above.

Course Aims
This programme leads to a WPF Therapy qualification as a Psychodynamic Psychotherapist with a licence to practise twice weekly psychodynamic psychotherapy.

Programme Structure
There will be an intake for the programme each October and April. Please allow 4 weeks for the processing of your application prior to your preferred start date. Candidates can complete all the requirements for the twice weekly licence in two years with WPF Therapy.

Time Commitment
Seminars take place at WPF Therapy throughout the year. Personal therapy, supervision and client work are arranged by the registrant. Twice weekly training patients will normally be from the WPF Therapy Clinic.

The Programme
Whilst building on the once weekly psychodynamic psychotherapy qualification, the licence to practice twice weekly programme (PDPL2) will consists of the following additional elements:

Personal Therapy
Trainees will be required to be in a minimum of twice weekly personal therapy during their period of registration on the programme.

Client Work
Trainees are required to see 2 training patients twice weekly, one for a minimum of 18 months and a second for a minimum of 12 months (NB those starting the PDPL2 programme during the final year of the postgraduate diploma will be expected to maintain their once weekly caseload).
Assessments
Trainees are required to undertake 5 supervised clinical assessments, and to attend a training workshop on clinical assessments.

Written Work
Trainees will finally be required to write up their work in a 5,000-6,000 word clinical paper. Normally this will be based on the 18-month training patient.

Seminars
The seminars which will take place over three terms, will take place either on Wednesday evenings or Thursday afternoons.

Entry Requirements
To be eligible to apply, candidates must have:

- the Postgraduate Diploma in Psychodynamic Theory and Practice
- the WPF Therapy Network Advanced Diploma in Psychodynamic Counselling
- an equivalent to the above
- at WPF Therapy, trainees in the final year of the Postgraduate Diploma are eligible to apply for the registration on the twice weekly licence. (which overlaps with the final year).

Selection Procedure
Selection will be the result of the following:

- a satisfactory supervisor’s reference stating that they are able to take on a twice weekly training patient.
- approval by the PDPL2 Training Committee
- approval by the Programme Manager (for those registering in the final year of the diploma).

Assessment
Granting of the PDPL2 licence is dependent on satisfactory completion of all components of the programme.

Qualification
Those who are granted the twice weekly license in psychodynamic psychotherapy will be eligible for registration and membership with the British Psychoanalytic Council (BPC) and the United Kingdom Council for Psychotherapy (UKCP).

"The seminars were well-structured, thought-provoking and relevant. I also found the diverse choice of theory papers imaginative and stimulating, so that the teaching extended my frame of reference and helped me to reflect with greater creativity"
WPF Therapy Qualification in Psychoanalytic Psychotherapy
Postgraduate Diploma in Psychoanalytic Psychotherapy
MA in Psychoanalytic Psychotherapy

This is a clinical qualification in intensive psychoanalytic work, seeing patients three times a week and using the couch, with the option of gaining a Postgraduate Diploma/MA.

A broad range of psychoanalytic theory is taught in this course and trainees are encouraged to read and study critically, while working towards their own psychoanalytic orientation. Trainees will usually have already achieved a Postgraduate Diploma level of work and experience as psychodynamic counsellors or psychotherapists working either once or twice weekly and as such are able to debate issues raised by the theory. This course is, as far as we know, the only one to value the previous training and experience of psychodynamic practitioners and their broad base in psychodynamic theory and practice.

Course Content
The course consists of a three year programme of seminars, with two seminars per week. The work of Freud, Klein and Jung is considered as well as a wide range of other theorists in the psychoanalytic tradition and contemporary developments. Theory is pluralistic and teachers are drawn from a number of the analytic and psychoanalytic psychotherapy training organisations in the UK. Clinical issues are always held in mind. Following completion of the three years of seminars there will be an ongoing clinical seminar meeting termly. Trainees begin the treatment of two patients, for each of which they have individual supervision. Both are seen three times weekly, one for two years and the other one for 18 months. All trainees complete a series of assessment interviews under supervision and undertake a psychiatric placement. There is also an infant observation.

Some of these requirements may be waived for those trainees who have had relevant experience following their Diploma qualification.

Following the satisfactory completion of their clinical requirements, trainees are required to submit a final paper before the WPF Therapy qualification can be awarded.
Postgraduate Diploma / Master’s Degree

Those candidates who wish to obtain the Postgraduate Diploma/MA in Psychoanalytic Psychotherapy will need to complete additional written work after each year of seminars and may then register for the preparatory workshops and the dissertation module at the end of their clinical training.

Entry Requirements

Application for this professional qualification in Psychoanalytic Psychotherapy is open to those who have successfully completed the Postgraduate Diploma in Psychodynamic Theory and Practice at WPF Therapy or in a centre of the WPF Therapy network whose Advanced Diploma has been approved. Qualified psychodynamic counsellors or psychotherapists may also apply through the APEL (Accreditation of Prior Experience and Learning) procedure. Details of this are available, on request, from the Training Office.

Prospective trainees must have been in a minimum of three times weekly therapy with a WPF Therapy Training therapist for at least six months before they begin to see training patients, and must remain so for the duration of the course. Detailed discussion of the requirements for an APEL portfolio may be obtained in a Training Consultation (details from the Training Office).

Selection Procedure

Please apply to the Training Office for details of the selection process for this course.

In addition please note that the closing date for applications is normally at the end of April, although late applications will be considered in some circumstances.

Time Commitment

Teaching contact hours are from 1.00pm-4.30pm on Thursdays. Supervision, personal therapy and case work are in addition to this time. There will be required reading set for the seminars each week and Postgraduate Diploma / MA students will have additional written work to complete.

Assessment

All assessment for the WPF Therapy qualification and Postgraduate Diploma/MA will be decided by the Psychoanalytic Psychotherapy Training Committee in conjunction with the External Examiner and University of Roehampton Programme Moderator. Assessment of casework is through written reports from supervisors and 6 monthly self-assessment reports. Seminar work is assessed on participation in seminars and on written work. All reports will be shown to the trainee concerned. Final qualifying papers will be anonymously double marked.

Qualification

The WPF Therapy qualification leads to Professional Membership (Psychoanalytic Psychotherapy) of the Foundation for Psychotherapy and Counselling (FPC), the professional body of WPF Therapy graduates. These members of FPC are registered as psychoanalytic psychotherapists with the British Psychoanalytic Council (BPC).

The Postgraduate Diploma / MA is validated by the University of Roehampton and can help successful candidates to teach, supervise and carry out further research in the field of psychoanalytic psychotherapy.

A Course Handbook is available from the Training Office giving fuller information about the course.
WPF Therapy is committed to providing courses that meet the ongoing needs of qualified practitioners to develop their theoretical understanding and clinical ability as well as meeting the professional requirements of registering bodies such as BPC, UKCP and BACP.

This programme changes annually and interested applicants should contact the Training Office for the current programme.

WPF Therapy therefore provides several post qualification courses as part of a Continuous Learning Programme for counsellors and psychotherapists. They vary in length but are usually between two and three ten week terms of seminars and supervision/consultation. Different courses are offered each year. Applicants must be qualified psychodynamic counsellors or psychotherapists.

Courses currently offered in this programme include:

• **Diploma in Working with Adolescents**
  This course is designed for qualified counsellors and psychotherapists who work with adolescents in a school or other educational settings or are doing voluntary work with adolescents and who would like more theoretical input and skills development with understanding adolescence. The course runs on Tuesday mornings over two terms.

• **Certificate in Groupwork**
  (One Year Course) (see page 14)

• **Post-Qualifying Certificate in CBT Skills**
  CBT is essentially about thinking, distorted judgements, and behaviours following rigid thinking. This course, for qualified counsellors, psychotherapists and psychologists, will introduce participants to the CBT model and provide basic CBT skills and strategies for working with clients. It is open to WPF Therapy Postgraduate Diploma graduates, BACP accredited counsellors, UKCP/BPC registered psychotherapists and BPS registered psychologists. Please contact the Training Office for dates and times.

• **Dynamic Interpersonal Therapy (DIT)**
  DIT is a 16 session, brief psychodynamic therapy. It is used within the NHS and is a useful model in private practice and in a range of voluntary sector settings. It is open to BPC, UKCP (CPJA), BACP and HPC registered psychodynamic or psychoanalytic practitioners. For full details of the entry criteria see website

• **Diploma / Postgraduate Diploma in Supervision**
  (see page 28)

• **Weekend Workshops and Lectures**
  (please see separate programme)
WPF Therapy Diploma in Supervision
Postgraduate Diploma in Supervision
MA in Supervision

These qualifications are offered to experienced psychodynamic counsellors, or psychoanalytic psychotherapists and integrative counsellors and psychotherapists with a substantial psychodynamic background who wish to train and register as supervisors.

Supervision requires the development of new skills in order to work with the various aspects of supervision and the conscious and unconscious dynamics and processes. WPF Therapy was one of the first to develop a supervision training in 1985. Over the years it has developed a unique training in psychoanalytic and psychodynamic supervision in which theoretical understanding and clinical practice are linked, recognising supervision as a discipline with a body of theory and technique of its own.

**Course Aims**

- to provide further training in psychodynamic and psychoanalytic supervision to appropriately trained counsellors and psychotherapists
- to consider and develop further the theory that underpins supervisory technique and link theory to practice through supervision of supervisory work
- to develop the ability to be aware of the processes inherent within supervision and to critically engage with both theory and practice
- to provide further advanced training in psychodynamic and psychoanalytic supervision
- to encourage critical engagement with both theory and process in order to develop new understanding and awareness of supervisory processes
- to study research issues, in order to promote creative thinking, reflection and further research on supervision
- to explore supervision in relation to differences in class, ethnicity, gender, culture and sexuality
- to address current issues relevant to NHS settings, e.g. assessment and audit practices and varied models of brief therapy in IAPT

**Course Structure**

Successful completion of Year 1 of the course leads to a WPF Therapy Diploma in Supervision, plus the option to undertake the Postgraduate Diploma in Supervision (Year 2) / MA in Supervision.

The course consists of theoretical, experiential and supervisory components. The theoretical input is based on psychoanalytic and psychodynamic principles, methodologies and concepts and encourages critical engagement with the basic models. The seminars are a forum in which theory and practice are evaluated through processes of reading, exploration, experiential learning, critical discussion, theoretical input and research. Students are asked to learn from conducting some seminars and to give presentations of their own and others’ thinking. Students are also required to present their supervision work regularly to a small group.

**Time Commitment**

**Year 1:** The course takes place on Tuesday’s 10.45am-2.30pm.

**Year 2:** The seminars take place on Tuesday’s between 3pm-4.45pm.
In Year 2 supervision of supervision is arranged separately with an approved supervisor.

Course Staff
The course staff are all registered with UKCP or BPC and are members of BAPPS.

Course Content
The training contains theoretical input, experiential learning and supervision of supervision components. The theoretical input is based on psychoanalytic and psychodynamic principles, methodologies and concepts. The seminars are a forum in which an understanding of theory and practice are obtained through processes of reading, exploration, experiential learning, critical discussion and theoretical input. Students are asked to practice these skills by conducting some seminars and to present their supervision work regularly to a small group.

Year 1
Leading to the WPF Therapy Diploma in Supervision.

Seminars, Student Presentations, Supervision of Supervision, Observed Supervision.

The course consists each year of 30 weekly seminars of 1.5 hours, plus 1.5 hours weekly group supervision of participants’ own supervision work.

The seminars cover a range of topics in relation to supervision such as, contracts and boundaries; the triangular nature of supervision; styles and contexts of supervision; transference and counter-transference; reflection and parallel processes; organisational issues and the clinical rhombus; working with difference; accountability and responsibility in supervision.

Students are also required to supervise the current counselling or psychotherapy work of another student in an observed session.

Supervision of supervision is in small groups of 3-4. Students are normally expected to have a minimum of 2 supervisees, seen on at least a fortnightly basis, either individually or in a group.

A 5000 word written paper is required on philosophy, methodology and practice of supervision.

Successful completion of Year 1 leads to the award of the WPF Therapy Diploma in Supervision and eligibility for membership of BAPPS. Students may then progress to Year 2 provided they have had a minimum of three supervisees.

Year 2
Leading to the Postgraduate Diploma and MA in Supervision (University of Roehampton)

Some supervisors will wish to add to their basic qualification as supervisors in order to progress to a level at which they may be consultants to other supervisors, to teach or to write and research. Senior and training supervisors may wish to develop further the ability to research and evaluate thinking and practice in supervision.

Applicants should submit:
- an initial application form
- a curriculum vitae
- the accrediting body of their therapist
- a statement giving details of both previous and present experience of providing supervision for counsellors or psychotherapists
- a statement giving reasons for applying at this time for training in supervision

Selection will then be on the basis of a Selection Event. Please note that a fee is charged for the interview process.

“It was really interesting to be given case studies to discuss within the group as this was a valuable learning experience”
Assessment

Assessment is ongoing, and students are assessed by staff and self-assessment procedures. In their assessment, course tutors will be looking for congruence between the student’s theoretical knowledge and their supervisory practice both in live supervision and in their ongoing case work. The MA requires successful completion of all the modules plus the submission of a satisfactory 10,000 word dissertation.

A further year of supervised work is offered to those participants who take longer to complete the requirements or who request further supervision.

Qualifications

Successful completion of Year 1 leads to the WPF Therapy Diploma in Supervision. The Diploma in Supervision entitles counsellors to supervise counsellors and psychotherapists to supervise counsellors and psychotherapists.

Those who obtain the Diploma in Supervision may apply to join BAPPS (British Association for Psychoanalytic and Psychodynamic Supervision). They will also be eligible to proceed to the Postgraduate Diploma and MA in Supervision. The MA is validated by the University of Roehampton and provides an advanced level of training with the option of teaching, research and further consultation for other supervisors.
Useful Terms of Reference

**Attachment theory**
John Bowlby developed a set of theories in which he placed great emphasis on the tendency of human beings to form strong emotional attachments to particular people, and which enabled him to explain the many forms of distress to which experiences of separation and loss can give rise. Bowlby’s work drew extensively on observational studies of infants and young children.

**Cognitive / Behavioural Theory**
This group of theories is concerned with how patterns of thinking can dominate our choice of actions. A person’s difficulties would tend to be seen as ‘faulty’ learning or conditioning which the cognitive-behavioural therapist would then seek to modify, to enable the person to function better.

**Countertransference**
This is a term used in many different ways, but our main use for it is to describe the psychotherapist’s or counsellor’s response to the transference (see separate entry on ‘Transference’) being brought by the client. In other words, reflecting on your countertransference in the clinical situation is about trying to grasp and understand what it is like to be with a particular client, at a particular time, in terms of the thoughts and feelings they evoke. As such it is a valuable tool, but one which must be used with care and discernment.

**Experiential**
'Learning by doing' is important in most education now. We believe that you can best assimilate and use ideas, skills and techniques which you have experienced for yourself. In seminars, groupwork, personal therapy and your own supervised clinical work, you will actually experience what psychodynamic work is all about.

**Object relations**
This refers to theory about the capacity and need of human beings to relate as well as how they relate. It involves the idea that our current relationships are influenced by our experience of past relationships, especially those with parents, siblings, grandparents and other important figures in early life.

**Pluralist**
In that WPF Therapy has a pluralist ethos we are not prepared to say that any one set of theories represents the whole truth. We teach all the main stream analytic theories and we help our students to arrive at a synthesis that makes sense to them and is useful in practice.
Psychodynamic Psychotherapy

Psychodynamic Psychotherapy aims to enable clients to make changes of benefit in their lives. The central principle is that our psychological development has been influenced by events in early life of which we are no longer aware.

The therapy offers a reliable setting for the client to explore free associations, memories, fantasies, feelings and dreams, to do with past and present. Particular attention is given to the interaction with the therapist and establishing a therapeutic relationship is of primary importance. This involves fostering an atmosphere which is respectful of personal difficulties and which pays careful attention to what is said. Human beings have a tendency to repeat patterns of behaviour, and even when they would like to change, they may find themselves unable to do so. These patterns may repeat themselves in the relationship with the therapist.

The understanding of, and working with, such repetition is referred to as working in the transference, a central element in the psychodynamic process. Understanding is also facilitated by the therapist paying attention to his/her response to the client, in other words, using his/her countertransference. In this way, the client may achieve new and better resolutions of long-standing conflicts and difficulties.

Systems theory

This is a view of the individual that emphasises his or her place in a social system. It considers how the system influences, and may be influenced, by the individuals that are part of it. It may be applied to families, or other social networks and institutions.

Transference

This refers to the way in which we bring our past experiences to the present and may then experience people in our current life in a distorted way, shaped by those past experiences, and yet at the same time be unaware, or unconscious, that this is happening. Transference of some sort is unavoidable but people can find it very helpful to understand what their transferences are, hence the importance of working with transference in psychodynamic psychotherapy.

Unconscious

Psychodynamic theory asserts that we are influenced by thoughts, wishes, desires, fantasies and other mental processes, of which we are unaware, or which are unconscious. Being able to bring unconscious mental processes into conscious awareness is seen as a key way of helping a person to make freer choices in life.
Initial Application Form

Course Title

(Please state mode if applicable)

Name:

Address:

Tel. (home):   Tel. (work):   Tel. (mobile):

E-Mail:     Date of Birth: (DD/MM/YY)

Qualifications (academic and vocational)

Occupation

Present:

Previous:

Paid or voluntary work?

Previous Counselling Courses attended (if any)

(a) at WPF Therapy:

(b) elsewhere:

What experience of work within a helping relationship do you already have?
Reasons for training now

Have you already been in counselling/therapy? Give dates

How many times a week

Have you had any significant illness (physical or emotional) which has required medication or treatment during the last two years? Please give details.

How did you hear about this course? Tick whichever is applicable

☐ Friend ☐ Counsellor/Therapist ☐ Advert (state where)
☐ At work ☐ BACP ☐ Internet ☐ Other (give details)

Have you ever applied for training to WPF Therapy before?
If so, which course and what year?
Approx. dates:

I accept that the cost of this course will be £ and I agree to pay this fee either in full before the course begins, or termly in advance (see separate fee list). Should I withdraw from the course for any reason during the year I accept that I am liable for the whole fee for that year. I understand that WPF THERAPY reserves the right not to run a course if recruitment does not reach required numbers.

Signature Date

No money should be sent with this application

Please remember to complete and return the Equal Opportunities Monitoring Form and send it with your application. Thank You.
WPF Therapy is committed to Equal Opportunities and welcomes everyone without discrimination of gender, class, culture, gender, marital status, age, physical ability, race, religion or sexual orientation. The following questions are designed solely to help us ensure that our recruitment procedures operate in such a way as to provide genuine equality of opportunity and for no other reason. This monitoring information will not be passed to the selection panel. You are not obliged to answer these questions, and should you decide not to, your application will not be affected in any way.

Course Title (Please state)

Please tick the appropriate box below:

A. Are you: Female ☐ Male ☐

B. under 25 ☐ 25-30 ☐ 30’s ☐ 40’s ☐ 50’s ☐ 60’s ☐

C. I would describe my ethnic origins as:

White British ☐ White & Asian ☐ Indian ☐
White & Black African ☐ Other Black ☐ Chinese ☐
Black African ☐ Other Asian ☐ White & Black Caribbean ☐
Bangladeshi ☐ White Other ☐ Black Caribbean ☐
White Irish ☐ Other Mixed ☐ Pakistani ☐

Other Ethnic Group (self describe)
D. (I) Do you have any disability? If yes, what is the nature of your disability and how may it affect you in meeting the requirements of the course? What special facilities would be necessary for you, if selected, to take part in the course? Please use the reverse of this form if necessary.

(II) Are you a registered disabled person? Yes ☐ No ☐

E. Are you: Bisexual ☐ Heterosexual ☐ Gay/Lesbian ☐

F. Are you: Buddhist ☐ Christian ☐ Hindu ☐ Jewish ☐
   Muslim ☐ No religion ☐
   Other (give details) __________________________

G. Where did you hear/see information about the Course?
   Friend ☐ BACP/TT ☐ Internet ☐ Counsellor/Therapist ☐
   Work (Please specify) __________________________
   College (which one) __________________________
   Publication/Newspaper (which one) _____________ Other ___________

H. Do you feel that our procedures or application form have discriminated against you in any way? Yes ☐ No ☐
   If yes, in what way?
   __________________________
   __________________________
   __________________________
Train: London Bridge rail station
Connected to First Capital Connect, Southern and Southeastern rail services.

Underground: London Bridge station
Take the Northern or Jubilee Line to London Bridge underground station.
Follow the exit signs to Tooley Street and then turn right.
Continue down Tooley Street until you can see our sign on Magdalen Street on your right.

Bus: The following bus routes
* stop along Tooley Street: 47, 343, 381 & RV1
* stop at London Bridge: 17, 21, 35, 40, 43, 47, 48, 133, 141, 149 & 521
* stop at London Bridge station: 17, 43, 48, 141, 149 & 521
* stop at Borough High Street: 21, 35, 40, 133 & 343

For 24 hour bus information call the London Travel Information on 020 7222 1234 or visit www.tfl.gov.uk