

What is your perception of psychoanalysis?



Is this right?

- What is the job?
- Who are the patients?
- What is the training like?

The Job - One to one, group, family

- Exploration of the less conscious
- Does make use of free association, dreams and metaphor for building meaning
- Affects are key
- More intersubjective than it used to be
- Often long term and can be intensive (3 or more times per week)

The Profession - ScopeEd – January 2022

The SCoPEd partners, who each hold Professional Standards Authority accredited registers, are:

- Association of Christian Counsellors (ACC)
- British Association for Counselling and Psychotherapy (BACP)
- British Psychoanalytic Council (BPC)
- Human Givens Institute (HGI)
- National Counselling Society (NCS)
- UK Council for Psychotherapy (UKCP)

SCode Competencies

The framework of competences is arranged using five overarching themes that reflect the work of counsellors and psychotherapists.

- Theme 1 – Professional framework
- Theme 2 – Assessment
- Theme 3 – Therapeutic relationship
- Theme 4 – Knowledge and skills
- Theme 5 – Self-awareness and reflection

Equality, diversity and inclusion competences are woven throughout to emphasise the importance of embedding these competences in every aspect of therapeutic work.

There are 3 levels ranging from counselling through to psychoanalysis

Who are the patients?

- NHS
- Clinics
- Private
- “Neurotic misery to common unhappiness” Freud
- Paranoid schizoid position – depressive position
- Not a “cure” but an experiential understanding and awareness which may lead to change
- Often used following other shorter therapies

What is the training like?

- Own personal therapy or analysis
- Psychoanalytic theory
- Clinical practice
- Minimum of four years

Trainees from many backgrounds including psychology, psychiatry and social work

More Information

- British Psychoanalytic Council (BPC) [Homepage - British Psychoanalytic Council \(bpc.org.uk\)](http://bpc.org.uk)
- British Psychotherapy Foundation www.britishpsychotherapyfoundation.org.uk
- Institute for Psychoanalysis <https://psychoanalysis.org.uk>
- Severnside Institute for Psychotherapy <https://www.sipsychotherapy.org>
- Tavistock Institute <https://tavistockandportman.nhs.uk>
- University of Exeter [Doctor of Psychodynamic/Psychoanalytic Psychotherapy Clinical Practice \(DPPClinPrac\) | Postgraduate Study - PhD and Research Degrees | University of Exeter](#)