

# PSYCHODYNAMIC INTERPERSONAL THERAPY (PIT) PRACTITIONER TRAINING

## LEVEL 2



PIT - UK

Psychodynamic Interpersonal Therapy

<https://www.pit-uk.org.uk/>



## THE COURSE

The PIT practitioner training is a thirty-week course designed to equip mental health professionals with the knowledge and skills needed to deliver PIT as a standalone psychological intervention.

### EXPERT TEACHING

Five teaching days spaced throughout the year led by PIT experts. Course members will also submit written assignments with a focus on self-reflection based on a case study and/or exploration of a relevant clinical concept.

### THERAPY TRAINING

An intensive training programme, with a small cohort for individualised personal development. Recordings of and discussion of sessions will be central to exploring relational dynamics, model adherence and clinical skills.

### CLINICAL SUPERVISION

Thirty sessions of clinical supervision in PIT from a PIT-UK approved experienced clinical supervisor. Course members are required to complete a minimum of two PIT cases under course supervision.



## COURSE DETAILS

- Teaching days will involve lectures, seminars and workshops facilitated by course staff.
- Free attendance at PIT-UK CPD sessions, including our annual conference will enable course members to become part of the wider PIT community.
- Students will also be expected to complete learning tasks (e.g., summarising key points from published PIT papers) and leading discussions within their cohort.

## PROGRAMME

Topics to be covered include:

- Case formulation
- Symbolical transformation and change processes in PIT
- PIT research evidence base
- Managing therapeutic ruptures and dilemmas
- Working with complex presentations e.g. personality disorders, self-harm and medically unexplained symptoms

## Who is the course for?

The course is aimed at mental health professionals with some prior training in PIT who would like to further develop their understanding and skills to enable the delivery of PIT as a standalone intervention as part of their clinical role, or when teaching the model to others.

## ELIGIBILITY CRITERIA

Please check that you meet all of the eligibility criteria below before applying. If you are unsure, please contact us to discuss this further.

- A professional qualification in mental health (clinical or counselling psychology; counselling; psychotherapy; nursing; psychiatry; social work; occupational therapy).
- Completion of the PIT Introductory level 1 course (e.g. University of Manchester) or an equivalent basic training in PIT. (E.g. completion of the PIT module within a clinical psychology doctorate, bespoke PIT training courses run by members of PIT-UK, participation in a PIT research trial, or a supervised PIT placement.)
- Experience of, and competence in, delivering psychological therapy with adults.
- Able to offer PIT for suitable clients as part of your current clinical role.



## KEY READING

- Barkham, M, Guthrie, E, Hardy, G E & Margison, F (2017). Psychodynamic Interpersonal Therapy: A Conversational Model. London: Sage
- Hobson, R F (1985) Forms of Feeling: The Heart of Psychotherapy. London: Routledge.
- The NHS Talking Therapies initiative recommends PIT as an evidence-based treatment for persistent physical symptoms.
- PIT is also a recognised model in the UCL Core Competence Framework on psychoanalytic/psychodynamic therapy.

## Location

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Teaching days will be held at the Specialist Psychotherapy Service, Gaskell House, Swinton Grove, Manchester, M13 0EU

## CLINICAL SUPERVISION

- Will take place weekly in a small group, typically with 3 supervisees for 90 minutes over 30 sessions.
- Individual supervision may be possible where group supervision is not practical, but may incur an increased supervision fee.
- The locations, times and dates will be agreed between supervisors and course members.
- Some if not all clinical supervision to take place face to face. We however recognise the need for flexibility if this is not possible.
- The precise focus and structure of supervision sessions will vary - typically including clinical reflection and formulation, self-reflection, listening to therapy recordings, and focusing on PI skills and putting them into practice.



## PROGRAMME STAFF

- This course is run by senior members of PIT-UK. See website for more details. Further information about the model can be found at: **[www.pit-uk.org.uk](http://www.pit-uk.org.uk)**

## Course fee

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Course fee: £3200 (to include teaching, clinical supervision, course membership of PIT-UK, and full access to our website.)

## HOW TO APPLY AND CONTACT US

**Email: [course@pit-uk.org.uk](mailto:course@pit-uk.org.uk)**

You can apply to the course by completing the application form and sending it to the above email.

There is an application and interview fee of £40 payable to PIT-UK:

**Sort code 82-11-07**

**Account number 60513166**

Mark reference with Prac plus your surname

We are unable to offer refunds for non-attendance.

Deadline for applications: The deadline for applications is 16.9.24

Selection interviews are scheduled for late September 2024 at Gaskell House, or by prior arrangement online.

References are to be returned directly to [course@pit-uk.org.uk](mailto:course@pit-uk.org.uk)

Please note that due to the intensive nature of the course, there is only a small number of places available in each cohort

