

# ANZAP

## Training in the Conversational Model of Psychoanalytic Psychotherapy

### TRAINING IN ADULT PSYCHOTHERAPY COMMENCING IN MARCH 2022

Applications are currently being accepted for ANZAP's 2022 training in Adult Psychotherapy, a three-year, part-time course offered on-line.

#### THE CONVERSATIONAL MODEL

The Conversational Model is a psychodynamic psychotherapy based on the work over many years by Prof Russell Meares and Dr Robert Hobson, incorporating developmental psychology, cognitive theory and attachment theory. It is a relational model, emphasising how early developmental relational trauma shapes many severe adult psychiatric problems and how to deal with this in short, medium and long-term therapy. The Model has been developed for a range of chronic psychiatric syndromes that are difficult to treat, particularly borderline personality disorder, dissociative disorders, other personality disorders, treatment resistant depression and somatic disorders.

It is an evidence-based treatment, with positive randomised controlled trials for the treatment of depression, deliberate self-harm, complex somatic disorders and borderline personality disorder. More importantly, the Conversational Model principles are practical and down-to-earth, and can be used even in emergency situations and one-off mental health assessments.

The first year of the course is an extensive introduction and will focus on the short version of the Model. Practitioners will be able to integrate this into their clinical work. All suitable candidates will then be given the opportunity to extend this first year to another two years of in-depth training in psychodynamic work in the Conversational Model. All course seminars are interactive on-line in real time on Tuesday evenings from 6.30 pm to 8.00 pm (AEST). Seminars are conducted via Zoom.

#### THE FACULTY

Dr Nick Bendit*	M.Med (Psychotherapy), Dip. Psychotherapy ANZAP
Dr Colette Rayment	M.A. (Hons), Ph.D., Dip. Psychotherapy ANZAP
Dr Andrew Leon	M.B.B.S., Masters in Psychotherapy, Dip. Psychotherapy ANZAP
Ms Cecile Barral	Dip. Psychotherapy ANZAP
Ms Rochelle Hersch	B.S.W. (Hons), Dip. Psychotherapy ANZAP
Ms Michele Rousseau	MCAP, Dip. Psychotherapy ANZAP
Dr Geoffrey Borlase	MofSci. in Medicine (Psychotherapy)
Ms Kim Hopkirk	Dip. Psychotherapy ANZAP

\*Director of Training, ANZAP

## ANZAP's Faculty members have a shared interest in:

- Theoretical issues surrounding the Conversational Model, Psychology of Self, Affect Theory, Neuroscience, Infant Research and Trauma Research.
- Research into the psychotherapy of severe personality disorder.
- Clinical supervision using audio and videotaped clinical material along with process notes.
- Ongoing post-graduate training.
- Dissemination of information by way of seminars and an annual psychotherapy conference.
- The Conversational Model – as we currently practice it and continue to develop it.

## THE COURSE

The course would be of interest to suitably qualified people who wish to develop a specialist psychotherapeutic interest, or who wish to enhance their psychotherapeutic skills within their current professional role. This course is open to:

- medical graduates
- clinical psychologists
- psychologists
- social workers
- counsellors
- clinical workers
- clinical nurse specialists

For all candidates it is expected that individual psychotherapy forms a significant component of their work at the time of application.

There will be a limited number of places; hence selection will be done by interview, after an application with 2 supporting referees is received. Preference will be given to those who already have some experience in dynamic psychotherapy, and who are working in that area.

**Personal therapy** – part of which should be undertaken during the course – is compulsory in second and third year.

## OBJECTIVES:

- To provide comprehensive and systematic training in individual psychotherapy.
- To provide an intellectual and conceptual framework to enable trainees to effectively practice.
- To provide an opportunity for trainees to exercise their own thinking, to develop skills, and their own personal style with the guidance of supervisors.

- To maintain high standards through teaching and example - of ethics, values and responsibilities in daily practice.
- To conduct an ongoing evaluation and feedback to trainees leading to successful completion of the course.
- To give trainees an experience of the supervisory process in groups and individually, and to enable them to negotiate this experience with a range of supervisors through the three years of the course.

## MEMBERSHIP

Trainees will be given Student Membership of ANZAP when accepted into the course and will become Graduate Members on successful completion of the three-year course. Trainees who complete the first year of training become Associate Members of ANZAP.

## STRUCTURE

The course will consist of five strands, successful completion of which will lead to award of the Certificate under the auspices of ANZAP.

1. Seminars.
2. Psychotherapeutic work.
3. Clinical supervision individually and in groups.
4. Collegial activities.
5. Assessments

## YEAR I:

**This is a self-contained option. Those wishing to complete year two and year three have the option to do so after completion of year one.**

- ANZAP Faculty members will provide weekly seminars over the two semesters of the academic year. Seminars will deal with assessment and psychodynamic formulation of individual cases, and the development of the therapeutic relationship. Emphasis will be placed on the Conversational Model, within the field of Psychology of Self.
- Clinical Work: Trainees will see a case once a week in the first year.
- ANZAP Faculty members will provide individual supervision weekly over the two semesters of the academic year.
- Feedback will be given to each trainee before the second semester.
- An end of year assessment, both clinical and theory, will take place.
- An essay will be submitted at the end of first semester (2000 words) and at the end of second semester (2000 words) which will describe the clinical case under supervision, in relation to particular theoretical topics.
- Twice yearly report on Learning Journal.

## YEAR 2:

- ANZAP Faculty members will provide seminars in the same format as Year I, examining concepts of Self with focus on Trauma and Affect Theory.
- Clinical Work - Trainees will continue to see their first case once a week; and will take on a second case which they will also see once a week.
- Individual supervision will continue as for Year I for the first case. Trainees can choose their supervisor. The trainee will be assigned to a supervision group with a Faculty member for their second case.
- Feedback will be given before the end of the 1st semester, and an end of year assessment will take place in both clinical and theory.
- An essay of 2000 words (I) and 2000 words (II) will be required at end of each semester. It will describe the clinical progress of the first case under supervision with attention to theoretical constructs.
- End of year assessment as for Year 1.
- In second year, it is expected that each trainee will have an opportunity to present clinical and theoretical material to the group.
- Twice yearly report on Learning Journal.

## YEAR 3

- ANZAP Faculty members will provide seminars elaborating advanced psychotherapeutic concepts and further areas of Conversational Model as well as seminars to prepare students for the Dissertation. Demonstration of clinical work and case material will be a focus during this year.
- Therapeutic work - the trainee will continue to see two cases, each once a week. 100 hours for the first case and 50 hours for the second case will be the minimum required to satisfy clinical component of the course.
- Supervision - Group supervision will continue for the second case. The individual supervisor for the first case will be the same or different supervisor from Year 2.
- Feedback will be given before the end of 1<sup>st</sup> semester and assessment will take place at the end of the year.
- A treatise of at least 8000 words will be required. The topic will be the choice of the trainee.

## NOTE:

- The formal end of year assessment may vary from year-to-year at the discretion of Faculty.
- Supervision will take place on Zoom or Skype.
- Course books will be maintained by individual trainees, which supervisors will sign at appropriate times during the course.
- Trainees will be required to audio tape all sessions and maintain process notes, both of which are used in supervision.

## THEORY:

- A USB of references relevant to each module of the course and a further comprehensive reference list will be provided to each trainee at the beginning of the course.
- Books, Papers and DVDs on selected topics are available to all trainees from the ANZAP library.

## COURSE FEES:

All fees are in AUD\$ and include GST for Australian candidates. Fees are payable by credit card monthly over ten months on the 15<sup>th</sup> of the month with the first payment commencing in February and the final payment in November. All fees are charged in AUD\$ as follows:

### **Australian based trainees:**

Year 1 – AUD\$6,900 (incl GST)  
\*Year 2 – AUD\$10,900 (incl GST)  
\*Year 3 – AUD\$10,900 (incl GST)

### **New Zealand based trainees:**

Year 1 – AUD\$6,270 (no GST)  
\*Years 2 – AUD\$9,900 (no GST)  
\*Years 3 – AUD\$9,900 (no GST)

\*Fees include 28 weeks of both individual and group supervision.

NB: Personal therapy costs are met by the trainee, separate to course fees.  
Course fees may increase each year in line with CPI.

## WHAT'S COVERED IN THE FEES?

- 28 weeks of Lectures and 28 weeks of individual supervisions each year. In Year 2 and year 3 fees include 28 weeks of both individual and group supervisions.
- On-line attendance at up to 4 Saturday morning seminars hosted by ANZAP.

- Sydney Intensive – Friday, 25 February to Sunday, 27 February 2022. A live-in trainee intensive in Sydney from 2 pm, Friday 25 February to lunch time Sunday, 27 February 2022 (includes accommodation on Friday & Saturday nights. Does not include airfare). This is an in-person event, however Covid-19 restrictions in Sydney at the time of writing (Oct 21) may prevent this. If this is the case, separate in-person Intensives will be held in Sydney and Wellington, NZ. If the entire Intensive is held on-line because of Covid-19 restrictions, a reduction in the course fees will be made.
- ANZAP Pre-Conference Workshops (2) – Friday, 25 March 2022. Although of an experiential nature, Trainees who wish to attend are welcome join in-person to participate, or via Zoom as observers. These Workshops will proceed in-person providing no Covid-19 restrictions are in place. Venue: Wesley Centre, Pitt Street, Sydney.
- ANZAP Annual Conference - Sat & Sun, 26 & 27 March 2022. Attendance is not compulsory however a generous discount on the registration fee is offered to trainees who wish to attend. The Conference will proceed in-person providing no Covid-19 restrictions are in place. Venue: Rydges World Square, Pitt Street, Sydney.
- June/July 2022 Group Supervision - Six hours of group supervision via Zoom, likely broken up into 2 half days.
- Mid October 2022 Group Supervision. A full day of group supervision via Zoom on a date to be confirmed.

## TO APPLY:

An application fee of \$A100 is required upon application. \$A50 will be refunded if application unsuccessful. Contact the ANZAP office for banking details or to pay by credit card. Please use the link below to apply online.

[Link to online Application form – 2022 ANZAP Training Intake](#)

## FURTHER INFORMATION:

ANZAP Faculty members will be happy to discuss any aspect of the training with interested candidates. Contact can be made through the ANZAP Administrator, Anne Malecki on the following numbers:

Ph: (02) 8004 9873 from Australia

Ph: (04) 887 0300 Toll free from New Zealand

Or by email: [info@anzap.com.au](mailto:info@anzap.com.au)