



## Training in Attachment-based Psychoanalytic Psychotherapy Entry requirements 2013-14

### 1. Personal Psychotherapy:

In view of the important role that personal therapy plays in your development and training as a psychotherapist, we would expect you to have been in personal therapy for a minimum of one year with an attachment-based psychoanalytic psychotherapist or a psychotherapist who works from a psychodynamic perspective prior to starting the course. Ideally, this would be the year prior to and during your application to the training course, so that you have an established therapeutic relationship in place to support you through the process of application and the demands of beginning the training.

When you commence the training it is a requirement to be in therapy twice a week with a therapist who meets The Bowlby Centre's criteria for approval as a Training Therapist. They must be a member of the United Kingdom Council of Psychotherapy, (UKCP) Council for Psychoanalysis and Jungian Analysis (CPJA) section or a member of the British Psychoanalytic Council (BPC).

If you are unsure as to whether your personal therapy experience or current therapy arrangements meet this criteria you can discuss this with the member of the Clinical Training Committee responsible for applications.

### 2. Practical requirements:

We will also look for evidence that you can sustain the commitments demanded by the course:

Time commitments:

The course requires attendance in London for two evenings per week (currently Mondays and Tuesdays) from 6pm – 10pm. Terms are of 10 weeks (9 taught weeks and a reading week). Attendance for all weeks of term is required.

Students need to allow 12 – 15 hours per week for The Bowlby Centre related activities including infant observation, supervision, reading, preparation of course material etc.

Attendance monthly on Saturday mornings (unless this is not possible for reasons of religious observance) at the Clinical Forum is encouraged and is required at least 3 times per year.

Students also need to allow time for a termly individual tutorial outside the teaching time and for travel to this tutorial which may not be at The Bowlby Centre but will be within Greater London.

Financial commitments:

Annual Tuition Fees are approximately £4,500 for per year, (payable in monthly installments) which includes tuition, 3 individual tutorials per annum, attendance at the annual John Bowlby Memorial Conference, monthly Clinical Forums and an annual subscription of £40 for the Attachment Journal. After the taught part of the course there is an annual pre registration fee, currently £375, which is payable until registration. Students also need to budget for the following:

- Personal Therapy - 2 sessions per week at approx. £35 - £45 per session.
- Supervision (from year 3) Weekly at £40 - £45 per session.
- Insurance (from year 3) Approximately £100 per annum
- Books £200 - £300 pa

### 3. Emotional readiness:

We will also look for evidence that you can sustain the emotional demands of a clinical training.