The Irish Institute of Psychoanalytic Psychotherapy (IIPP) and the Department of Psychiatry, School of Medicine at Trinity College Dublin (TCD) are pleased to invite applications for a new clinical intake for 2016-2020.

Clinical Training Programme in Psychoanalytic Psychotherapy (with Adults)

COURSE DESCRIPTION

Psychoanalytic psychotherapy aims to help the patient to develop a broader and fuller experience. For many patients who feel stuck in their lives or who struggle with despair or with overwhelming anxiety, the work is often about helping them to find a way of handling their lives. This work is centred on the relationship between psychotherapist and patient and on the experiences of relating, holding and containing. We are concerned with what is taking place in the here and now and the fuller picture of the person’s life as they have grown up, as they live their lives outside of sessions and as they move to a different experience in their lives. We are concerned with what is unconscious – what is split off from our immediate experience – and we find that by helping to make such processes more conscious, we reveal their place in the here and now of the person’s life. In comparison to other modalities, psychoanalytic psychotherapy tends to be relatively long-term and to involve a thorough exploration of the person’s experience and what lies underneath this. In addition to being a therapeutic treatment, psychoanalysis is one of the most important intellectual movements of the twentieth and twenty-first centuries, engaging with all aspects of life, including the visual and creative arts, literature, theatre, dance, film, music, politics, the humanities, and the social and human sciences.

This four-year Clinical Training Programme is designed to provide a thorough and structured postgraduate training in psychoanalytic psychotherapy with adults. The Programme is particularly oriented towards an emphasis on the theoretical and clinical contributions of Sigmund Freud, Melanie Klein, Wilfred Bion and Donald Winnicott, as well as contemporary developments in the Kleinian and Independent traditions of psychoanalysis. The Programme combines academic and clinical components, with a great deal of attention given to the development of a reflective position. We particularly emphasise self-awareness and the development of oneself along the process of training. The experiential components of the Programme – training analysis, infant observation, group experience, placement in a mental health setting – run alongside the theoretical inputs and, taken together with clinical supervision, facilitate trainees moving, over time, from an intellectual engagement with psychoanalysis to its clinical application, when they work with patients in psychoanalytic psychotherapy.

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OPEN DAYS

MEET THE TRAINING TEAM & RECENT GRADUATES

Open days provide an opportunity to meet members of the clinical training team and recent graduates, who will talk about the Programme and answer any questions you might have.

- Saturday 28 Nov 2015 @ 10.30 am-12.30 pm
- Saturday 27 Feb 2016 @ 10.30 am-12.30 pm

Training Room, Ground Floor, Irish Institute of Psychoanalytic Psychotherapy, 107 Lower Baggot Street, Dublin 2.

To register your interest in attending one of our open days, contact Dr Margaret Boyle Spelman PhD, Dr Noreen Giffney PhD, or Dr John O’Connor DClin
The term “psychoanalysis” refers to three separate but interdependent entities. Psychoanalysis is a body of knowledge of the mind (a discovery), a treatment for psychological disturbance and also a method of research, these latter two deriving from Freud’s invention of a setting that enables the mind to be observed in a new way, that is, the psychoanalytic session’ (David Bell).

**COURSE COMPONENTS**

This Clinical Training Programme includes a number of clinical, theoretical and experiential components:

1. Attendance at theoretical and clinical lectures and seminars on psychoanalysis, case formulation and management, psychopathology, clinical technique, and the impact of psychosocial factors on clinical work (years 1-4).

2. Attendance at twice-weekly psychoanalytic training analysis (years 1-4).*

3. Attendance at once weekly clinical supervision (years 3-4).*

4. Clinical work with patients in once and twice weekly psychoanalytic psychotherapy in the Irish Psychoanalytic Clinic (years 3-4).*

5. Weekly observation of a new-born infant in her/his home (years 1-2).

6. Participation in a weekly (years 1-2) and monthly (years 3-4) experiential group, convened by a group analyst.

7. Placement in a mental health setting (year 4).

In addition, trainees will need to set aside time for reading and preparation for clinical lectures and seminars, short classroom presentations, and clinical/academic written assignments.

* Note: 2, 3 and 4 take place all-year round, and continue after the 4 years of training until trainees have achieved the minimum requirements for the Clinical Diploma in Psychoanalytic Psychotherapy (awarded by the Institute). Attendance at 2 and 3 continue until graduates have met the minimum requirements for full membership of the Irish Forum for Psychoanalytic Psychotherapy (IFPP).

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**KEY FEATURES**

- This Programme provides a thorough clinical training in the Kleinian and Independent traditions of psychoanalysis/
- This clinical training in individual, adult psychoanalytic psychotherapy meets the requirements for full membership of the Irish Forum for Psychoanalytic Psychotherapy (IFPP), the Psychoanalytic Section of the Irish Council for Psychotherapy (ICP) and the European Association for Psychotherapy (EAP).
- This clinical training in psychoanalytic psychotherapy is based in a Department of Psychiatry, the sole focus of which is mental health.
- This training has been in existence since 1993 and is delivered by highly-experienced psychoanalytic psychotherapists, who have up to 30 years experience working clinically.
- While providing a thorough academic training in psychoanalytic theory, the emphasis in the Programme is on the central importance of the experiential and the clinical. As such, trainees undertake a two-year, weekly infant observation, a placement in a mental health setting, as well as participating in an experiential group, convened by a group analyst.
- Trainees are referred patients by the Irish Psychoanalytic Clinic, which has been in existence since 1993 and is managed by the Irish Institute of Psychoanalytic Psychotherapy.
- The first two years of the Clinical Training Programme are based at Trinity College Dublin, Ireland’s highest ranked university and the only university in Ireland to be included in the top 100 universities in the world (QS World University Rankings 2015).

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**COURSE MODULES**

**Year 1:** Theoretical Frameworks I: Foundations of Psychoanalysis; Infant Observation I; Human Development; Clinical Concepts; Group Experience Sessions

**Year 2:** Infant Observation II; Theoretical Frameworks II: Developments in Psychoanalytic Theory; Clinical Practice; Research (Dissertation); Group Experience Sessions

**Year 3:** Clinical Beginnings; Clinical Group Sessions; Group Experience Sessions.

**Year 4:** Clinical Challenges; Clinical Group Sessions; Placement in a Mental Health Setting; Group Experience Sessions.
IIPP INFORMATION

The Irish Institute of Psychoanalytic Psychotherapy was established in 1993 by a group of psychoanalytic psychotherapists (all members of the Irish Forum for Psychoanalytic Psychotherapy). The Institute runs the Irish Psychoanalytic Clinic, including a reduced-fee service in Dublin and other parts of the country, which offers psychoanalytic psychotherapy to those in need, irrespective of their financial circumstances. Psychotherapists who work in the Clinic are either experienced professionals or senior trainees who are completing their Psychotherapy training. All trainees work under the supervision of the Institute’s training staff. The Institute also provides clinical training and supervision for fully-qualified professionals working in the fields of psychoanalysis, psychotherapy, psychology, psychiatry, nursing and social work. The Institute convenes clinical seminars and training workshops for the purpose of continuing professional development (CPD), as well as an annual series of introductory lectures entitled ‘Inside Modern Psychoanalysis’ for anyone interested in attending.

Web: www.iipp.ie

TRAINING TEAM

The Irish Institute of Psychoanalytic Psychotherapy

‘Psychoanalytic therapy is an unstructured approach ... the psychoanalytic therapist approaches the session without structure and invites the patient likewise to relinquish the need to plan what he will say. The rule of free association urges the patient to say whatever comes to mind irrespective of whether it is connected with what was discussed the previous weeks or a few minutes earlier in a session. The idea behind this is that it is only when the patient can let go of his need to produce logically coherent and purposeful communications, will he be able to allow unconscious anxieties and meanings to emerge through his spontaneous associations’ (Alessandra Lemma).

TCD INFORMATION

Trinity College Dublin is Ireland’s highest ranked university and is the only university in the country to be included in the top 100 universities in the world. It is also Ireland’s oldest university, being founded in 1592. Trinity Library is Ireland’s largest research library, and is a legal deposit library, which means it is entitled to receive all books published in Ireland and the UK. Trainees will also have access to Psychoanalytic Electronic Publishing (PEP) throughout their training, an online database of thousands of psychoanalytic works published in books and journals, as well as videos (www.pep-web.org). Trinity College Dublin includes a large range of student supports, including a Careers Advisory Service and an Alumni Career Network. The University has a state of the art Sports Centre, which is free to use by students. Students come from all over Ireland, including 50% from outside Dublin and international students represent 118 different nationalities. The University is located in Dublin’s city centre and is easily accessible by public transport.

Web: www.tcd.ie
FEES

Clinical Training Programmes are expensive, so it is important that you budget carefully to see whether it will be financially feasible for you, before you decide whether to apply. The Programme is part time and many trainees continue to work full time while in training. Indicative fees include:

Fees per year for the MSc in Psychoanalytic Psychotherapy (years 1-2) will be in the region of €7,958 (for EU students) or €16,393 (for non-EU students).

There will be yearly fees in the Irish Institute of Psychoanalytic Psychotherapy (years 3-4).

In addition, trainees will have to pay fees for their twice-weekly Training Analysis sessions (years 1- ), weekly Clinical Supervision sessions (years 3-), yearly IFPP student membership fee (years 1-), clinical indemnity insurance (years 3-), and clinic room rental (years 3-).

We are happy to answer any questions you might have about the financial aspects of the programme.

ADMISSION REQUIREMENTS

We encourage you to apply if you have an interest in this field. The following are required:

- **Education**: A second-class honours primary degree or higher is generally required. For those who are in professions that now require a primary degree but that did not require this at the time the person entered this profession (including nursing), an exception can be made. Decisions around such exceptions are made with Trinity’s Graduate Studies Office.

- **Work Experience**: Work in a related field is desirable.

- **Personal Factors**: You are not required to have a strong knowledge of psychoanalysis, though some sense of its basic premise is certainly desirable. Engagement in personal psychotherapy also demonstrates a recognition of the nature of this field.

- **Readiness**: This relates to the timing of the application in relation to your life circumstances. In going through the process of application, there will be an opportunity to appraise whether you are in a position to embark on this Clinical Training Programme at this time.

We are happy to answer any questions you might have about the financial aspects of the programme.


MAKING AN APPLICATION

- Before making an application, we recommend that you contact one of the Course Directors, who will arrange a telephone conversation with you and will be happy to answer any questions you might have at that time.

- Applicants are required to make an application directly via Graduate Studies at Trinity College Dublin: www.tcd.ie/courses/postgraduate/how-to-apply/

- In addition, applicants are required to submit a personal statement as to why they are applying for this particular Clinical Training Programme at this time.

- All applicants will be required to attend an interview with a selection panel comprised of members of the Clinical Training Team.

- Further particulars about the application process are available from Ann Daly, the Course Administrator (years 1-2):
  +353-(0)1-2722105 or amdpsy@gmail.com

"The setting is more than a reference to the physical layout and the practical arrangements. The analyst’s attitude is part of the setting. This attitude includes an openness to the patient and whatever the patient is bringing, refraining from action, judgment and retaliation, a desire to understand the patient’s point of view, actions and phantasies within the context of what that person has experienced and the ways the patient has had to deal with those experiences, as well as the recognition that all emotions, however abhorrent, exist in all of us, including the psychoanalyst" (Dana Birksted Breen).

“The couch in analysis facilitates the withdrawal of visual attention from the outside by hindering the sight of the analyst. The visual component, which plays such an important part in normal relationships, is to a large extent replaced in psychoanalysis by an intensification of the verbal and auditory ones … On the couch, patients can feel encouraged to talk more freely about themselves, focusing on their internal world while external distractions are reduced, and analysts can better listen to them” (Andrea Sabbadini).
QUALIFICATIONS & CLINICAL ACCREDITATION

Upon successful completion of years 1-2, a Master of Science (MSc) in Psychoanalytic Psychotherapy is awarded by Trinity College Dublin. Upon successful completion of all components of the Clinical Training Programme, a Diploma in Clinical Psychoanalytic Psychotherapy is awarded by the Irish Institute of Psychoanalytic Psychotherapy. The latter usually takes longer than 4 years to achieve.

Graduates of the Clinical Training Programme, having been awarded an MSc in Psychoanalytic Psychotherapy and a Clinical Diploma in Psychoanalytic Psychotherapy, are eligible to work towards full membership of the Irish Forum for Psychoanalytic Psychotherapy (www.ifpp.ie), the Psychoanalytic Section of the Irish Council for Psychotherapy (wwwpsychotherapy-ireland.com) and the European Association for Psychotherapy (www.europsych.org). Members of the Irish Council for Psychotherapy can also be listed with the United Kingdom Council for Psychotherapy (www.psychotherapy-ireland.com/ukcp-agreement).

“... we make this deal: total honesty in return for total complete discretion ... we don’t simply want to hear from the patient the things he knows and hides from others; he also has to tell us what he doesn’t know. With this in mind, we give him a more precise definition of what we mean by honesty. We commit him to the fundamental rule of analysis, which is henceforth to govern his behaviour towards us. He is not simply to tell us what he intends to say, what he is happy to say, the things that would give him the kind of relief he would get after a confession: he has to tell us everything that his self-observation yields to him; everything that comes to mind, even if it is unpleasant for him to say it, even if it seems to him to be unimportant or even ridiculous” (Sigmund Freud).

CAREER PATHWAYS

- **Private Practice:** Some graduates set up private practices individually or in collaboration with peers, or join large psychotherapy practices already established.

- **Public Services:** Some graduates go on to work in public services, hospital settings or college counselling services, or bring what they have learned from their training back to their current clinical positions as psychiatrists, nurses or psychologists.

- **Clinical Career Progression:** Some graduates go on to do further training to become training analysts and clinical supervisors. Sometimes opportunities become available for graduates to lecture on the Clinical Training Programme in Psychoanalytic Psychotherapy, or on clinical trainings in other modalities of psychotherapy or in related disciplines, such as psychology, psychiatry, and nursing.

- **Clinical research:** Some graduates go on to do doctoral degrees bringing together their clinical training with a sustained period of intensive research. Some graduates do further work on their MSc dissertations and convert them into articles, which they contribute to clinical journals in psychoanalysis, psychotherapy or psychology.

- **Integrating Training into Current Profession:** Some graduates remain working in their current professions (e.g. primary- or second-level teaching, third-level research and lecturing, social work, business, sports coaching), while applying the skills they acquired from their psychoanalytic training.

Trainees are assigned a mentor for the duration of the Programme. Mentors are fully-qualified psychoanalytic psychotherapists who provide Candidates with support and career advice.
COURSE DIRECTORS

The Course is managed by a Clinical Training Committee and is overseen by three Course Directors, one in years 1-2 and two in years 3-4. For further details, contact:

**Dr John O’Connor** DClin, Director of the MSc in Psychoanalytic Psychotherapy (years 1-2), Department of Psychiatry, School of Medicine, Trinity College Dublin
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Email: joconnor8@tcd.ie

**Dr Margaret Boyle Spelman PhD & Dr Noreen Giffney PhD**, Directors of Clinical Training (years 3-4), Irish Institute of Psychoanalytic Psychotherapy
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FURTHER INFORMATION

The following books are a good place to start to get a sense of the development of psychoanalysis and psychoanalytic psychotherapy as a clinical practice:


Read one of our Course Directors Margaret Boyle Spelman’s book about the importance of infant observation for clinical psychoanalytic practice with adults: *Winnicott’s Babies and Winnicott’s Patients: Psychoanalysis as Transitional Space* (Karnac 2013).

Read one of our Training Analysts Prof Ross Skelton’s award-winning encyclopaedia of psychoanalysis: *The Edinburgh International Encyclopaedia of Psychoanalysis* (Edinburgh University Press 2010).

The New Books in Psychoanalysis podcast series includes 50-minute interviews with authors of books published in the field of psychoanalysis: http://newbooksinpsychoanalysis.com/

Listen to these podcasts of our Course Directors (Dr Margaret Boyle Spelman, Dr Noreen Giffney, Dr John O’Connor) talking about psychoanalytic research and publishing: www.ucd.ie/humanities/events/podcasts/2015/conducting-psychoanalytic-research-for-publication/

Listen to these podcasts of some of our clinical lecturers (Dr Noreen Giffney, Ms Ann Murphy, Mrs Mary Pyle) talking about how clinical psychoanalysis can be applied to culture to think about literature, art and film: www.ucd.ie/humanities/events/podcasts/2014/melancholia/

VISIT OUR WEBSITE

www.iipp.ie