Psychodynamic Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Psychodynamic Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Psychodynamic Foundations” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Psychodynamic Foundations” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Psychodynamic Foundations

This six-hour CPD course offers a rigorous introduction to psychodynamic thinking for counsellors, trainees and clinicians from other modalities who wish to integrate its core concepts into practice. The first module examines the dynamic model of the mind, focusing on unconscious process, internal conflict and the ego defences that shape everyday functioning and clinical presentation. Participants will learn to identify common defence mechanisms such as repression, projection, splitting and projective identification, and to recognise how these operate within the therapeutic encounter. The second module explores developmental and object relations theory, tracing the formation of internal object worlds from early attachment experiences and showing how these patterns re-emerge in the transference-countertransference matrix. Attention is given to the therapeutic relationship as the primary vehicle of change, including the psychodynamic stance of listening beneath the surface, the management of enactments, and the ethical use of countertransference as a clinical tool.

Teaching combines didactic presentation, case illustration and guided reflective exercises, enabling learners to apply psychodynamic formulation to assessment, contracting and ongoing work. By the end of the course participants will be able to construct a basic psychodynamic case formulation, recognise defensive processes in session, and begin to work with transference phenomena in a contained manner. No prior psychodynamic training is required, and the course aligns with current evidence-based practice guidelines for psychodynamic psychotherapy.

By the end of the course, participants will be able to

- Trace psychodynamic thought from Freud through object relations to attachment and relational schools
- Explain unconscious process, defence and internal object relations in contemporary language
- Describe the frame and analytic attitude: reliability, neutrality rightly understood, and abstinence rightly understood
- Recognise transference, countertransference and enactment in clinical vignettes
- Use the two triangles to read clinical material psychodynamically
- Distinguish psychodynamic therapy from psychoanalysis and state what each offers whom

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	The dynamic model of mind	5	180 minutes
2	Development and the relationship	5	180 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.