



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

**The Analytical Psychotherapy Training:
Birmingham**

presents

**An Introduction to Analytical
Psychotherapy**

*A short CPD course to
explore key concepts of
Jungian psychotherapy*

SEPT – DEC 2026

**Saturday mornings
10.15am – 1pm**

**CENTRAL
BIRMINGHAM**

This 10-week course (25.75 CPD hours) is designed for those curious about Jungian and psychoanalytic concepts and the practice of analytical psychotherapy today.

THE COURSE:

The Analytical Psychotherapy Training: Birmingham warmly invites you to join a short 10-week course this autumn in central Birmingham.

In a small group setting, led by experienced psychotherapists, we will cover the key clinical ideas of analytical psychotherapy, including the analytic frame, transference, working with dreams and mother/infant research.

The course will include attendance at our keynote public lecture on the 7th November 2026.

PARTICIPATION:

We welcome participants from all backgrounds. Previous attendees at our introductory courses have included counsellors, clinical psychologists, those working in pastoral care and spiritual direction, teachers, doctors and social workers.

SESSIONS:

1. What is Analytical Psychotherapy?
2. The Analytic Frame
3. Dreams
4. Me & My Shadow: Aspects of the Self
5. Babies, Children and their Parents: Attachment and Relationship
6. **Public Lecture***: Speakers: Katerina Sarafidou and Diane Zervas Hirst
7. Why Psychotherapy?
8. The Analytic Relationship
9. Personal Growth
10. What Next?

TIMETABLE 2026:

26 September
3, 10, 17, 31 October
7, 14, 28 November
5, 12 December

**The public lecture will take place from 10.15am – 3pm. The venue for this event will be St Paul's Convent, Selly Oak, Birmingham.*

CONTACT

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EARLY BIRD FEE:

£575.00

**If registered and paid in full by
30th June 2026**

STANDARD FEE:

£675.00

CPD:

**Maximum of 25.75 CPD
hours**

CPD certificates will be issued on completion of the course

**PLACES ARE LIMITED –
EARLY BOOKING IS ADVISED**

**SUCCESSFUL APPLICANTS
WILL BE ELIGIBLE FOR A 30%
DISCOUNT ON WMIP AFFILIATE
MEMBERSHIP**



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FEEDBACK FROM THE 2025 PROGRAMME:

“Overall I thought this course was an excellent introduction to Analytical Psychotherapy that was accessible and relevant to all in the room, even though the professional and personal backgrounds were diverse.

People come to analytical psychotherapy in many different ways, and this introduction was able to bring all onboard without losing sight of the fact that there are very definite and difficult concepts to come to grips with.

*In one session, the chance to read *The Red Book* with others was a real treat for me and to be able to express myself on the material.*

In another session, the opportunity of weaving together Jungian thought with practice was invaluable.

Each session brought something new for me, some topics being more challenging than others, but overall I have been left with the confidence to continue my journey.” LT, 2025

FEEDBACK FROM THE 2024 PROGRAMME:

“Thank you to all involved for a really enriching, enjoyable and stimulating variety of sessions around the Analytic way of working. I decided to partake in the course as an experienced counsellor curious about working at a deeper level with my clients. I feel the course has more than whetted my appetite for continued learning and it has been helpful both personally and professionally as I integrate the experience into my life and work. I did not at all know what to expect but I’m so glad I decided to take part.” CM, 2024

“I found the “Introduction to Analytical Psychotherapy” course an enriching experience. One of its standout features was the impressive variety of speakers, each bringing unique perspectives and expertise to the subject matter covered.

The course delivered on its promises, providing a solid foundation in analytical psychotherapy while also encouraging deeper exploration of its concepts. The value for money was exceptional, as the content, speaker diversity, and engaging delivery more than justified the cost.” LE, 2024



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