



THE ANALYTICAL PSYCHOTHERAPY TRAINING: BIRMINGHAM

AN INTRODUCTION TO ANALYTICAL PSYCHOTHERAPY

Session 1: What is Analytical Psychotherapy?

We will explore the roots and branches of Jungian psychotherapy, its history and its connections with other traditions and approaches. What makes this way of working different from other talking therapies, and why is it so relevant today?

DATE: 28th September 2024

TEACHER: Tim Wood

BIOGRAPHY

Tim is a Jungian Analytical Psychotherapist working in private practice in South Birmingham. He is also currently a member of the Analytical Psychotherapy Training Committee: Birmingham at the West Midlands Institute of Psychotherapy.

Session 2: The Analytic Frame

What actually happens in the analytic session? We will look at the importance of the frame (boundaries, setting, time, money) in creating a space in which authentic relating and genuine transformation might occur.

DATE: 5th October 2024

TEACHER: Shane Sneyd

BIOGRAPHY:

Shane is a Jungian Analytical Psychotherapist with the British Psychoanalytical Council in private practice in Dudley, West Midlands. He originally trained as a youth and community worker and then trained as a counsellor before training at the West Midlands Institute of Psychotherapy. He is an associate psychotherapist to the Professional Footballers Association (PFA) in partnership with the Sporting Chance Clinic. Shane is also a visiting lecturer on the Analytical Psychotherapy Training: Birmingham and is a current member of the Analytical Psychotherapy Training Committee.

Session 3: Dreams

Jung believed that the symbols and images that arrive in dreams are deeply meaningful for the individual and the collective. How does dreamwork support and energise the therapeutic process?

DATE: 12th October 2024

TEACHER: Laura Chaisty

BIOGRAPHY:

Laura Chaisty is a graduate of the Analytical Psychology Training in Birmingham. She has previously practised as an Art Psychotherapist and now works both in an NHS Psychotherapy service and in private practice.

Session 4: The Analytic Relationship

Is it me, or... ? Analytical psychotherapy is intensely relational. Can early family dynamics and unconscious self-beliefs be understood and released, through working with the transference?

DATE: 19th October 2024

TEACHER: Alison Rolfe

BIOGRAPHY:

Alison Rolfe is a Jungian Analytical Psychotherapist and graduate of the Analytical Psychology Training Birmingham. She has a background in research, lecturing and practice in both psychology and psychodynamic counselling. She works full-time in private practice in South Birmingham.

Session 5: Public Lecture

DATE: 2nd November 2024

SPEAKERS: Rupert Tower and Christopher Perry

TITLE: Jung's Shadow Concept: The Hidden Light and Darkness within Ourselves

The purpose of this talk is to explore the origins of the concept, what Jung meant by "the Shadow", how it operates in our daily lives, and its epigenesis. Also, Jung's development of the concept, differentiating the Personal and Collective Shadow, Complexes, Archetypes, and the Individuation process. The Shadow's development in early life, and the feeling most associated with the Shadow, Shame. Clinical examples will be shared. Jung's Confrontation with his own Shadow in the Red and Black Books, the problem of Evil, the Trickster, Alchemy, and the Shadow in Dreams, with Post-Jungian elaborations and critiques. Film clips will be shown as illustrations of the Shadow's manifestations and processes.

Session 6: Babies and Their Parents

Contemporary developmental insights continually expand our understanding of the way we grow and become ourselves, from the beginning. How are these insights integrated into analytical psychotherapy today?

DATE: 9th November 2024

TEACHER: TBC

Session 7: Me and My Shadow: Aspects of the Self

The Jungian description of the Self includes the shadow, archetypes and complexes. How can the reflective process of analytical psychotherapy help to restore a sense of Self, heal the wounded Self and release the resources of the creative Self?

DATE: 16th November 2024

TEACHER: Pauline Higham

BIOGRAPHY

Pauline Higham is an Analytical Psychotherapist working in private practice in Leicester. She is a training therapist and supervisor with the Analytical Psychotherapy Training offered by WMIP. Pauline is a professional member of WMIP. For many years she worked as a registered mental health nurse and specialist practitioner in the NHS. She has a special interest in early relational trauma.

Session 8: Why Psychotherapy?

In the face of distress, we all develop defences which can become rigid and self-destructive. Analytical psychotherapy offers an alternative response to suffering, releasing defences and making possible a meaningful life.

DATE: 23rd November 2024

TEACHER: Lisa Sweet

BIOGRAPHY

Lisa originally trained and practiced as a Clinical Psychologist, working in the NHS for several years. Having subsequently trained at the Guild of Psychotherapists in London, she now works in private practice as a Psychoanalytic Psychotherapist in Leicestershire.

Session 9: Personal Growth

Individuation (Some say Becoming myself) - Jung's term for a lifelong psychological and spiritual journey. We will explore some excerpts from Jung's Red Book and Black Books.

DATE: 30th November 2024

TEACHER: Hellen Mabhikwa

BIOGRAPHY:

Hellen Mabhikwa is a graduate of the WMIP Jungian Training, now called the Analytical Psychology Training: Birmingham. She is a training analyst and supervisor. She has taught on this training and at the Society of Analytical Psychology (SAP). She has previously published a paper on 'Alchemical dragons: Winnicott's reaching towards the objective psyche', in the International Journal of Analytical Psychology. She works in private practice in Leamington Spa.

MODULE 10: What Next?

In the final session of the course we will reflect on what has resonated with each of us, and think together about our own individuation journeys. Interested in training as a psychotherapist? Curious about infant observation? Where to from here?

DATE: 7th December 2024

TEACHER: Shane Sneyd

BIOGRAPHY:

Shane is a Jungian Analytical Psychotherapist with the British Psychoanalytical Council in private practice in Dudley, West Midlands. He originally trained as a youth and community worker and then trained as a counsellor before training at the West Midlands Institute of Psychotherapy. He is an associate psychotherapist to the Professional Footballers Association (PFA) in partnership with the Sporting Chance Clinic. Shane is also a visiting lecturer on the Analytical Psychotherapy Training: Birmingham and is a current member of the Analytical Psychotherapy Training Committee.