

Psychodynamic Interpersonal Therapy (PIT) Level 1 Introductory Course

3rd - 5th July 2024 in Manchester



Organised by PIT-UK

www.pit-uk.org.uk

The Course

A three-day course providing an introduction to the theoretical and therapeutic principles of PIT and the application of these principles in clinical practice

Programme	9.15am for 9.30 Start to 4.30pm
Day One 3.7.24	Introduction to the basic components of the PIT model, and the concepts of psychodynamics
Day Two 4.7.24	The persecutory therapist - using research to focus on therapeutic change. Practicing core PIT skills using role play in small groups
Day Three 5.7.24	Video recordings and feedback to help develop and embed PIT clinical skills

Expert teaching

The course is delivered by senior clinicians and recognised experts in PIT

The programme is underpinned by a solid empirical base. PIT is an evidence -based treatment for mental health problems including depression, medically unexplained symptoms, deliberate self-harm and personality disorder

The Improving Access to Psychological Therapies initiative (now called NHS Talking Therapies) competency framework recommends PIT as an evidence -based treatment for persistent physical symptoms

Skills based

The course aims to equip you with the knowledge and skills needed to practice PIT. Attendance will enhance your ability to develop and maintain a therapeutic relationship. PIT skills can be used in any clinical setting or as a formal psychotherapy

Experiential Learning

Extensive use of clinical simulation, including watching therapy videos, role plays and video feedback in small group, to enhance learning and provide personal feedback

Certificate of attendance

All participants will receive a certificate of attendance, and can apply to become members of PIT-UK

This course can also lead to eligibility for Level 2 Practitioner Training in PIT

Who is the course suitable for?

Entry requirements: Qualified in a core profession in mental health, or other suitably qualified professional (at the discretion of the course directors)

The training is suited to those who:

- Have no previous knowledge of PIT but would like to learn about the model and incorporate PIT skills into their clinical practice
- Are looking to develop the knowledge and skills to practice PIT as a formal psychotherapy
- Are looking to progress to Psychodynamic Interpersonal Therapy (PIT) level 2 training and to become a PIT therapist

Course Fee

The course fee is £1000 inclusive

The course will be based at St Thomas Centre, Ardwick Green North, Manchester M12 6FZ
on the 3rd and 4th July

What Three Words location: [expert.agree.flows](https://www.what3words.com/expert.agree.flows)

The final Day (5.7.24) will be held at Gaskell House Psychotherapy Service, Swinton Grove,
Manchester M13 0EU

For further information about PIT-UK please visit our website www.pit-uk.org.uk

For further information or to book a place on the course please complete the attached application form and email to :

course@pit-uk.org.uk

This course has limited places, and will close to new applicants once all places have been taken