



SOCIETY OF COUPLE PSYCHOANALYTIC PSYCHOTHERAPISTS

Contact SCPP Administrator:
enquiries@scpp.org.uk
Tel: 020 8348 0337

AN APPLICATION PACK FOR ASSOCIATE MEMBERSHIP

Thank you for expressing an interest in the possibility of applying for Associate Membership of our Society. This category of membership provides a means by which practitioners who have not trained formally as couple psychotherapists can join the Society. We anticipate that it will appeal to colleagues who are couple counsellors specialising in a psychoanalytic approach and psychotherapists and other mental health professionals who have developed a specialism in couple work.

We hope you will find that this pack contains most of what you need to know to decide when and how to go about making an application. In particular this pack details the **criteria** required for successful membership and the **processes** by which these criteria are evaluated. Our intention is to make both of these aspects of applying as clear as they can be. Where questions exist which are not answered in the pack you are encouraged to contact the Chair of the Membership Sub-Committee who will be pleased to clarify the position as far as possible. Contact details are found in the pack.

We look forward to hearing from you and helping you think about making an application for Associate Membership

Pauline Hodson
Chair

Jan 2007

The History of the Society

The Society was formed in 1988 when graduates of the Tavistock Centre For Couple Relationships (Formerly the Tavistock Marital Studies Institute) Diploma Programme and past and present staff of the Centre came together to create a professional home for couple psychoanalytic psychotherapists. The Society was officially constituted in 1993 and gained charitable status in 1997. It has steadily grown in numbers as Full Members have been joined by Associate Members, whose experience in couple work together with their psychoanalytic training has made them valued members of the Society. In 2001 the SCPP became a member organisation of the United Kingdom Council for Psychotherapy and held its first International Conference in Oxford.

Over recent years there has been a growing recognition of couple psychoanalytic psychotherapy as a distinctive discipline within the wider field of psychoanalytic psychotherapy. Members of the **SCPP** root their thinking in psychoanalysis to which its members have made unique contributions from their understanding of couple interaction and couple psychotherapy.

The Aims of the Society

In order to benefit the public, the Society aims through advancing the education of its members to maintain and raise standards, to promote good practice and to increase public awareness of the profession. In this way it hopes to ensure that as many couples as possible will be able to find the services of highly trained psychotherapists when they are in need of help.

The introduction of Associate Membership is a contribution towards advancing these aims.

Membership Categories in the Society

There are five categories of membership in the Society. There are two categories for practising psychotherapists: Full Members, who are all graduates of the T.C.C.R Professional Doctorate Programme and Clinical Training/MA, and Associate Members. The Student Membership category is for students studying on the T.C.C.R. Professional Doctorate Programme and Clinical Training/MA.

The Society offers Retired Membership to its Full and Associate Members who are no longer practising but wish to remain in contact with the field and periodically invites distinguished colleagues to accept Honorary Membership.

Associate Membership

Associate Membership was introduced at the AGM in 2003 to attract into membership of the Society colleagues who have considerable clinical experience of working psychoanalytically with couples. These colleagues, who are often senior in their fields, are likely either to have trained in individual work and obtained couple

experience or to have trained as couple counsellors and developed within a psychoanalytic framework.

The Society believes that through promoting this new category of membership the development and representation of psychoanalytically informed couple work can be strengthened for the benefit of the public and members of the Society.

In summary Associate Membership is likely to appeal to colleagues who work psychoanalytically with couples and who wish to belong to a Society that recognises and supports their practice and professional development through:-

- A programme of CPD activities including conferences, workshops, publications and opportunities for supervision
- Professional registration
- Membership of a couple referral service
- Maintaining links with an international network of colleagues
- Producing a Newsletter and technical papers
- A friendly culture and professional 'home'

In the remainder of this pack are detailed the background training and clinical requirements of potential Associate Members and the processes by which these may be presented and considered in an application.

If you decide to make an application you will be sent the Society's Constitution, Code of Ethics and Code of Practice which detail the responsibilities and rights which flow from Associate Membership. Where possible and convenient all documentation is sent by email.

How do I know whether I would qualify?

You need to demonstrate competence in three main areas:-

The first area concerns **the knowledge and understanding of the theoretical and technical foundations of couple psychoanalytic psychotherapy.**

The second area concerns **the clinical skills required to work psychoanalytically with couples**

The third area concerns **the capacities to work appropriately in different clinical contexts having regard to an ethical framework.**

These competences are outlined in the three documents found later in this pack. You will not be expected to demonstrate competence in all the areas covered in these matrices. They are a comprehensive inventory of the range of competences within which we might expect all successful applicants to be able to place themselves, illustrating where they are confident and where they recognise relative inexperience and the wish to develop. The matrices are entitled '**Matrix 1-Theoretical and Technical Foundations of Couple Psychoanalytic Psychotherapy, Matrix 2-Clinical Skills , and Matrix 3-Working in Context.**

You will also be asked to describe your background training and CPD activities to date. Experience shows that in order to achieve the required clinical standards, you will have gone through specific training components covering taught theory, clinical supervision and personal therapy. These are listed in the document also included in this pack entitled **Training Requirements for Associate Membership**.

How are these criteria worked out in relation to me?

The Society recommends that you request a **Preliminary Interview** where your professional training, subsequent career and CPD can be thought about in terms of Associate Membership criteria.

Before the **Preliminary Interview** you will be asked to fill in an application form (enclosed in this pack) that asks for details about your previous training, subsequent CPD and clinical experience. In addition you will be asked to submit a write-up of a session with a current couple you are seeing (a report of no more than 1000 words is adequate).

These two sources of information will provide the basis for the Preliminary Interview and will enable your interviewer to develop with you a summary of the content of previous training and the competencies you have been able to develop from it.

Should there be any significant gaps between your previous achievements and the requirements of Associate Membership, these will be identified at the Preliminary Interview and possible ways of making them good through taking on additional CPD activities or more formal training will be identified and recommended.

When these CPD activities have been completed you should contact the Chair of the Membership Sub-Committee to discuss the appropriateness of making a formal application for Associate Membership. The purpose of this contact is to make sure that any recommendations for further training have been completed.

If it is decided to go ahead, you may apply for the **Admission Interviews** where your skills will be assessed. There will be two interviews each with a different member of the Membership Sub-Committee neither of whom will have been involved in the Preliminary Interview.

As preparation for the two Admission Interviews, you will be asked to update the application form by summarising any additional CPD undertaken since the Preliminary Interview. In addition you will be asked to submit a clinical paper of up to 4000 words. The requirements of this paper are detailed in the document entitled **Clinical Paper for the Admission Interviews**. At least two references must support the application at this stage. One should comment on your clinical skills and, for this reason, we recommend that your most recent supervisor should be asked to write it. Another should comment on your suitability for membership of the Society. One of your references must be provided by a BPC/UKCP registered psychotherapist who will be asked to comment on your clinical skills. It is desirable that one of your references should be provided by someone from your original training organisation.

Following the two interviews, the Membership Sub-Committee will consider the application at their next meeting, the date of which will be conveyed to you. In the event that you are unhappy about the decision of the Membership Sub-Committee, you can lodge an appeal with the Chair of the Society on the sole grounds that the **process** of the application was unfair. The Executive of the Society, whose decision will be final, will deal with the appeal.

How much will the application cost?

There will be a charge of £80 for the Preliminary Interview and a charge of £120 for the two Admission Interviews both payable at the time.

Summary of the stages of the application process

Stage 1 The Preliminary Interview

Documents required to submit beforehand:-

- Application Form
- Write-up of session with a couple currently being seen (1000 words max)

Stage 2 The Admission Interviews

Documents required to submit beforehand:-

- Summary of CPD activities completed since the Preliminary Interview
- Clinical paper (4000 words max)
- At least two references, one commenting on clinical skills from your most recent supervisor, the other commenting on your suitability to join The Society. One of your references must be written by a BPC/UKCP registered psychotherapist and one from a member of your original training organisation

Documents included in this pack:-

Application Form

Training requirements for Associate Membership

Training Matrices

Clinical paper for Admission Interview

Details of the Chair and Members of the Membership Sub-Committee

Jan 2007

- 1) Your past clinical practice. It would be helpful to know when you started clinical work, the clinical group (individual, couple, group, family) you started with and how this may have changed over time

- 2) Your current clinical practice, including work with all client groups

- 3) How you hope to develop your clinical practice in the future and the contribution couple work will make to these plans

- 4) How, in your view, membership of S CPP will contribute to the development of your couple work practice.

- 5) In what ways you envisage contributing to the life of the society?

- 6) The names of two referees for this application one of whom will be your most recent supervisor and one of whom was a staff member of your training body .

PART C

Details of professional training

Theoretical Learning

Please describe:

- 1) How theory was taught on your course

- 2) How many years was psychoanalytic theory taught on your course

- 3) How much of psychoanalytic theory focused on couple work

Supervised clinical practice

Please describe:

- 1) The clinical practice requirements of your training

- 2) The supervision requirements of your training

- 3) The clinical seminar requirements of your training

Personal Psychotherapy

- 1) Please describe whether and how you have obtained personal psychotherapy for yourself - before, during and following your formal training. Please specify how frequently you had therapy, its duration and the names(s) of your therapist(s).

Infant Observation Seminar

- 1) Please give details of whether you have successfully completed an Infant Observation Seminar (i.e. with whom, date and length of observation)

When you have completed this form and prepared a write-up of a couple you are currently seeing (maximum 1000 words) please send these with a covering letter to the Chair of the Membership Sub-Committee whose address is given in you Application Pack

Jan 2007

MATRIX 1-THEORETICAL AND TECHNICAL FOUNDATIONS OF COUPLE PSYCHOANALYTIC PSYCHOTHERAPY

Level Descriptors	<u>Knowledge and Understanding</u>	<u>Analysis</u>	Synthesis & Creativity	<u>Evaluation</u>
	The applicant is expected to be able to locate him/herself in the following framework and to be able to do some of the following:			
Knowledge Base	<p>Demonstrate an advanced level of knowledge of psychoanalytic theory as applied to couple and individual functioning. Specifically the applicant must be able to demonstrate knowledge about: - shared defences and anxieties/phantasies, internal objects, mutual projective systems including ‘couple fit’ as it changes over time.</p> <p>Knowledge of ‘feuding, split and fused’ interactive patterns. An understanding of transference and counter-transference, enactment/acting out as applied to couple work. An understanding of how couple functioning relates to nuclear and extended family dynamics, family transitions.</p> <p>An understanding of the significance of sexual dysfunction.</p>	<p>Critique the application of psychoanalytic theory to work with couples and individuals e.g. ‘sick’ partnerships or ‘sick’ society.</p> <p>Formulate a developmental model of couple change including some knowledge of psychopathology. e.g. psych-social transitions.</p> <p>Formulate model(s) of intervention relevant to clinical problems.</p>	<p>Apply theory to clinical problems.</p> <p>Develop hypotheses about changes taking place within therapy.</p> <p>Show how he/she has integrated knowledge in developing a therapeutic style.</p>	<p>Apply reflective skills to monitoring therapeutic process, to offer alternative explanations.</p> <p>Evaluate the outcome of couple therapy.</p>

MATRIX 2- CLINICAL SKILLS

Level Descriptors	Therapeutic Skills	Self Appraisal	Planning and Management of Learning and Practice	Communication and Presentation	Interactive professional group skills
The applicant is expected to be able to locate him/herself in the following framework and be able to do some of the following::					
Clinical Skills	<p>Assess couples for psychoanalytic couple therapy: - make a psycho-dynamic formulation of core problem, refer on if appropriate, take account of clinical risk including the significance of domestic violence, liaise with referrers.</p> <p>Work appropriately with unconscious processes between the couple and between the couple and therapist-track core dynamic through the work.</p> <p>Understand the use and</p>	<p>Demonstrate how personal therapy and other experiences, have contributed to acquiring professional competence.</p> <p>Demonstrate a capacity to appraise own professional development and to engage in CPD activities as appropriate.</p>	<p>Use resources for learning including: - personal therapy, experiential groups, observational studies and supervision.</p> <p>Make effective use of supervision in clinical discussion groups and in one-to-one supervision.</p> <p>Manage a practice with appropriate boundaries, financial probity and professional indemnity cover.</p> <p>Understand institutional processes in relation to clinical practice-the place of</p>	<p>Prepare and present case for discussion and supervision.</p> <p>Contribute to the work of others through participation in professional activities.</p>	<p>Demonstrate active application of understanding of group dynamics-the place of the reflection process.</p> <p>Participate in professional conferences.</p> <p>Understand the system for the delivery of mental health services and to show how to work within it.</p> <p>Understand the roles and responsibilities of fellow professionals and demonstrate the capacity to work appropriately</p>

	<p>limits of interpretation and other interventions.</p> <p>Understand the importance of settings and breaks.</p> <p>Manage appropriate endings.</p>		<p>institutional defences, transference to the setting.</p>		<p>with them, particularly in relation to questions of containment and management of clinical risk.</p>
--	--	--	---	--	---

MATRIX 3-WORKING IN CONTEXT

Level Descriptors	Characteristics of Professional Setting	Responsibility	Ethical Understanding
	The applicant is expected to be able to locate him/herself in the following framework and to be able to do some of the following:-		
Context of Practice	<p>Understand the relevance of different settings; the implications of an agency's primary task, methods of operation and assigned roles for the delivery of services.</p> <p>Adapt and innovate practice to a variety of settings.</p> <p>Show a clear grasp of boundaries specific to a working context.</p> <p>Function autonomously as a couple psychoanalytic psychotherapist.</p> <p>Show an awareness of the duties of care commensurate with the profession of couple psychoanalytic psychotherapy- manage professional boundaries appropriately.</p>	<p>Show an appreciation of the ethical dimensions of practice.</p> <p>Show a knowledge of ethical codes and structures.</p> <p>Function ethically in a variety of clinical situations and have regard to the ethical implications of treating two people simultaneously.</p> <p>Outline an awareness of current legal issues.</p> <p>Practice in a non-discriminatory way.</p>	

TRAINING REQUIREMENTS FOR ASSOCIATE MEMBERSHIP

The following training requirements for Associate Membership are the equivalent of a formal postgraduate course, amounting to approximately 450 hours. These requirements are usually gained in courses extending over four years, not counting any introductory year.

Applicants will be qualified as psychoanalytic psychotherapists or as couple therapist/counsellors but in either case will meet additional requirements. These additional requirements could be evidenced through combinations of formal courses, workshops, conferences and individually tailored components including supervision and personal therapy.

Because these requirements operate retrospectively and may not have been available when applicants undertook their training, the Membership Sub-Committee reserves the right to vary these requirements by allowing for certain exemptions or requiring additional training according to circumstances.

Prior Assessment and Qualification

Applicants need to show successful completion of a relevant professional qualification in which there has been formal assessment of theoretical and clinical components of training. This evidence will need to demonstrate:-

1. Theory

- Evidence of having attended 250 taught hours of psychoanalytic theory, of which a minimum of fifty-five hours would need to have direct reference to the theoretical concepts of working psychoanalytically with couples.
- At least one substantial piece of written work showing the capacity to integrate the theory and clinical practice of psychoanalytic couple work

2. Personal Psychotherapy

- Applicants should have had experience of at least twice-a-week personal psycho-analytic psychotherapy.
- The therapist should be appropriately experienced and qualified and a BPC/UKCP registered therapist is strongly recommended.

3. Personal Supervision and Clinical Experience

- Applicants must have had supervision (normally at a frequency of once a week), either individually, in pairs or in small groups, of their psychoanalytic work over a continuous period of three years. At least eighteen months of this

supervisory experience should be supervision by an approved couple psychoanalytic psychotherapist.

- During this period the applicant must show that they have worked with two cases one for eighteen months and one for twelve months. There should also be evidence of supervised work with other couples and adequate experience of assessment work with couples.
- A formal reference from the supervisor would be required confirming a satisfactory level of competence.

4. Clinical Seminars

- The applicant must show that he/she has attended clinical seminars where he/she has presented their own clinical work over a period of at least eighteen months. Evidence of satisfactory participation is required.

5. Infant Observation and Psychiatric Placement

- These two components of training are regarded as highly desirable but are not mandatory

Jan 2007

SOCIETY OF COUPLE PSYCHOANALYTIC PSYCHOTHERAPISTS

CLINICAL PAPER FOR THE ADMISSION INTERVIEW

You are asked to submit with your application a clinical paper of no more than 4000 words describing work you have undertaken with a couple over a period of not less than nine months of regular weekly therapy. The main thrust of the paper will be on clinical observation and experience rather than on theory.

The paper should demonstrate: -

- How you made a psychodynamic formulation of the presenting problem. You will be expected to have considered how the histories of both clients contributed to 'couple fit'.
- The paper should account for how major dynamics between the couple at both conscious and unconscious levels became manifest in the therapy. Applicants should track how the interaction between the couple and the interaction with the therapist are influenced by these dynamics. In this connection, descriptions and understanding of transference and counter-transference will be required.
- The paper should describe the manner in which the therapist thought about and intervened with the couple making specific reference to the detail of the clinical material to justify interventions.
- The paper should offer an overall appraisal of the work undertaken in the light of the presenting problems.
- References to other work should be made explicit in the text and listed at the end.

Other elements of practice that might be included in the paper are to be found in the three **Matrices** included in this pack.

Papers previously written for other purposes may be submitted. However the purpose of the paper is to ascertain **current** practice so that applicants need to consider whether past drafts accurately reflect their present practice.

Jan 2007

SOCIETY OF COUPLE PSYCHOANALYTIC PSYCHOTHERAPISTS

THE MEMBERSHIP SUB-COMMITTEE 2007-2007

Chair: Lynne Cudmore, Full Member

Members: Ann Foden, Associate Member

Penny Pickles, Associate Member

Gillian Walton, Associate Member

Mary Morgan, Full Member

Enquiries about and applications for Associate Membership should be made directly to the Chair at:-

Telephone: 0208 9935009

Jan 2007