



APPLYING FOR CLINICAL PSYCHODYNAMIC PSYCHOTHERAPY TRAINING

All potential applicants are strongly advised to contact the SIP Head of Training & Education at an early stage to discuss their readiness to apply. Students registered on SIPs pre-clinical courses are advised to discuss their ongoing learning with their personal tutor.

Application is via our website www.sips psychotherapy.org. Please contact us if you need any information or advice.

Applications are invited between 31st January and 31st March 2026 for training starting in September 2026. Late applications will be considered if circumstances permit.

Requirements of the Clinical Training

Clinical experience

We anticipate that many applicants for the psychodynamic psychotherapy training will be graduates (or those with equivalent qualifications) drawn in the main from clinical professions, most prominently psychiatry, general medicine, clinical psychology, psychiatric nursing, general nursing, music therapy, art therapy and counselling. Other applicants may be from social work, teaching or other non-clinical professions.

We are seeking applicants, who demonstrate a commitment to their own therapy, who show a commitment to working psychodynamically, and whom we believe to have the appropriate personal qualities to work effectively as a psychodynamic psychotherapist.

Personal Therapy

Applicants are required to have been in therapy with an SIP approved training therapist twice weekly for at least twelve months prior to the start of the clinical training. If not already in such therapy the Head of Training may be able to help applicants find a therapist.

Fundamentals Courses

Applicants are required to have successfully completed two of SIPs pre-Clinical Courses prior to the start of the clinical training:

- the one-year Work Discussion course
- the one-year Classical Freudian Theory course

In normal circumstances it will be possible to take these courses concurrently

All applicants should note that if the Classical Freudian Theory and/or Work Discussion course or equivalent learning has not been completed by the time of application, then copies of any Seminar Leaders' (or other course providers') reports to date should be submitted with the application.

Modified Entry

Alternatively, applicants who have not taken the SIP Pre-Clinical Courses are required to demonstrate that they have already acquired equivalent learning elsewhere.

To demonstrate equivalent learning, applicants must provide details of the courses and experience to be considered as equivalent, and of the organisations in which the courses were undertaken and the experience gained. These details should include the length of the course, the number of hours attended, a detailed description of the content of the course, including a reading list and the accreditation of the organisation and the professional registration of the Seminar Leaders. They should also include report(s) from the course provider(s) confirming the satisfactory completion of the course.

Applicants' prior learning will be assessed individually but applicants may expect that a decision regarding equivalence of any course of learning will be made on the basis of the course length, content, psychoanalytic focus, and accreditation of those delivering it, as well as the applicant's successful completion of the course.

In general, when exemption from the SIP Work Discussion course is sought, the applicant will be asked to submit to the PDTSC a clinical paper of a similar length to that required on the SIP Work Discussion course.

Psychiatric Experience

All clinical trainees are required to have experience of work in a psychiatric setting, either from previous work or through undertaking a Psychiatric Placement before or during the first year of the clinical training.

Broadly, this experience is necessary so that trainees:

- can recognise severe mental disorder
- have some personal experience of the processes involved in working with patients suffering from mental disorder
- can co-operate as necessary with colleagues and other professionals in the mental health field.

To establish if applicant's experience is sufficient:

- Potential applicants to the training should contact the Head of Training & Education (HoTE) to discuss whether their previous experience is sufficient.

Applicants should submit a statement from the HoT&E to the PDTSC confirming that an assessment of the applicant's psychiatric experience has been made and stating the outcome of this assessment.

- If the applicant's experience is *not* thought to be sufficient, the coordinator will advise the potential applicant to arrange a psychiatric placement. If this is not done before the clinical training it must be completed during the course of the clinical training.
- Some assistance in setting up placements will be available but, applicants are encouraged to make use of their own contacts and initiative, including in contacting their local mental health services.
- Given the difficulties that have existed recently in accessing psychiatric placement within the NHS, it may be necessary to approach voluntary sector organisations such as Mind, Second Step (in Bristol) or Rethink.



Applying for the Clinical Training

Pre-clinical students are advised to discuss a possible application with their personal tutor or the Head of Training. Those not currently taking pre-Clinical courses may contact the Training Administrator.

The application form for the Psychodynamic Psychotherapy training can be found on the [Psychodynamic Psychotherapy training page](#) of the SIP website.

The application consists of three parts:

- 1. Application form**
- 2. Personal Statement** In a separate document, please provide a personal account of your reasons for applying for this training.
- 3. Reflective piece of writing** You are asked to submit a reflective piece of writing of 1,000 words (+/- 10%) about a psychoanalytic theory or concept of interest to you, following the Classical Freud Theory Course (or equivalent). This will not be assessed or formally marked by the seminar leader but, is a requirement for the application process for the Psychodynamic Clinical Training.

These documents should be uploaded with your application - the form will guide you through the stages.

The Selection Process

Each applicant will attend two interviews with separate interviewers to assess their suitability for clinical training in psychodynamic psychotherapy. In some circumstances, an applicant may be asked to attend a further interview with a third interviewer. (This will incur no additional fee). Each interviewer will make a recommendation to the PDTSC, who will make a final decision.

The interviews will, in general, explore the applicant's family background, education, professional career, and experience of the pre-Clinical courses, as well as the applicant's personal experience, especially as it relates to their wish to undertake training in psychodynamic psychotherapy.

Applicants will have the opportunity to ask any questions they may have about the training, and will be given an idea of the timescale in which they can expect to hear the outcome of their application.

Decision by the Psychodynamic Training Sub-Committee

The final decision to accept or reject the applicant will be made by the Psychodynamic Training Sub-Committee.

If the applicant has not yet finished the pre-Clinical courses, any offer will be dependent on their successful completion.

Successful applicants are offered a place in writing by the HoTE and PD Lead. To take up the place, successful applicants shall communicate in writing their acceptance of the offer and their undertaking to meet the requirements of the training including the fees.

If an applicant is rejected, they may be given guidance on area they need to develop and invited to apply again in future.