Applied Psychoanalytic Thinking: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Applied Psychoanalytic Thinking: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Applied Psychoanalytic Thinking” 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Applied Psychoanalytic Thinking 4
2. Planning the sessions 6

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Applied Psychoanalytic Thinking” to a group: a session for each of its 4 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 4 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 Applied Psychoanalytic Thinking

This advanced Continuing Professional Development course is designed for experienced clinicians seeking to deepen their professional practice through the rigorous application of psychoanalytic theory. It moves beyond foundational knowledge to explore how complex concepts such as transference, countertransference, and enactment manifest in real-world clinical encounters, offering a sophisticated toolkit for navigating the nuances of the therapeutic relationship. Learners will engage deeply with the clinical use of containment, examining how this fundamental concept stabilises the therapeutic process and supports the patient's capacity to manage affect. The curriculum specifically addresses the management of enactment, guiding practitioners in identifying and working through moments where internal conflicts are played out between analyst and patient, thereby transforming potential ruptures into opportunities for insight and repair.

Beyond the one-to-one dyad, this course extends psychoanalytic thinking to the broader organisational context, exploring its application within institutions, teams, and reflective practice groups. Participants will study how unconscious processes influence group dynamics and institutional culture, equipping them with the skills to foster a more attuned and psychologically informed working environment. A critical component of the syllabus involves a rigorous examination of the evidence base for psychoanalytic and psychodynamic therapies, encouraging a balanced and honest appraisal of their efficacy alongside other modalities. Furthermore, the course addresses the stringent ethical and boundary considerations inherent in the tradition, ensuring that practitioners maintain the highest standards of professional conduct while integrating these advanced concepts into their daily work.

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

- Apply analytic concepts in once-weekly and time-limited settings honestly
- Use brief dynamic models, including Malan's and Davanloo-informed focus, with selection care
- Work analytically in organisations: consultation, groups and institutional dynamics
- Apply analytic understanding to supervision and reflective practice
- Relate analytic ideas to neighbouring evidence, from attachment research to mentalizing
- Judge which clients need intensity you cannot offer, and refer well

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	Transference, Enactment, and the Analytic Frame	5	210 minutes
2	Attachment, Resistance, and Embodied Communication	5	210 minutes
3	Institutional Dynamics and Psychodynamic Supervision	5	210 minutes
4	Ethics, Diversity, and the Analyst's Unconscious	5	210 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.