

TRAINING 2021

The New Zealand Institute of Psychotherapy (NZIPP) offers a training program in Psychoanalytic Psychotherapy as the pathway to full membership of the Institute. The training requirements are in line with the training standards set, and approved, by the Psychoanalytic Psychotherapy Association of Australasia (PPAA), of which NZIPP is a Member Organisation since 1999.

PREREQUISITS

Prospective candidates must have a current New Zealand professional registration and training in the mental health field. Some prior experience in psychoanalytic psychotherapy is recommended. A suitable level of psychological sophistication, personal and professional maturity, is required. Selection will be by individual interview.

COMPONENTS

The programme consists of four interconnected components:

1. A theoretical programme with clinical seminars and workshops;
2. Weekly individual clinical supervision;
3. The completion, and presentation, of two training cases;
4. Personal psychoanalytic psychotherapy or psychoanalysis.

The formal part of the Training consists of a three-year program of theoretical and clinical seminars. There is an emphasis on an integration of theoretical understanding with clinical practice. All aspects of the training have to be taken concurrently. Trainees are encouraged to seek membership of the Institute and PPAA after the successful completion of all the training requirements.

SUPERVISION

Trainees are required to have weekly individual psychoanalytic supervision, with a supervisor approved by the Institute, for the duration of the Training until the completion of the Training Requirements.

TRAINING CASES

Two Training Cases are undertaken concurrent: the first comprises of at least twice-weekly psychotherapy with an individual patient for two years; the second, to be commenced after the two-year completion date, twice-weekly for one year. The focus of the supervision is the in-depth, ongoing work with the Training Cases.

PERSONAL THERAPY

There is a requirement of twice weekly psychoanalytic psychotherapy/psychoanalysis, with a therapist approved by the Institute, for the duration of the Training.

The emphasis of the training is on the opportunity for immersion in psychoanalytic work and the integration of theory with clinical practice. Accompanying this program, and as an extension to it, NZIPP offers additional Public Lectures, Cineforum and Workshops led by psychoanalysts and other senior practitioners in the field from New Zealand and abroad.

Infant Observation will be also offered in 2021 and it can be taken together with the full training or separately as a stand-alone course as part of Foundation Training Year in Psychoanalytic Thinking.

For further information and expression of interest please contact Chairs of Training:

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