



SAPI SOUTH AFRICAN
PSYCHOANALYTICAL
INITIATIVE

Psychotherapy College

**PSYCHOANALYTIC
PSYCHOTHERAPY TRAINING**

**PROSPECTUS
2023–2024**

INTRODUCTION

The South African Psychoanalytical Initiative (SAPI) is pleased to announce a multi-year training programme in Adult Psychoanalytic Psychotherapy.

The aim and scope of the training is to provide clinicians already working psychoanalytically, or those who wish to orientate to the psychoanalytic frame, advanced and in-depth further training and specialisation in the theory of psychoanalysis and the practice of psychoanalytic psychotherapy. This will provide you, the clinician, with sufficient understanding of analytic concepts, long-term high-frequency psychotherapy and the complexity of the human psyche. By the end of the training you will function confidently and competently as a psychoanalytic psychotherapist.

Completion of the programme will lead to obtaining the formal status of Psychoanalytic Psychotherapist and a "Fellow of the College of Psychoanalytic Psychotherapists". You may then use the designation of FSCPP after your professional title.

The training will be offered as an online course commencing Thursday, 26 January 2023.

REQUIREMENTS FOR TRAINING

ACADEMIC QUALIFICATIONS

Prospective students must have completed a degree in the mental health field that includes training in psychotherapy/counselling.

REGULATORY BODY

Prospective students must be registered with a South African health/social work regulatory body that allows them to work clinically over an extended time period. Psychotherapy/counselling must be included in your professional Scope of Practice. Currently we are accepting psychologists and social workers. We are endeavouring to confirm HPCSA approval for occupational therapists and art therapist.

SAPI MEMBERSHIP

All training students must hold full active registration with SAPI. If you are not a SAPI member, then you are required to join the organisation to commence with the programme. (For more information please contact sapi.exco@gmail.com.)

Should you meet all the above requirements, then you will be admitted for the full training. There will be no interview and selection process other than the requirements detailed above.

APPLICATION

Prior to applying, prospective students are welcome to have an informal discussion with the College Committee about the training and your particular situation.

There will be a brief application window for professionals meeting the requirements above who wish to be exempted from the full training based on recognition of prior learning (RPL). Special applications can be made to the College Committee for consideration.

Should you be interested in registering for the course, please email sapi.college@gmail.com

COURSE DESIGN AND REQUIREMENTS

There are five pillars to the training:

1. Core theory modules
2. Elective theory modules
3. Infant observation
4. Clinical learning
5. Personal psychotherapy

THEORY MODULES

The course is designed in a modular fashion. This means that students are not required to complete the training in a standard, serialised manner. Rather, depending on personal factors, you can complete modules in a time frame that works for you.

Theory modules will be offered via Zoom as online seminars. All two-hour seminars are scheduled for Thursday evenings, 19.30–21.30.

You are required to complete all six of the core theory modules and at least ten of the elective theory modules in order to graduate. Modules can be completed in a staggered approach over several years. If you take all the modules without interruption, it is possible to complete the theoretical components in two years.

The content of the theory modules is designed to give you a wide scope of engagement with psychoanalytic concepts and applications, including the unconscious, drive and structural theory, theories of defence, theories of Oedipus, childhood and the process of development, neuroses, psychoses, psychosomatics and personality disorders, anxiety, depression, phantasy and internal objects, technique, assessment, the frame, endings etc.

All training modules will also count towards Continued Professional Development (CPD) points.

CORE MODULES (Compulsory)	Number of seminars (2 hours each)
History of Psychoanalysis (incl. psychoanalysis in SA)	3
Freud	9
Klein	6
Technique	6
Psychopathology	6
Race	2

ELECTIVE MODULES (10 to be completed)	Number of seminars (2 hours each)
THEORISTS	
Bion	3
Winnicott	3
Contemporary Kleinians	3
French Psychoanalysts	3
Ego Psychologists	3
Self/Relational Psychoanalysts	3
APPLICATIONS	
Infant Studies	3
Child Studies	3
Couple Studies	3
Group Studies	3
Community Studies	3
Neuropsychanalysis	3
THEMES	
Race	3
Gender and Psychosexuality	3
Disability and Diversity	3
Outcome and Process Research	3
Ethics	3
PATHOLOGIES	
Psychosomatics	3
Addiction	3
Eating Disorders	3
Personality Disorders	3
Perversion	3

Study material

We are committed to keeping the cost of study materials as low as possible without infringing any copyrights. Study material will be compiled from various journals and chapters of books, provided to you in PDF reading packs. Students will be required to have a PEP-Web subscription. You might be required to purchase a small number of books at the start of the course. You will be provided with a detailed document outlining the readings, scope and outcome of each module at the commencement of that module.

The core modules will commence in 2023 and the elective modules in 2024. From 2025 the core and elective modules will run in the same year. The calendar is divided into two semesters with a mid-year break and breaks over public and major religious holidays.

INFANT OBSERVATION

Training students will be expected to complete a one-year infant observation course with an approved infant observation teacher. Infant observation courses typically require the weekly one-hour observation of an infant. Observations are transcribed for presentation at a weekly seminar. An online seminar option will be available.

A prior, completed infant observation will be retroactively credited.

CLINICAL LEARNING

There are three components to the clinical learning pillar: clinical seminars, treatment of training patients and clinical supervision.

Clinical seminars

Training students are required to attend SAPI's monthly clinical seminars throughout the training (for a minimum of three years). These two-hour seminars typically take place nine times a year on a Saturday, in Cape Town and Johannesburg. They are offered as hybrid seminars in venues with video conferencing facilities (in-person is encouraged for members in Cape Town and Johannesburg and online is available for members outside of those centres). There are also mid-week, evening, options.

Only one year of historical attendance of seminars will be retroactively credited.

Treatment of training patients

Students are required to treat at least two new patients (one male and one female), each for a minimum of two sessions per week. One training patient must be treated for at least 24 months and the other training patient must be treated for at least 18 months.

Clinical supervision

The student is required to be in weekly clinical supervision with a SAPI FSCPP as soon as training patients are being seen. (Please contact sapc.college@gmail.com for a list of SAPI FSCPPs offering clinical supervision).

PERSONAL PSYCHOTHERAPY

Personal psychotherapy is considered the most important component of the training. Students are required to be in personal psychoanalytic psychotherapy with an FSCPP at a frequency of no less than two sessions per week, up to and including full psychoanalysis (4 or 5 sessions per week) for three continuous years. The training committee would like to encourage you to seek out high frequency therapy.

If, before training starts, you have already been in long-term psychotherapy or analysis with an FSCPP, then you may apply to the College Committee for this to be retroactively endorsed.

For a list of FSCPPs offering long-term psychotherapy and/or psychoanalysis, please contact sapc.college@gmail.com.

ASSESSMENT AND GRADUATION

In order to graduate, the training student must supply a log of core and elective theory courses attended. An Infant Observation Portfolio will need to be submitted. The training student's personal psychotherapist is to submit a letter ONLY indicating date of commencement of personal therapy. The student's clinical supervisors are required to submit a report commenting on the standard of therapy provided to the training

patients. To demonstrate adequate competence, students are also required to write-up one training case in preparation for final evaluation and to present the case to the College Committee.

Should therapeutic competence, at the time of evaluation, not be seen as satisfactory then the student, in consultation with the College Committee, will establish the scope of intervention necessary to facilitate a process towards successful graduation.

The SAPI College recognises that there are senior members of the psychoanalytic community who may have completed courses and/or the supervision and/or the personal therapy requirements and may wish to have these recognised as prior learning (RPL). There will be a window period of 18 months during which the College Committee will consider RPL applications.

COST

Modules are charged at R500 per seminar, to be paid before commencing each theoretical module. Upfront annual payment for the full Core and Elective Theory components is therefore not required. Please refer to the tables on page 2 listing the modules and how many seminars each module consists of.

SAPI Psychotherapy College is negotiating a reduced PEP-Web subscription fee which will be compulsory for all students.

The fee for the infant observation component will be paid directly to the infant observation teacher.

Cost of supervision and personal psychotherapy is to be determined between the student and clinical supervisor/psychotherapist.

The SAPI membership fee for 2023 is yet to be finalised. The fee for 2022 is R3 995 with the option of paying in two installments, at the end of May and the end of August. SAPI offers a subsidy to members who have difficulty paying the required fee.

The SAPI Psychotherapy College looks forward to hearing from you.