



THE ANALYTICAL PSYCHOTHERAPY TRAINING: BIRMINGHAM

AN INTRODUCTION TO ANALYTICAL PSYCHOTHERAPY 2026

Session 1: What is Analytical Psychotherapy?

We will explore the roots and branches of analytical psychotherapy, tracing its development and connections with Jungian, psychoanalytic, and other therapeutic traditions. We will consider what makes this way of working different from other talking therapies, including its focus on the unconscious, relationships, dreams, and symbolic meaning. Together we will reflect on why this depth approach to understanding ourselves remains so relevant today.

DATE: 26th September 2026

TEACHER: Carrie Worrall

BIOGRAPHY:

Carrie Worrall is a graduate of the Analytical Psychotherapy 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: 3rd October 2026

TEACHER: Maria Francis

BIOGRAPHY:

Maria Francis is a graduate of the Analytical Psychotherapy Training in Birmingham. She has had a background working within the Public Service Sector. She is now working in private practice as an Analytical Psychotherapist in Leicestershire.

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: 10th October 2026

TEACHER: Laura Chaisty

BIOGRAPHY:

Laura Chaisty is a graduate of the Analytical Psychology Training in Birmingham. She is the co-chair of The West Midlands Institute of Psychotherapy and a visiting lecturer on the Analytical Training in Birmingham. She convenes the Analytic Film Group for the West Midlands Institute of Psychotherapy and arranges a variety of CPD activities. She trained and practised as an Art Psychotherapist for 18 years before training as a Jungian Analytical Psychotherapist. She works both in 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: 17th October 2026

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.

PLEASE NOTE THAT THERE IS NO SESSION ON THE 24TH OCTOBER 2026

Session 5: Babies, Children and their Parents: Attachment and Relationship

We are profoundly social creatures, wired for attachment and connection. Our ways of relating to other people, our own bodies and our emotions are all shaped by our relationships with our parents and caregivers in infancy and childhood. These 'internal working models' are often unconscious, shaping both how we experience the world and how other people respond to us. Contemporary developmental insights and research findings are continually expanding our understanding of these dynamics. How are these insights integrated into analytical psychotherapy and psychoanalytic work today?

DATE: 31st October 2026

TEACHER: Rachel Dunkley Jones

BIOGRAPHY:

Rachel Dunkley Jones is an Analytical Psychotherapist in full time private practice in Moseley, south Birmingham. She trained with the Analytical Psychotherapy Training: Birmingham and is a member of the West Midlands Institute of Psychotherapy. Her background is in literature, anthropology and sociology. She is particularly interested in how we work with the body, attachment dynamics and our defences against connection.

Session 6: Public Lecture Day

DATE: 7th November 2026

LECTURE 1: VII Sermons to the Dead as the Cornerstone of Jung's Individuation Process:
An Introduction to the Text and its Clinical Relevance

SPEAKER: Katerina Sarafidou

BIOGRAPHY:

Katerina Sarafidou is the Head of Research and former Director of the MSc Psychodynamics of Human Development run by Birkbeck College and the British Psychotherapy Foundation. She is an honorary member of the British Jungian Analytic Association and one of three founders of The Circle of Analytical Psychology, which offers a 2-year course on Jung's Liber Novus.

Session 7: 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: 14th November 2026

TEACHER: Lisa Sweet

BIOGRAPHY:

Lisa Sweet 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. She is a teacher on the APT:B Training, and is a member of the Training Committee.

PLEASE NOTE THAT THERE IS NO SESSION ON THE 21ST NOVEMBER 2026

Session 8: 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: 28th November 2026

TEACHER: Alison Rolfe

BIOGRAPHY:

Alison Rolfe is a Jungian Analytical Psychotherapist and graduate of the Analytical Psychology Training Birmingham (APT:B). 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. She is a regular teacher on the APT:B Training, and is a member of the Training Committee.

Session 9: Personal Growth

Individuation (or you might say, 'becoming myself') - Jung's term for a lifelong psychological and spiritual journey. We will explore Jung's idea, in particular the importance of internal relationship with one's deeper Self, and the role of external relationships in the service of personal growth.

DATE: 5th December 2026

TEACHER: Alf McFarland

BIOGRAPHY:

Alf McFarland is an Analytical Psychotherapist who graduated with the first cohort of trainees on the Birmingham training in the mid-1990's. Having trained initially as a Clinical Psychologist and worked for some years in the NHS and in Student Counseling, Alf continues to work in private practice in Leicester.

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: 12th December 2026

TEACHER: Iona Brown

BIOGRAPHY:

Iona Brown started her professional life as a journalist and spent twenty years in newspapers and television before changing tack and training as a person-centred counsellor in Wigan, and getting a job in the NHS in, initially, a personality disorders service. She now works as an Analytical Psychotherapist in private practice in Cambridgeshire, having undertaken the WMIP training in Birmingham.