TRAINING IN ADULT PSYCHOTHERAPY

The Conversational Model of Psychoanalytic Psychotherapy
Commencing in March 2027

THE CONVERSATIONAL MODEL

The Conversational Model is a psychodynamic psychotherapy based on the work over many years by Professor 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 include seminars 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 5:30 – 7:00 pm Australian Eastern Time (7:30 – 9:00 pm New Zealand time). All seminars are conducted via Zoom.

ANZAP FACULTY

Dr Nick Bendit	M.Med (Psych), Dip. Psych ANZAP, *Director of training, ANZAP*
Ms Cecile Barral	Dip. Psych ANZAP
Dr Geoffrey Borlase	MofSci in Medicine (Psych)
Ms Deborah Chisholm	BA Com/Psych, MA Clin. Psychotherapy, MCFT, WPP (Clinical) PG. Dip CET, PTC (AABCAP) AAI, PIT.
Ms Irene Deliefde	Dip. Psych ANZAP
Ms Rashi Gadekar	BA, Dip. Social Work (Dist), Dip. Psych ANZAP
Ms Dianne Hendey	Dip. Psych ANZAP, PG Dip. IO Psych, MA Psych
Ms Rochelle Hersch	B.S.W. (Hons), Dip. Psych ANZAP
Ms Kim Hopkirk	Dip. Psych ANZAP
Mr Leo LaDell	MA, Dip. Grad (Psych), Dip. Psych ANZAP
Dr Andrew Leon	M.B.B.S., Masters in Psych, Dip. Psych ANZAP
Ms Dawn Mears	Dip. Psych ANZAP
Mr Michael Ossher	LLM Cantab, Dip. Psych ANZAP
Dr Kris Rao	MSc. MSMed (Psychotherapy), Psy.D
Ms Michele Rousseau	MCAP, Dip. Psych 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. The 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 two 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

For both Australian and New Trainees, personal therapy is compulsory in Years1, 2 and 3.

This is in accordance with PBANZ regulations, where personal therapy is compulsory for the entire course to gain accreditation.

NB: Personal therapy costs are to be met by the trainee and are separate to the course fees.

YOUR TRAINING CASE

Successful candidates are responsible for securing their own training case. ANZAP will assist where possible.

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 Trainee 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 1:

This is a self-contained option. Those wishing to complete Years 2 and 3 have the option to do so after the successful completion of Year 1.

- 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 Year 1.

- 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.

- A larger group supervision, consisting of six of your fellow trainees, and a faculty supervisor will take place in July and October.

- An end of year assessment, both clinical and theory, will take place.

- An essay will be submitted at the end of the first semester (2000 words) and at the end of the second semester (2000 words) which will describe the clinical case under supervision, in relation to particular theoretical topics.

- Twice yearly reporting on your Learning Journal.

YEAR 2:

- ANZAP Faculty members will provide seminars in the same format as Year 1, 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 1 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 first 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 the end of each semester. It will describe the clinical progress for the first case under supervision with attention to theoretical constructs.

- A larger group supervision, consisting of six of your fellow trainees, and a faculty supervisor, will take place in July and October.

- End of year assessments 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 your 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. One hundred hours for the first case and fifty hours for the second case will be the minimum required to satisfy the 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 a different supervisor from Year 2.

- Feedback will be given before the end of first semester and assessment will take place at the end of the year.

- A larger group supervision, consisting of six of your fellow trainees, and a Faculty supervisor, will take place in July and October.

- 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.

- 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 provide 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 AU$ and include GST for Australian trainees. Fees may increase each year in line with CPI. Fees are payable by credit card monthly over ten months on the 15th of the month with the first payment commencing on 15 February and the final payment on 15 November.

Australian based Trainees	**New Zealand based Trainees**
Year 1, 2027 - AU$7,615 (incl GST)	Year 1, 2027 – AU$6,930 (no GST)
Year 2, 2028 – AU$11,450 (incl GST)	Year 2, 2028 – AU$10,400 (no GST)
Year 3, 2029 – AU$11,450 (incl GST)	Year 3, 2029 – AU$10,400 (no GST)

WHAT'S COVERED IN THE FEES?

- 28 weeks of lectures and 28 weeks of individual supervision each year. In Years 2 and 3 fees include 28 weeks of both individual and group supervisions.

- Online attendance at up to four seminars hosted by ANZAP.

- The Sydney Intensive – to be held from 2 pm on Friday, 26 February 2027 to lunch time on Sunday, 28 February 2027. **It is essential that all successful candidates attend this live-in weekend in Sydney**. Accommodation on Friday and Saturday nights is included in your course fees.

- ANZAP Pre-Conference workshops (2) – Saturday, 16 October 2027. These workshops will be held at the Te Pae Christchurch Convention Centre in Ōtautahi Christchurch and attendance is compulsory for trainees. Successful candidates should plan to attend either in person or online.

- ANZAP Annual Conference – Sunday, 17 October 2027. The Annual Conference will be held at the Te Pae Christchurch Convention Centre in Ōtautahi Christchurch. Attendance is not compulsory for successful candidates, however a generous discount on the registration fee is offered to trainees who wish to attend.

- Group Supervision –Monday, 18 October 2027. A full day of group supervision for candidates who are in Ōtautahi Christchurch. Remaining candidates may form a group to do group supervision over Zoom on another day.

- June/July 2027 – Group Supervision. Six hours of group supervision via Zoom, likely broken up into two half days. Dates to be advised.

TO APPLY

Please complete the online application form at this link: 2027 ANZAP Training - Application Form

Application fee
A non-refundable application processing fee of AUD $50 and a refundable interview fee of AUD $50 (AUD $100 in total) apply to all applications. If you are not invited to interview, AUD $50 will be refunded.

Please pay the AUD $100 application fee using the relevant secure payment link:
- New Zealand — application fee payment
- Australia — application fee payment

FURTHER INFORMATION:

ANZAP Faculty members will be happy to discuss any aspect of the training with interested candidates and initial contact can be made by contacting Anne Malecki by ‘phone or email (details below).

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