



## **Clinical Qualification in Psychodynamic Psychotherapy (PDPL1)**

### **Policy and criteria for admission of applicants wishing to be considered for Accreditation for Prior or Experiential Learning (APEL)**

#### **Introduction**

This policy outlines the admissions criteria and process for applicants who hold a two-year Diploma in Psychodynamic Counselling, or an equivalent psychodynamic qualification, who wish to be considered for entry into Year 2 or 3 of the Clinical Qualification in Psychodynamic Psychotherapy, via accreditation of prior learning.

Entry in Year 2 or 3 implies the possibility of qualifying in three or two years (respectively), although this length of time is a minimum and more might be needed.

**Important:** Applicants who wish to apply for APEL should note the following:

- Applicants who are APEL'ed into Year 2 of the programme are able to complete a BACP accredited course.
- Applicants who are APEL'd into Year 3 are not able to complete a BACP accredited course. This is because BACP has a requirement that no more than one third of the programme can be admitted by APEL. This means that your final award will not be BACP accredited. However, you may apply for individual accreditation with BACP once you have qualified and gained sufficient clinical hours.

#### **1. Admission requirements**

Applications will be considered from candidates who:

- 1.1. Are working in a counselling centre or equivalent providing psychodynamic counselling.
- 1.2. Have a two-year Diploma in Psychodynamic Counselling, or an equivalent psychodynamic qualification. (See section 6 below)
- 1.3. Are currently in weekly psychotherapy with an approved WPF therapist or have had an ongoing psychodynamic psychotherapy for a minimum of two years in the past and be in approved therapy by the start of the training. (See Guidelines for Personal Therapy Appendix A)

- 1.4. Have accrued psychodynamic clinical hours comparable to the end of Year 1 (for Year 2 entry) or Year 2 (for Year 3 entry) of the Clinical Qualification in Psychodynamic Psychotherapy (see section 7 below).
- 1.5. Are able to demonstrate the qualities of a reflective practitioner.
- 1.6. Are able to supply a reference from their course tutor and/or their work place.
- 1.7. Have proven academic ability to a level comparable with the end of the year prior to the requested year of entry (see Appendix B below).

## **2. Application**

- 2.1. A full application form to the PDPL1 programme should be completed, and the request for being considered for APEL stated. Applications should be submitted as soon as possible from January of the year in which applicants wish to be considered.

## **3. Admission**

- 3.1. Admission is dependent on meeting the criteria stipulated in section 1 above and there being vacancies (see section 4 below). In assessing the capacity of an applicant to work as a reflective practitioner, the selection committee will draw on all aspects of the admission process, including the written application, the sample of written work provided by the applicant and both admission interviews.
- 3.2. There are three stages to the admission process following submission of the completed application form:

An initial interview to assess how the applicant fulfils the APEL criteria.

An individual interview to assess personal readiness and suitability for the training.

Selection committee decision.

WPF aims to come to a decision no more than **six weeks** following receipt of a completed application form.

## **4. Number of APEL trainees admitted into an existing cohort**

WPF Therapy recognises the value that APEL trainees can bring to an existing cohort in terms of diversity of experience. WPF also recognises the importance of facilitating the integration of APEL trainees into the cohort they join. The maximum number of trainees that can be APEL'ed into any one cohort of trainees already on the course would not normally be more than 25% of the existing cohort.

## **5. The experience of joining an existing cohort of trainees**

As part of the admission process, APEL applicants are considered in terms of their potential ability to engage and work with the cohort of trainees they would be joining. This will be assessed in the initial interview, in the personal interview and from the applicant's written application and sample of their written work. WPF also asks for a reference from a previous course tutor. Applicants may be asked about their previous experiences of joining groups in education or training, or professionally.

When APEL applicants are accepted onto the course, the relevant members of staff and the existing cohort of trainees are informed about this before the start of the term. The successful APEL applicants are invited to the course Orientation Day to meet fellow trainees and members of staff from throughout the organisation, including training and clinic staff and administrators. As part of the orientation they are also introduced to the library and learning resources facilities (both in-building and online).

APEL trainees are introduced to the members of their cohort on the first day of term and also to the seminar and supervision groups they will be working in. Early in the term they would also meet with their Trainee Development Tutor. APEL trainees may also be granted extensions for written work that are due in the first term in order to give them time to settle into the course before having to submit written work.

APEL trainees are expected to meet their Trainee Development Tutor early in their first term.

## **6. Prior learning**

APEL applicants may be admitted into Year 2 or Year 3 of the four-year programme depending on their previous training and experience. They must be able to demonstrate successful completion of a course of study at an equivalent level to the requested point of entry onto the Clinical Qualification in Psychodynamic Psychotherapy.

The Clinical Qualification includes a total of 612 hours teaching time, including supervision, seminars and experiential groups. For entry into Year 2, applicants should have accrued 154 hours of teaching time on a previous training(s); for entry into Year 3, applicants should have accrued 308 hours of teaching time.

## **7. Clinical requirement**

APEL applicants accepted into Year 2 of the Clinical Qualification are required to complete **300 hours** of supervised client work during their three years of training at WPF. They will have completed at least **20 hours** in their previous training or placement.

APEL applicants accepted into Year 3 of the programme would be required to complete **200 hours** of supervised client work during their two years of training at

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WPF. They will have completed at least **120 hours** in their previous training or placement.

Trainees who undertake the full four-year training at WPF are required to complete **320 hours** of supervised clinical work in order to qualify.

## Appendix A

### **WPF THERAPY** **Trainee Guidelines for Personal Therapy**

#### **[1] General:**

**All trainees are required to be in personal therapy before your course begins and throughout your training on the following courses:** Clinical Qualification in Psychodynamic Psychotherapy, and Clinical Qualification in Psychoanalytic Psychotherapy (3 x weekly).

**The reasons** for this requirement are:

- a. to provide you with an appropriate resource for dealing with your own needs so that these as far as possible do not intrude into your psychotherapy practice or training situation;
- b. to enable you to work on your own personal growth and in particular on the problems which may limit your effectiveness as a psychotherapist;
- c. to give trainee psychotherapists the experience of being a client
- d. to provide you with a model of professional behaviour and ethical practice to help your own development in the role.

**WPF Therapy maintains a Training Therapist Register of approved therapists. During your training you are required to be in therapy with a therapist who is on, or eligible to join, the WPF Register of approved therapists.**

**Styles of therapy** vary widely, even within the professional bodies listed in the WPF Training Therapist Register. WPF needs to ensure that trainees not only receive therapy of a sufficient professional standard but also that the therapy is sufficiently congruent with the ways of working taught at WPF Therapy for a trainee to be able to draw on it as a model for their own work at WPF Therapy and after qualification.

**All applicants to the Clinical Qualification should arrange a meeting with a WPF Therapy Adviser, whether or not they are already in personal therapy.**

A Therapy Adviser is an experienced psychotherapist who functions as a special consultant to trainees in order to refer them to a suitable therapist. The adviser will charge a consultation fee of **£45** for this interview.

#### **[2] Trainees on any of the WPF Foundation Level Courses:**

- 1.If you are thinking of applying for the Clinical Qualification in Psychodynamic Psychotherapy and wish to start therapy before the selection process, you should have a consultation with a **Therapy Adviser** to seek help with this very important step.

#### **[3] Applicants for the Clinical Qualification in Psychodynamic**

## **Psychotherapy** (qualification in once-weekly Psychodynamic Psychotherapy)

1. Applicants must have had at least six months of therapy, ideally psychodynamic or psychoanalytic psychotherapy, before applying for the training. Applicants do not have to be in therapy at the time of application but, if offered a place on the course, will be required to have started a minimum of once-weekly therapy with a WPF-approved training therapist by the course start date.
2. Those selected are required to be in therapy with an approved therapist **before the start of training and throughout the course**. It is not permitted to be in therapy with a WPF Therapy staff member, nor is it advisable for close relatives or friends of a trainee to be receiving therapy within WPF Therapy Clinical Services.
3. It is essential for intending applicants already in therapy to discuss their application with their therapist.
4. If the therapist is a WPF Therapy staff member or is not on the WPF Therapy Training Therapist Register (see list below), it is essential to discuss the implications of the requirements for training therapy with your therapist before submitting a full application. There is a discussion of your therapy arrangements in the selection interview.
5. Your personal therapist must be a WPF Therapy Training Therapist (see the list below) or a therapist who is eligible to join the WPF Therapy Training Therapist Register.

### **WPF Training Therapist eligibility criteria**

The therapist must be a psychoanalytic psychotherapist who trained with and is a member of a British Psychoanalytic Council (BPC) Member Organisation. (See [www.bpc.org.uk](http://www.bpc.org.uk)) The therapist must also meet the following requirements: -

- a. Have undergone a BPC Registered Psychoanalytic Psychotherapy training.
- b. Have at least 5 years' post qualification experience.
  - c. Be undertaking at least 15 hours of clinical work per week.
  - d. Have recent experience of working with two clients in three times a week therapy.
  - e. Have ongoing supervision with a supervisor from a BPC organization.
  - f. Therapists must be able to commit to seeing a WPF trainee through the entirety of their training, which would usually be around 4-5 years.

Any therapist who is already a training therapist for another BPC Psychoanalytic Psychotherapy training organization is automatically eligible to join the WPF register.

If you are unsure whether a therapist is eligible to join the WPF Therapy register, or to find out how a therapist can apply to the register, please contact a member of the Training Management team by emailing [psychodynamic@wpf.org.uk](mailto:psychodynamic@wpf.org.uk).

6. The model of working taught at WPF Therapy may be technically described as "psychoanalytic." All therapists who see a trainee for therapy on a WPF Therapy professional training must adhere to this model.

7. Those selected for training will be allocated a **therapy adviser** who will remain their adviser for the duration of their training. **No later than 2 weeks following the offer of a place, the prospective trainee must consult their therapy adviser, whether they are currently in therapy or not.** Prospective trainees who are not already in therapy must consult with their adviser who will help them find an approved therapist. The therapy adviser will charge a fee of **£45** for a consultation.

If you are selected for training, you will need to confirm your arrangements for therapy with your Therapy Adviser.

The Training Therapists on the list below have gone through an application process to be on the WPF Therapy Training Therapist Register. Individual therapist's fees are not monitored by WPF, however we recommend an upper limit. Currently the upper limit recommended is £70 per session. Your therapist's fees will be based on the outcome of a discussion between yourself and the therapist.

#### **[4] Trainees on Clinical Qualification in Psychodynamic Psychotherapy**

1. A form will be sent to you each year for your therapist to sign to confirm your therapy arrangements. We do not communicate directly with your therapist in any other respect.

2. If any questions or problems arise in relation to therapy which could affect the training (e.g. if a therapist is away for an extended period), or if a trainee is thinking of changing therapist, the trainee must consult his/her therapy adviser.

3. The formal requirement for frequency of therapy on the Clinical Qualification in Psychodynamic Psychotherapy course is a minimum of once a week for at least the duration of training. Many trainees find that a greater frequency and longer duration is to their advantage.

4. A trainee who intends to apply for the training in psychoanalytic psychotherapy must be in three times weekly therapy for twelve months before the psychotherapy training begins.

## **Appendix B**

Applicants who wish to be considered for APEL into Year 2 or 3 of the Clinical Qualification in Psychodynamic Psychotherapy are required to submit a piece of written work which demonstrates that they have achieved the learning outcomes at level 7 as outlined below.

This should be a piece of clinical writing demonstrating an integration of psychodynamic theory with clinical competence. It will be assessed at a level expected at the outset of the requested year of entry. The essay should be between 2,000-2,500 words in length.

1. An awareness of key concepts and the ability to link them with the appropriate psychoanalytic theorist e.g. Freud, Bion etc.
2. A capacity to describe their work with clients in terms of psychodynamic clinical concepts.
3. A developing grasp of the application of clinical concepts through discussion of case material, exemplification of concepts with clinical vignettes, short case presentations around a specific concept etc.
4. An ability to use their learning to think clinically about their own work and that of others from the point of view of general principle.
5. An awareness of research and new developments in the field.
6. A capacity to engage creatively with differing clinical views.