



Psychodynamic Interpersonal Therapy

PIT - UK

12th Annual PIT Training Day

**Introductory resources and
transtheoretical perspectives**

Friday 24th November 2023

Elizabeth Gaskell's House 9:30am - 4:00pm
84 Plymouth Grove, Manchester, M13 9LW

PIT has a deserved reputation as a form of psychodynamic psychotherapy which is relatively easy to learn and therefore highly suited to novice therapists. Its detailed technical framework offers ample guidance on the art of the therapeutic conversation – what to do in the therapy room, and how to do it. But a list of skills is not enough. How do we help ourselves, and support others, to develop as PIT therapists? What resources do we need, and how do we understand PIT practice in relation to relevant theoretical perspectives?

The 2024 PIT-UK training day will offer insights from highly experienced PIT trainers and supervisors, covering both the ‘state of the art’ and the ‘long view’ of the model. There will also be opportunities for groupwork to explore key themes and challenges in starting and developing as a PIT therapist.

The day will serve as an introduction for novices, a refresher for more experienced therapists, and a guide for supervisors and trainers.

**Keynote speaker: Dr Dan Beales, Consultant Medical Psychotherapist,
Devon Partnership Mental Health NHS Trust**

Dan Beales is a Consultant Medical Psychotherapist, Devon Partnership Mental Health NHS Trust. He has had an interest in the Conversational Model and psychodynamic–interpersonal therapy since being introduced to the work of Bob Hobson as a medical student in the 1990s. He has a particular interest in trans–theoretical understandings of psychotherapy. He is a supervisor in the FreshSTART trial and of psychiatry trainees taking on their first psychotherapy cases. He will use these perspectives to explore key themes and challenges in starting and developing as a PIT therapist.



Programme

9:30 **Registration**

10.00 Welcome and Introduction

10.10 Introductory Resources for Beginning PIT Therapists - Practice and Theoretical Aspects

Dan Beales, Consultant Medical Psychotherapist, Devon Partnership Mental Health NHS Trust

11.00 **Break**

11.15 Facilitated Small Group Role Plays

12.30 Plenary

13.00 **Lunch**

13.45 A Conversation about the Conversational Model - Reflections on the Origins and Cutting Edges of Psychodynamic-Interpersonal Therapy.

Dr. Frank Margison and Prof. Else Guthrie

14.30 **Break**

14.45 Key Themes and Challenges in Learning and Practising PIT - Group Learning Exercise

15.30 Plenary

16.00 **Close**