

**Victorian Association of
Psychoanalytic Psychotherapists**

**APPLYING FOR THE VAPP
INTRODUCTION TO PSYCHOANALYTIC
PSYCHOTHERAPY COURSE**

Applications are invited from professionals interested in developing their understanding of psychoanalytic psychotherapy and currently engaged in clinical work.

Relevant tertiary qualifications are essential.

All applicants are interviewed by members of the Introductory Course Committee.

Application forms as well as information regarding fees can be found on the VAPP website. Go to Training and Education tab and click on Introductory Course.

**VAPP
INTRODUCTION TO
PSYCHOANALYTIC
PSYCHOTHERAPY
COURSE**



**What is your client trying
to tell you?**

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PSYCHOANALYTIC PSYCHOTHERAPY COURSE

The VAPP Introduction to Psychoanalytic Psychotherapy Course is suitable for professionals who are interested in developing their understanding of psychoanalytic psychotherapy and currently engaged in clinical work.

The Introductory Course begins in early March each year and offers weekly seminars extending over 30 weeks. Each seminar group has a maximum of nine participants with two seminar leaders.

THE SEMINARS

The seminars provide a small group experience where participants are encouraged to engage with and reflect on psychoanalytic ideas. The group is facilitated by two experienced psychoanalytic psychotherapists.

During the seminars participants explore psychoanalytic ideas through selected papers and audiovisual material. Their professional and personal understanding is enriched by sharing and discussing clinical vignettes related to the reading.

THE COURSE AIMS

To introduce the fundamental concepts underpinning psychoanalytic thinking

To link psychoanalytic ideas and concepts to clinical practice in a variety of settings

To provide a broad introduction to the historical roots of psychoanalytic theory and to the major theorists with an emphasis on Object Relations theory and its contemporary developments

To foster interest and curiosity in psychoanalytic thinking and in further training and professional development

THEORETICAL FRAMEWORK

The papers are drawn from Object Relations theory and include writings from Freud, Klein, Winnicott and Bion to contemporary thinkers.

Through a combination of classic and contemporary papers the course explores the development of the mind, unconscious processes in everyday life and the therapeutic relationship, as well as considering how to think and work psychoanalytically.

COURSE STRUCTURE

The Course is divided into three key areas of study over two semesters:

- The Development of the Personality
- The Defences and Common Clinical Presentations
- The Practice of Psychoanalytic Psychotherapy.

OPPORTUNITIES AFTER COMPLETING THE COURSE

The course is not a pre-requisite for the VAPP Training Program, however it can be a pathway to undertaking the full training. There are also opportunities to continue to explore psychoanalytic thinking through reading groups, seminars and/or supervision.

THE COURSE EXPERIENCE

Participants have reported that the course has been highly relevant to their professional work and that it has enhanced their clinical practice. They have also commented that they have felt more able to understand their clients at a deeper level. The opportunity to discuss clinical work in a small facilitated group has been greatly appreciated.