

PROFESSIONAL TRAINING PROGRAMMES IN PSYCHOANALYTIC PSYCHOTHERAPY



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

M.Sc. in Psychoanalytic Psychotherapy,
Department of Psychiatry,
School of Medicine,
Trinity College Dublin,
2023-2025

Strand I: Child and Adolescent Psychoanalytic Psychotherapy

Strand II: Adult Psychoanalytic Psychotherapy

Strand III: M.Sc. in Psychoanalytic Psychotherapy

FREQUENTLY ASKED QUESTIONS

This document contains questions that we are frequently asked about the MSc and the wider trainings in psychoanalytic psychotherapy offered in the Department of Psychiatry, School of Medicine. We hope you find this useful in answering some of the questions you may have about this trainings, their structure and purpose. Please note that some details included here are subject to change with the development of the course and with changing requirements and regulations.

COURSE ORIENTATION AND CONTENT

Q. What is psychoanalytic psychotherapy and how does it differ from other kinds of psychotherapy?

A. Psychoanalytic psychotherapy aims to help the person in therapy to develop a broader and fuller experience. For many people - children, adolescents, or adults - who feel stuck in their lives or who struggle with despair or with overwhelming anxiety, the work is often about helping to find a way of handling their lives. This work is centred on the relationship between therapist and client and on the experiences of relating, holding and containment. 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 kinds of psychotherapy, psychoanalytic psychotherapy tends to be long-term and to involve a thorough exploration of the person's experience and what lies underneath this.

The field of psychoanalytic psychotherapy is an ever-evolving, ever-expanding one. While it draws strongly on the ideas of certain theorists, including Sigmund Freud, Melanie Klein, Wilfred Bion and Donald Winnicott, alongside contemporary developments in psychoanalysis such as Neuropsychoanalysis, it also draws on the collective experience of practitioners in the discipline and elsewhere. Psychoanalytic approaches emphasise that alongside our conscious lives, we also have unconscious motivation and that it is important to explore the relationship between these two levels of psychological life to address the situation of the person. Our experience emerges from our earliest experiences and the relationships of our childhood are key to our development of a secure sense of self and the world.

As a course, we welcome the tightening of regulations for psychotherapy training in recent years as it means that there are now better safeguards for people seeking out psychotherapy in Ireland. The regulations now in position mean that everyone entering the profession engages in at least four years of formal postgraduate study on a recognised programme to meet the academic and training requirements for entry into the discipline, with a minimum of at least seven years formal study. For further information, please consult the website of the Irish Council for Psychotherapy (<http://www.psychotherapy-ireland.com>) and of the European Association for Psychotherapy (<http://www.europsyche.org>). The Course also welcomes the imminent statutory regulation of the profession of psychotherapy, and protection of the title 'psychotherapist', and Course management are actively involved in the ongoing development and implementation of the CORU statutory regulation process.

Q. What is the overall focus of the MSc in Psychoanalytic Psychotherapy at Trinity College?

A. The MSc in Psychoanalytic Psychotherapy brings together two previously separate programmes - one in child and adolescent psychotherapy, the other in adult psychoanalytic psychotherapy -, which have run in Trinity College and elsewhere for approximately 30 years. As a course, we look to the development of students toward work in psychoanalytic psychotherapy. This course is designed for applicants who are interested in working using a psychoanalytic framework. However, we also recognise that not everyone who does the course will continue into years three and four of the clinical training programme following completion of the MSc and that some may enter the programme with the intention of not pursuing later clinical training and practice. We recognise as well that some students may draw on what they learn in this course to develop an understanding of patients in mental health, to understand children they work with as teachers or health professionals or bring this to other and diverse contexts. In these instances, a student may not decide to apply to continue training into years three and four. The course balances theoretical with clinical input and encourages a high level of exploration and discussion of ideas and the process of clinical work.

The course is particularly oriented toward those psychoanalytic approaches that have defined this field and with a particular emphasis on the theoretical and clinical contributions of Sigmund Freud, Melanie Klein, Wilfred Bion and Donald Winnicott. The course 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 course - personal therapy and infant observation - run alongside the academic inputs and, taken together and in light of one another, give students the stimulus and the space to develop themselves, their understanding, and their ability to engage in clinical practice.

Q. How is the course structured?

A. The course is made up of three strands:-

Strand I: Child and Adolescent Psychoanalytic Psychotherapy (leads to accredited status with IFPP)

Strand II: Adult Psychoanalytic Psychotherapy (leads to accredited status with IFCAPP)

Strand III: M.Sc. in Psychoanalytic Psychotherapy Only (stand-alone qualification for applicants who are already qualified to practice clinically, first preference for spaces on course will go to applicants wishing to pursue accredited status)

At the point of application for the course, you choose which of these three strands you wish to pursue. While some of the teaching will be specific to Strand I or Strand II, most of the teaching will be shared due to fact that the same theoretical basis exists for both programmes, with divergences taking place around issues of psychotherapeutic technique with children, adolescents, and adults. When a choice is available within a module Strand III students may opt for a module strand of their choosing. Please note due to accreditation requirements of professional bodies and the Irish Council for Psychotherapy it is not possible to switch strands.

The course's modules are as follows:

- Module 1:** Theoretical Frameworks I (10 ECTS);
- Module 2:** Infant Observation I (10 ECTS);
- Module 3:** Infant, Child & Adolescent Development (10 ECTS);
- Module 4:** Clinical Concepts (5 ECTS);
- Module 5:** Infant Observation II (10 ECTS);
- Module 6:** Theoretical Framework II (10 ECTS);
- Module 7:** Clinical Practice (5 ECTS);
- Module 8:** Research/Dissertation (30 ECTS).

Modules 1 to 4 are completed in the first year of the course, with modules 5 to 8 being completed in the second year of the course.

Classes involve some level of direct teaching (particularly those concerned with the main theoretical frameworks), in addition to discussion within the training group. All teachers on the course have trained in psychoanalytic psychotherapy and are experienced practitioners and there is a continued linking between theory and practice on the course.

The course is situated in the Department of Psychiatry, School of Medicine, in Trinity College Dublin. The course executive committee is as follows:

M.Sc. Course Director:

Mr. Paul Moore,
Assistant Professor
Department of Psychiatry

Course Administrator:

Ms. Majella Moloney,
Senior Executive Officer,
Department of Psychiatry

Child and Adolescent Strand Lead:

Ms. Noreen Bracken

Adult Strand Lead:

Ms. Theresa Merrigan

M.Sc. Executive Committee members and Module Co-ordinators: Ms. Noreen Bracken, Ms. Jennifer Griffin, Ms. Theresa Merrigan, Ms. Julie-Ann Lyons, Mr. Paul Moore.

FREQUENTLY ASKED QUESTIONS

Q.: Is it possible to commence in one Strand and to move to the other Strand during the course?

A. Students apply for entry onto one of the three Strands of the programme, for accreditation reasons it is usually not possible to move strands during the course. For a student on Strand I, clinical theory will be concerned with children and adolescents. For a student entering Strand II, in the same way, the clinical theory components will focus on psychoanalytic work with adults. During the second year of the programme, students of Strands I and II will attend separate modules concerned with issues of technique and clinical cases related to children/adolescents and adults, respectively.

Q. What is the purpose of the Postgraduate Diploma in Psychoanalytic Psychotherapy?

A. Should a student not meet all the requirements of the MSc, an option is available under certain circumstances (related to the extent of modules that have been completed) to exit with a Postgraduate Diploma (P-Grad.Dip) in Psychoanalytic Psychotherapy in Strand I or Strand II. Students who pass each of the taught modules and the dissertation are eligible for the award of M.Sc. in Psychoanalytic Psychotherapy. Students who pass each of the modules but do not complete the dissertation will be awarded the Post-Graduate Diploma in Psychoanalytic Psychotherapy. In most instances, a decision around your application will be made within a week of this interview.

PRACTICAL DETAILS

Q. What are the time commitments on the course?

A. The following are the formal teaching times for the MSc for the 2021-2023 intake:-

1. One Week Blocks

On both years of the MSc, we will have two one-week teaching blocks. The first of these will be in early September, the second in the second week of January. The dates will be as follows:-

1. Monday August 29th, 2023 - Friday September 1st, 2023 9 a.m. to 5 p.m.
2. Monday January 8th, 2024 - Friday January 12th, 2024, 9 a.m. to 5 p.m.
3. Monday August 29th, 2024- Friday September 2nd, 2024, 9 a.m. to 5 p.m.
4. Monday January 6th, 2025 - Friday January 10th, 2025, 9 a.m. to 5 p.m.

*Dates correct at time of publication but may be subject to change

2. Term Teaching

Teaching in terms (22 weeks per year) will be on Tuesday evenings in the Trinity Centre for Health Sciences, St. James' Hospital between 5.30p.m. and 9.30 p.m. These times remain the same for both years and for both College terms (Michaelmas and Hilary).

The following will continue over the 44 weeks of Tuesday (across two academic years) evening inputs:-

1. Infant Observation Seminar (Small Groups): 1.5 hours: 5.30 pm to 6.50 pm
2. Tutorial (Processing Psychoanalytic Concepts): 1 hour: 7.05 pm to 7.50 pm
3. Process Group: 1.5 hours: 8.05 pm to 9.30 pm

Tuesday evening from the start of the academic year of September until the end of Michaelmas Term in December, with the seventh week as reading week, when there are no classes (Michaelmas Term). Tuesday evening from the beginning of Hilary Term in January until the end of the Term, with the seventh week as reading week, when there are no classes (Hilary Term).

3. Monthly Saturdays, Eight Months of the Year:

YEAR ONE*	YEAR TWO*
September 23, 2023	September 21, 2024
October 21, 2023	October 18, 2024
November 18, 2023	November 16, 2024
December 16, 2023	December 14, 2024
January 27, 2024	January 25, 2025
February 24, 2024	February 22, 2025
March 23, 2024	March 22, 2025
April 26, 2024	April 26, 2025

* Ordinarily 9 a.m. to 5 p.m., with occasional changes of dates.

For years three and four of both clinical training strands (I & II), teaching and seminars take place on approximately ten Saturdays in the year with the training institutes (IICAPP & IIPP). This is alongside the other clinical training components: clinical practice, supervision, and personal therapy. This does not apply to Strand III candidates.

Q. What are the fees and other expenses involved in doing the course?

A. Please refer to Trinity College Webpage for postgraduate study fees <https://www.tcd.ie/academicregistry/fees-and-payments/>. Fees are subject to change and are determined by College. Personal therapy sessions are at a training rate of €65 per hour for twice weekly therapy (total weekly fee of €130) and €70 for once weekly psychotherapy. Students attend personal therapy throughout the four years of training (40-45 weeks of the year).

Q. Can I work while doing the course?

A. Yes. Most of the students on the course have maintained employment while doing the course. We have designed the course in a way that meets professional accreditation criteria while minimising the impact on work for our students, many of whom have full-time professional/work commitments. If you are working full time, it is usually necessary to engage with employers to negotiate time off in respect of the two one-week teaching blocks for each academic year. Tuesday evenings in term time begin at 5.30pm and this may require planning with respect to your working hours on these days. We also advise that you allow for setting time aside for reading (approx. 10 hours per week), attending twice-weekly personal therapy appointments, and for infant observation visits.

Q. How do I go about organising personal therapy?

A. All students on the course are required to attend twice-weekly personal therapy from the beginning of the course. Students are encouraged, though not required, to commence personal therapy from the time they are offered a place on the programme to provide support for the commencement of the course. A list of approved Training Analysts (experienced psychoanalytic psychotherapists who have undertaken recognised additional IIPP certified intensive training to work psychoanalytically with psychoanalytic psychotherapy candidates) with contact details, will be provided to students. The list will become available at the time when an applicant formally accepts a place on the course. Applicants should note that the requirements around hours of personal therapy during training commences from the time of the commencement of the training (early September 2023). Strand III candidates are required to attend personal therapy at a minimum frequency of once weekly, but strongly encouraged to engage in twice weekly therapy.

Q. If I am currently seeing a therapist, do I need to end this and move to a therapist from the course's list of approved analysts?

A. Yes. We recognise that this can be a difficult decision for a student. This is however necessary as a part of the course's overall model of training. The course provides a list of approved Training Analysts. Should a student need to change therapists, we encourage students to make this transition carefully and to give this time. We encourage students to discuss this with the relevant strand lead contact person and to find an arrangement that fits the circumstances.

Q. Do I see training clients as a part of the MSc in Psychoanalytic Psychotherapy?

A. No. The course provides the academic and experiential foundation necessary for commencing clinical work within a psychoanalytic framework. We believe that it is especially important for students to develop a solid foundation prior to starting this work to develop a strong and assured framework in meeting the complexities of this work. Students commence seeing training clients at the beginning of year 3 of further training at one of the two connected institutes.

Q. Could you recommend reading to help me to decide if this is the kind of course that I would enjoy and learn from?

A. We recommend the following as good introductions to psychoanalytic thinking and practice:

Mainly Adult Psychoanalytic Psychotherapy:-

Bateman, A. & Holmes, J. (2002). *Introduction to psychoanalysis: Contemporary theory and practice*. New York: Brunner-Routledge.

Casement, P. (2001). *On learning from the patient*. London: Brunner-Routledge.

Sandler, J. Dare, C. & Holder, A. (Eds.) (1992). *The patient and the analyst: The basis of the psychoanalytic process*. London: Karnac.

Mainly Child and Adolescent Psychoanalytic Psychotherapy:-

Blake, P., 2018. *Child and adolescent psychotherapy*. Routledge.

Gerhardt, S. (2004). *Why love matters: How affection shapes a baby's brain*. London: Routledge.

Waddell, M. (1998). *Inside Lives: Psychoanalysis and the growth of the personality*. London: Tavistock.

Q. What supports are available on the course?

A. We appreciate that training in psychotherapy is demanding at several levels. We also appreciate that as a part of the MSc, students may be making decisions around progression into years three and four and may require some assistance in thinking around this. In addition to personal therapy (from the beginning of first year), further supports are also available on the programme. Strand leads, Module Coordinators, and M.Sc. Committee members are available to meet with students to discuss issues that are emerging for them in relation to the process of training. In addition to this there are College wide supports available to students through Student Support Services.

YEARS THREE AND FOUR

Q. How do you assess students on the training?

A. Applications for years three and four are made through the institutes concerned. These applications are made in the second year of the MSc. The institutes interview those who apply and offers are made subject to the successful completion of the MSc.

As these are psychotherapy programmes, students are assessed in line with requirements for training programmes as set out by the European Association for Psychotherapy, we conduct appraisals at the end of each of the years of training. Progression through the training is dependent on the outcome of this appraisal meeting. It is not possible for Strand III candidates to progress to year 3 and 4 with a training institute.

Academic modules on the M.Sc. are assessed in line with Trinity College academic requirements regarding the meeting of learning outcomes for each module. Assessments are a combination of various forms of written assignments relating to the module content.

Q. What are the expenses associated with years three and four of training?

A. For students currently going through the MSc, institute fees of approximately €4500 per year apply. In addition to this, students attend personal therapy twice weekly and clinical supervision once weekly, a training rate of €65 is set for supervision. As students are usually embarking on this course as a part of the fuller four year training, you may need also to consider the expenses in the years following the course. As students engaged in psychotherapy training are now required to complete four years of continuous training, it is important to bear in mind the costs of the subsequent two years should you apply and be accepted for this. It is important to note that the completion of the academic components of years 3 and 4 do not always coincide with achieving the required clinical training hours - current training criteria require students to remain in personal therapy while completing their clinical training case hours.

Q. Is it possible to take a break after the MSc for a number of years and then return to complete the training?

A. Currently this is not possible due to national and international accreditation requirements. According to the current accreditation regulations as set out by the European Association for Psychotherapy, a student must complete these four years consecutively. Extenuating circumstances and adverse life events are considered on a case-by-case basis by the relevant training institute in conjunction with the relevant professional body, and the ICP, and are not within the remit of the Trinity College Dublin, M.Sc. procedures.

THE APPLICATION PROCESS

Q. How do I apply for one of the training programmes?

A. All applications for the training programmes are now submitted online through Trinity College's Graduate Studies Office. You can apply for this course through the following url:

<http://www.tcd.ie/courses/postgraduate/az/course.php?id=DPTMD-PPSY-2P09>

The application process through Graduate Studies is straightforward and instructions are clear.

Q. What do I need to apply successfully for this course?

A. We encourage you to apply if you have an interest in this field and have considered the practicalities of engaging in this four year process (See FAQ: Practicalities). The following are required: -

Academically: An upper second class honours primary degree or higher is 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: For the Adult Strand, work in a related field is desirable. For the Child and Adolescent Strand, applicants will usually work in a variety of settings with children and adolescents.

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

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 course at this time. This appraisal is usually conducted at the Strand Institute intake and interview stage before commencing the M.Sc.

Please note: as this is a psychotherapy training that leads to accreditation and registration with the ICP, and to comply with current training requirements, entry to Strand I and Strand II is contingent upon successful interview with the respective Training Institutes. Once academic criteria and references meet entry requirements within the Trinity College applications process - prospective Strand I and Strand II candidates are then invited to attend for interview, upon successful completion of the interview applicants are then referred into Trinity College applications system for further processing.

Q. Is there a minimum age requirement for entry onto the training programmes?

A. No, we do not have a minimum age requirement for this course. However, we encourage applicants to carefully consider the time of application to the course due to the nature of the commitment involved and to develop a body of experience prior to commencing with us. Strand I and Strand II will be assessed for readiness at the interview stage of the applications process.

Q.: I do not have a primary degree but have a professional qualification. Could my professional qualification be taken as a basis for entering the training programme?

A. Yes, in some instances. College is clear that students of professions which now require degrees at point of entry - including nursing - but who completed training at a time when this was not a prerequisite have a strong case for entry to these courses. Also, credit is given when students have completed other professional qualifications and have worked at a high level within their field of work. If, for instance, you have trained as a counsellor or psychotherapist along a formal channel, this may be used as the basis for an appeal to College.

IF YOU NEED ANY FURTHER INFORMATION ...

Q. Who can I contact if I have more questions?

A. If you have any other questions about either of the training programmes, please contact us by email initially. If it would be useful, we can speak with you by telephone or in person to clarify details and to discuss any concerns you have about whether this kind of training would fit with your interests.

1. Professional Training in Child and Adolescent Psychoanalytic Psychotherapy
Child & Adolescent Strand Lead: Ms. Noreen Bracken

If you are interested in applying for this training and have questions in relation to it, please contact Noreen nbracken@tcd.ie

2. Professional Training in Adult Psychoanalytic Psychotherapy
Adult Strand Lead: Ms. Theresa Merrigan

If you are interested in applying for this training, please contact Theresa at Merrigat@tcd.ie

Please note that while every effort has been made to ensure the information in this document is correct at date of publication, October 2022, however, some information may be subject to change.

Paul Moore
October 2022

Department of Psychiatry,
School of Medicine,
Trinity College Dublin