

**INSTITUTE of  
PSYCHOANALYSIS**

**Training Guide**



# Contents

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1. Training with the IOPA
2. About our training programme
3. Training locations
4. Applying to train
  - a. Qualifications and experience
  - b. Fees
  - c. When to apply
  - d. The application process
5. Alternative training routes
  - a. New Entry Scheme
  - b. New Entry Affiliated Scheme
6. Careers and opportunities
7. Get in touch
8. Frequently asked questions
9. Appendix
  - a. The New Entry Scheme
  - b. The New Entry Affiliate Scheme
  - c. NES Scotland and North of England Affiliate Scheme

## Training with the Institute of Psychoanalysis (IOPA)

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Training to be a psychoanalyst with the Institute of Psychoanalysis is a deeply rewarding experience.

It is an opportunity to study a unique and powerful way of thinking about our internal lives and emotions, and to learn how to treat psychological problems through psychoanalytic technique. During your training, you will engage with a wide range of ideas and approaches in our seminar series, alongside having your own personal analysis, completing an infant observation and carrying out the supervised analysis of two patients.

While the training itself is highly involving, our candidates also often find their fellow trainees a great source of stimulating discussion and collegiality. Our course encourages an atmosphere of mutual support, and many analysts who have trained with us have made friends and respected colleagues for life.

Our training is challenging, engaging, and exciting. For many candidates it is among the most profound intellectual and emotional experiences of their lives. Training as a psychoanalyst with us can lead to many different opportunities.

Once qualified you will become a member of the British Psychoanalytical Society and will join a lively and enterprising group from all over the UK. You will have the opportunity to take part in conferences, collaborations with artistic and academic Institutions, study days, scientific meetings, consultation workshops, supervision groups, and a variety of possibilities for further professional development.

We welcome applications from people with a wide range of personal, professional and academic backgrounds.

## About our training programme

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Training as a psychoanalyst at the British Society is made up of three components:

1. Personal training analysis,
2. A series of theoretical and clinical seminars
3. The supervised psychoanalysis of two patients.

### Personal training analysis

The first stage in becoming a psychoanalyst is to begin your own personal analysis.

Many applicants are already in analysis or psychoanalytic psychotherapy when they begin to think about training. To do the training you must be in analysis with a training analyst of the

British Psychoanalytical Society. The analysis will consist of five 50 minute sessions per week (Monday - Friday) and continue throughout your analytic training. You choose your training analyst, with whom you will then decide upon a schedule of sessions and fee.

The purpose of the training analysis is two-fold:

- To give you a deep understanding of your unconscious mental life
- To help you work through any unconscious problems or difficulties you might have that would interfere with your ability to work effectively as a psychoanalyst.

At the core of our training is the conviction that, to understand the unconscious minds of others, you must first understand your own.

You will need to be in analysis with your training analyst for at least one year before you can formally commence the training. Most analysts in training, known as Candidates, will have been in analysis for longer than a year. When your training analyst agrees that you are ready to start the training, the Student Progress Committee can give permission for you to start the first year of lectures and seminars.

### Theoretical and clinical seminars

Our seminar series provides an intensive study of psychoanalytic theory and practice.

Our seminars enable each Candidate to engage critically with the theories underlying clinical practice and facilitate the development of therapeutic skills. The seminars take place up to three times a week during term time mostly in the evenings and on some occasions at weekends and are usually spread over a period of four years.

The first year's theoretical seminars focus on the origins of psychoanalysis, looking at how Freud developed his models of the mind in order to understand his clinical practice. Alongside attending the Freud seminars, you will carry out a weekly infant observation, in which you spend time with a mother and baby in their own home, and take part in a further weekly seminar to discuss your observations.

Many of our Candidates find this section of the course extremely engaging, as such close attention to infant behaviour brings to life the workings of a young child's mind. Towards the end of the first year, a course of seminars also gives Candidates the chance to think about psychic development from infancy to adolescence.

From the second year of training onward, our seminars focus on a wide range of theoretical and technical subjects. You will conclude your study of Freud in the original text and explore many other topics, including analytic approaches to depression, narcissistic states, borderline disorders and trauma. In addition there is a seminar course on each of the three main schools of psychoanalytic theory in the British Psychoanalytic Society: Contemporary Freudian, Kleinian and Independent. Until qualification, you will also participate in weekly clinical seminars with your fellow students, in which you each present and discuss clinical material from your training cases with a senior clinician.



## Supervised psychoanalysis

The third element of your training is the psychoanalysis of two patients, under the supervision of a training analyst of the British Psychoanalytical Society. The Society has two Clinics, in London and Leeds, and most candidates are attached to these to undertake clinical work.

You will be given permission to start treating your first analytic patient when the Student Progress Committee (SPC) is satisfied with your progress and thinks you are ready. This permission may be given at any time after the first year of your training, when you have completed your infant observation, including the required reports. You will see your patient for 50 minute sessions each day, five days a week Monday to Friday. The supervised analysis of patients is a crucial part of your analytic training, as it is an opportunity to bring together all of your theoretical and practical learning and apply it in an analytic setting. You will have weekly meetings with your supervisor to develop your understanding and work through problems and questions arising from your work with this patient. When your first supervisor gives their agreement that you are ready to take on a second case, and the SPC is satisfied with your overall progress, and your first supervisor has also given his or her agreement, you will receive permission to take on a second patient.

Consulting rooms for your analytic work in the training are available free of charge at Byron House with a few also available at 10 Windsor Walk, near the Maudsley Hospital, for candidates training in London. Use of your own consulting room can be discussed with your supervisor and the final decision rests with the SPC. When you start seeing your own patients, they will normally pay a fee to the Institute and, as a Candidate, you will not receive any of this payment.

After analysing your first patient for at least two years, and your second for at least one year, and provided you are making satisfactory progress, the SPC will make a report to the Education Committee recommending your qualification as a psychoanalyst with the British Psychoanalytical Society. After qualifying, we expect you to continue treating your patients until you have completed their analyses, but they enter your private practice after a further year of clinic treatment.

These three elements are essential to becoming an analyst, and they make for a rigorous, comprehensive and inspiring training experience.

Our training does not have a fixed length, but it does take a minimum of 4 years to complete all components. Some candidates take longer according to the personal circumstances and needs. The majority of our seminars take place in the evenings with some weekend seminars hopefully enabling Candidates to fit them around other commitments.

The training is overseen by the Student Progress Committee (SPC), a sub-Committee of the Education Committee of the Institute of Psychoanalysis. The SPC will allocate a Progress Advisor to you when you begin the training to help and advise you on all aspects of the training. You and your Progress Advisor will receive regular reports on your progress from the theoretical and clinical seminar leaders, as well as from the supervising analysts in your ongoing analytic cases.

While training with us candidates are able to use the excellent Institute library, and gain full access to PEP-WEB, an online resource for psychoanalytic journal articles, papers and publications.

On completing the training, Candidates are elected to full membership of the British Psychoanalytical Society, and can then use the title, 'Member of the Institute of Psychoanalysis' (M. Inst. Psychoanal.).

## Training locations

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Our main training centre is at the Institute of Psychoanalysis (Byron House) in northwest London. We also have opportunities for those who live and work outside of London and these are outlined below.

### Northern Training

As an extension of its training programme across the UK, the Institute of Psychoanalysis offers the Northern Training Programme based in dedicated premises in Leeds, which first began in 2014. The programme corresponds in its content and requirements with the training programmes in London and in the Regions / UK-wide.

Candidates have the advantage of working together in a group where a substantial number of lectures and seminars are offered either in person by Institute of Psychoanalysis seminar leaders on site, or by high quality audio-visual links between the training centres in Leeds and London. Candidates may also join London seminars as individuals and are helped to integrate their training with other candidates in London and from the Regions. Candidates undertake their personal analysis and the analysis of their training cases locally.

### Regional Training

There are a small number of locations throughout the UK where you are able to train from, depending on the availability of Analysts who can provide a training analysis, and we are currently working on ways of expanding geographically and making our training much more accessible for those outside the capital.

To be considered as regional, applicants will live a minimum of thirty five miles from the Institute of Psychoanalysis. Other time or distance factors involved in travel to work or analysis may also be taken into consideration, each Candidate's circumstances will be considered on an individual basis.

The training programme has its main base in London and is fully accessible to applicants who undertake a training analysis in the regions. Training analysis normally takes place five times a week in person. Exceptions to this are possible where the distances involved in travel to see a training analyst are significant. These are always considered on an individual basis following full discussion during the application process, or, following registration, with your Progress Advisor, on behalf of SPC and the Education Committee.

Candidates are required to attend a proportion of the seminars and supervisions in person, whilst all other teaching can be joined by Zoom. Where possible there is some flexibility in the timing of

evening seminars to take into consideration the travel needs of students. For similar reasons seminars are also arranged on a few Saturdays

Additionally, a residential weekend held annually in Oxford providing the opportunity for intensive, face to face, participation in seminars and the chance to integrate with other students and course teachers. The high level of personal support takes into consideration the particular circumstances of each Candidate so that they can make the most of their training.

## Overseas

If you live outside the United Kingdom, you are still very welcome to apply to our training course. However, please note, we do not provide our training virtually and you would need to move to the UK to train.

We receive applications from countries all over the world, and have a long international, culturally diverse tradition. Once qualified, some of our analysts return to their countries of origin, where they make important contributions to psychoanalysis and its related fields. Others remain in the UK, becoming active and prominent members of our Society.

In order to begin training with us you need to be in a position to live and support yourself long-term in the UK. As enrolment on the training course would not automatically qualify you for a visa, and given that we are not eligible to be a sponsoring organisation, you would need to have the right to remain in the UK.

For more information and guidance on applying for a visa, please have a look at the UK Government Visas and Immigration web page: <https://www.gov.uk/browse/visas-immigration>.

## Applying to train

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Applying to train as a psychoanalyst is an important decision and this is reflected in the application process which is rigorous and demanding because we want to be as sure as possible that you are serious about training and have the personal aptitude and capacity to qualify and to work as a psychoanalyst. We hope that the careful choice of candidates who are able to bring these qualities to the training, will contribute to an atmosphere of enthusiasm, professionalism and mutual support.

### Qualifications and experience

Before you apply, you will need to have completed an undergraduate degree, though this does not have to be related to psychoanalysis, or any other kind of psychological discipline.

We encourage applications from people of all ages and backgrounds, and with diverse professional and academic experience.

Candidates commence their training at different points in their life. As it takes a long time to become a psychoanalyst, there is certainly an advantage in beginning the training at a younger age, however many candidates apply and successfully complete their training after starting out on

or becoming established in a first career. Above all, we are looking for applicants who are committed and energetic, and will make the most of this training.

The majority of our candidates have clinical experience with patients of some kind, and for those who have not had any clinical experience prior to considering application we can advise on this. We offer annual open events, one for those applying to train in London, and one for those from elsewhere in the UK, as well as further support prior to application. You can also consider attending our shorter courses (Introductory Lectures, Foundation or Post Foundation Courses) and in the latter help and advice is given for you to gain clinical experience.

In addition it is very advantageous for applicants to have had prior experience of their own personal psychoanalysis or psychoanalytic psychotherapy before they apply for the full training.

However, there are no preconditions to requesting an informal discussion or a preliminary interview, where your readiness to apply, including your previous experience of psychoanalysis and your clinical experience, can be considered and discussed.

## **Fees**

There is a £300 application fee, plus an annual training fee of £660 (for a minimum 4 years).

A major cost of training, which you will need to finance yourself, is your personal analysis, and the supervision fees for your analytic cases.

The fee for your own analysis is a private contract between you and your training analyst.

## **When to apply**

Applications are accepted at any time as both preliminary interviews and formal admissions interviews are carried out throughout the year. However it is recommended you get in touch by mid-June to allow enough time for the application process to be completed by 1<sup>st</sup> November in order to start training the following September.

## **The application process**

### **Stage 1:**

In order to apply to train with us, you will first need to send a letter and short CV to the Chair of the Admissions Committee at the Institute of Psychoanalysis, which will then be assessed. – [Education@iopa.org.uk](mailto:Education@iopa.org.uk).

### **Stage 2:**

If appropriate, you will then be offered a preliminary interview, which will assess your eligibility and readiness to apply for the training. At the conclusion of the preliminary interview you will be told whether you have permission to make a full application. If it is thought that you are not yet ready to go further, this will be explained and discussed with you.



### **Stage: 3**

This is the stage at which you complete the full application form. This is a long form, which requires both personal and professional information, and will take some time and considerable thought to complete.

### **Stage 4:**

Following submission of the form, you will be offered two admissions interviews, at least a week apart, with two different analysts. These are unlike most job or other course interviews: they are lengthy (usually about an hour and a half to two hours each) and invite the applicant to an in-depth personal exploration, which may be emotionally demanding and sometimes challenging.

### **Stage 5:**

The decision on your application is made by the whole Admissions Committee, following discussion of the interviews and consideration of your application form, CV and references. You will be notified of the decision in writing. There are four possible outcomes: acceptance, rejection, occasionally an invitation for a third interview after a certain amount of time and a deferred acceptance.

If you are not successful in your first application, you will be offered feedback on the thinking behind this decision; you are allowed to make two further applications for the training. In case you are made a deferred acceptance, an advisor will be appointed, who will offer advice and discuss with you when it will be appropriate for you to have new sets of interviews. RI is not considered as a rejection.

## **Alternative training routes: The New Entry Scheme**

A route into the training for qualified psychoanalytic psychotherapists leading to qualification as a psychoanalyst

The New Entry Scheme provides a route into training with the British Psychoanalytical Society for qualified BPC psychoanalytic psychotherapists who have completed a Freudian training. Applicants will normally have undertaken 5 years of 4-5 times a week personal psychoanalysis with a BPAS registered psychoanalyst in addition to evidencing interest and commitment to working intensively with their patients. On completing the scheme, candidates are elected to full membership of the British Psychoanalytical Society, and can then use the title, 'Member of the Institute of Psychoanalysis' (M. Inst. Psychoanal.).

There are two levels of entry into the scheme:

### **Route 1: THE NEW ENTRY SCHEME**

Allows entry to seminars alongside candidates in the later stages of the main Institute training;

## **Route 2: THE NEW ENTRY AFFILIATE SCHEME**

Consists of a clinical seminar series through which the affiliates are helped to develop their clinical skills to the stage where they can move on to the full NES.

## **ROUTE 1: THE NEW ENTRY SCHEME**

Applicants to the NES are required to have:

- Minimum of four years' postgraduate experience
- Supervised work with patients in four- or five-times-a-week psychoanalysis, and to have
- Two patients currently in analysis.

NES candidates are supervised by Training Psychoanalysts on both of their patients and have ten monthly consultations on the first supervised patient. NES entrants also attend weekly clinical seminars and some theoretical seminars with candidates on the Institute's main training course.

Entrants on the NES can qualify within two years of starting seminars, though for some people the process will be longer.

### **New Entry Scheme Fees**

There is a £200 application fee, plus an annual training fee of £2500 per academic year. They can be paid in 3 termly instalments of £834.

**For more details on the New Entry Scheme please see appendix A.**

## **ROUTE 2: THE NEW ENTRY AFFILIATE SCHEME**

The Affiliate scheme provides clinical seminars to applicants of normally three years' postgraduate experience, who may not have two patients in psychoanalysis and may not have had sufficient supervision. Seminars take place on three Saturdays per term, with three seminars on each day. The seminar course provides support in identifying suitable patients to take into analysis – whether that be by increasing the frequency of sessions with current patients, or by taking on new analytic patients following consultations. Affiliates will then be supported in their psychoanalytic work with these patients. Affiliation is normally for a maximum of four years.

### **New Entry Affiliate Scheme Fees**

There is a £200 application fee, plus a £450 fee per term.

**For more details on the New Entry Affiliate Scheme please see appendix A.**

## **Scotland and North of England Affiliate (SNAS)**

The New Entry Scheme Committee recognise that a number of committed psychoanalytic psychotherapists in Scotland and the far North of England, who might be interested in joining the New Entry Scheme route into training with the Institute of Psychoanalysis, will not be able to do

so as they do not meet the required criteria. For a variety of reasons including commitment to public sector work, they have not developed the intensive work needed to have two existing patients already in four or five times weekly analysis in order to join NES. In some cases they may also not have had the requisite 4/5 x a week analysis with a BPAS analyst on their previous training, thus making them ineligible for the current NES Affiliate Scheme.

With this group of BPC registered Psychoanalytic psychotherapists in mind, the NES committee is offering a Scheme entailing a programme of clinical seminars with the purpose of eventually enabling them to join the New Entry Scheme route into training with the Institute of Psychoanalysis. The course of seminars is designed to enable successful applicants to attain the breadth and depth of clinical experience necessary for being considered for entry to NES and help them establish the necessary intensive cases. For those who did not have an analysis with a BPAS member in their previous training, there would be the possibility of having an analysis alongside starting on SNAS for at least four years and until they are qualified members of BPAS.

For more details please see appendix C.

## Graduates of the NIASP Training / Links with the Northern Ireland Psychoanalytic Society

The Northern Ireland Association for the Study of Psychoanalysis (NIASP) and the Institute have formed a link, by which graduates of the NIASP training are able to join the New Entry Affiliate Scheme under a special arrangement. To find out more, please get in touch with Katerina Tsami-Cole, Head of Education: [education@iopa.org.uk](mailto:education@iopa.org.uk)

Up until now most analysts in Northern Ireland had been trained in the British Society. However in recent years NIPAS has been replaced by the Northern Ireland Psychoanalytic Society, which has developed training in psychoanalysis for candidates in Northern Ireland, independently accredited by the IPA (International Psychoanalytic Association). This is an Integrated Training with adults and also offers training in Child and Adolescent Analysis. NIPAS retains close links with the British Society and its analysts.

<https://nipsychoanalyticsociety.com>

## Careers and opportunities

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Completing your training at the Institute of Psychoanalysis leads to membership of the British Psychoanalytical Society. When you have qualified as a psychoanalyst with us, you may choose to embark upon a career in full-time psychoanalytic practice, or you may go on to use your training in another context, for example: academia, teaching, part-time analytic practice, NHS psychotherapy, research, organisational consultation, writing, economics, media, or law. Far from being a narrow route to a single career, our training can influence your professional life in a variety of ways.

Many analysts work privately, establishing their own practices, but a substantial number also treat patients under the NHS. The NHS does not refer many patients to extended psychoanalytic

treatment, but analysts often work with patients on a less intensive, psychotherapeutic basis. Some analysts choose to work in the field of forensic psychiatry and psychology.

However you choose to develop your professional career, our psychoanalytic training is a deeply enriching, fascinating and revelatory experience, and what you will take away will be of enormous value to you, both professionally and personally.

## Get in touch

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If you are thinking about applying to our training and would like to find out more about the course, training routes or the application process from someone with first-hand experience, we would be happy to arrange an informal telephone conversation between you and a training analyst.

For queries on admissions and the training programme contact:

**Education Officer:** Rohima Alam

**Email:** Education@iopa.org.uk

**Telephone:** 020 7563 5015

To find out more about the alternative training routes contact:

**Head of Education:** Katerina Tsami-Cole

**Email:** Education@iopa.org.uk

**Telephone:** 020 7563 5011

For queries on curriculum or qualifications contact:

**Education Officer:** Ruth Grant

**Email:** Education@iopa.org.uk

**Telephone:** 020 7563 5023

## Frequently asked questions

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### 1. What does a ‘training analyst’ mean?

A training analyst is an experienced senior analyst who is considered sufficiently expert to undertake the analysis of candidates who want to train as a psychoanalyst. Trainees must be in analysis with a training analyst approved by the Institute of Psychoanalysis. Training analysts also provide supervision for training cases.

### 2. How do I go about finding a training analyst?

The Education Officer has a list of training analysts and can put you in contact with them. The arrangement and fee for your analysis is a private agreement between you and the training

analyst.

**3. I'm in analysis with a Fellow of the British Psychoanalytical Society who is not a training analyst – does that count?**

In certain circumstances it may be possible for that analysis to continue and the analyst be given the status of a training analyst.

**4. Is there any financial support offered for training?**

Some help can be made available in the form of interest-free loans and/or bursaries up to a maximum of £15,000 over the course of the training. Applicants for bursaries and loans will need to meet certain eligibility criteria. Loans, are paid back in instalments after qualification. Some financial assistance is also provided for regional candidates who do not have consulting rooms and are required to rent consulting rooms to see their training patients

**5. Can you sponsor visa applications?**

We are not eligible to sponsor a visa application for prospective candidates from abroad (please visit [gov.uk](http://gov.uk) visa website) and as such, we are unable to offer a preliminary interview in case applicants are unable to obtain leave to remain in the UK. We could however offer an informal chat for overseas applicants to discuss particular individual circumstances and to clarify any of these or any other matters.

**6. Can I take a break in/during the training?**

The training programme has some flexibility according to personal circumstances and can accommodate individuals who would like to take some time out during their training.

**7. What sort of time input is required?**

In your first year of training, you will have your own personal analysis five times a week. You will also attend seminars two or three evenings a week, as well as an hour of infant observation. In later years you will usually attend seminars on one to three evenings a week. You will typically see your first training patient from the second year onwards and then your second training patient five times a week each, you will have weekly supervision for each training patient.

**8. Do you offer Child and Adolescent Analysis training?**

Child and Adolescent analysis is taken on by some candidates in training, and can lead to the qualification of Child Analyst after the completion of your adult training in psychoanalysis

## **APPENDIX A – The New Entry Scheme (NES)**

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The NES is overseen by the New Entry Scheme Committee (NESC). The Committee is a sub-committee of the Education Committee, and appointed by the Board of the British Psychoanalytical Society.

A maximum of two applications to the NES are permitted, the second not to be within two years of the first.



The NES is a carefully regulated process. Those accepted into the scheme receive a substantial teaching input while they are in the scheme and their psychoanalytic work is evaluated over a minimum period of two academic years.

Applications must be made electronically to the Education Officer administering the NES (Ms Katerina Tsami-Cole, Education@iopa.org.uk); the application fee of £200 should be sent by post to the Education Officer.

Applications may be made at any time of the year, but those accepted onto the scheme will begin in the September following acceptance. If the New Entry Scheme Committee decides that the application should not go forward the £200 application fee will be returned.

The fees are currently £2500 per academic year and can be paid in three termly instalments of £834.

### Criteria for Application

In addition to the requirement that applicants are currently registered with the BPC as a psychoanalytical psychotherapist qualified in work with adults and meet BPC requirements for CPD, they will normally have been building up experience of seeing patients up to 4 and 5 times a week.

The following is also required:

- i) At some point in their professional career applicants will normally have undertaken a minimum of five years of four or five times a week analysis with a Member of the British Psychoanalytical Society.
- ii) They will be expected to demonstrate a committed post-qualification CPD record.
- iii) They will be asked to provide, as a first referee, an analytic case supervisor, who is a Fellow or Member of the BPAS, who will be consulted with regard to their suitability for the NES.
- iv) They will provide as a second referee another Fellow or Member of the BPAS (who may also be a supervisor) who has known the applicant for a minimum of four years and who can speak of their professional commitment to psychoanalysis.
- v) They will normally have undertaken recent four or five times a week psychoanalytic treatments under the supervision of one or more Fellows of the BPAS. At least one, and preferably two, of these treatments must be current established five times a week cases that the Committee considers (on the basis of the applicant's brief summary on the application form) to be reasonably likely to be suitable for the purpose of the NES (see para b below).

Applicants will be required to confirm that they will be in a position to continue with an on-going five times a week treatment on commencing the programme.

- a) This means that successful applicants can start the NES with only one current five times a week case as long as they have the serious possibility of being able to start a second intensive case in the near future, normally the second patient would also be seen five times a week and preferably would be of a different gender to the first patient.

- b) Applicants should be aware that treatments that are subject to external considerations (e.g. in terms of time limits or finance or training) create special difficulties.

Consideration may in exceptional circumstances also be given to applications from senior members of BPC Societies who may not be in a position to meet these criteria exactly but who nevertheless can demonstrate by other means long term experience of, and commitment to, psychoanalysis.

### **Application Process and Criteria.**

Applicants whom the NESC agree meet the criteria for application are offered two interviews, each with a member of the committee. The interviewers consider whether the applicant's wish to join the scheme is primarily to develop his/her psychoanalytic competence, and that he/she understands the demands of the programme and is able and in a position to meet them. The interviewer is interested in indications of the applicant's capacity for further development as a psychoanalyst, as well as potential to make a contribution to the British Society. The reports from the interviews are considered by the NESC.

If accepted as an entrant on the scheme, the programme will be as follows:

### **The NES Programme**

- a) A Progress advisor, who will be a member of the NESC, will meet the entrant at regular intervals to discuss the individual programme, feedback from seminar leaders and supervisors. They will also be available to help with any problems that might arise.
- b) The entrant will be required to undertake two weekly supervisions with training analysts on the two five times a week patients. In exceptional cases the second case may be a four times weekly patient. Supervision on the first case is for as long as the entrant is in the NES or for a minimum of twenty months. Supervision on the second case is for a minimum of ten months and normally starts in the second term of the first year following discussion between the entrant, the progress advisor and with agreement of the NESC and the first supervisor.

The two supervisors must be agreed by the NESC and they themselves must agree that the cases are suitable for the Scheme. Supervisors are required to provide reports on the entrant's progress every six months. Supervisors may not be one of the entrant's referees, or members of the NESC.
- c) The entrant will also be required to discuss his/her first patient in ten monthly consultations with a training analyst who has a different theoretical approach to that of the first supervisor and who is agreed by the NESC. Consultations start after a year of supervision once permission is given by the first supervisor.
- d) The entrant will be required to attend a weekly clinical seminar led by a training analyst during term time, for as long as he/she is in the Scheme, and to present there one of the analytic cases taken to supervision. Reports from the seminar leaders will be received by the entrant's advisor.
- e) The entrant will be required to attend a minimum of seven courses on psychoanalytic theory, each comprising of five seminars; these will be chosen from the Institute Training Curriculum. Reports from the seminar leaders will be received by the entrant's advisor.

- f) The entrant will be eligible to attend Scientific and Applied Section Meetings of the British Psychoanalytic Society.
- g) The name of the entrant will be included in a special section of Society's Roster.
- h) The entrant will have full library rights.
- i) It is important to note that the programme is to some extent individually tailored to the needs of each entrant and the requirements may change in response to the entrant's progress during the scheme.

### **Note for Regional Candidates:**

Attendance at some supervisions, consultation meetings and seminars are possible via Zoom.

Supervisions: For supervisions held via visual Zoom, a minimum of two meetings a term must be in person. For supervisions by phone more meetings in person may be required. The final decision rests with the individual supervisor.

Consultations: As many as is reasonable of the consultation meetings should be face to face.

Theoretical and clinical seminars: When attendance is via Zoom Candidates attend in person a minimum of one in ten seminars - normally the first seminar. Attendance by phone may increase the requirement for attendance in person.

### **Criteria for Assessment while in the New Entry Scheme**

After the entrant is accepted into the scheme, the NESC will receive reports from theoretical and clinical seminar leaders, as well as the two supervisors. The reports are sent to the Progress Advisor and usually copy in the candidate.

In the event of the NESC judging that the entrant, over an extended period, has been unable to demonstrate the required standard of psychoanalytical competence, the NESC will require the entrant to resign from the scheme.

After a period, which will normally be two academic years in the Scheme, the NESC will decide, on the basis of all the available reports presented to the committee by an entrant's advisor, whether the entrant's standard of psychoanalytical competence is equivalent to that normally expected of a graduate of the Institute training. If it so decides, then the NESC Chair will present the entrant's record to the Education Committee with a recommendation that the entrant is nominated for election as a Member of the Society.

Following this, notice shall be given to the Society for election at a Business Meeting in the usual way. Members who have entered the Society via the NES have the same rights and status as all other Members. Upon election the new Member will pay full Membership dues of the BPAS.

Candidates are required to maintain their BPC registration.

## APPENDIX B – The New Entry Affiliate Scheme

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The New Entry Scheme Committee (NESC) recognise that a number of psychoanalytical psychotherapists will be unable to meet the required criteria of having two existing patients already in four or preferably five times a week treatment. For a variety of reasons, including commitment to public sector work and understandable hesitance in offering psychoanalysis, they have not developed the intensive practice that is a prerequisite of the NES but otherwise meet the stated criteria.

The NES Affiliate programme will provide a programme of studies and clinical seminars designed to enable successful applicants to attain the breadth and depth of clinical experience necessary for being considered for entry to the NES as well as to help them to establish the necessary intensive cases for the NES.

**Fees:** Currently the fee for Affiliation is £450 per term

### Applications

The Affiliation is open to any member of the BPC who has completed a Freudian adult psychoanalytical psychotherapy training at an organisation which specifies a minimum intensity of three sessions a week. In addition to the requirement that applicants are currently registered with the BPC as a psychoanalytical psychotherapist qualified in work with adults, and meeting BPC requirements for CPD S/he will need to demonstrate that

1. s/he normally has three years post qualification experience.
2. s/he has normally had a personal four or five times weekly analysis of five years duration with an analyst from the BPAS,
3. s/he has had a certain amount of supervision from analysts,
4. s/he is committed to his/her long-term psychoanalytic development and the development of intensive clinical work. Applications can be made by emailing Head of Education on [Katerina.tsami.cole@iopa.org.uk](mailto:Katerina.tsami.cole@iopa.org.uk). Those prospective applicants who wish to discuss an application before actually applying are invited to contact the Chair of the NESC who will arrange for a preliminary interview with a member of the NESC.

Applicants should give the names of two referees who, preferably, should be BPAS members, at least one able to comment on the applicant's clinical capabilities.

Applications will be considered by the NESC who will offer suitable applicants two interview(s) each with a member of the NESC. On the basis of the application form, the references and the interviews the NESC will decide whether or not to offer an applicant entry to the NES or its Affiliate Scheme.

### The Affiliation

The aim of the period of Affiliation is to enable the Affiliate to attain the clinical experience and readiness that is a prerequisite for entry to the NES. Each Affiliate will have a Progress Advisor who will be a member of NESC.

The main teaching resource will be a clinical seminar with other NES Affiliates. This will involve the discussion of patients who could be offered psychoanalysis. The seminars will acknowledge the need not to disturb a well working therapy just because of a need for a five times a week case. Diagnosis and indications in the material of the advantage of more frequent therapy will be considered. Occasional seminars will provide a review and discussion of the relevant theoretical and technical literature. In all, twenty-seven seminars per year will be provided on three Saturdays per term over three terms. The seminar leaders will be senior members of the BPAS and will write termly reports on each Affiliate. Affiliates will receive copies of these reports via their Progress Advisor.

Some flexibility will be given to take into account the fact that some Affiliates may live a considerable distance from London.

Affiliates will be encouraged to attend CAPS courses.

Affiliates will be able to attend Scientific meetings of the BPAS but only with the express agreement of the Chair of the Scientific Committee and the presenter of the paper. Affiliates will also be able to attend Applied Section meetings and they will receive the timetable of events for each term.

Affiliates will have full access to the library and full library rights.

Once an applicant has been accepted on the NES Affiliate scheme their progress into the NES will not require another application but will be determined by the NES's consideration of their progress and seminar leaders' reports. However a further interview may sometimes be required before moving onto the NES.

Affiliate applicants need to be aware that the primary responsibility for finding cases is theirs and that cases have to be covered by their own professional indemnity insurance. It might be possible for the Institute of Psychoanalysis Clinical Services to refer into the Affiliate's private practice patients who might be eventually interested in becoming five time weekly cases but the Clinic cannot promise or be committed to this.

Affiliates are required to maintain their BPC registration.

Affiliates can hold such a status normally for a maximum of four years after which, if they are still not ready for the NES, their affiliation will be withdrawn.

Applicants to the Affiliate programme need to be aware that unless a minimum of four applicants are accepted then the programme may not be able to run.

## **APPENDIX C - NES Scotland and North of England Affiliate Scheme (SNAS)**

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The New Entry Scheme Committee recognise that a number of committed psychoanalytic psychotherapists in Scotland and the far North of England, who might be interested in joining the New Entry Scheme route into training with the Institute of Psychoanalysis, will not be able to do



so as they do not meet the required criteria. For a variety of reasons including commitment to public sector work, they have not developed the intensive work needed to have 2 existing patients already in 4/5x a week analysis in order to join NES. In some cases they may also not have had the requisite 4/5 x a week analysis with a BPAS analyst on their previous training, thus making them ineligible for the current NES Affiliate Scheme.

With this group of BPC registered Psychoanalytic psychotherapists in mind, the NES committee is offering a Scheme entailing a programme of clinical seminars with the purpose of eventually enabling them to join the New Entry Scheme route into training with the Institute of Psychoanalysis. The course of seminars is designed to enable successful applicants to attain the breadth and depth of clinical experience necessary for being considered for entry to NES and help them establish the necessary intensive cases. For those who did not have an analysis with a BPAS member in their previous training, there would be the possibility of having an analysis alongside starting on SNAS for at least four years and until they are qualified members of BPAS.

**Fees:** Currently the fees are £450 per term

### **Applications**

The Scheme is open to any currently registered member of BPC in Scotland and the North of England who have completed a Freudian, Adult Psychoanalytic Psychotherapy Training at an organisation where the requirement is of a minimum intensity of 3 x a week. In addition they will normally have had some supervision with a BPAS analyst, and can demonstrate their commitment to developing their intensive work.

Application forms can be requested on contacting the NES Education Officer Katerina Tsami-Cole (details below). For prospective applicants who wish to discuss their application first, they are invited to contact the Chair of NES Committee, Geraldine Shipton, through the Education Officer who will arrange a preliminary discussion by phone. Applicants will need to give the name of two referees, one of whom would preferably be a BPAS supervisor.

Applications will be considered by the committee who will offer suitable applicants 2 interviews each with members of the NES committee. On the basis of the application form, the references and the interviews, the committee will decide whether or not to offer a place on the Scheme.

### **The Scotland and North of England Affiliate Scheme**

Once accepted on SNAS, each Affiliate will have a Progress Adviser who will be a member of NES committee. The main teaching resource will be three clinical seminars on three Saturdays per term. This will involve the discussion of patients who might eventually build up to having 4 or 5 times a week Psychoanalysis. The seminars will acknowledge the need not to disturb a well working therapy just because of a need for a 5 times a week case. Diagnosis and indications in the material of the advantage of more frequent sessions will be considered. In all, 27 seminars per year will be provided on the three Saturdays per term. The seminar leaders will be experienced members of BPAS and will write termly reports on each Affiliate. Affiliates will receive copies of these reports via their Progress Adviser. The meetings will be held in the North of Britain in suitable locations for members of the group to reach. Some meetings may be held on Zoom and

once a year there will be a meeting in London at the Institute of Psychoanalysis where they will join the ongoing Affiliates group in London.

SNAS Affiliates will be able to attend Scientific meetings of the BPAS (via Zoom) but only with the express agreement of the Chair and the presenter of the paper. They will also be able to attend Applied Section meetings and will receive a timetable of events for each term. Northern Affiliates will also have full access to the library and full library rights.

Once an applicant has been accepted on SNAS their progress into NES will not require another application but will be determined by the committee's consideration of their progress and seminar leaders reports.

However, a further interview may sometimes be required before moving onto the New Entry Scheme.

Applicants need to be aware that the primary responsibility for finding cases is theirs and that their cases have to be covered by their own professional indemnity insurance. Affiliates are required to maintain their BPC registration and can normally stay in the Scheme for a maximum of 4 years after which, if they are still not ready for NES, their affiliation will be withdrawn.

Applicants need to be aware that unless a minimum of 4 applicants are accepted the programme may not be able to run, or that the form of the programme may be amended.