

TRAINING CLINIC

This Clinic is a venue where NZIPP Trainees (qualified and experienced clinicians undertaking an intensive specialist training) offer twice-weekly psychoanalytic psychotherapy to suitable applicants.

Training Clinic therapists are located throughout New Zealand, so this therapy is potentially available to suitable applicants anywhere in the country. Therapists are able to work face-to-face if patients live near to them, or over internet platforms if patients live at a distance or during Covid-19 restrictions.

Psychoanalytic psychotherapy is a long term therapeutic process, and typically will last for at least two years. This is based on the observation that there are unconscious processes affecting one own's behaviours, patterns of thought and feeling, relationships and sense of self. The therapeutic process allows patients to re-experience and re-think past experiences and influences on their current life in new and constructive ways.

If you wish to seek psychoanalytic psychotherapy from the Training Clinic, please apply directly to the Training Clinic Coordinator, who will then arrange to meet with you to explore these and other issues, and to assess whether the Clinic can offer you psychoanalytic psychotherapy with a Trainee.

The fee per session will then be agreed between therapist and patient at the first meeting, on a scale between NZ\$100 and NZ\$140.

All Clinic personnel are registered with their relevant professional body, hold current practising certificate, and are bound by the NZIPP Code of Ethics, which is available on the NZIPP website, www.psychotherapy.co.nz

The Clinic Coordinator's email address is: clinic@psychotherapy.co.nz

