



Society for Social and Critical Psychoanalysis

SSCP Training in Psychoanalysis: Training Overview and Eligibility

Training Overview

The Society for Critical and Social Psychoanalysis offers a UKCP accredited psychoanalytic training in Truro, Cornwall. Our training reflects the philosophy of the organisation and is for a minimum of four years. It offers critical and comparative readings of psychoanalysis alongside continental philosophy, feminism and queer theory. It aims at engaging with the historical, political, theoretical and clinical developments of psychoanalysis and seeks to acknowledge the socio-cultural specificity of the individual's experience. Our aim is to encourage trainees to reflect critically on psychoanalytic theorising and practice so that they may develop their own individual position as psychoanalysts.

Training components

The training consists of the following elements:

- Personal therapy
- Theoretical and clinical seminars
- Supervised work with patients
- Written essays
- The 'pass'

The training may not be completed in less than four years. Nevertheless, in order to achieve their personal best and fulfil the course requirements, some trainees may need to remain in training for longer than four years.

Personal Analysis

All trainees are required to be in individual psychoanalytic psychotherapy/psychoanalysis for at least one year prior to training and to remain in it at least until graduation. The therapist/analyst must be approved by the Training Committee.

SSCP does not hold the view that the “depth” or “intensity” of a given analysis is determined by its frequency. However, we accept the current convention within the PPS of UKCP that an analysis of less than twice weekly is not acceptable for training purposes.

SSCP respects and values the confidentiality of the therapeutic relationship and would not wish to intrude on it by asking analysts for reports.

SSCP does not hold a list of ‘approved training therapists’ and each would be considered on merit. If a trainee is in ongoing analysis with a psychoanalytic therapist he/she may normally stay with them. In cases of a new analysis, the analyst / therapists will have to have been qualified for at least five years.

In the unusual event that the Training Committee might ask a trainee to change analyst, a clear reason will be given. The committee may have to write to an analyst / therapist unknown to it, to find out about their training and experience.

The Training Group

SSCP has one open training group, which all students join. In contrast to many other trainings, we do not operate year groups. The group has a maximum of 20 students.

SSCP subscribes to Psychoanalytic Electronic Publishing (PEPweb), which includes the classic thinkers of psychoanalysis – Freud, Klein, Winnicott etc. This enables students to access much but not all reading material for the programme online for free.

For a list of current SSCP trainees and their contact details [go here](#).

Seminars

The seminars are designed to introduce trainees to psychoanalytic and other relevant texts. The aim is to enable trainees to situate themselves in the psychoanalytic field and its practice in a thoughtful way. Our aim is to enhance the vitality of the training experience. To this end, the syllabus is not static and is redesigned each year according to the particular needs of training groups as well as the latest research interests of the teaching faculty. Reading lists for each seminar will be provided together with the training programme. The seminars take place all day on alternate Saturdays. The seminars consist of two parts:

- A theoretical seminar on readings from psychoanalysis and other relevant disciplines such as continental philosophy, feminist theory, queer theory or post-colonial theory;
- A clinical discussion in which a student presents clinical material to be discussed by the group and the teacher. In most cases the teacher for the theoretical seminar also leads the clinical discussion. Students may be asked to write/present texts in the course of a particular seminar.

In addition to the weekly/fortnightly seminars, once per year there is a non-residential training weekend and trainees may prepare for this by working together in small groups on presentations for the weekend. In addition to the set seminars we expect our trainees to attend the talks, workshops, conferences and other events organised by SSCP.

If you would like to see the most recent teaching syllabus, download a copy of the [SSCP 2023-2024 seminar programme](#).

Supervised Clinical Work

Each trainee is expected to build up a varied practice and to gain as much relevant experience as possible. Out of this practice, two patients will have to be long-term (not less than 18 months) under weekly supervision.

Over the course of the training each trainee will see at least two supervisors approved by the training committee. One of the two must be a member of SSCP.

Students will remain in some form of supervision for the duration of the training and must stay with each of their training supervisors for at least 18 months.

As in the case of personal therapy, the frequency of sessions with patients taken to supervision will be decided by the trainee, patient and supervisor according to the needs of the patient and the approach practised. However, it is accepted that for the purpose of training, the two long-term patients will have to be seen at least twice weekly. Other patients will be taken into account as the varied practice.

Written work

There are three pieces of written work: a non-assessed first year paper, a second year paper and a third year paper.

First year paper (3000 words)

At the end of the first year, each trainee lodges with their tutor a paper based on some aspect of their first year's teaching. This paper will not be formally assessed, but will be discussed in the tutorial setting. The aim of the paper is to give both trainee and tutor a sense of how the trainee has settled into the training ethos and to identify any areas where further support would be helpful.

Second year paper (3000 – 7000 words)

The aim of the second year paper is to demonstrate the trainee's capacity to critically and comparatively discuss psychoanalytic theory. By this point in the course trainees will have been introduced to a wide range of different psychoanalytic traditions and to the notion of critique which is foundational to the training ethos. This paper is an opportunity to begin to show a critical and comparative understanding of the psychoanalytic field. It is also where trainees demonstrate that they understand the imbricated nature of theoretical and clinical work.

Third year paper (3000 – 7000 words)

The aim of the third year paper is to demonstrate the trainee's capacity to write about their psychoanalytic work with patients in the context of the training and of their supervision. In contrast to the second year paper, this paper has clinical work at its centre. By this point in the training, trainees will have completed at least two years of

clinical work with a range of different people and will be developing a view of how they both understand the clinical encounter and their position within it. This paper is an important step towards the pass and so should be showing a growing ability to self-authorise about clinical work.

Tutorials

Each trainee is assigned a tutor who guides them through the training. The tutor meets the student once a term. Their function is to liaise between the trainee and the Training Committee. The tutor is responsible for obtaining regular reports from supervisors and for informing trainees of their progress as reported by teachers. Extra tutorials can be arranged if necessary.

Graduation

Trainees are assessed by the Training Committee each term and whenever the need arises. When all training requirements have been fulfilled to the Training Committee's satisfaction, a trainee may go for the "pass". The pass cannot be undertaken until the student has completed 4 years in the training.

The Pass is a rite of passage, enabling the student to pass from trainee status into membership of the Society. The key element of the pass is that it is not assessed by the training committee prior to its delivery. This is important as it marks the transition from authorisation by the Training Committee to self-authorisation.

The student makes their case for membership to a meeting of members and trainees of the Society. A trainee may speak to the assembled company about their work in any way they wish, usually for about 45 minutes, and would be assessed on the night by their ability to hold their own in the following discussion. The company then welcome the trainee into membership by a show of hands.

Membership and UKCP Registration

Successful completion of the training leads to full membership of SSCP and eligibility for registration with the UKCP. New members will have the opportunity to participate in the management and general running of the organisation and its committees.

They will also have an opportunity to contribute to other activities such as study groups, lectures and conferences.

Acceptance onto the course does not imply qualification or that registration and membership of SSCP is guaranteed.

Eligibility

1. Applicants are expected to have been in personal psychoanalytic psychotherapy for at least one year prior to their application (see requirements for Personal Therapy). SSCP is eager to avoid the disruption of anyone's personal therapy. However, please note that an applicant's psychotherapist will have to be approved by SSCP's training committee. Prospective applicants are strongly advised to consult SSCP prior to starting with a new psychotherapist;
2. Applicants are expected to have had work experience in related fields;
3. The training is at graduate level. Whilst formal academic qualifications are not necessary, applicants must be able to demonstrate a capacity for studying at the required academic level and that they have had some formal learning experience;
4. Applicants must be able to demonstrate suitable personal and psychological qualities to undertake training in, and sustain intensive psychotherapeutic work. A central part of the training involves long-term intensive work with vulnerable adults with a range of complex and often serious psychological difficulties. Serious psychiatric involvement such as psychosis, hospitalisation, attempted suicide and/or antipsychotic medication could put both the trainee and their patients at risk. Therefore applicants' psychiatric history will be considered as part of the application process and may be discussed at interview. If the Training Committee think there is a safeguarding issue— either for the applicant or their potential patients—the applicant's psychiatric record and/or a report from their current and/or previous psychotherapist/s may be sought, and the applicant may be rejected;
5. On receipt of the completed application form and payment of application fee, two interviews are arranged with members of the Training Committee. Selection for a

place will be made on the basis of the two interviews, the references and the application forms. If necessary, the applicant may be asked to attend a third interview. Following this, references are taken up and the Training Committee formulates a final decision on the applicant's suitability. Successful applicants usually join the training group during the Autumn term.

Appealing a decision

SSCP reserves the right to reject applicants. However, if an applicant is not successful in their application and they wish to appeal the decision they may do so up to one month after an application has been rejected. Appeals must be made in writing and emailed to Sally Sales at sallysales05@gmail.com. The outcome of the appeal is final.

Fees

The cost of our training is £1,200 per year. Fees may be paid in full each year or in three payments of £400 each term. Students who pay their fees in full at the beginning of the year will have a reduction of £75 on the overall yearly fee. Students who pay their fees per term will have a reduction of £25 for each payment that is made by the beginning of term.

Further enquiries

For further information, or to discuss the training and any questions you may have, please contact Dr Sally Sales, either by email at sallysales05@gmail.com or by phone on 07875 256 572.