

BRITISH/  
PSYCHOANALYTIC  
/COUNCIL



# **Professional Events and CPD Programme: Action Plan**

## **Summary Version**

### **October 2024**

The British Psychotherapy Foundation (bpf) is adopting a new and more strategic approach to events and Continuous Professional Development (CPD). Based on member feedback, a cross-associational Action Plan has been developed to support:

- bpf members in meeting their annual clinical and non-clinical CPD requirements as set out by the British Psychoanalytic Council (BPC) and/or the Association of Child Psychotherapists (ACP).
- bpf members' personal and professional development needs more generally, adding value to the bpf's membership offer.
- bpf's strategic vision to become a centre of excellence in training, learning and development within psychoanalytic, psychodynamic and Jungian psychotherapy.

The Action Plan has 6 strands:

### **1. Develop and deliver clinical/practice-related events**

This strand will be designed to help members meet the clinical CPD requirements of the BPC and/or ACP. These events will focus on clinical and technical skills and/or practice-relevant theoretical discussions, such as:

- Working with different presenting issues or psychopathology - e.g. narcissism, anti-social tendencies, hysteria, anxious states, depression, somatization etc.
- Technique and technical issues – e.g. formulation, supervision, interventions and interpretations, unconscious communication, dreams, countertransference etc.
- Working with clients from societally marginalised groups – e.g., refugees, LGBTQIA+, racially minoritised communities, disabled people etc.
- Major contributors to psychoanalytic thinking and practice – e.g., Freud, Jung, Fordham, Klein, Winnicott, Bion, Green, Bollas etc.
- Contemporary and international thinking - e.g., neuroscientific thinking, queer, feminist and decolonising perspectives etc.

This strand could include advanced clinical workshops, one-off seminars, talks, masterclasses and live supervisions from leading national or international figures or senior bpf members. This strand could also include events relating to assessment skills as well as individual supervision, group supervision, clinical consultation and peer group consultation.

Under this strand, we will try to organise events for members with different levels of experience within the organisation, including recent post-qualifiers, members with 5 – 10 years post-qualifying experience and senior members.

### **2 Develop and deliver applied**

This strand will be designed to help members meet the non-clinical CPD requirements of the BPC and/or ACP. These events will not be clinical/technical in orientation but will address theory, research, and applied thinking, and cover topics such as:

- Psychotherapy and other disciplines - e.g., neuroscience, complexity theory, religion, anthropology, attachment theory etc.
- Psychotherapy and culture - e.g., visual arts, literature, music, film etc.
- Psychotherapy and global issues - e.g., migration, climate change, social justice, decolonisation, humanitarian crises etc.
- Research findings relevant to psychoanalytic, psychodynamic and Jungian/post-Jungian practice.

### **3 Develop and deliver 'professional issues' events**

This strand is designed to offer wider professional development opportunities for bpf members. This strand will be designed to help members meet the general non-clinical CPD requirements of the BPC and/or ACP. This strand will cover:

- Professional issues - e.g., data protection; safeguarding; ethical codes; handling complaints; confidentiality, note-taking and record keeping; mental health law etc.
- 'Train the trainer' programmes - to support trainers in improving the educational quality and practice-relevance of their delivery.
- Teaching skills - e.g., balancing didactic and interactive activities; how to use interactive, online tools effectively; managing transitions in teaching sessions etc.
- Research and critical thinking skills - e.g., using outcome research; writing research proposals; how to build a critical argument.
- Business-related skills - to support psychotherapists to build their practice, including how to use social media and other channels to market their service(s).
- Interdisciplinary knowledge transfer - to engage with experts and academics from other disciplines, the sciences and the humanities to provide 'alternative' viewpoints.
- Anti-oppressive practice - to equip therapists and supervisors with skills in cultural diversity that will enable them to work more effectively with difference.
- Mentoring - to support post-qualifiers to develop a clinical identity, address clinical challenges and work towards/achieve their professional goals.

### **4 Develop and deliver social and community events for bpf members (e.g., summer and winter gatherings).**

We will continue to deliver events that bring the organisation together and increase connection and a sense of belonging among members. These will be formal and informal events such as Summer and Winter Socials, the Annual General Meeting (AGM), special one-off lectures and conferences. The summer/winter socials and the AGM often include a learning component, such as a lecture or keynote presentation.

### **5 Develop and deliver promotional/recruitment events aimed at future trainees (e.g., Open Days, tasters, introductory webinars).**

We will continue to reach out and promote our trainings to the future generation of trainees via regular Open Days (virtual and in-person) and our successful introductory webinars.

These types of events meet our public benefit commitments, namely:

- Advancing the education, training, study and practice of analytic therapies and psychoanalysis.
- Advancing the practice of psychoanalytically informed therapies as a profession.

## **6 Develop and deliver public interest events (aimed at general public).**

These events will be aimed at the general public and will help us fulfil some of our charitable aims around advancing public awareness of psychoanalytic, psychodynamic and Jungian/post-Jungian thinking.

The content would be introductory, with the aim of making psychoanalytic, psychodynamic and Jungian/post-Jungian thinking more accessible to people outside the profession. These events would demonstrate to a non-specialist audience that analytic/Jungian thinking has wider applications for thinking about everyday life and issues of social concern e.g., war, race relations, climate change, political hope, international crisis, and other takes on contemporary collective life.

As part of this Action Plan, we have carefully reviewed our existing processes and have designed a new step-by-step process for the managing, tracking and delivery of all events at the bpf, including how we initiate events, how we contract with speakers (including fees), how much we charge delegates to attend, how we promote and market events, how we prepare for events, how we run events on the day and how we follow-up with delegates and speakers, including new feedback and evaluation procedures.

We have installed a new hybrid AV system in our largest classroom/events space which will significantly improve the teaching experience online for attendees.

We are actively exploring how we might deliver more CPD events away from London and ensure our CPD and events programme is inclusive of our regional members.

Please refer to the full Action Plan for a detailed overview, available on the bpf website.