

BRITISH PSYCHOTHERAPY FOUNDATION · SHORT COURSES

Summer School:

Foundations of Psychoanalytic & Jungian Psychotherapy

Intensive Online Programme

Friday 16th, Saturday 17th & Sunday 18th of July 2027 (indicative dates)
Online · 09:00 to 18:00 (UK time)

Applications for 2027 are now open.

Apply through the course page on the bpf website, or contact shortcourses@bpf-psychotherapy.org.uk



About the Summer School

A rigorous yet accessible introduction to psychoanalytic and Jungian thinking across the lifespan.

This 3-day intensive summer school offers a rigorous yet accessible introduction to the essential concepts and cultural significance of psychoanalytic and Jungian psychotherapy, with a particular emphasis on the emotional and developmental life cycle. Participants will explore how psychoanalytic and Jungian ideas illuminate the unfolding of human development, from infancy through childhood and adolescence, into adulthood, couple relationships and later life.

The course is led by senior psychoanalytic and Jungian clinicians whose work spans this full developmental spectrum, including direct experience with children and adolescents, adults, couples, and parents and infants. Their breadth of practice ensures that the theories and concepts explored throughout the programme are rooted in real-world clinical understanding.

Bringing together foundational theory with reflective discussion, the programme offers a rare opportunity to engage deeply with the ways inner experience evolves across time: how patterns are formed, how symbolic life shapes our development, and how unconscious processes influence the relationships we build and the difficulties we meet.

3 days
Friday to Sunday, 09:00 to 18:00 (UK time)

16
sessions, from infancy to later life and training pathways

3
small-group discussions with the teaching faculty

80%
attendance for a certificate of completion

Who is it for?

This summer school is suitable for anyone with an interest in psychoanalytic or Jungian thought, regardless of background or prior study. It is particularly valuable for people at the beginning of their exploration of psychotherapy, especially those who may be considering applying for a bpf training and want a structured way to engage with the core ideas.

Students, professionals and researchers in related fields, such as psychology, education, health and social care, the arts or the humanities, may find that the developmental focus provides a useful theoretical backbone for their existing work. The course is taught online in English, at postgraduate level, and contains no written work.



How the course works

Each day combines short presentations, discussion and a small-group breakout, with a morning break, a lunch break and afternoon breaks to allow time for reflection.

Single-speaker sessions	60 minutes: a 40-minute presentation followed by 20 minutes of discussion and questions.
Paired sessions	75 minutes: psychoanalytic and Jungian perspectives on the same theme, with two 30-minute presentations and 15 minutes of dialogue and questions.
Small-group discussions	Each day ends its teaching with a small-group discussion, joined by members of the teaching faculty, to reflect on the material together.
Pre-course pack	Sent at the point of enrolment: a reading list, introductory slides for the opening session and practical guidance for taking part online.
Feedback and certificate	One feedback form at the end of the course. A certificate of completion is offered to participants who attend at least 80% of sessions.

The three days

DAY 1

Foundations and Early Life

Friday 16 July

The core ideas of psychoanalytic and Jungian thought, their history, and the emotional world of infants and children.

DAY 2

Relationships Across the Lifespan

Saturday 17 July

From adolescence and becoming an adult to couples, parenting, midlife and ageing.

DAY 3

Pathways to Practice

Sunday 18 July

Training journeys from qualified therapists, training routes at the bpf, and a closing reflection.

DAY 1 · FRIDAY 16 JULY

Foundations and Early Life

Day 1 introduces the core ideas of psychoanalytic and Jungian thought, tracing their origins in early 20th-century Europe and their evolution into diverse global traditions. It then turns to the beginning of life, exploring the emotional world of infants and children and offering a first experience of infant observation.

Time (UK)	Session
09:00 – 09:30	Welcome, orientation and introductions
09:30 – 10:30	Opening Session. From Vienna to the World: The History and Cultural Development of Psychoanalysis and Jungian Psychotherapy
10:30 – 10:45	Break
10:45 – 12:00	Session 1. Charting the Unconscious: Core Ideas of Psychoanalysis and Jungian Analysis
12:00 – 13:00	Lunch
13:00 – 14:15	Session 2. The Analytic Attitude: How Therapists Listen and Find Meaning
14:15 – 14:45	Break
14:45 – 16:00	Session 3. The Emotional Life of Infants and Children
16:00 – 16:30	**Small-group discussion: Snapshots of Childhood**
16:30 – 16:45	Break
16:45 – 18:00	Session 4. Infant Observation: Caregiver and Baby, a Window into the Start of Life

About the sessions

From Vienna to the World. How psychoanalysis and Jungian psychotherapy emerged, changed and spread, and how social, cultural and historical influences have shaped theory and practice. Introductory slides are shared before the course.

Charting the Unconscious. The central ideas that inform psychoanalytic and Jungian approaches to the mind, and the shared themes and differences between them.

The Analytic Attitude. How therapists listen and respond, working with unconscious communication, emotional meaning and symbolic material.

The Emotional Life of Infants and Children. How early relationships shape emotional development, and how early experience and symbolic life influence later patterns of feeling and relating.

Infant Observation. An observational exercise using video of a caregiver and infant, connecting theory with what is seen and felt.

DAY 2 · SATURDAY 17 JULY

Relationships Across the Lifespan

Day 2 follows the arc of a life from adolescence to later life. It explores becoming an adult, couple relationships, the complexities of parenting, the transitions of midlife, and the challenges and insights of ageing and the confrontation with mortality.

Time (UK)	Session
09:00 – 09:15	Check-in
09:15 – 10:15	Session 1. Adolescence and Becoming an Adult: Growing, Separating, Becoming
10:15 – 10:30	Break
10:30 – 11:30	Session 2. Perspectives on Love: Being a Couple
11:30 – 12:30	Session 3. Perspectives on Being a Parent: A Deeper Look
12:30 – 13:30	Lunch
13:30 – 14:45	Session 4. Midlife Matters: Transitions, Turning Points and Crises
14:45 – 15:15	Break
15:15 – 16:30	Session 5. Ageing: Legacy, Loss and Living Authentically
16:30 – 16:45	Break
16:45 – 17:30	**Small-group discussion: The Arc of a Life**
17:30 – 18:00	Check-out: reflections on the day

About the sessions

Adolescence and Becoming an Adult. How young people negotiate change, identity and relationships on the way to adulthood, and how this stage of life is changing today.

Being a Couple. How unconscious processes shape intimacy, conflict and growth, and the diversity of relationships today.

Being a Parent. Parenting as a deeply emotional experience, shaped by personal history, relationships and culture.

Midlife Matters. Midlife as a time of transition and reflection, bringing questions of identity, purpose and meaning.

Ageing. Later life as a stage of development, with its questions of change, legacy, loss and mortality.

DAY 3 · SUNDAY 18 JULY

Pathways to Practice

Day 3 focuses on professional training and practice. Qualified therapists share their personal and professional journeys in psychoanalytic and Jungian work with adults, children and adolescents, parents and infants, and couples. The day also introduces training routes at the bpf and closes with a shared reflection on next steps.

Time (UK)	Session
09:00 – 09:15	Check-in
09:15 – 10:15	Session 1. Training Journey: Adult Psychoanalytic/Psychodynamic Psychotherapy
10:15 – 11:15	Session 2. Training Journey: Adult Jungian Psychotherapy
11:15 – 11:30	Break
11:30 – 12:45	Session 3. Training Journeys: Child and Adolescent, and Parent-Infant Psychotherapy
12:45 – 13:45	Lunch
13:45 – 14:45	Session 4. Training Journey: Couples Psychodynamic Psychotherapy
14:45 – 15:30	Session 5. Training Routes at the bpf
15:30 – 16:15	**Small-group discussion: Where Is This Taking Me?**
16:15 – 16:30	Break
16:30 – 17:30	Session 6. Bringing It Together: Closing Reflection and Next Steps
17:30 – 18:00	Course feedback and close

About the sessions

Training Journeys. Across four sessions, qualified therapists share the motivations, challenges and rewards of training and clinical work, with time for questions.

Training Routes at the bpf. An introduction to foundation courses, postgraduate study and qualifying trainings at the British Psychotherapy Foundation.

Bringing It Together. A closing reflection on the key themes of the three days, and on possible next steps for further learning.

How to apply

Applications for the Summer School in July 2027 are now open through the course page on the bpf website.

Application fee: £25 (non-refundable). Your application cannot be reviewed until the fee has been paid.

Deposit: successful applicants secure their place with a non-refundable £400 deposit.

Places are limited to support depth of engagement. For any questions, please contact **shortcourses@bpf-psychotherapy.org.uk**.

Dates, timings and content are indicative and may still change.