Working Psychodynamically: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Working Psychodynamically: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Working Psychodynamically” 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 “Working Psychodynamically” to a group: a session for each of its 3 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 3 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 Working Psychodynamically

Psychodynamic ideas earn their keep when they change what you do in the room. This course is for practitioners ready to work dynamically under real-world conditions: limited sessions, measurable expectations, and clients who need depth to be usable rather than ornamental.

The first module teaches formulation and interpretation as craft. You will work with Malan's two triangles, the triangle of conflict and the triangle of person, as the most practical formulation device the tradition has produced, and then study interpretation itself: timing, dosage, and how to say deep things in ordinary language that the client can actually use. The second module brings the brief dynamic therapies into focus, including Dynamic Interpersonal Therapy and the intensive short-term tradition: how they select their focus, which patients they suit, and how to work in the transference, without the jargon, inside a sixteen-session frame.

Substantial written lessons with key points and clinically applied practice tasks, and a study tutor to interrogate the material as you go. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing. Suited to counsellors, therapists and clinicians adding disciplined depth to time-limited work.

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

- Formulate presenting problems psychodynamically, linking current difficulty, defence and early experience
- Work in the transference: recognise it as it arises, and judge when and how to interpret it
- Use your countertransference as data while containing rather than enacting it
- Make interpretations that are timed, dosed and framed so the client can use them
- Work with dreams, resistance and enactment in ongoing therapy
- Manage beginnings, breaks and endings as clinical material rather than administration

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 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	Mastering Malan's Triangles and Interpretation Craft	5	195 minutes
2	Integrating Attachment and Formulation in Brief Dynamics	5	195 minutes
3	Applied Mechanics and Endings in Brief Dynamic Work	4	195 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.