

## **APPENDICES (Revised July 2007)**

### **APPENDIX A**

#### **Criteria for the Acceptance of Training Organisations in Analytic Individual Psychotherapy**

The minimum criteria that any training organisations must meet before its members can join Psychotherapy Sussex would normally be:

1. Courses must offer a three or four year training.
2. Candidates must cover theoretical content which provides a thorough grounding in analytic theory.
3. Throughout the training every trainee must have at least twice weekly therapy with a therapist from one of our accepted organisations, who has five years experience of a minimum of twice weekly work with individual patients.
4. Every trainee must see two patients at least twice weekly for a total of three years between them. These patients must be supervised by two separate supervisors from one of our accepted organisations, each of which must have at least five years experience of a minimum of twice weekly work with individual patients. The first training patient must be supervised individually; the second training patient may be supervised either individually or in group supervision where the group has no more than four members.
5. Courses must demonstrate that their students are trained to work with the transference and that analytic boundaries are entirely respected.
6. Training organisations must be members of either the BPC or the UKCP.
7. Once a training organisation has been accepted, all its members will automatically qualify to become members of Psychotherapy Sussex (unless additional top-up requirements have been specified for a training).

### **APPENDIX B**

#### **Criteria for the Acceptance of Group Psychotherapy Training Organisations**

##### **1. Essential Components of Training:**

Personal therapy in a group, theoretical learning, and supervised practice of conducting a group are the three basic training components. Learning in these different modalities should take place simultaneously, with trainees remaining in therapy at least until the completion of theoretical and supervised practice requirements. All courses should require an Introductory year as part of their criteria for admission.

##### **2. Theoretical Course (not including Introductory year):**

Essential theory and core concepts covered should include the development and applications of group analytic theory and method, key concepts in psychoanalysis, developmental and social psychology, systems theory and other related theories. Minimum: Two and a half years.

##### **3. Personal Therapy (not including Introductory year):**

Therapy should take place in a group (frequency and spacing of sessions may vary) whose designated aim is a therapeutic one and trainees should remain in this group throughout the

training. Groups must be conducted by a qualified and approved group analyst, who must not be the trainee's supervisor.

Minimum: Three and a half years in a group that meets at least weekly or its equivalent.

#### 4. Supervised practice:

Supervised experience of conducting a once-weekly group of patients for a minimum of two calendar years. Supervision should take place at a reasonable frequency in groups of no more than 4 to 5 trainees and may in addition include telephone conference and individual supervision.

5. Training organisations must be members of UKCP (PPP section) or BPC.

### **APPENDIX C (revised January 2010)**

#### **TRAINING ORGANISATIONS CURRENTLY ACCEPTED BY PSYCHOTHERAPY SUSSEX**

- Bodies recognised by the Association of Child Psychotherapists
- Anna Freud Centre
- Association of Group and Individual Psychotherapy
- Bowlby Centre: (is accepted with the requirement of a top-up, the details of which will be decided in each case.)
- British Association of Psychotherapists
- Forum for Independent Psychotherapists (previous training with one of the other trainings on this list is required in addition to FIP membership)
- Goldsmiths, University of London (Group Psychotherapy)
- Guild of Psychotherapists
- Guild of Analytical Psychology and Spirituality
- Institute of Group Analysis
- Institute of Psycho-Analysis
- Institute of Psychotherapy and Counselling (WPF) - Full members
- Lincoln Centre and Institute for Psychotherapy
- London Centre for Psychotherapy
- Midlands Institute of Psychotherapy
- Philadelphia Association
- Scottish Institute of Human Relations
- Site for Contemporary Psychoanalysis.
- Society of Analytic Psychology
- Tavistock Clinic
- University of Kent: Masters of Clinical Science in Psychotherapy Studies  
Course: is accepted for those who have completed the modules Psychoanalytic Practice 2 and the Clinical Elective option of one three times a week patient.
- Westminster Pastoral Foundation (Psychotherapy Training and Group Training)