Psychoanalytic Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Psychoanalytic 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 “Psychoanalytic 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 “Psychoanalytic 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 Psychoanalytic Foundations

This comprehensive introductory programme offers a rigorous exploration of the psychoanalytic tradition, providing the essential theoretical grounding required for advanced clinical practice. Designed for counsellors, psychologists, and trainees, this six-hour CPD course demystifies the intellectual lineage that underpins much of contemporary psychodynamic therapy. We move beyond superficial overviews to examine the historical evolution of the discipline, ensuring learners grasp the foundational shifts that have shaped modern therapeutic thought. By establishing a strong historical context, the course enables professionals to critically evaluate different theoretical approaches and understand the evolution of the therapeutic relationship.

The curriculum meticulously traces the trajectory from Sigmund Freud's initial formulations to the diverse schools of thought that emerged in the twentieth century. Learners will engage with the distinct contributions of Ego Psychology, Object Relations Theory, the Kleinian tradition, Self Psychology, and the Relational Turn. By comparing these frameworks, participants will develop a nuanced understanding of how differing theoretical lenses interpret the structure of the mind and the dynamics of early development. This comparative analysis is crucial for clinicians who wish to navigate complex clinical material with a flexible and informed theoretical toolkit.

Beyond historical context, the course delves into the core clinical concepts that differentiate psychoanalysis from other modalities. We explore the significance of phantasy, the role of the unconscious, and the mechanisms of defence. Crucially, the module on method focuses on the art of psychoanalytic listening—how the therapist attends to transference, interprets resistance, and maintains a frame that facilitates the emergence of unconscious material. This training is designed to equip professionals with the critical tools necessary to distinguish between different levels of interpretation and to foster a deeper, more empathetic understanding of the patient's internal world.

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

- Explain the structural model: id, ego and superego, and its clinical descendants
- Describe Klein's positions, projective identification and their clinical use
- Explain Winnicott's contributions: holding, transitional phenomena and the true and false self
- Describe Bion's container-contained and thinking under fire
- Compare ego psychology, object relations, self psychology and relational schools
- Read classic case material with a working grasp of technique debates

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	Origins and the schools	5	180 minutes
2	Concepts and method	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.