



# 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: 28<sup>th</sup> 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: 5<sup>th</sup> 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:** 12<sup>th</sup> 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:** 19<sup>th</sup> 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:** 2<sup>nd</sup> 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:** 9<sup>th</sup> November 2024

**TEACHER:** Joanna Tucker

**BIOGRAPHY**

Joanna Tucker was a social worker prior to training as a psychotherapist with the West Midlands Institute of Psychotherapy. She holds Professional Membership of the WMIP; she spent a number of years on the Analytical Psychotherapy Training Committee of WMIP and taught Infant Observation for them. She has been involved with the Oxford Parent-Infant Project since 1999, currently as a Trainer and Consultant. She is a qualified Guider and Supervisor in Video Interaction Guidance. She has taught on several therapeutic and academic trainings and has had a number of articles published.

**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:** 16<sup>th</sup> 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:** 23<sup>rd</sup> 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:** 30<sup>th</sup> 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:** 7<sup>th</sup> 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.