

The PPA curriculum

The PPA clinical training in Psychoanalytic Psychotherapy is underpinned by a rigorous theoretical framework derived from the rich, longstanding and well-founded psychoanalytic traditions of Freud, Klein, Bion, Winnicott and the British Object Relations School. It includes introductions to other international psychoanalytic traditions and also contemporary applications for clinical practice. Professional issues are addressed in depth as are issues of diversity essential for today's clinical practice.

The full theoretical curriculum lasts for four years. It is made up of a first 'Platform year', when a new cohort of trainees is introduced to the foundational studies, that will prepare them as a group for the ensuing 3-year 'Rolling Programme', where trainees from across the year groups study together.

Each year of curriculum is a mixture of seminar modules focusing on clinical practice, metapsychology, psychopathology and professional issues. The Clinical Seminars, made up of small groups are held weekly, on Tuesday or Thursday evenings, from 6.30-8pm. The Theory seminars are held on Tuesday evenings at 8.30 – 10.00pm and on some Saturdays at **bpf**, Kilburn.

In the first 'Platform year', new trainees are likely to be in a small group for both theory and clinical seminars. Other than when they occasionally join the 'Rolling Programme' Saturday seminars where they will begin to meet and work with their colleagues in other years of training.

MES (Modified Entry Scheme) trainees choose a minimum of 30 'Theoretical' seminars with their tutor from the full range available from the Rolling Programme' where they will join other PPA trainees. Some MES trainees will be required by the Training Committee to study particular theory seminars when this is considered necessary. The Training Committee strongly encourages MES trainees to attend more than the minimum 30 seminars. Trainees are not charged for extra seminars that they choose to attend in this way.

Clinical Seminars : All trainees join a group of up to eight trainees which will meet weekly throughout the training. (NB In the Platform year these start towards the end of the first term). These seminars are taught by a range of senior psychotherapists and analysts and offer an opportunity for trainees to present their clinical work for discussion in a small stable group setting.

Group Sizes: Clinical groups remain no larger than 8 and may from time to time be smaller.

The size of the group attending the Rolling Programme of theoretical studies fluctuates, but is usually between 15-25 trainees at one time, depending on the group size of each annual intake, and the number of MES trainees attending.

PPA CURRICULUM: PLATFORM & 3 YEAR ROLLING PROGRAMME

PLATFORM (Annual 1st Year) Weekdays

- Freud Theory & Case Studies (16 seminars)
- Infant and Child Development (7)
- Klein and Kleinians (5)
- Transference & Countertransference (3)
- Theory of Defenses (2)
- Independents (Foundations) (5)
- Clinical presentation seminars (22)

PLATFORM Saturday seminars:

- Intro
 - Free Association (1)
 - Intro Melanie Klein (2)
 - Intro to British Object Relations (2)
 - Analytic Listening (2)
 - Psychoanalytic Technique (2)
- & Saturday seminars from the rolling programme**

GREEN YEAR Weekdays

- Clinical Presentations/ Seminars (27)
- Six month Report Writing Seminars (3)
- Contemporary Freudian Thought (3)
- Oedipus Complex Revisited (2)
- Bion (5)
- Psyche/soma II (psychosomatic illness) (2)
- Borderline I (3)
- Psychosis (3)
- Working with adult patients on autistic spectrum (2)
- Working with suicide (2)
- Return to Dreams (3)
- Containment, Framing, Interpretation (5)

GREEN YEAR Saturday seminars

- Psychoanalytic Practice: Ethics (2)
- Addiction
- Introduction to Lacan and French School (2)
- Research in psychoanalysis and psychoanalytic writing (2)
- Intro to Psychiatric Assessment & psychopharmacology (2)

BLUE YEAR Weekdays

- Clinical Presentations (27)
- 6-MR Writing Seminars (2)
- Further Klein & Post-Kleinian Developments (5)
- Winnicott (5)
- Sexuality (3)
- Hysteria (2)
- Anxiety & Depression (5)
- Narcissism (5)
- Borderline Phenomena I(3)
- Perversion (2)

BLUE YEAR Saturday seminars

- Difference (I) gender, sexuality, sexual orientation (2)
- Body modification and gender reassignment (2)
- (Ethics II) Difference (II) race, religion, cultural difference
- (Ethics III) Working with class difference & assumptions (2)
- (Ethics IV) Disability in the clinical encounter (2)

RED YEAR Weekdays

- Clinical Presentations (27)
- 6-MR Writing Seminars (3)
- Kleinians & P-Kleinians (5)
- Balint & Fairbairn/ Object Relations (5)
- Independent Group II - Bollas(5)
- Trauma (3)
- Dissociation (2)
- Psychosoma: Eating Disorders and Self-Harm (5)
- Introduction to Neuropsychoanalysis (2)
- Introduction to American School (3)

RED YEAR Saturday seminars

- Working in depth in once-weekly treatment (2)
- Working psychoanalytically: time-limited models (2)
- Working in depth in varied settings (2)
- Introduction to Mentalization (2)
- Introduction to Dynamic Interpersonal Therapy (DIT) (2)
- contemporary attachment theory (2)

Annual Ending Series (4th Year Trainees Saturdays)

- 4th Year trainees Establishing a private practice [2]
- 4th Year trainees] Assessment [2]

- 4th Year trainees] Supervision & Consultancy [2]
- 4th Year trainees] Termination and Endings [4]