Advanced Psychodynamic Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced Psychodynamic Practice: 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 “Advanced Psychodynamic Practice” 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.

Revision 3. This printing was set on 10 November 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 Advanced Psychodynamic Practice 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 “Advanced Psychodynamic Practice” 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 Advanced Psychodynamic Practice

The most demanding clinical work is with clients whose difficulties are not episodes but organisations: personality-level patterns laid down early, held in an internal world of relationships, and lived out with everyone, including the therapist. This course teaches the object relations tradition that illuminates such work and the evidenced treatments built on it, for experienced practitioners.

You will study the internal world as a cast of internalised relationships, and projective identification as the primitive communication it is: the client's unbearable experience arriving inside the therapist's own feeling, ahead of words. The second module examines the two best-evidenced depth treatments for personality-organised difficulty, Transference-Focused Psychotherapy and Mentalization-Based Treatment, comparing their mechanisms and methods, and then turns honestly to the practitioner such work requires: the containment, supervision and self-knowledge without which depth work becomes hazardous to both parties. Throughout, the emphasis is on capacities you can actually take into the room: reading the internal cast from repetition, receiving projection without enacting it, and surviving, in Winnicott's full technical sense, what this work asks the therapist to survive.

Extended written lessons with key points and supervision-level practice tasks, supported by a study tutor throughout. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing. Demanding, and intended to be.

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

- Conduct sustained psychodynamic work with personality-level difficulty and early relational damage
- Work with primitive defences, projective identification and powerful countertransference pulls without losing the analytic stance
- Judge the balance of supportive and expressive technique for each client and moment
- Use object relations and attachment thinking to understand and survive negative therapeutic reactions
- Hold the frame under attack, and think clinically about fee, boundary and contact pressures
- Critically engage with the psychodynamic evidence base and its contemporary integrations

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	Object Relations and Primitive Communication	5	210 minutes
2	Somatic and Unconscious Processing	5	210 minutes
3	Core Strategies in TFP and MBT	5	210 minutes
4	Advanced Clinical Application and Integration	4	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.