

MSc Psychological Therapies Practice and Research (Psychodynamic/Psychoanalytic Therapy)

How to apply

There are a number of routes to training:

1. You can apply to undertake our MSc Psychological Therapies Practice and Research – Psychodynamic/Psychoanalytic as a freestanding course over two years part-time.
2. You can apply to undertake our MSc Psychological Therapies Practice and Research – Psychodynamic/Psychoanalytic as the first two years of our Professional Qualifying Training in Psychodynamic Psychotherapy. To complete this you must first complete the MSc but are then eligible to apply for a further programme of one year's seminars and usually two years clinical work. This leads to the professional qualification as a psychodynamic psychotherapist, membership of the British Psychotherapy Foundation and registration with the British Psychoanalytic Council. The MSc and the qualifying training take a minimum of four years part-time.
3. You can apply to undertake our MSc Psychological Therapies Practice and Research – Psychodynamic/Psychoanalytic as the first two years of our Professional Qualifying Training in Psychoanalytic Psychotherapy. To complete this you must first complete the MSc but are then eligible to apply for a further programme of two year's seminars and clinical work. This leads to the professional qualification as a psychoanalytic psychotherapist and subject to validation of the training by the BPC (currently in progress) registration with the British Psychoanalytic Council (BPC). The MSc and the qualifying training take a minimum of four years part-time.

Please could you indicate which of these three options you are applying for because the prerequisites for each of these are slightly different (see below). NB. It is possible to change your mind about which programme you wish to do and change courses, e.g. standalone MSc to Clinical training, or Psychodynamic to Psychoanalytic, but you will subsequently have to meet the prerequisites for the course you wish to change to before you can move onto the new course.

Entrance Requirements

Unlike many courses where the requirements/prerequisites that make people eligible to apply are straightforward our programme is a non-standard one in which prerequisites may be met in a variety of ways. An example here might be that people need to have an honours degree or equivalent. This may be a straightforward matter if you have an honours degree; however other people may have a professional qualification or even a portfolio of learning, work experience and training, which together we would consider to be equivalent to a degree for the purposes of the course.

When completing this application form please look at the following list of basic prerequisites and write on your application how you think you meet them **or will have met them by the October of the year in which you wish to join the programme:**

- A good honours degree or equivalent.
- Experience of work in some capacity in the mental health field (a professional qualification in the mental health field is an advantage) or other field, for example, education, social work or the church, which has given you skills or experience which may be relevant. This may be in paid employment or on a voluntary basis.
- Experience of working with people suffering from psychological problems. Ideally this will be in a Psychiatric setting but may be in some other capacity or setting. Either way you

should have had the opportunity to at least observe a number of patients and the progression of episodes of mental health problems over time. In addition have acquired an understanding of the roles of professionals working within the mental health services.

- Some experience of undertaking work as counsellor or psychotherapist, ideally with a psychoanalytic/psychodynamic orientation, under supervision, either on a paid or voluntary basis or during a course.
- Have an active interest in psycho-analytic ideas and clinical practice. Ideally participation on an introductory course but at the least to have undertaken some reading and personal study on the subject.
- Experience of research of some kind is an advantage but not essential, but an interest in finding out about this, is.

Also, very importantly;

- Personal Therapy.

There are different requirements for each of the three options described above. **By the October of the years in which you wish to join the programme**, normally, if you wish to undertake the:

- **The MSc Psychological Therapies Practice and Research –**

Psychodynamic/Psychoanalytic as a free standing course by the beginning on of the course you must have commenced a personal psychotherapy, at a frequency of at least once a week, 42 weeks a year, with a therapist who meets the course's current requirements in terms of training, experience and qualification. This will usually be a BPC registered psychotherapist, qualified for at least five years who has applied to the course organisers to act as an accredited training therapist. If there are no suitable BPC registered therapists available within a convenient distance of the student; or if the student is already in a well-established personal therapy, a therapist who is registered with the UKCP may be accepted if he or she has met the same standards in terms of training and experience, as an eligible BPC registered therapist. This therapy must continue throughout the duration of the course.

If you wish to do:

- **The MSc Psychological Therapies Practice and Research –**

Psychodynamic/Psychoanalytic followed by a further one year of seminars and two years clinical work in order to complete the Professional Qualifying Training in Psychodynamic Psychotherapy. Usually by at least six months before beginning on of the MSc part of the course you must have commenced a personal psychotherapy, at a minimum frequency of at least twice a week, 42 weeks a year, with a therapist who meets the course's current requirements in terms of training, experience and qualification. This will usually be a BPC registered psychotherapist, qualified for at least five years who has applied to the course organisers to act as an accredited training therapist. If there are no suitable BPC registered therapists available within a convenient distance of the student or if the student is already in a well-established personal therapy, a therapist who is registered with the UKCP may be accepted if he or she has met the same standards, in terms of training and experience, as an eligible BPC registered therapist. This therapy must continue throughout the duration of the course.

If you wish to do:

- **The MSc Psychological Therapies Practice and Research –**

Psychodynamic/Psychoanalytic followed by a further two years seminars and clinical work in order to complete the Professional Qualifying Training in Psychoanalytic Psychotherapy. Usually at least one year before the beginning on of the MSc part of the course you must

have commenced a personal psychotherapy, at a frequency of at least three times a week, a minimum of 42 weeks a year, with a therapist who meets the course's current requirements in terms of training, experience and qualification. This will be with a BPC registered psychotherapist, qualified for at least five years who has applied to the course organisers to act as an accredited training therapist. This therapy must continue throughout the duration of the course.