

## STATEMENT ON EXEMPTION FROM THE FOUNDATION COURSE AND/OR PART OF THE CLINICAL TRAINING

The aptraining is a four year training leading the UKCP registration via the College of Psychoanalysis and Jungian Analysis (CPJA). As such we need to follow CPJA and UKCP guidelines.

### FOUNDATION COURSE

The aptraining Foundation course (unlike some other foundation or introductory courses elsewhere) is the first theoretical year of this four year training, so if you are applying for exemption from our Foundation course you must meet a number of conditions:

1. The course you have already taken, and which is the basis of your application for exemption, must have been taught at postgraduate level: so check carefully (postgraduate level is described as 'level 7' or 'M level').
2. The course must broadly have had the same demands as our Foundation course. That is, about 50 hours class contact covering theory and clinical application ('skills' classes or workshops are not counted).
3. We do not expect that you will have covered exactly the same topics but we do expect that you will have covered Freud, Klein, Jung, Object Relations, and Relational Theory and are familiar with the language each model uses. You will be expected to provide the topics and length of each seminar you have attended.
4. We would expect you to have previously been given, and have read, a reading list consisting of at least 30 appropriate psychoanalytic papers or book chapters. You will be expected to provide these lists with your application.
5. We do not necessarily look for any prior clinical experience whilst knowing that it can be very helpful on both the Foundation course and the clinical training. You should include full details in your application.
6. We look for prior experience of being a patient in psychoanalytic psychotherapy or Jungian analysis. Other forms of therapy are obviously valuable in a general sense, but as our courses are under the umbrella of the CPJA, we pay particular attention to the sort of therapy in which we train people. We may also consider the level of experience of your current or previous therapist(s). You are advised to include full details any previous or ongoing therapy in your application, in particular including the name(s) and orientations of these therapists. (Not having been in prior psychotherapy may not necessarily rule out your application but it will raise some questions including why are you applying for a training where personal psychotherapy is essential but so far you have not engaged in it.)
7. When considering requests for exemption the Training Committee also considers the potential difficulty for the candidate of entering a ready formed group of trainees who have moved from the Foundation course to the clinical training.

### CLINICAL TRAINING

The maximum amount that the Training Committee is allowed to exempt a candidate is for one year of the clinical training, so the minimum length of the course is 2 years. As you might expect, the requirements for exemption from the clinical training are much more demanding than for the Foundation course.

1. You must have been in personal psychoanalytic psychotherapy for at least 2 years at a frequency of at least twice a week. We will want details of all the therapy you have undertaken plus full details of the therapist(s).

2. You must have undertaken at least two years of M level (or level 7) study of psychoanalysis and Jungian analysis. We would expect a minimum of 150 hours of theoretical and clinical seminars (skills workshops are not considered). We require full details of all the seminars – length, topic and level. In addition, we require copies of the reading lists for these seminars – we would expect there to be a total of at least 100 papers, chapters or texts on these lists.
3. We would expect you to have gone in some depth in to a range of theories including: Freud, Klein, Bion, Jung, Winnicott, Attachment Theory, Relational Theory, Lacan, post-Jungians and post-Kleinians.
4. We do not specify which particular topics within these theories you should have covered.
5. You must be able to provide evidence of working with people in some form of helping capacity, preferably as a counsellor or therapist, so that clinical work on the clinical training will not be a new experience for you. This work must have been supervised in some way and we will require full details both of your experience and your supervision.
6. You must be able to provide convincing evidence of your ability to settle quickly into a pre-formed training group.
7. You must have prior experience of being a member of an analytic or experiential group, and provide full details.
8. Selection for the clinical training is competitive. Meeting all our requirements does not guarantee an offer of a place on the training. In addition, it will depend on how many places we have to offer in a particular year (the numbers usually vary between 4 and 8, so it is not a lot).

## **APPLICATION**

1. Many candidates requesting exemption assume that the AGIP Training Committee has full knowledge of courses other than those it offers. We are afraid that this simply is not the case. The consequence is that you must not assume we will know anything about the content, length or level your previous courses – **YOU** must provide us with full details.
2. The first step in applying for exemption from either the Foundation course or one year of the clinical training is to provide all the documents and information requested. Only after we have seen all this can we begin to consider your case. We are not able to give a decision on the telephone or without all the necessary information.
3. For candidates applying with non-UK qualifications and experience we expect all documents to have a certified translation into English. Without this we cannot consider your application for exemption