

SIHR

THE SCOTTISH INSTITUTE OF HUMAN RELATIONS



**trainings, courses, and services
2009-2010**

SIHR

The Scottish Institute of Human Relations
- understanding people -

Short Courses

- Understanding and working with Adolescents – turbulence, trauma, change and challenge 5
- Personality Disorders: Person or Problem? – using a psychodynamic framework to enhance professional practice 6
- Working Therapeutically with Couples – psychoanalytic approaches 7

Professional Trainings and Academic Courses

- Diploma in Psychodynamic Counselling and Therapeutic Practice 8
- Therapeutic Skills for Children and Young People – Cert/Diploma/MSc, University of Strathclyde 9
- Child and Adolescent Psychotherapy training – Professional Doctorate in Child Psychoanalytic Psychotherapy, in partnership with the Tavistock and Portman NHS Foundation Trust / University of East London, and accredited by the Association of Child Psychotherapists 10
- Family Therapy and Systemic Practice - Foundation Training 11
- Family Therapy and Systemic Practice - Intermediate Training 12
- Family Therapy and Systemic Practice – Clinical Masters - validated by the University of Strathclyde 13
- Adult Psychoanalytical Psychotherapy Training - accredited by British Psychoanalytic Council 14

Requested workshops and short training courses 15**Professional consultancy 15****Services 15**

For more information about SIHR courses and services, contact: info@sihr.org.uk

SIHR

Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

Why choose SIHR?

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic, and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

For more information about SIHR courses and services, contact: info@sihr.org.uk

Short Course

Understanding and Working with Adolescents - turbulence, trauma, change and challenge

Introductory ten week course, part-time, one half-day a week.

13 January 2010 – 24 March 2010

(application deadline 1 December 2009)

This established course is designed to provide ways of thinking about the adolescent phase of the life cycle in order to facilitate direct work with young people. Psychoanalytic theory is used to throw light on the complex adjustments to physical and social changes which constitute the major tasks of adolescence. The course focuses on gaining understanding of the dilemmas which confront all young people. These can create great strains for some individuals and result in developmental delays, problematic behaviours and sometimes serious mental illness.

This course is relevant for professionals in a variety of settings (voluntary and statutory) who have substantial experience of working with young people and are interested to deepen their understanding of conscious and unconscious process. These may include doctors, social workers, nurses, teachers, counsellors and children's reporters. Some knowledge of psychodynamic ideas is helpful but is not essential.

Course fee: £650.00

Venue: SIHR Edinburgh

For more information about SIHR courses and services, contact: info@sihr.org.uk

Short Course

Personality Disorder: Person or Problem? - using a psychodynamic framework to enhance professional practice

A ten week short course

Thursdays: 14 April – 16 June 2010, 9.30 am – 1.00 pm

(application deadline 19 March 2010)

The course offers an opportunity to further develop an understanding of people with personality disorders and how these disorders impact upon the individual, the family, the practitioner and the organisation.

This course is relevant for practitioners in healthcare, social work, teaching, prison welfare housing, ministry, voluntary organisations et al who are working with service users with personality disorder.

Course fee: £700

Venue: SIHR Edinburgh

For more information about SIHR courses and services, contact: info@sihr.org.uk

Short Course

Working Therapeutically with Couples - psychoanalytic approaches -

A 10 session course on developing psychoanalytic understanding of couple relationships.

Monthly meetings: 27 August 2010 to 18 June 2011

(application deadline 2 August 2010)

Using as its starting point the common problems couples bring, this new course aims to develop practitioners' psychodynamic and psychoanalytic understanding of complexities in couple relationships and to apply this understanding to working therapeutically.

This course is relevant for qualified and experienced practitioners with an interest in psychoanalytic and psychodynamic approaches. Applicants should be in clinical practice as adult or child and adolescent psychotherapists, or as individual and / or couple counsellors, or as family therapists or as practitioners working with children, young people and their families. If you are uncertain that you meet this criteria, but would like to attend, the course tutors would be happy to meet to discuss your application with you.

Course fee: £500 SIHR members and students / £650 non members

Venue: SIHR Edinburgh

Professional Trainings and Academic Courses

Diploma in Psychodynamic Counselling and Therapeutic Practice

Part-time modular training, beginning September 2009 in Glasgow, over two years

The SIHR Diploma in Psychodynamic Counselling and Therapeutic Practice is validated by COSCA. This modular Course has been designed to fulfil the training requirements for those who wish to work towards professional accreditation with COSCA or BACP.

Entry requirements:

All applicants are considered on the basis of suitability for the course, irrespective of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. Applicants are normally required to:

- Have completed an approved initial counselling skills training course or its equivalent¹
- Have experience of working with people in a field relevant to counselling;
- Have a willingness to engage actively in discussions throughout the course;
- Undertake on-going personal and professional development, including their own personal therapy;
- Have the capacity to develop a critical awareness of underlying interpersonal psychodynamics and apply this in practice;
- Have a readiness to engage effectively in a counselling placement;
- Have the capacity to work independently to ensure that they can achieve the standards necessary to complete the course satisfactorily.

Course fee: Course fees for 2009-2010 will be of the order of £2800.00 per year. Tuition fees for the course do not include personal therapy/counselling or individual supervision.

Venue: Glasgow

For more information about SIHR courses and services, contact: info@sihr.org.uk

¹ APL and/or APEL will be considered where applicants have considerable therapeutic experience; SI HR offers intensive weekend skills training courses to support such applicants

Professional Trainings and Academic Courses

Therapeutic Skills with Children and Young People Certificate/Diploma/MSc validated by the University of Strathclyde

Part-time course, delivered 1 day a week over 3 ten week terms.

Deadline line for applications: by 7 June 2010

Interviews will be held: 14 April, 26 May and 21 June 2010

This modular course is intended to enhance work practice and facilitate professional development by developing knowledge and therapeutic skills from psychodynamic and attachment perspectives. It offers an in-depth understanding of infants', children's and adolescents' emotional, social and personality development; the significance of primary relationships and the relevance of these to students' work practice. The course is applicable to a variety of professions working in a range of contexts, ie: health, education, social work, child care and the voluntary sector.

Entry requirements:

- A professional qualification requiring a minimum of one year's training in: health, social work, education or child care.
- One year post-qualifying experience of working with infants, pre-schoolers, children, young people and their families.
- Continuing professional contact with children and/or young people throughout the course.
- A capacity to reflect on oneself in relation to others and one's work.

Course fee: to be confirmed

[for 2009-2010 - £790 plus £120 University registration fee per module]

Venue: Aberdeen, Edinburgh / Glasgow.

For more information about SIHR courses and services, contact: info@sihr.org.uk

Professional Trainings and Academic Courses

Clinical Training in Child and Adolescent Psychotherapy

Accredited by the Association of Child Psychotherapists
Leading to the Doctorate in Child Psychoanalytic Psychotherapy
(D.Ch.Psych.Psych.), in partnership with the Tavistock and Portman NHS Foundation
Trust and University of East London

Three terms of 10 weeks per year beginning late September. Part-time,
one day per week. Minimum length four years.
Deadline for applications 1 April 2008 (for the training starting September
2009)

Professionally accredited and recognised by the Association of Child
Psychotherapy and the Department of Health, this course provides a
clinically based training at Doctorate level and facilitates the development
of clinical skills in the specialised psychotherapeutic treatment of children,
young people and their families. It enables trainees to function as
independent clinicians, and to work in conjunction with other
professionals as part of a multi-disciplinary health team; to undertake
assessments and to work effectively with long-term, intensive and non-
intensive cases.

Entry requirements: Candidates should have postgraduate level of
competence and an honours degree which includes the study of child
development, or a related subject. Entry may also be through the MPhil,
or MSc degree in the SIHR course Therapeutic Skills with Children and
Young People, or a recognised psychoanalytic observational studies
course, or a pre-clinical training programme accepted by the ACP.
Candidates should also have relevant experience of working with children
of varying ages, including children under five years, and with adolescents.

Course fee: For 2009-2010: The current situation is that the Mental
Health Division of the Scottish Government has given funding to the
Training School via NHS Education Scotland to finance the training
including course fees. This fee does not include personal analysis and
supervision fees, which are negotiated separately between the analyst and the
trainee. A limited number of bursaries are available from the Scottish Child
Psychotherapy Trust

Venue: SIHR, Edinburgh.

For more information about SIHR courses and services, contact: info@sihr.org.uk

Professional Trainings and Academic Courses

Family Therapy and Systemic Practice - Foundation Training Postgraduate Certificate

Part time training delivered in six two-day blocks over an academic year.

October 2010 – May 2011

Deadline for applications : July 2010 – to be confirmed

Interview dates : July 2010 – to be confirmed

A Foundation Course in Family Therapy and Systemic Practice consisting of two modules:

- Introduction to systemic thinking
- Introduction to systemic practice

Learning opportunities are provided to allow the development of:

- An awareness and understanding of theory related to family therapy and systemic practice
- The introductory clinical skills necessary for therapeutic application

This ensures an understanding of both the theory underpinning practice and how to begin to systemically apply this in a work context.

Entry requirements:

Candidates should have a relevant professional qualification or equivalent e.g. nursing, psychology, social work.

Course fees: to be confirmed

[for 2009-2010: £1500]

Venue: 5 La Belle Place, Glasgow.

For more information about SIHR courses and services, contact: info@sihr.org.uk

Professional Trainings and Academic Courses

Family Therapy and Systemic Practice - Intermediate Training

Part time training delivered in six two-day blocks over an academic year.

October 2010 – May 2011

Deadline for applications : July 2010 – to be confirmed

Interview dates : July 2010 – to be confirmed

Forming the second year of clinical training, this course can serve as a stand-alone qualification, developing systemic ideas and clinical skills, or the base for advanced professional training. The intermediate training consists of three areas of study: Developing Systemic Practice, Towards a Systemic Disposition, and Professional and Personal Contexts.

Entry requirements:

Candidates should have completed the foundation course or equivalent.

A work environment which will allow for at least 60 hours of systemic practice with families.

Course fees: to be confirmed

[for 2009-2010: £1800]

Venue: 5 La Belle Place, Glasgow

For more information about SIHR courses and services, contact: info@sihr.org.uk

Professional Trainings and Academic Courses

Family Therapy and Systemic Practice - Masters Programme

Validated by the University of Strathclyde

24 tutor-led academic days and weekly clinical placements over two years

October 2010– May 2012

Deadline for applications : July 2010 to be confirmed

Interview dates : July 2010 - to be confirmed

As a qualifying level training, this allows graduates to apply for registration as a Family Therapist/Systemic Psychotherapist with the Association of Family Therapy and Systemic Practice and the UKCP. Modules cover the following subjects and areas: Diversity and Anti-discriminatory Practice within a Systemic Framework; Early Development of Systemic Theory and Practice; Research and Reflexivity - Methods of Professional Enquiry; Recent Developments in Family Therapy and Systemic Practice; Systemic Psychotherapy in Context; Theory and Practice of Supervision; Professional Enquiry and Development Study. Students will have the opportunity at Masters level to undertake a major piece of original work, centred on their professional practice.

Entry requirements:

Candidates should have completed foundation and intermediate courses or equivalent.

Capacity to undertake 160 hour clinical placement each year.

Work environment which will allow for at least 100 hours of systemic practice with families in each of the two years.

Course fees: to be confirmed

[for 2009-2010 £3250 and 2010-2011 £3750]

Venue: 5 La Belle Place, Glasgow

For more information about SIHR courses and services, contact: info@sihr.org.uk

Professional Trainings and Academic Courses

Adult Psychoanalytical Psychotherapy Training

Professional training accredited by the British Psychoanalytic Council.

Three terms of ten weeks per year beginning January 2009. Part time, one evening per week. Minimum length four years.

This course equips trainees to conduct psychoanalytical psychotherapy at a specialist level, forming the basis for a senior post in psychotherapy in the NHS, or for working as a psychoanalytic psychotherapist in private practice. It also aims to enable the individual to act as trainer within his or her own professional area, as well as to stimulate and disseminate psychoanalytic knowledge to the wider community.

Entry requirements:

- Candidates must have a degree either in medicine, psychology, the social sciences or an equivalent degree or professional qualification. In exceptional circumstances, however, other trainings and experience may be taken into consideration.
- Experience in one of the core caring professions.
- Professional experience with psychiatric patients. If such experience is lacking it must be undertaken either before the training or from the beginning of the course.

Course fees: £1700

This fee does not include personal analysis and supervision fees, which are negotiated separately between the analyst and the trainee. Fees are reviewed annually.

Venue: SIHR, Edinburgh

For more information about SIHR courses and services, contact: info@sihr.org.uk

Requested workshops and short training courses

SIHR offers a range of workshops and short training courses which can be tailored specifically for teams and organizations and are delivered by members of our training team with the necessary depth and experience in the areas of:

- Couples counselling work
- Family therapy
- Children and young people
- Supervision training
- Group relations
- Social work education

Professional Consultancy

SIHR offers consultancy in the following areas:

- **Organisational Consultancy**
For groups or individuals to examine organizational dynamics and how they impact on the decision making process
- **Supervision Service and Case Consultancy –**
For practicing counsellors, psychoanalytical psychotherapist and other workers in the caring professions seeking caseload supervision, reflective space, and external consultancy.
- **Brief employment related counselling for employees**
For organizations seeking staff support programmes or short-term counselling contracts for employees in response to personal or work-related events.

Services

SIHR offers psychotherapy and counselling by qualified and experienced therapist and counsellors.

- Psychoanalytic psychotherapy – Edinburgh only
- Couples therapy – Edinburgh and Glasgow
- Counselling – Edinburgh and Glasgow
- Children and young people's service – Edinburgh only.

For more information about SIHR courses and services, contact: info@sihr.org.uk



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with wide network of practitioners and members.

The Scottish Institute of Human Relations

172 Leith Walk
Edinburgh
EH6 5EA

5 La Belle Place
Glasgow
G3 7LH

t: 0131 454 3240
f: 0131 454 3241

t: 0141 332 0011
f: 0141 332 3999

e: edinburgh@sihr.org.uk

e: glasgow@sihr.org.uk

www.sihr.org.uk

SIHR aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

The Scottish Institute of Human Relations Ltd is registered in Scotland as a company limited by guarantee. No 56781. Registered charity no SC013051 Registered office: 172 Leith Walk, Edinburgh, EH6 5EA