



# 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:** 27<sup>th</sup> September 2025

**TEACHER:** Carrie Worrall

**BIOGRAPHY:**

Carrie Worrall is a graduate of the WMIP Jungian Training, now called the Analytical Psychology Training: Birmingham. She has taught on the training and has previously published a paper on the inter-relational development of self-agency, in the International Journal of Infant Observation. She works in private practice in Leamington Spa.

**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:** 4<sup>th</sup> October 2025

**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 co-chair of The West Midlands Institute of Psychotherapy.

**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:** 11<sup>th</sup> October 2025

**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: 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:** 18<sup>th</sup> October 2025

**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.

**Session 5: Public Lecture**

**DATE: 1<sup>st</sup> November 2025**

**SPEAKERS: Helen Morgan**

**TITLE: A Workshop on Whiteness: Exploring Racism in Therapeutic Work**

This workshop is rooted in the assumption that the division of the races was created by a racist system for economic and political purposes. It is a deep, entrenched, social structure which creates and promotes white advantage. It is one within which we all live and is a dynamic which will inevitably permeate our therapeutic work. I suggest the position of colour blindness - which is frequently that taken by white therapists - resists acknowledgement of this reality and avoids the work required of us. I argue this is no altruistic endeavour but that, whilst clearly doing untold harm to people of colour, such a system also limits and distorts the development of white individuals and the society in which we are citizens.

The day will include a presentation and small group work

**BIOGRAPHY:**

**Helen Morgan** is a Fellow of the British Psychotherapy Foundation and a training analyst and supervisor for the British Jungian Analytic Association within the BPF. Her background is in therapeutic communities with adolescents and in adult mental health. She has published a number of papers on racism, and her book *'The Work of Whiteness. A psychoanalytic perspective'* was published by Routledge in May 2021.

**Session 6: Babies and Their Parents**

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

**DATE: 8<sup>th</sup> November 2025**

**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: 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:** 15<sup>th</sup> November 2025

**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 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:** 22<sup>nd</sup> November 2025

**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:** 29<sup>th</sup> November 2025

**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:** 6th December 2025

**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 co-chair of The West Midlands Institute of Psychotherapy.