



Criteria and Guidelines for Accreditation as a Psychoanalytic Psychotherapist with Institute of Psychotherapy and Social Studies

The Institute of Psychotherapy and Social Studies (IPSS) is registered as an accrediting body with Council for Psychoanalysis and Jungian Analysis (CPJA), United Kingdom Council for Psychotherapy (UKCP), and until very recently had offered a formal recognised training for nearly forty years.

Accreditation with IPSS leads to:

- Full professional membership of the organisation
- Entry to the CPJA section of the UKCP register of psychotherapists as an 'individual psychoanalytic psychotherapist' working with adults.

Applicants for accreditation as a psychoanalytic psychotherapist in individual work may already be fully registered with UKCP with another College or be a student member of UKCP. They may also be a member of BACP or hold a European Certificate of Psychotherapy (ECP).

Applicants will be seeking accreditation through a combination of relevant previous training and clinical experience.

- a) For applicants without a completed or a full formal training in psychoanalytic psychotherapy, professional equivalence may be achieved based on the CPJA Standards of Education and Training. Applicants who have a qualification in psychodynamic counselling for example, in addition to meeting all clinical supervision and personal therapy requirements, may be accredited if they can demonstrate sufficient additional relevant master's level CPD study comparable in depth and breadth with the CPJA Standards of Education and Training. In line with the UKCP/CPJA Standards of Education and Training the length shall be appropriate to permit the consolidation and integration of theoretical knowledge and clinical experience. It shall not normally be shorter than four years or longer than ten years.
- b) The Accreditation process includes assessment of Prior Learning (APL), Assessment of Prior Experiential Learning (APEL) and Credit Accumulation Transfer System (CATS) where relevant. Consideration of prior learning and experience is an integral part of the Accreditation process. Normally no more than 50 per cent of any training should be achieved through any of the above.

- c) Applicants with sufficient theoretical study demonstrably meeting the CPJA Standards of Education and Training thresh-hold requirements, may be accredited on condition they have achieved the following minimum clinical criteria:

Personal Psychotherapy/Psychoanalysis

Although it can be interpreted flexibly, this will normally have been for a minimum of 4 years in total, of which a minimum of two years (continuous) must have been twice (or more) a week. We would also expect a substantial overlap with the psychoanalytic clinical work for which the applicant wishes to be accredited. The applicant's therapist(s) will normally have been an accredited psychoanalytic psychotherapist/psychoanalyst from the CPJA (UKCP) or BPC (or equivalent) and themselves have had at least five years post-qualification experience. This is a requirement in relation to the period of twice (or more) weekly psychotherapy.

Clinical experience

Have themselves offered psychoanalytic psychotherapy twice a week to at least one client/patient for no less than a continuous 12- month period (under appropriate weekly psychoanalytic supervision). This will be considered the applicants 'training case'. Plus, significant additional once a week clinical experience also under psychoanalytic supervision. This work will form the basis for two short clinical vignettes of 2,000 words each. It is imagined that whilst some applicants will meet the above criteria at the point of applying, others may not. For the latter, you are welcome to apply on the basis that further personal therapy, CPD and/or supervised practice will be undertaken with a psychoanalytical psychotherapist/ supervisor before accreditation is appropriate.

Guidelines

1. Guidelines on Previous Training

- a) **A postgraduate course/training with a completed academic element** (including essays/assignments)

The course should include:

- 1) At least 250 hours of formal teaching time (or 500 hours, if tutorials, supervisions, groupwork, and any infant observations are also counted).
- 2) Over four years (any 'introductory' year is not counted) and
- 3) Main psychoanalytic theories and methods have formed a major part of the teaching.

- b) **Infant development**

Training in infant development and/or baby observation.

- c) **Knowledge of and experience of working with serious mental disorders**

This could include a psychiatric placement.

Mental Health Familiarisation (MHF) is a required component of UKCP accredited trainings and accreditation applications should include evidence of MHF which embrace awareness of diagnosis and treatment in the context of UK mental healthcare services and a range of models of assessment which include learning about how medical model understands mental wellbeing and mental illness. Documents supporting the application should evidence a MHF understanding of:

- 1) How mental illnesses are classified.
- 2) How to recognise more complex, significant, or enduring mental health issues
- 3) The reflexive awareness of context in diagnosis e.g., socioeconomics, class, gender, disability, body type, age, culture, religion, race, and sexuality.
- 4) How to work in a client-centred way which safeguards the wellbeing of the client (and their dependents) and ensures that the psychotherapy a client receives forms part of an appropriate care package of care.

MHF also requires gaining a working awareness of:

- 1) Assessment
- 2) The place of safeguarding in assessment
- 3) Diagnosis and classification of mental illness
- 4) Collaborative care: access to appropriate services.
- 5) Recognising complex, significant and enduring mental illness
- 6) Awareness of current debates around evidence-based research, practice, and treatment
- 7) How and when to refer

d) Clinical seminars

Demonstrating the use of supervision to inform clinical practice.

e) Assessments and Formulation

Proven ability to undertake psychoanalytic psychotherapy assessments and create a psychoanalytic formulation of the patients' presenting issues based on, but not limited to, understanding of unconscious processes.

f) Research techniques

Candidates should demonstrate a basic understanding of research techniques and their application to the investigation and evaluation of psychotherapeutic interventions from assessment to treatment end. Candidates should demonstrate the ability to accurately understand and interpret the findings of research in journals and other sources, alongside demonstrating a capacity to critique these.

Whilst a verifiable master's degree is not a requirement of accreditation, all submitted work will be assessed at master's level using the assessment framework provided here: IPSS master's Level Assessment Criteria and must meet the CPJA Standards of Education and Training threshold requirements in full.

If the completed postgraduate training was in psychodynamic counselling, integrative psychotherapy, music or art therapy, or other allied discipline, then the applicant will need (by way of equivalence) to demonstrate sufficient post qualification master's level CPD study across the theoretical field of individual adult psychoanalytic psychotherapy before being considered for Stage 3 accreditation.

2. Guidelines on the Experience of Personal Psychotherapy/Psychoanalysis

To achieve accreditation, the applicant will need to demonstrate substantial personal psychoanalytic psychotherapy or psychoanalysis with an accredited practitioner. Although it can be interpreted flexibly, this will normally have been for a minimum of 4 years in total, of which a minimum of two years (continuous) must have been twice (or more) a week. We would also expect a substantial overlap with the psychoanalytic clinical work for which the applicant wishes to be accredited.

The applicant's therapist(s) will normally have been an accredited psychoanalytic psychotherapist/psychoanalyst from the CPJA (UKCP) or BPC (or equivalent) and themselves have had at least five years post-qualification experience. This is a requirement in relation to the period of twice (or more) weekly psychotherapy.

In working towards full UKCP accreditation, IPSS may offer recommendations to support relevant applicants in meeting the above personal therapy requirements at their own cost as considered individually appropriate.

3. Guidelines on Clinical Experience and the Experience of Supervision

The applicant will have had substantial psychoanalytic supervision with a suitably experienced psychoanalytic practitioner and experienced supervisor. The applicant's supervisor will normally have been an accredited psychoanalytic psychotherapist/psychoanalyst from the CPJA (UKCP) or BPC (or equivalent) and themselves have had at least five years post-qualification experience. This would normally be individual (one on one) and weekly for the full duration of the twice a week 'training case'.

Once a week work will also have been closely supervised. It is also considered good practice that the applicant's current and ongoing work continues to be supervised.

Given the above requirements, it is unlikely that any applicant with less than three years of clinical experience of seeing their own individual clients/patients will be considered ready for accreditation.

Supervisor references will be required and may be verified.

In working towards full UKCP accreditation, IPSS may offer recommendations to support relevant applicants in meeting the above supervision requirements as is considered individually appropriate. However, the responsibility to find suitable clients/patients and fund supervision remains with the applicant.

All accreditation candidate members, from the inception of clinical work, must have professional indemnity insurance of up to £2 million.

4. Guidelines on use of distant teaching and technology

Training, supervision, clinical experience, and personal psychotherapy should take place face-to-face. The use of technologies, for example the internet and telephone and distance teaching should not exceed 50 per cent of the total contact time. Distance teaching and learning technologies should not be used prior to face-to-face contact and a relationship has been established.

Application

Applications are considered by the IPSS Accreditation Committee which is comprised of several experienced and fully qualified IPSS Members. With reference to the following stages, we invite you to apply for membership and accreditation with IPSS:

Stage One

The Initial Application

As an equal opportunities' organisation, IPSS welcomes accreditation applications from all sections of the community, irrespective of gender or gender identity, sexual orientation, disability, marital or partnership status, race, nationality, ethnic origin, age or socio-economic factors.

- 1) Complete the application form in full and return to the IPSS Administrator.
- 2) Please do not send CV's or other information not immediately relevant to your application. You may withdraw from the application process at any stage. If you do withdraw and later change your mind, a new application will be required.
- 3) If anything in your application remains unclear or incomplete the administrator will seek to clarify this with you, before passing the application to the Chair of Accreditation. When your application is received by the accreditation chair, please allow at least 28 days for a formal response.
- 4) Please supply the names and addresses of two recent professional references, one of which should be a supervisor that knows your psychoanalytic work well.
- 5) Please also send a professional development statement of around 3,000 words. This should also make substantial reference to your clinical work in its social context and draw upon established psychoanalytic thinking and theory. You will need to demonstrate what it is about IPSS that attracts you.
- 6) The fee for Stage 1 is £200. Depending on the outcome of Stage 1, most candidates will be invited to proceed to Stage 2 and some candidates will move directly to Stage 3. At this point, suitable candidates encouraged to move to either Stage 2 or 3 will

be invited to interview with two IPSS psychotherapists. The cost for the interview is £300. If your application at Stage 1 is not considered viable moving forwards you will be advised accordingly, and neither an interview nor further fees will be required; nevertheless, if feasible we will encourage and support you to move forwards to Stage 2. Beyond Stage 1, all applicants will be invited to take up the IPSS membership category of Trainee Member and comply with the following conditions:

- a) Trainee members are required to attend IPSS Members Forums (currently three times a year) where possible, at least two in person.
 - b) Trainee members should continue clinical work and remain in supervision with an IPSS supervisor, or a psychoanalytic psychotherapist supervisor agreed by IPSS. A report may be requested from your supervisor.
 - c) Trainee members must adhere to the IPSS Code of Ethics and Code of Practice and be familiar with all the documents applying to membership of the organisation. (See Policies and Guidelines)
 - d) Trainee members must comply with the policies and procedures of UKCP and CPJA.
 - e) Trainee members must maintain professional indemnity insurance of up to £2 million. Evidence will be required.
- 7) IPSS candidates moving to Stage 2 may then apply for UKCP Trainee Membership. When candidates have met the requirements for Stage 2, candidates can then move to Stage 3. Successful completion of Stage 3 leads to accreditation with the IPSS and full clinical membership with the UKCP.

Stage Two

Interview and recommendations

Stage 2 may involve addressing some or all the following requirements, either in full or in part, depending upon the assessed evidence presented in your application:

- a) Twice a week individual psychoanalytic psychotherapy: This should typically be for a minimum of 4 years in total, of which a minimum of two years (continuous) must have been twice (or more) a week. There should also be a substantial personal

therapy overlap with the psychoanalytic clinical work presented as evidence in the accreditation application.

- b) A period of further supervised twice a week (or more) work with a client/patient for no less than a continuous 12-month period (under appropriate weekly psychoanalytic supervision)
- c) Additional and regular psychoanalytic specific practice subject to weekly psychoanalytic supervision.
- d) Additional CPD training or study.

Trainee Members, as members of IPSS must be familiar with, and abide by the following policies.

- a) The UKCP Ethical Principles and Code of Professional Conduct 2019 and the IPSS Code of Practice.
- b) The IPSS Equalities and Diversity Policy.
- c) The IPSS Grievance and Appeals Procedures apply to Trainee members and are for internal complaints and appeals of members to be heard within the organisation.

Complaints in relation to the Trainee members clinical work will be heard by the Ethics Committee.

*Please note –

Professional fees for further psychotherapy and/or supervision are a private matter between the applicant and psychotherapist/supervisor.

Application fees are not refundable.

Stage Three

Accreditation Stage and Formal Submissions

Your work will be assessed by two IPSS Accreditation Committee members and then externally moderated to ensure fairness and parity with national academic standards using our marking framework (IPSS Master's Level Assessment Criteria). Following documents are required at this stage:

- a) Written training case study (demonstrating effective use of theory in clinical work and of supervision) evidencing work with a twice (or more) a week client/patient over a period of twelve months or more. This will be 8-10,000 words and may have

been drafted or submitted previously in another context. Your case study should demonstrate a working familiarity with key psychoanalytic concepts and thinkers who may include, but are certainly not limited to, Freud, Bion, Winnicott, Klein, Lacan, Jung, Benjamin, Ogden, Fairburn, Bollas etc. Furthermore, theoretical, and interpersonal insights drawn from those who situate their psychoanalytical work in a socio-cultural frame will strengthen your application to the IPSS.

- b) Two short accounts of work with patients from the last three years, around 2,000 words each.
- c) The fee for Stage 3 is £300 (non-refundable) and includes reading and commenting on papers. Submitted work may also be liable to scrutiny by our external moderator. We do this to ensure our assessment decisions are fair and consistent. Please allow up to 8 working weeks for the assessment outcome, although we will aim to inform you sooner than this.

If you are unable to move directly to Stage 3, you should inform the IPSS (via our administrator) as soon as you believe you have completed all Stage 2 requirements. At this point, we will reassess the evidence you present. There will be no additional fee for this reassessment. At this point the accreditation chair and colleague/s will either:

- a) Confirm you have met the Stage 2 requirements in full and can now move to Stage 3
- b) Clarify any further Stage 2 actions needed.

Stage 3 should be completed within one year of payment of the fee, but if not, the Accreditation Committee will review the application and depending on circumstances may agree an extension or charge a further fee to cover the Trainee Membership.

If the IPSS Accreditation Committee subsequently recommend the applicant for membership of IPSS and registration with CPJA/UKCP, this decision will need to be ratified by IPSS Council, and the training 'case study' must be presented at the IPSS Members Forums (currently February, June, and November each year) before accredited IPSS membership is confirmed. Full clinical membership of the IPSS is awarded upon the presentation of the 'case study'. Presentation of the training case study must be undertaken in person at an IPSS Forum event. Trainee members may need to wait for a presentation slot to become available and IPSS will prioritise and endeavour to offer this as soon as possible.

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