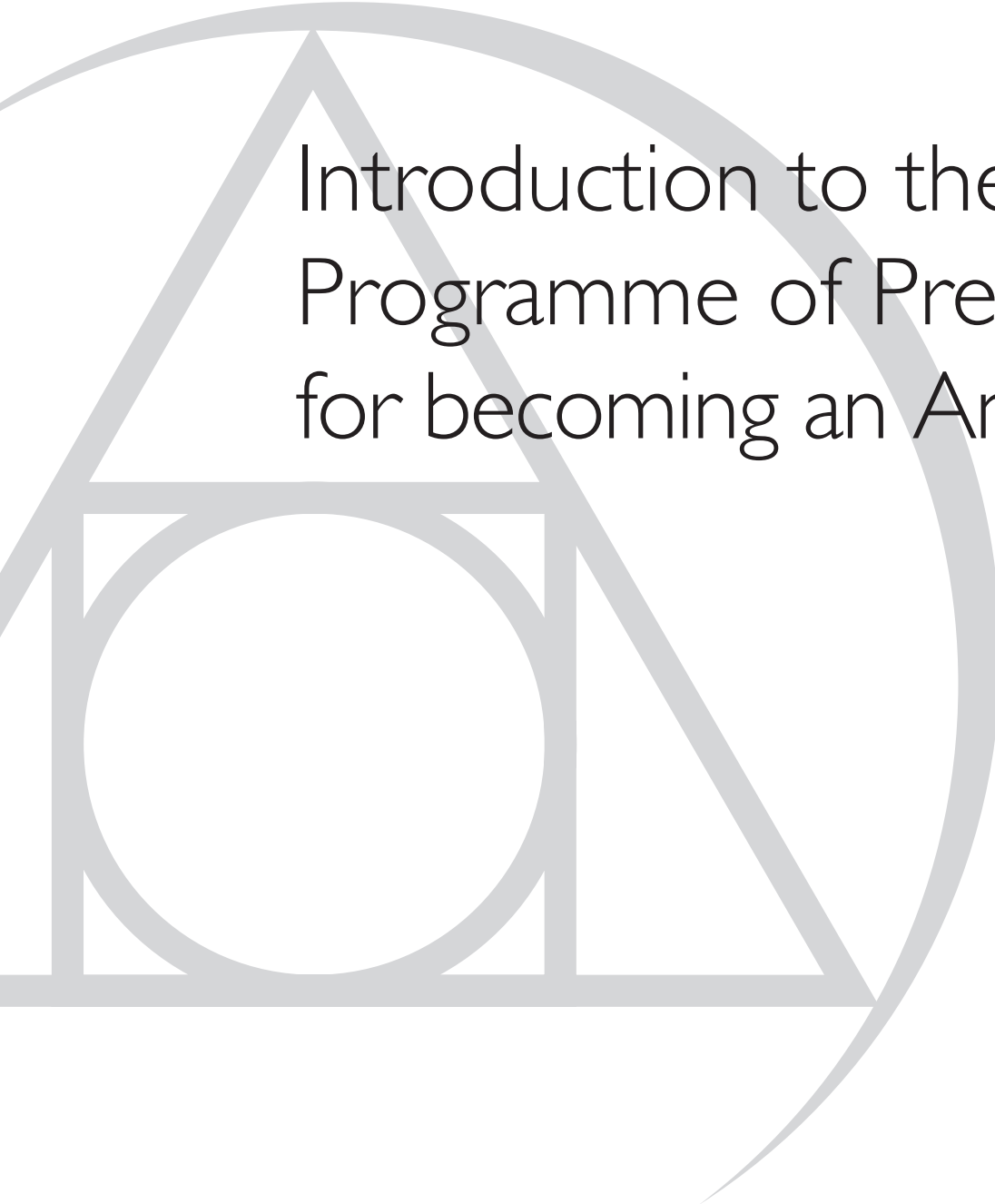


igap

The Independent
Group of Analytical
Psychologists



Introduction to the
Programme of Preparation
for becoming an Analyst (2019)

INTRODUCTION TO THE PROGRAMME OF PREPARATION FOR BECOMING AN ANALYST (2019)

The Independent Group of Analytical Psychologists prepares people to become Jungian analysts through a programme of studies, oral dialogues, case discussions and written work, with personal analysis as its bedrock. The Programme is accredited by the UK Council for Psychotherapy (UKCP) for training and registration, and the International Association of Analytical Psychologists (IAAP). Successful candidates become members of IGAP and are eligible for registration with both UKCP and IAAP.

IGAP's programme is designed for people who want to base their practice in C.G. Jung's psychology and who enjoy self-directed learning and an eclectic approach, rather than those who are looking for a highly structured experience. The programme is rooted in Jung's respect for the archetypal and collective layers of psychological reality as underlying personal and interpersonal dynamics. It also teaches other approaches, but is guided by Jung's respect for the process of individuation through the movement of objective psyche. This respect is echoed in the way the programme is organised, with careful support for candidates to move through it largely at their own pace.

The programme will take at least four years, although some candidates may take up to seven to eight years to complete it. From the start of their candidacy, they are bound by IGAP's Code of Ethics as the basis for professional and ethical practice.

Full details of how the Programme of Preparation works are given in the Procedural Guide, which candidates will be given on acceptance on to the Programme and which they are required to consult throughout their training.

PROGRAMME OF PREPARATION

ADMISSIONS

IGAP's policy

IGAP makes no discrimination on grounds of nationality, race, gender, sexual orientation or political or religious persuasion.

Applications are welcomed from people without previous experience as a psychotherapist. Those who are in psychotherapeutic practice are required to show that they are accredited members of the British Association of Counsellors and Psychotherapists, or of a UKCP organisation with a Code of Ethics, or an equivalent professional body, and show that they have professional insurance.

IGAP's programme is designed for people who

- Demonstrate personal maturity and readiness to train
- Have a university degree or equivalent
- Have worked in analysis for at least 150 hours with a member of the IAAP
- Have been in analysis for the six months before they apply
- Have some familiarity with Jung's own writings
- Have experience of IGAP's approach through participation in the Studies programme

These requirements are not set in stone, nor does fulfilling them guarantee a place on the programme. Life and work experience are always taken into account.

Selection

Application forms and details of procedure are available from the IGAP office.

Each person who goes through to interview will meet with three IGAP analysts and an external reviewer, whose joint recommendation will be ratified by the IGAP membership.

Applications may be submitted at any time throughout the year, but successful applicants can only officially start on the Programme at the start of an academic year in September. The latest an application can be made in order to commence in September of the same year is March 31. Unsuccessful applicants may apply again after two years, but generally only one further application will be considered.

IGAP does not give automatic credit for prior learning with other training organisations. However some credit may be given if the training has been with an IAAP member organisation, and analysis undertaken with an IAAP analyst.

Applicants will go through IGAP's usual selection process and any request for credit will be considered on a case by case basis. Since Dialogues are a crucial part of IGAP's training any request for previous credits to be recognised can only be considered for entry to the programme prior to taking Dialogues.

FOUNDATIONS OF PREPARATION

Personal Analysis

This is the bedrock of preparation and continues throughout. A frequency of twice a week with a senior IGAP analyst is required. It is recommended that candidates have experience working with both a male and a female analyst.

Personal Support

Throughout their time in the programme, candidates have the support of three IGAP members who form their Review Committee. In IGAP, these act as a personal 'training committee', and regular meetings with each member are an important part of the programme's commitment to the individual path of its candidates. The committee's members are usually those who interviewed the candidate at the start.

Conditions

Acceptance onto the programme is not a guarantee of final qualification. IGAP reserves the right, in its absolute discretion, to refuse any candidate permission to proceed to the next stage and/or to ask them to leave the programme, whether or not they have met the formal requirements.

Candidates may not present themselves as Jungian analysts until they become IGAP members.

STAGES OF PREPARATION

IGAP's programme is divided into three stages. The Preliminary Year is designed for candidates and IGAP to get to know whether they suit each other. If they do, the pace at which each candidate then moves through the programme is largely up to them, in discussion and agreement with their Review Committee. Moving from one stage to the next is ratified by a general meeting of IGAP members.

Each stage of the programme has its own Coordinator, who is a member of the IGAP council. The Coordinators oversee the programme's workings and help candidates with questions about procedure.

IGAP is always seeking to refine its preparation programme, and from time to time requirements may change.

• PRELIMINARY CANDIDACY

During this first year candidates will continue in their analysis, meet regularly with their Review Committee, and attend the IGAP Studies Programme and other Jungian seminars and events. At the end of the year, if the preliminary candidate wishes to continue to full candidacy, they will meet with their Review Committee for an appraisal, based on a written record of their studies and a 3,000 word self-assessment. This examines their experience of the year and reasons for wanting to pursue the programme.

• CANDIDACY

Candidacy lasts for a minimum of two years, which includes Preliminary Candidacy. During Candidacy, candidates are expected to learn independently in conjunction with their academic tutor and the requirements of their psyche, and to reflect on what they have learned through the lectures and seminars of the Studies Programme.

The Studies Programme runs over four years and will include topics related to the following subjects:

- History of ideas about the unconscious
- Theory of archetypes and complexes
- Typology
- Transference and counter-transference
- Child and personal development
- Basic psychiatry and clinical pathology
- Psychopathology and psychotherapy: comparative Jungian and psychiatric approaches
- Theories and techniques in other psychodynamic therapies
- Symbol in art, literature and ritual
- Fairytales
- Mythology
- Alchemy and its relevance to psychology
- Comparative religion
- Cultural perspectives on Jungian psychology
- Process of Individuation
- Dream and picture interpretation

Psychiatric placement

During Candidacy, Candidates are required to spend a period of at least six months in a psychiatric setting. They are responsible for finding their own placement, although their Review Committee and the Coordinator of Candidates may be of help. Candidates who already have medical or psychotherapeutic experience may qualify for full or partial exemption, in discussion with the Coordinator for Candidates.

Dialogues

When candidates feel ready to move to the next stage, and with the agreement of their Review Committee and an external interviewer, they take a series of oral and written exams. Once they have passed these, and with the ratification of an IGAP general meeting, candidates move to Advanced Candidacy.

Written Papers:

- Neurosis and its History
- Interpretation of a Myth, Dream or Fairy Tale

Oral Examinations:

- Fundamentals of Jung's Psychology
- Psychopathology in a Psychiatric Context
- Psychology and Interpretation of Dreams
- Psychology and Religion

• **ADVANCED CANDIDACY**

During this stage, candidates are expected to continue to attend the Studies Programme and twice weekly sessions of analysis. In addition, they must complete the requirements set out below. These are assessed for both professional competence and personal development, with a special emphasis on the capacity to work with symbolic material.

Work with cases under supervision

Advanced candidates see at least three cases, which include analysands of both sexes. The minimum number of hours required is 150 for one case and 100 for a second case. A further minimum of 100 hours must be completed, including one case of at least 50 hours. The other 50 hours may be shorter cases. Additional case material may be requested by supervisors and/or Review Committees.

Candidates choose their supervisors from the IGAP list, at a frequency of one hour of supervision to each four hours of casework. Supervision with both male and female analysts is recommended.

Candidates make regular reports on their cases, and write up their long case in full as part of their final assessment (5,000 – 8,000 words).

Candidates are responsible for finding professional insurance before they start this work. All registered cases supervised under the conditions of Advanced Candidacy are governed by the IGAP Code of Ethics. IGAP has no responsibility for any cases seen by Candidates other than those registered with IGAP and supervised according to IGAP's requirements.

Case colloquia

These continue on a regular basis throughout Advanced Candidacy. In addition, for the duration of Advanced Candidacy, Candidates should attend an annual specialised case colloquium on a particular theme.

Thesis

This is on a topic proposed by the Candidate in discussion with their chosen IGAP thesis advisor and examined as part of the final assessment (15,000 – 20,000 words).

Examinations

Written paper:

Alchemy and its relevance to Jungian psychology
(Max 3,000 words)

Oral discussion:

Individuation and its Symbols.

FINAL STAGES

When all these requirements have been completed and the Review Committee, Coordinator and examiners are satisfied that the candidate has met the standards of IGAP and the International Association for Analytical Psychology, he or she presents a paper based on their long case report to a meeting of the IGAP membership. Following this, their Review Committee presents them for election.

LEAVE OF ABSENCE

A leave of absence from the programme may be granted under certain circumstances if the candidate's Review Committee approves this.

FEES

The IGAP office has a list of fees.

The fixed termly fee covers Preparation, Studies, Colloquia and all Review Committee meetings. Separately, Candidates are responsible for payments to their analysts, supervisors, thesis advisors, and for examinations.

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Registered Charity No 1029545

May 2019