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# Institute of Psychotherapy and Social Studies

Contextualising psychoanalytic psychotherapy within contemporary cultures, languages and social identities



## PROSPECTUS

and application form 2009-2010

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### MA

in Psychoanalytic Psychotherapy and Social Studies  
in conjunction with London Metropolitan University





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## Why choose IPSS?

Whether you want to change your career and become a psychotherapist or develop it further, the IPSS academic programme and clinical practice, leading to an MA in Psychoanalytic Psychotherapy and Social Studies and UKCP Registration has a great deal to offer you.

During your training you will receive:

- A four-year taught programme
- Experience of working with clients
- Supervision of client work
- Personal experience of therapy

In addition, the IPSS experience includes:

## An Introductory Course

### A four week 'taster' experience of studying with IPSS

The course is designed to give an experience of what it is like studying with IPSS. In addition to participating in the Social Critique Seminar, Introductory Course participants will be able to ask all about the requirements of training. Attendance at all 4 sessions is required.

**Dates:** Tuesday evenings: 2nd June, 9th June, 16th June and 23rd June 2009

**Time:** 6:20pm - 8:50pm

### Programme:

Introductory Course participants will join the Social Critique Seminar, facilitated by the IPSS training team. These seminars will focus on the topic of economics and social studies in theory and clinical practice and may cover such topics as money, work and unemployment, envy, greed, the recent financial turmoil, the Capitalist Financial System and the Islamist Financial System: a discussion.

This will be a unique opportunity for those interested in becoming psychoanalytic psychotherapists to examine the profession in the current social context.

Following the Social Critique seminar, participants will have the opportunity to explore psychoanalytic training with IPSS plus participate in further 'taster' sessions with the Chair of Training, Maggie Rogers; the Director of Studies, Sue Sunkel and the Clinical Director, Michael Hogben.

**Cost:** £80

### Phone Contact

If unable to attend, IPSS Training Committee members are willing to speak to prospective candidates by phone to answer your questions about the training.

### Part-time training

The training takes place one week night (Tuesdays) over 30 weeks per year and over 8 Saturday mornings per year. This allows students to work and study and maximum flexibility in designing their learning schedules. IPSS follows the academic calendar of ten weeks per term.

### High standards amongst the teaching staff

All IPSS teachers are qualified psychoanalytic psychotherapists, experienced teachers and supervisors.



## **UKCP registration**

The MA programme leads to UKCP registration.

## **APL**

Accreditation of prior learning (APL) criteria is applied so students who would like to join a programme part-way through may gain credit for previous learning.

## **Personal tutor**

Every student has a personal tutor with whom they arrange twice-yearly meetings over years 1,2, and 3. Personal Tutors provide support to students during their studies.

## **MA Tutor**

Every student is allocated an MA tutor for the duration of the training with whom the student may discuss matters pertaining to their MA work.

## **London Metropolitan University**

The course is validated by London Metropolitan University so students are registered with the University; they will receive an MA award of the University and may attend the awards ceremony. Students are issued with student cards, giving access to the University library and other facilities offered by the University, for example help with essay writing and preparation and/or dyslexia.

## **Thriving Members' Organisation**

Students have the opportunity to mix with and learn from IPSS graduates and members at Saturday Forums and Dissertation presentations. The Members' Organisation provides Continuing Professional Development (cpd) opportunities following graduation.

## **About IPSS**

The Institute of Psychotherapy and Social Studies was founded in 1978 and was unique in offering students the opportunity to study psychoanalytic psychotherapy within the social context, and although the organisation has undergone many changes over the last 30 years it is still the emphasis on contextualising psychoanalytic psychotherapy within contemporary cultures, languages and social identities that attracts many trainees.

## **The IPSS Structure**

### **IPSS Council**

The overall organisation of IPSS is managed by Council which is the body that monitors IPSS and ratifies policy decisions. Council initiates committees which are then accountable to Council - one of these committees is The Training Committee which is responsible for all aspects of the training. Trainee representatives are invited to Council meetings which take place twice a term. This enables Trainee representatives to bring general issues and concerns about the training to Council for wider debate.



## **The Training Committee**

The training committee consists of:

- Chair of Training
- Director of Studies
- Clinical Director

Teachers, Supervisors, Personal and MA Tutors are also invited to Training Committee meetings which take place once or twice a term.

## **Large Group Meeting**

Once a term, on the first Tuesday, a large group meeting takes place. This is a meeting of both staff and students and is an opportunity to discuss any training issues.

## **The Process Group**

Following Saturday Forums, The Process Group takes place. The Process Group is a space for students to discuss the impact of the training experience. Attendance at the group is compulsory.

## **IPSS Style**

IPSS operates an equal opportunities policy and aims to

- Respect Trainees, value difference and minimise hierarchy;
- Encourage participation through large group meetings and course evaluation
- Promotes dynamic self development and responsibility and see the training as a two-way contract

IPSS recognises that training is a process that goes on over time, the organisation works to provide a parallel process that meets the Trainee where the Trainee is whilst holding the frame for the Trainee, IPSS, London Metropolitan University and UKCP.

## **IPSS Administrator**

IPSS has a friendly and dedicated administrator: Denise Rolland. She can be contacted with all your queries and will direct you to the appropriate person should that be necessary. Denise can be contacted by telephone on 0845 271 3303, by email at [info@ipss-psychotherapy.org](mailto:info@ipss-psychotherapy.org) or by post at The Administrator, IPSS, Endeavour House, 11 Genotin Terrace, Enfield, EN1 2AF.

## **How to get to IPSS**

All of the training, Saturday Forums, Process Groups and Large Group Meetings are held in Calcutta House at the London Metropolitan University.



## How to get to IPSS

### Calcutta House

Old Castle Street

London E1 7NT

All of the sites are very close to the Aldgate bus terminus and are served by the following underground stations:

Aldgate (Metropolitan and Circle Lines)

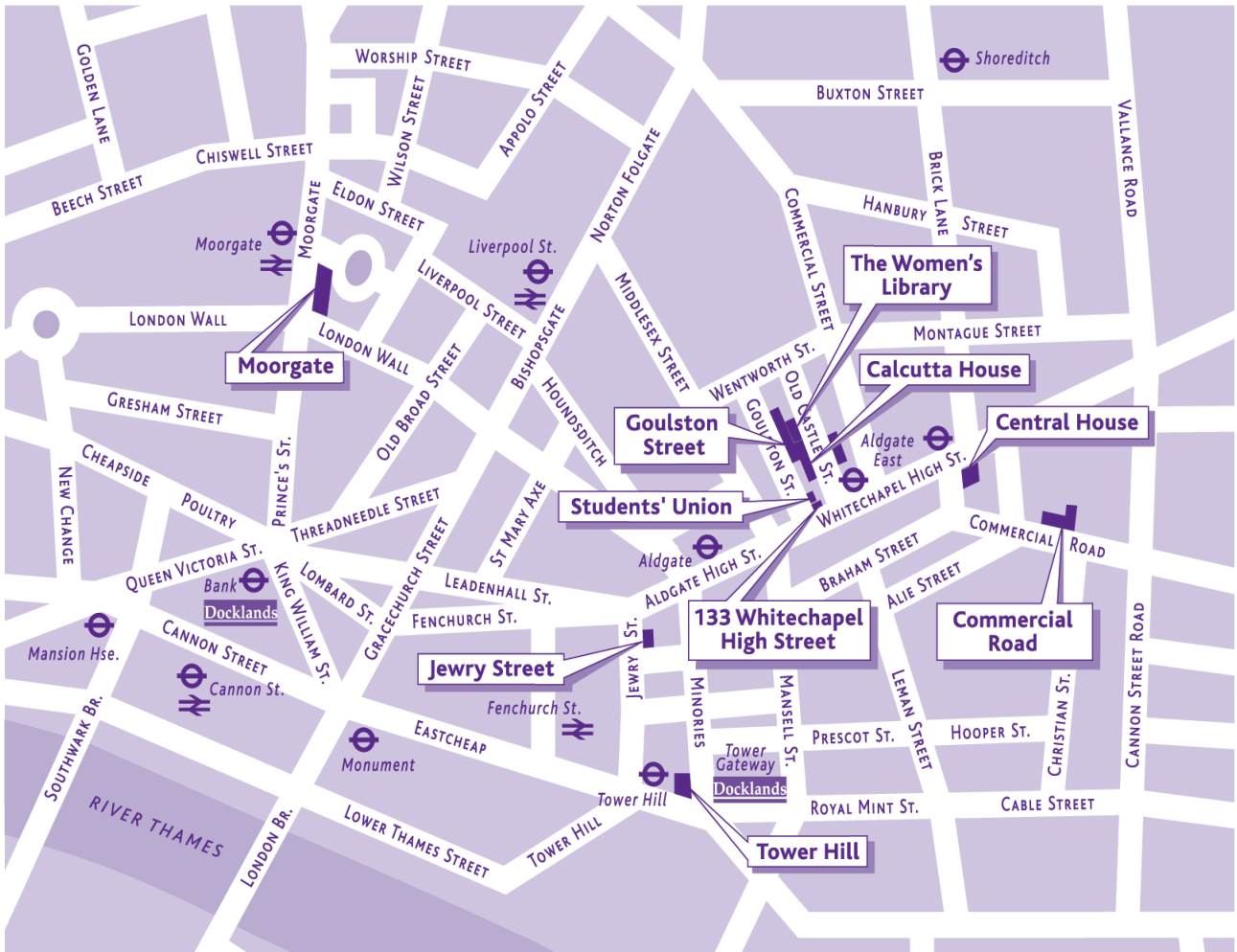
Aldgate East (District and Hammersmith and City Lines)

Tower Gateway (Docklands Light Railway)

Tower Hill (District and Circle Lines)

Liverpool Street (Metropolitan, Circle, Hammersmith and City, and Central lines)

Overground trains come in to nearby Fenchurch and Liverpool Street stations





## **MA in Psychoanalytic Psychotherapy and Social Studies in conjunction with London Metropolitan university**

### **Course Structure**

The training takes place over 3 terms made up of 10 Tuesday evenings per term, which run from 5:00pm - 8:50pm and 2 Saturday mornings per term from 11:15am - 2:15pm or 11:15am - 3:45pm.

Each training session is made up of the three main course seminars:

1. Psychoanalytic Psychotherapy Theory and Practice
2. The Social Critique: contextualising psychoanalytic psychotherapy within contemporary culture, languages and social identities
3. The Clinical Seminar

The details of seminars are given at the beginning of each course. Here is a 'flavour' of the topics you will study.

IPSS curriculum development begins with the question: 'What will a psychoanalytic psychotherapist look like 4 years from now?' This is answered in the 3 main curriculum areas:

### **1. Psychoanalytic Psychotherapy Theory and Practice**

The curriculum will move between the practices of psychoanalytic psychotherapy in the contemporary context and its beginnings with Freud. You will also examine the teachings of Klein, Winnicott, Bion and other major practitioners.

### **2. The Social Critique: contextualising psychoanalytic psychotherapy within contemporary culture, languages and social identities**

Topics will include

- Faith Systems, post September 11th, Certainty and uncertainty, Spirituality, psycho dynamics and fundamentalism
- Fashion and bodies, Modernism and Post-Modernism, Consuming
- Scapegoating, domestic violence, violence and young people, wars, projections, teenage pregnancy
- Finding and creating a contemporary Psychoanalysis, what can it be? Critique of Psycho internal models, what is mental health?
- Race and ethnicity, otherness, languages, gestures, social identities

### **3. The Clinical Seminar**

The clinical seminars create a rich environment for the exploration of all issues that relate to psychoanalytic practice, one third to half of the seminars include work in progress or a case study.

The curriculum includes:

- Concepts of psychoanalytic technique such as transference and counter transference, regressions, resistance, working through and so on
- Primary Texts such as Freud's 'Papers on Technique' and the controversies, splits and upheavals in the analytic movement, which reflect the daily dilemmas a psychotherapist faces in deciding which approach to take in work with clients.
- The major themes of child development and the different 'infants' constructed by different developmental approaches, for example the psychoanalytic baby; the object relations baby; the clinical psychology baby and the attachment baby.



There are many different styles of teaching adopted at IPSS. Teaching takes place either in small year groups, or in the larger group of all trainees. Seminars may be teacher lead with lecture and discussion or a trainee may prepare a presentation. Core texts are used plus selected reading for themed discussion. Clinical vignettes are also used to promote the linking of theory and practice.

### Other core elements of the training are:

- **Personal Therapy**

Twice weekly individual psychoanalytic psychotherapy with an approved psychoanalytic psychotherapist is compulsory throughout the training.

One year of twice weekly individual psychoanalytic psychotherapy is an entry requirement. When this requirement has not been met, students may begin training on the understanding that clinical work would not begin until well in to the second year.

- **Supervision**

Trainees are matched with supervisors once they have been approved to begin clinical work and passed the readiness to practice paper. This usually takes place once weekly for 36 weeks per year.

Course fees include 72 supervision sessions taken up in years 2 and 3. Thereafter, and until the conclusion of the Dissertation, students make their own arrangements with their supervisors.

- **Clinical Work**

Aspects of the clinical work which lead to the Dissertation include:

- o Supervised clinical work with two training clients as a minimum.
- o Work in progress presentation.
- o Case study - based on at least 1 year of once weekly supervised therapy practice.
- o Dissertation - based on at least 18 months of twice weekly supervised practice.

### Entry Requirements

IPSS has identified the following list of requirements for accepting candidates for training.

- A University Degree or equivalent qualification. This would include the Dip.SW (CQSW) or RMN in appropriate cases.
- Experience in core professions, e.g. counselling, social work, health professions, psychiatry, nursing, medicine, teaching, youth/community work
- Appropriate and relevant experience from other fields. Those applicants without experience in the core professions may be asked to complete a period of clinical work experience.
- At least one year in twice-weekly individual psychoanalytic psychotherapy with an approved psychotherapist prior to beginning the course, though not necessarily immediately prior to applying.
- An ability to demonstrate an interest in the field of psychotherapy.
- Demonstration of the personal maturity, stability, and flexibility, required for the rigors of psychotherapy training.
- Competency in English
- Entry requirements may be interpreted flexibly, so that if an applicant is considered suitable in most respects, one of the requirements might be slightly amended. As a general principle, applicants will be considered for training from the age of 30. There is no formal upper age limit. IPSS may also consider applicants on the basis of Accredited Prior Learning.\*
- \*Accreditation for Prior Learning. (APL) Applicants with qualifications in a closely related field, e.g. psychodynamic counselling, may be eligible for APL. An enquiry for APL would need to be made to the Chair of Training. Successful applicants will be offered a place in Year 2.



## APL

Accreditation of prior learning (APL) criteria is applied so students who would like to join a programme part-way through may gain credit for previous learning.

## FEES

### 1. The fee for the application process is £80.00.

This fee is payable at the time of application and covers the costs of registration. It is non-refundable except in the case where applicants are not called for interview.

### 2. The Cost of the MA/Diploma Course for Student Intake 2009-2010

Fees for the coming academic year and onwards are as follows:

#### Years 1, 2 and 3:

**MA/Diploma Fee** £3249.00 per year

MA/Diploma fee covers all tuition, lectures, seminars, essay marking, personal and academic tutorials

**Supervision Fees** £984.00 per year

There are 72 supervisions in years 2 and 3, each at £41.00. The total is charged for across the three year period.

**University Registration charge** £500.00 per year

The fees do not include the cost of your personal psychotherapy.

#### Year 4 onwards until completion:

**MA/Diploma Fee** £631.00

MA/Diploma fee covers tuition through academic/clinical seminars including the mandatory Saturday Forums, personal and academic tutorials.

**University Registration charge** £500.00

Supervision Fees Both supervision (36 sessions in Year 4) and personal therapy are paid for by the trainee directly to the Supervisor.

### 3. Planning the cost of your training:

We will keep our annual raising of fees for the years 2009-11 to a minimum; it should however be noted that fees will be subject to a yearly adjustment in line with inflation; changes to the University Registration charge will reflect any uplift made by the University from year to year. Due notice will be given to trainees. Fees are payable either before the beginning of the year, or before the beginning of each term. Fees paid termly will incur a small surcharge. Trainees' liability for fees for the course are as stated in the Trainee Declaration which is signed by all incoming students.



# Institute of Psychotherapy and Social Studies

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## Application for Introductory Course

Commencing 2<sup>nd</sup> June 2009

Course Fee £80

Full Name:

Ms/Mr/Mrs/Dr/Other

Address:

Telephone numbers:

Home

Work

Mobile

Email address:

Age:

Date and place of birth:

Present Occupation: (please give details)

Please outline any experience of psychotherapy you may have had in the past.

Please say why you are interested in this course:

Please state how you learned of IPSS training courses:

Signature:

Date:

Please return this form with the course fee (£80) to:  
The Administrator (Introductory Course)  
Endeavour House  
11 Genotin Terrace  
Enfield  
EN1 2AF

The closing date for applications is 26<sup>th</sup> May 2009



# Institute of Psychotherapy and Social Studies

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## Application for Training

Part-Time MA/Diploma in Psychoanalytic Psychotherapy & Social Studies (clinical)

Part-Time MA in Psychoanalytic & Social Studies (non-clinical)

MA degrees are validated by IPSS and London Metropolitan University

Full Name:

Ms/Mr/Mrs/Dr/Other

Address:

Telephone numbers:

Home

Work

Mobile

Email address:

Age:

Date and place of birth:

MA/Diploma Course for which you are applying: (clinical or non-clinical):

Present Occupation: (please give details)

Secondary Education: (Please give details of Secondary Schooling with dates)

Further Education: (Please give details of Tertiary Education with dates)

Professional Qualifications: (Please give details including professional bodies and dates)

Previous work experience:

Other relevant experience: (work in the core professions, voluntary work, 'gap years', etc.)

Details of personal psychotherapy:

Current therapist.....

Registering body.....

Membership Number..... Date of qualifying.....

How long have you been in therapy twice weekly with this therapist?.....

Please outline previous period/s of psychotherapy. If you are not currently in twice-weekly psychoanalytic psychotherapy with an approved psychotherapist, please give details of type of therapy, frequency, duration and dates

Names and addresses of two referees, stating the capacity in which you are known to them. Full references will be taken up prior to interviews.

Please state how you learned of IPSS training courses:

Reasons for applying to IPSS: (Using a continuation sheet, write some 500 - 1,000 words about yourself, and your reasons for wishing to train as a psychotherapist with IPSS. It is useful for the Training Committee, when reading the application forms, to have a sense of your current personal circumstances, e.g. whether you are in a relationship, have children, etc. All information will be treated as confidential).

Declaration: I have read the Terms and Conditions of the course as outlined in the Prospectus and Entry Requirement and Admissions Procedure document. Should I be accepted as a trainee on an IPSS course I agree to abide by the conditions therein.

Signature:

Date:

Please mark your envelope MA/Diploma Course, and send it, with the application fee of £80 to:

The Administrator, IPSS, Endeavour House,  
11 Genotin Terrace, Enfield, EN1 2AF

There is no closing date for applications for courses commencing in October, although early application is desirable.