



**ADVANCED
THEORY OF PSYCHOTHERAPY
MODULAR SEMINAR SERIES**



INFORMATION BOOKLET

2021-2022

Contents

- INTRODUCTION.....1**
 - Education Programmes at Ashburn Clinic 1
- ADVANCED THEORY OF PSYCHOTHERAPY MODULAR SEMINAR SERIES1**
 - Introduction to the Modular Series 1
 - Timetable..... 1
 - Participating in a Module or Series 2
 - Modular Assessment..... 3
- ENTRY CRITERIA FOR MODULES IN THE ADVANCED SERIES.....4**
 - Entry Criteria for Fee-Paying Participants 4
 - Ashburn Clinic Staff eligibility..... 4
- FEE INFORMATION.....6**
 - Module Fee 6
 - Withdrawal and Refund 6
- ADVANCED THEORY OF PSYCHOTHERAPY MODULES7**
 - 211 Selected Theorists 7
 - 212 Abnormal Psychology 8
 - 221 Stages of Human Development..... 9
 - 222 Models of Psychotherapeutic Practice 10
- ASSESSMENTS.....11**
 - Essay to Complete a Module 11
 - Essay to Complete a Modular Series..... 12
 - Essay Assessment Process 14
- DISCIPLINARY POLICIES AND PROCEDURES15**
 - General Disciplinary Policy 15
 - Misconduct 15
- COMPLAINTS PROCEDURES.....17**
- APPLICATION FORM.....18**
- Contact Information.....19**

INTRODUCTION

Education Programmes at Ashburn Clinic

The Ashburn Clinic is an independent psychiatric hospital operated by a Charitable Trust Board. One of the aims of the Trust is to promote the study of psychiatric and psychotherapeutic practice.

Ashburn Clinic has a full programme of education programmes, ranging from in-house professional seminars, a closed modular advanced seminar series in the theory of psychotherapy (to which this handbook refers), an open series of lunchtime seminar presentations and some weekend supervision seminars. It also undertakes training placements for advanced psychiatric registrars, medical students, nursing and occupational therapy students.

Ashburn Clinic offers a full-time three-year training position in psychotherapy. To cater for the theory training needs of these trainees, a series of seminars was developed. From inception of the traineeship, members of the public were invited to study alongside our trainees. The theoretical component of the programme (Advanced Theory of Psychotherapy Modular Seminar series) operates in a two-yearly cycle of two modules per year (see below).

ADVANCED THEORY OF PSYCHOTHERAPY MODULAR SEMINAR SERIES

Introduction to the Modular Series

The advanced series has its origin in Ashburn Clinic's need to provide formal training in psychotherapeutic theory to its own staff, particularly its psychotherapy trainees. The content of the four modules is developed and reviewed by senior staff at the Clinic to ensure the Clinic's training in theory is professionally effective and current.

The modules are offered for public participation in response to growing community understanding of the effectiveness of psychotherapy as a treatment modality, and to fulfil the Clinic's mission to provide education about psychotherapy and psychiatry. While the modules themselves do NOT form a practising qualification, their content forms a sound basis of theory for those who graduate and then engage in supervised practice.

Seminars are presented by experienced, practising therapists who may be psychotherapists, psychologists or psychiatrists. The seminars and readings present information from a wide selection of theoretical schools and are eclectic in content, exposing participants to a variety of perspectives, ideas and practices.

Timetable

Two modules are presented each year, each consisting of 10 seminars. The first module is scheduled for March to June; the second from July to October. The schedule is set annually to take account of some school holidays and university semesters.

The seminars are held weekly during each module on Tuesday evenings in the Medicott Education Centre in the Ashburn Clinic grounds, between 7.00 pm and 8.30 pm. The

reading of background papers will involve a minimum extra time commitment of between 1½- 2 hours each week. Assessed modules are time-evaluated at 40 hours duration.

Advanced Theory of Psychotherapy Module Seminar Series			
March 2021	July 2021	March 2022	July 2022
Selected Theorists	Abnormal Psychology	Stages of Human Development	Models of Psychotherapy

Participating in a Module or Series

Applying to attend a module

Ashburn Clinic calls for applications to participate in each module two to three months in advance of the start of a module. Notice is circulated through the Clinic's publicity lists, and full information is available from the Clinic's website. The Education Co-ordinator maintains a list of interested persons and will notify people individually by email when applications are being sought. Refer to the last page of this handbook for details. Note that there is a selection process for participants.

Modes of participation

Modules may be attended 'for interest' or to pursue a more clearly defined learning goal. For the latter, participants are assessed at the end of a module. Participants must nominate their mode of participation prior to the commencement of a module.

For self-funded, fee-paying participants, modules have two modes of participation:

- Attendance only (i.e. "for interest")
- Completion of a module.

For those who *complete* a series of four modules there is a further option:

- Completion of an Advanced Course in the Theory of Psychotherapy.

Ashburn staff who participate on a fees-subsidised basis have further obligations which differ from those of members of the public.

Attendance

Participants are expected to attend seminars regularly. To qualify for a certificate of completion, a participant must attend 80% of all seminars in a module. Notice and explanation of planned non-attendance is expected prior to the seminar time. There is an option for individuals to attend via Zoom for those who can't attend in person (this is discretionary to be negotiated in advance).

Expectations of participants

Seminar participants are expected and encouraged to contribute to the seminar sessions by way of questions, discussion and an open participatory attitude. They are also expected to maintain an ethical stance which respects confidentiality and privacy. Participants must observe the rules of the host institution, Ashburn Clinic. Refer to **Disciplinary Procedures** below.

Modular Assessment

Seminar participants who engage in modules to achieve a Certificate of Completion are asked to prepare a formal response to the seminars and to the readings associated with each seminar, in essay format. This response is assessed by senior staff at Ashburn Clinic to:

- provide participants (and other interested parties) with a summative assessment of a participant's knowledge of the theory of psychotherapy
- provide participants with supportive advice and the means to improve their understandings of the theory of psychotherapy
- assure participants, presenters and staff that a professional standard of knowledge information and information delivery is provided and maintained.

To read more about assessment procedure and requirements, see **Assessments** below.

Awards

- I. **Attendance:** participants who attend modules for interest will be entitled to a **Certificate of Attendance** specifying the names of the seminars actually attended. No assessments will be made.
- II. **Completion of a module:** participants attending more than 80% of the seminars offered in a module and successfully completing an assessment specified for each module will be entitled to a **Certificate of Completion** for that module.
- III. Participants earning Certificates of Completion for four modules nominated by the Education Committee as a course will qualify for award of the **Certificate of Completion of Ashburn Clinic Advanced Theory of Psychotherapy Modular Series**.

ENTRY CRITERIA FOR MODULES IN THE ADVANCED SERIES

Entry Criteria for Fee-Paying Participants

Members of the public may apply for admission to a module on a fee-paying basis. Applicants selected to participate using criteria set by the Education Committee are invited to participate in one or more modules of the advanced series.

Applicants must:

- have completed a tertiary education course (e.g. University or Polytechnic degree, Teachers College Diploma, Level 7+ NQF course) OR have demonstrated a personal capacity to study at university level
- be of good character and provide two suitable written references affirming this
- on acceptance, enter into a confidentiality agreement in respect of privileged information used in seminars
- undertake to attend regularly, to prepare for and to contribute positively to the seminar group
- where appropriate, undertake to fulfil the assessment requirements of each module or modular course
- provide a supporting statement indicating the reasons why they wish to undertake a course of study and what they expect to achieve as a result.

In addition, applications may be supported by indications of an applicant's:

- engagement in the provision of psychotherapeutic, psychological, counselling or psychiatric nursing care
- engagement in an active supervision relationship in respect of that provision of care.

Because of the self-contained and unique nature of the seminars, no course credit based on prior learning or experience is offered to participants.

Ashburn Clinic Staff eligibility

Staff of Ashburn Clinic who have an application to enter the ATPM series approved by the Education Committee under a subsidised fee arrangement are granted admission to one or more specified modules of the advanced series. Staff who are not granted admission by the Education Committee may elect to apply to enter as if they were members of the public.

Ashburn staff who *must* participate as part of their professional training, and staff who are *approved to participate* on a fees-subsidised basis, will participate in the assessed strand of modules with the intention of achieving certificates of completion.

Ashburn staff that complete modules as specified in their agreement with the Education Committee are deemed to have satisfied their contract. Non-completion becomes a matter for further negotiation between the staff member and the Education Committee to remedy or resolve the problem.

Trainee psychotherapists in the Ashburn Clinic Training Programme who have progressed beyond Year One training are automatically accepted into all modules of the advanced series.

Psychiatrists undergoing an Ashburn Clinic Advanced Medical Training (specialty: psychotherapy) RANZCP-approved programme are automatically accepted into all modules of the advanced series.

FEE INFORMATION

Module Fee

Fee for 2021-2022: \$750 per module

The fee is required in full upon receipt of an invoice, following the second seminar of a module.

If an invited participant is unable to pay a fee at the due date, the Education Committee may consider their application to vary the conditions of payment. Requests for variation must be in writing and addressed to the Convenor of the Education Committee.

Withdrawal and Refund

Fees are held by Ashburn Clinic. We adopt the same refunds policy used by most educational institutions in New Zealand:

- if you withdraw at any time before the presentation of the second seminar in a module, you are entitled to a refund equal to the full amount paid less 10%
- if you withdraw from a module after the presentation of the second seminar of a module you are not entitled to a refund of fees.

However, the Education Committee has discretion to refund some of the fees to participants who withdraw on or after the second presentation and who apply for a refund. The Committee will consider:

- the financial viability of the current module
- the personal circumstances of the applicant for remission of fees.

Refund requests must be in writing and addressed to the Convenor of the Education Committee.

If a module or modular series closes

If a module unexpectedly closes or ceases operation, participants will be entitled to a pro-rata refund of fees remaining unused.

If all modules in the series are closed, participants will be entitled to a pro-rata refund of fees remaining unused within the current module; and to a full refund of other fees paid in advance, if any.

The Ashburn Clinic Education Committee does not undertake to place participants in other or equivalent alternative tuition in the event of unexpected *or* planned closure.

ADVANCED THEORY OF PSYCHOTHERAPY MODULES

211 Selected Theorists

March-May 2021

Title	Theme	Topics
Sigmund Freud (1)	History and development of ideas	Prehistory of ideas of the unconscious Freud and others' early work Models of the mind
Sigmund Freud (2)	Development of Freud's thinking	Transference Life/death drives Modern interpretation/application
Anna Freud	Major developments and contributions to Theory	The ego and the mechanism of defences Developmental lines Normal and abnormal psychology
Melanie Klein (1)	Theory	The baby and its part-object world Anxiety and early defence mechanisms Theory of the paranoid-schizoid and depressive positions
Melanie Klein (2)	Practice	Unconscious phantasy: greed and envy Interpretation (use of transference) Love/hate/reparation
Carl Jung	Jungian Analytical Psychology	How Jung and Freud differ: main points The psyche according to Jung Collective unconscious and Archetypes Dreams and their importance in analysis
Donald Winnicott	"Good- enough mothering"	The good-enough mother concept Transitional space and transitional objects Playing and reality True and False self
Ronald Fairbairn	Object Relations	Differences from Freud Concepts of the inner world Internalisation of the therapist
John Bowlby	Attachment Theory	Secure and insecure attachment Delinquency and attachment The internal working model Separation, loss
Heinz Kohut	Self-Psychology Theory	Beginnings of relational approach to psychoanalysis

212 Abnormal Psychology

July-September 2021

Title	Subtitle/Theme	Topics
Self-Harm and Suicide	Who, How and Why?	Risk and protective factors Psychodynamic aspects The encounter with a suicidal patient
Trauma	Trauma and its impact	PTSD Dissociation Brain changes
Somatic Symptom and Related Disorders	Non-organic Pain Syndromes	Somatisation, conversion disorders, non-organic pain syndromes Diagnosis and treatment
Disturbed Eating	Eating disorders	Definition and diagnostic criteria: - Anorexia - Bulimia - Models of treatment
Adolescent Disorders	Adolescent mental health	Demographics and development Assessment and interventions Local services: case study
Addiction	Pathology of addiction	Defining addiction Disorder or disease? Management of addiction: Di Clemente's model
Psychosis	Psychotic disorders	Definitions and diagnostic criteria History, aetiology and pathology Models of treatment/management
Neurosis	Anxiety and affective disorders	Definitions and diagnostic criteria History, aetiology and pathology Models of treatment/management
Personality Difficulties	Introduction and Practical aspects	Introduction History of the "disorder" concept Overview of main disorders Practical aspects - typical clinical presentations
Abnormal Sexuality	Perverse Sexual Scenarios	Early disruption (or failure) of sexual development Impact of perverse sexual activity on therapy Part-object relating

221 Stages of Human Development

March-May 2022

Title	Subtitle/Theme	Topics
Pregnancy and birth	Pregnancy and birth	The emotional work of pregnancy Childbirth and its vicissitudes Immediate postnatal period
Infancy	Infancy	The feeding relationship Adaptation and regulation The Father
1-5 years	First separation & individuation	Independent mobility Play and symbolic thought Siblings and socialisation Managing aggression
5-10 years	Family, school, playgrounds	Roles in the family system Peer relationships Rules and formal learning
Adolescence (1)	Puberty and sexual maturation	The body – physical changes and psychological correlates Peer relationships: pairing and rehearsals for intimacy
Adolescence (2)	Second separation and individuation	Changing family relationships Peer relationships: group membership Beginnings of personal identity
Adulthood	Love and work	Capacity for intimacy Capacity for industry Cultural relativity and its impact
Generativity	Achieving and not achieving	Parenting Creativity Social and cultural integration/alienation
The Third Age	Ego integrity vs. despair	Leaving the workforce/changing roles Reflection and meaning Death and dying
Death and Dying	"A good enough death"	Management of the process of dying: choices Ending relationships The meanings of death

222 Models of Psychotherapeutic Practice

July-September 2022

Title	Subtitle/Theme	Topics
Child Psychotherapy	Facilitating development	The play setting and its variations: Axline, Klein, Anna Freud The use of interpretations
Individuals	Building a therapeutic relationship	Transference Countertransference Conscious/unconscious processes
Relational Psychotherapy	Theory, methods and Practice	Distinctions from other therapies Key principles Case examples
Groupwork and Systems	The therapeutic group	The group as a treatment entity Therapy in the group and therapy of the group Open and closed systems, change
Psychodrama	Its theory, methods and practice	For psychotherapists Diversity of psychodrama Sociometry
Couples	Tasks and problems	The conscious and the unconscious marital contracts The tasks of intimacy and autonomy
Families (1)	Developmental tasks and problems	Lifecycle of the family Definition and variations of the family
Families (2)	Strategies for intervention	Models of family therapy
Therapeutic Communities	Development and current practice	History and development Current practice Variations of form
Trauma-Informed Therapy		PTSD Complex PTSD and dissociation

Modules 211, 212, 221 and 222 together form a complete advanced course of theory:

- Each title represents a 90-minute seminar session.
- Some topics may alter in detail after consultation with presenters.
- Modules are referenced by a simple code: **211**, for example, means presented in 2021 in the 1st semester period (March-May).

ASSESSMENTS

Certificates of completion of a module or modular series may be awarded after completion of a formal assessment.

Completed Assessment tasks must be presented by the deadline established for that assessment. Lateness should be explained and may incur a penalty affecting the award of completion certificates, if so determined by the Education Committee. Negotiation prior to missing a deadline is encouraged.

The mode of assessment in the modules and modular series is 'essay'.

Essay to Complete a Module

Purpose: The assessment is an opportunity to demonstrate understanding of the ideas taught by the presenters and learned by the seminar participant in a nominated module. The task is designed to be a focused thematic presentation and should concentrate on a defined topic to a depth achievable within a limit of 2000 words.

Task: Write an essay in which you demonstrate understanding of one or more themes of the theory of psychotherapy presented within a module.

Award: Certificate of Completion of the nominated module

Size: 2000 words, excluding references

Prerequisite: Satisfactory attendance and participation in the module

Process: Scope the task, prepare and plan a topic; write the essay.

Things to do first:

What to do:

When?

Scoping the task:

- Familiarise yourself with the performance indicators, below.
- Maintain an open mind as to topic: audit the seminars before choosing.
- Rather than select topics with which you are already familiar, try to expand your scope and grasp of material. Surprisingly, most find that they engage more accurately with material which is new or challenging.
- Make sure that information useful to you is readily available, and of good quality.

Through the module

Task preparation:	<ul style="list-style-type: none"> • Identify a theme or topic which relates to the seminars in a module. • Briefly research and define an area of study within the theme or topic. • Prepare an abstract describing what you propose to present to demonstrate knowledge related to the seminar series. • You <i>MAY</i> submit the abstract for consultation and advice but be careful of timeframes. • Prepare a plan in advance of writing and in some detail. Stick to it. 	Prior to or at the end of a module
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Essay task:	Performance indicators	Due date
Module (c. 2000 words) Write an essay in which you demonstrate understanding of one or more themes of the theory of psychotherapy presented within a module.	Write the essay so that you <ul style="list-style-type: none"> • Demonstrate your ability to integrate the information from the seminar series and your own reading/experience. • Indicate the depth and variety of your personal reading and study (by arguing points of view and by providing a reference list). • Clearly focus on aspects of the theory of psychotherapy presented within the module. • Indicate the difference between research and opinion. 	4th Friday following the last seminar of a module

Essay to Complete a Modular Series

Purpose:	The assessment is an opportunity to demonstrate understanding of the ideas taught by the presenters and learned by the seminar participant within the four nominated modules. An opportunity is provided to research and write a focused thematic presentation. The essay should concentrate on a defined topic to a depth achievable within the word limit.
Task:	Write an essay in which you demonstrate understanding of one or more themes of the theory of psychotherapy presented within any or all modules of the current Ashburn Clinic Advanced Theory of Psychotherapy Modular series.
Award:	Certificate of Completion of the Ashburn Clinic Advanced Theory of Psychotherapy Modular series.
Size:	3000-5000 words, plus references.

Prerequisite: Certificates of Completion of four modules in the Ashburn Clinic Advanced Theory of Psychotherapy Modular series nominated at the time of approval by the Education Committee to form a complete course.

Process: in two parts

Part 1: Propose a topic and submit it for approval

The choice of topic must be made in consultation with senior clinical staff and this consultation begins with the submission of a written **proposal**. The proposal will produce an agreed form and will define the scope and depth of the topic.

Part 2: Write the essay

The **essay** should be written according to the agreed form of the proposal and will be assessed in those terms.

Part 1. The Proposal

Write the proposal

Propose an essay topic, indicating a theme or thesis, with an outline of reference material attached.

Form of the proposal

- Identify a theme or topic which relates to the seminar series.
- Select a discrete area within that broad set of ideas and write a statement defining that area.
 - Prepare a proposal to say what you will DO within that defined topic area (e.g. *summarise, prove, assess, support, review, evaluate...*).
 - Submit the abstract for approval, consultation and advice.
 - Do not commence writing until a final form has been agreed upon (“given approval”).

Due Date

On or before November 1st in each year

Part 2. The essay

Write the essay

Write an essay in which you demonstrate understanding of one or more themes of the theory of psychotherapy presented within the module series. (3000-5000 words)

Performance indicators

- Write the essay defined by your proposal so that you:
- Select relevant information from a range of referenced sources.
 - Integrate information from the seminar series and personal readings/experience.
 - Show personal reading and study has depth and variety.
 - Accurately describe selected aspects of the theory of psychotherapy.
 - Write coherently and with purpose at extended length.
 - Present information in a formal essay structure.

Due date

On or before 31st December in each year

Essay Assessment Process

Essay submissions are assessed against the performance indicators contained in task descriptions.

Standard assessment process:

1. Initial assessment will be made by two senior clinicians, acting independently. If they agree on an outcome, it will be applied. If they disagree, a third clinician will independently assess the submission.
2. If an outcome still remains unclear or disputed, the submission and written comments of these three primary assessors will be reviewed by an external moderator, who will attempt to reach consensus among the primary assessors.
3. If no consensus is achieved, the moderator will recommend an outcome to the Education Committee. The Committee will review the process so far and determine an outcome.
4. A submission which does not achieve a *pass* outcome but which is, in the opinions of the primary assessors, capable of being modified to achieve it will be assigned a *resubmit* outcome. Under guidance from the primary assessors, the participant may modify the submission and resubmit it by an agreed date. Failure to resubmit a successfully modified submission will lead to a *fail* outcome.

Consequence of “fail” assessment outcome

Participant has not completed the assessment requirements for the series: no Certificate of Completion can be awarded.

Appeal

Participants may appeal a “*resubmit*” or “*fail*” assessment directly to the Education Committee.

DISCIPLINARY POLICIES AND PROCEDURES

General Disciplinary Policy

Seminar Series Participants, by accepting their place in the series, agree to abide by Ashburn Clinic's behaviour standards.

Breaches of minimum requirements may result in disciplinary procedures being invoked in order to protect the reputation of Ashburn Clinic, to maintain the goodwill of the staff of the clinic and the seminar presenters, to ensure each participant derives maximum benefit and enjoyment from the modules: and most importantly, to protect the patients on site.

If formal disciplinary procedures are invoked, participants will always be given full opportunity to explain their actions before action is taken. Procedures conform to and cannot overrule current legislation and are underpinned by principles of fairness and natural justice. A participant in a formal disciplinary procedure may elect at any time to have a representative present.

Sanctions range from a quietly encouraging word in one's ear to dismissal from the module, banning from the grounds of the clinic and forfeiture of all fees.

Current Ashburn Clinic disciplinary procedures are found in the Education Committee's Handbook of operations section ***Psychotherapy Seminar Series***. If you need a copy of the relevant procedure, please ask your continuity staff member or the Education Co-ordinator to provide it.

Misconduct

Because the modules are delivered within the precincts of a functioning hospital, participants are required to conform to a minimum standard of behaviour and ethics. In part this was defined in the entry requirements as to:

- be of good character and be able to provide two suitable references affirming this
- undertake to maintain appropriate ethos of confidentiality
- undertake to attend regularly
- undertake to fulfil the assessment requirements
- be willing to contribute positively to the seminar groups.

Acting outside this general ethos or acting outside the rules of the Ashburn Clinic is considered to be misconduct and may have serious consequences for a participant.

Misconduct of a minor or merely thoughtless nature will attract graded warnings. The first warning is verbal but noted, the second is a written warning. Dismissal from the module (and series) will result from a third act of misconduct.

Some behaviours are considered to be **serious misconduct**. You may be summarily dismissed from the seminar series for serious misconduct, or for encouraging others to seriously misconduct themselves.

It is considered to be serious misconduct, for example, if you:

- consume or have in your possession alcohol or unlawful drugs on hospital premises without authority

- have in your possession without authority, or wilfully damage, property belonging to the hospital or patients
- indulge in behaviour which injures patients or (staff) or seminar participants, or damages hospital property
- are involved in violence or use abusive or obscene language or gestures towards other persons on hospital premises
- disclose confidential information without authority
- sexually harass patients or hospital staff and/or seminar participants or exploit patients. (Sexual relations with patients will always be regarded as exploitation.)

COMPLAINTS PROCEDURES

Ashburn Clinic has an internal complaints procedure and extends its provisions to participants in the Advanced Theory of Psychotherapy Modules.

In general, minor complaints should be made to your seminar continuity staff member (or the Education Co-ordinator), who will try to deal with the matter immediately. If this response is unsatisfactory, or if the matter is of a major nature, you should write to the Medical Director. You always have a right of access to the Medical Director to discuss unresolved complaints.

Under current hospital policy, complaints must be investigated by the Medical Director and an acknowledgement of your complaint provided to you in writing within three working days. The Medical Director will try to resolve the complaint within 10 working days.

If the matter remains unresolved or in dispute, you can contact the Board of Trustees of the Ashburn Hall Charitable Trust, or an outside body such as the Office of the Ombudsman, Disputes Tribunal, Commerce Commission or the courts.

Ashburn Clinic complaints processes amended to apply to seminars are found in the Education Committee's Handbook of operations, section **Psychotherapy Seminar Series**. If you need a copy of the relevant information, please ask your continuity staff member or the Education Co-ordinator to provide it.



APPLICATION FORM

I apply for admission to the **Advanced Theory of Psychotherapy Modular Seminar Series** at Ashburn Clinic as described in the **current handbook**.

Name: _____
 Address: _____
 Telephone: Hm _____ Cell _____
 Email address: _____
 Qualifications: _____

Tick	Module	<i>Please indicate whether for interest or assessment</i>	
	211 Selected Theorists March-May 2021	Interest	Assessed
	212 Abnormal Psychology July-September 2021	Interest	Assessed
	221 Stages of Human Development March-May 2022	Interest	Assessed
	222 Models of Psychotherapeutic Practice July-September 2022	Interest	Assessed

Do you currently provide mental health care? Yes No
 Are you currently in a supervisory relationship? Yes No
 Are you currently undergoing training? If so, please specify? Yes No

Declaration:

If accepted into the modular series I agree to abide by the rules in the current handbook, and commit to maintaining an ethical confidentiality in regard to the modules and the hospital itself.

Signed: _____ Date: _____

<i>Please ensure you have attached:</i>	<i>Return to:</i>
<ul style="list-style-type: none"> evidence of ability to undertake tertiary- level study two written references supporting this application expected aims and outcomes 	Leanne Churchill Education Administrator Ashburn Clinic Private Bag 1916 Dunedin leannec@ashburn.co.nz



Contact Information

Leanne Churchill
Education Administrator
Tel 476 2092
Email leannec@ashburn.co.nz

Post to: **The Ashburn Clinic**
Private Bag 1916
Dunedin
New Zealand

Courier to: 496 Taieri Road
Halfway Bush
Dunedin
New Zealand

Telephone Reception: Tel 03 476 2092

Website

The Ashburn Clinic website address is www.ashburn.co.nz

The **Education Services at Ashburn Clinic** and **Downloads** sections of the website contain handbooks and application forms relating to the trainee programme and to the associated theory modules.

Note that while email hyperlinks and main website address have been enabled on this page, no other hyperlinks in this document are active. Please navigate the website directly and follow the tabs.