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# On-Line Training Course in The Conversational Model Of Psychoanalytic Psychotherapy

(Commencing in March 2021)

All course seminars are conducted interactive on-line  
in real time using Zoom

Seminars held on Tuesday evenings from 6.30-8.00 pm (Sydney time)

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# TRAINING IN ADULT PSYCHOTHERAPY

The training course in Adult Psychotherapy is a three-year, part-time course offered on-line by the Australian & New Zealand Association of Psychotherapy in Sydney, New South Wales. 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.

## The Faculty:

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	Diploma in Psychotherapy ANZAP
Dr Nick Bendit	M.Med (Psychotherapy), Dip. Psychotherapy ANZAP
Dr Kamal Touma	M.Med (Psychotherapy), MScMed (Psychotherapy)
Ms Anna Moore	Dip Psychotherapy ANZAP
Ms Rochelle Hersch	B.S.W. Dip. Psychotherapy ANZAP
Dr Judith Pickering	Ph.D. Dip. Psychotherapy ANZAP

## On Leave:

Dr George Lianos	F.R.A.N.Z.C.P. M. Med
Ms Michele Rousseau	Diploma in Psychotherapy ANZAP

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 individuals 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 the area of 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 become graduate members on successful completion of the three year course. Students 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 that as a further option after 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 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 2nd 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 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 II

- ANZAP Faculty members will provide seminars in 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. Whenever possible, an opposite sex case to the first one would be required, to enable the trainee to have supervision of both male and female cases.
- 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 2,000 words (I) and 2,000 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 I
- 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 III

- 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 II.
- Feed-back 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 8,000 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 the 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.
- Collegial activities are part of the course; an annual Sydney residential weekend intensive held in February (tuition, catering and Saturday night accommodation included in fees), and Annual ANZAP Conference usually held in the third quarter of the year (registration & additional tuition included in fees). These activities are included in the course requirements.

## Theory:

1. 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.
2. Books, papers and DVDs on selected topics are available from the ANZAP library.

## Course Fees: (All fees are in AUD\$ and include GST for Australian candidates)

Fees are payable on the 15<sup>th</sup> of each month from February to November. Credit card payments are accepted.

### Year 1:

Australia based students \$6,540 per annum (includes GST).  
New Zealand based students AUD\$5,910 per annum

Fees include individual supervision for 28 weeks of the year. Online seminars during the course of the weekend from the afternoon of Friday 26 to lunch time on Sunday, 28 February 2021 – Timing of seminars to be finalised. This is usually an in-person event, however Covid-19 restrictions prevent this. Provided Covid-19 restrictions are lifted, a full day of group supervision in Sydney on Thursday, 14 October 2021. Provided Covid-19 restrictions are lifted, attendance at ANZAP's pre-conference workshops in Sydney (2 workshops) on Friday 15 October 2021. Students have the option to remain in Sydney for ANZAP's annual conference over the weekend on 16 & 17 October. A generous discount is offered to ANZAP students who register.

### Years 2 & 3:

Australia based students \$10,540 per annum (includes GST).  
New Zealand based students AUD\$9,540 per annum.

Included in the fee is the cost of 28 weeks of both individual and group supervisions. Online seminars during the course of the weekend from the afternoon of Friday 26 to lunch time on Sunday, 28 February 2021 – Timing of seminars to be finalised. This is usually an in-person event, however Covid-19 restrictions prevent this. Provided Covid-19 restrictions are lifted, a full day of group supervision in Sydney on Thursday, 14 October 2021. Provided Covid-19 restrictions are lifted, attendance at ANZAP's pre-conference workshops in Sydney (2 workshops) on Friday 15 October 2021. Students have the option to remain in Sydney for ANZAP's annual conference over the weekend on 16 & 17 October. A generous discount is offered to ANZAP students who register.

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

## Application:

An application fee of \$A100 is required with each application. \$A50 will be refunded if application unsuccessful. Link to online Application form: [ANZAP Online Application Form - 2021 Training](#)

## Further Information:

For more detailed information, the faculty members will be happy to discuss with interested persons and can be contacted through the ANZAP Administrator, Anne Malecki on Tel: 02 8004 9873 or email: [info@anzap.com.au](mailto:info@anzap.com.au)

Visit the ANZAP website for further information. [www.anzap.com.au](http://www.anzap.com.au)