

ATPM Introductory Guide for Participants

Introductory Guide for Participants



Introduction

The Advanced Theory of Psychotherapy Module Series originates from Ashburn Clinic's desire to provide formal training in psychotherapeutic theory to its own staff, particularly its psychotherapy trainees, as well as its charitable purpose to provide education about psychotherapy and psychiatry. The modules are offered for public participation in response to growing community understanding of the effectiveness of psychotherapy as a treatment modality.

The structure and content of the four modules is developed and reviewed by the Ashburn Clinic Education Services Committee to ensure the Clinic's training is of high quality, professionally effective and current. While the modules themselves do not form a practising qualification, their content is recognised by PBANZ, and forms a sound basis of theory for those who graduate and then engage in supervised practice.

The series is open to any interested parties but particularly beneficial to:

- those considering or beginning formal training towards registration as a psychotherapist
- mental health and addictions health professionals trained in other disciplines, wishing to understand psychotherapy theory and the underpinnings of human development and dysfunction, and psychodynamic treatment approaches.

Two different modules are offered each year (March-June, July-September). The four modules that make up the series are:

1. Selected Theorists
2. Psychopathologies and Mental Wellbeing
3. Stages of Human Development
4. Models of Psychotherapy

Each module is made up of 10 seminars, run on consecutive Tuesday nights at Ashburn Clinic, presented by a variety of experienced mental health clinicians and therapists (including Ashburn staff). 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.

The cost to attend each module is \$800.00. Electronic copies of readings are provided; printed copies cost an additional \$50.00 and must be requested in advance of the module start date.

The Four Modules

1. Selected Theorists

An introduction to the work of major theorists and to different models of psychotherapy.

The learning objectives are to:

- Understand the similarities and differences between theorists
- Gain an historical outline of psychotherapy theoretical development.

Key aspects include:

- Personal history/background, type of theorist and importance of their theory to broader psychotherapy
- Key theoretical ideas/concepts and how they differed from/further developed peer/earlier ideas
- Application to psychotherapeutic practice (past and present).



2. Psychopathologies and Mental Wellbeing

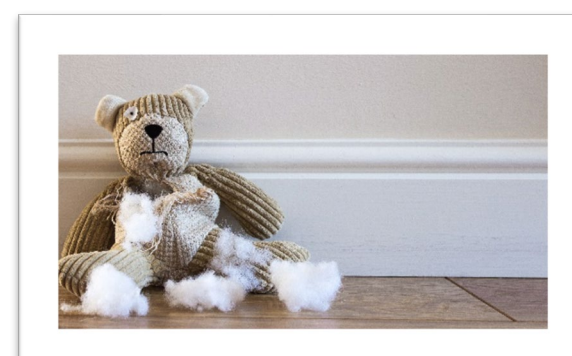
An introduction to major mental health difficulties, their psychodynamic underpinnings and treatment approaches.

The learning objectives are to:

- Gain an overview of major mental health difficulties and how they present
- Understand contemporary management responses and treatment approaches.

Key aspects include:

- Definition and diagnosis



- Psychodynamic aspects and links to psychotherapy theory
- Models of treatment and management.

3. Stages of Human Development

An introduction to the psychodynamics of growth, maturity and ageing.

The learning objectives are to:

- Understand the stages in human development from birth to death
- Understand how the stages link to the development of personality and ability to relate to others.

Key aspects include:

- Crucial stages in human development, their definition and determination
- Theoretical perspectives including psychoanalysis and developmental psychology
- Success factors and the impact of unsuccessful stage progression.

4. Models of Psychotherapeutic Practice

An introduction to contemporary psychotherapeutic approaches.

The learning objectives are to:

- Gain an overview of major psychotherapeutic approaches
- Understand how psychotherapy theory is applied in contemporary practice.

Key aspects include:

- Definition and distinction of psychotherapeutic practices
- Models of treatments and approach
- Key principles and case examples.



Enrolment & Attendance

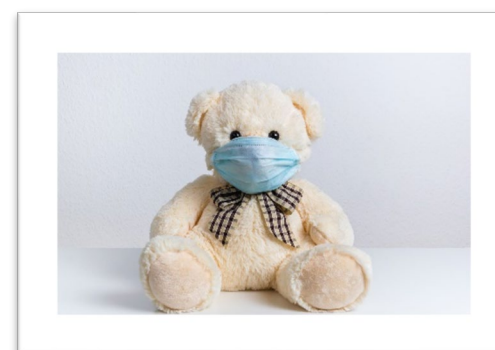
Participants who wish to enrol in the series submit a completed application form stating their goals, academic history, and professional capacity, supported by two references. For subsequent modules, an application form only is required. Modules may be attended ‘for interest’ (attendance only) or ‘completion’ to pursue a more clearly defined learning goal. For the latter, participants are assessed at the end of a module through the submission and marking of an essay on a related topic.

Participants may enrol for an individual module, two, three or all four modules. Participants may begin the series at any module, however those who have little or no knowledge or experience of psychotherapy would benefit from beginning with the *Selected Theorists* module, as the other modules refer to the original theory and psychotherapy terminology as a matter of course. Participants joining the subsequent modules without having completed *Selected Theorists* will need to do further study or investigation to support their understanding of terminology and topics. The seminars are presented as lecture-style and provide some opportunity for discussion and sharing of professional knowledge and experience of the group as part of the session.

Conditions of participation:

The following conditions are to be met to receive a module attendance certificate:

1. Full payment of the module fee within two weeks of the module start date.
2. Attendance is in person – a minimum of 8/10 sessions is required. Remote attendance will be considered in extenuating circumstances for individual participants, negotiated in advance.
3. If unable to attend a specific session, please notify the Education Administrator in advance of the seminar start time (education@ashburn.co.nz).
4. Documented feedback is required for the presenters’ CPD and professional registration. Participants complete surveys each week.
5. Seminars will not be recorded by participants or Ashburn Clinic for reasons of group cohesion and confidentiality.

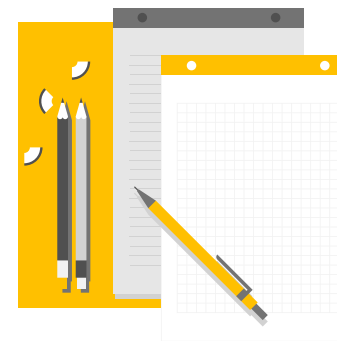


Distance Learning: Attendance of seminars onsite at Ashburn Clinic is the standard arrangement, to facilitate the

connection of the participant group and encourage engagement and participation. Participants who live outside Dunedin can attend via Zoom by prior agreement. Participants attending via Zoom are expected to show themselves on camera and join group discussions.

Site Considerations: Ashburn Clinic is a residential mental health and addictions facility. Please respect the privacy, health, and safety of patients:

- Park in the top carpark (see highlighted areas on the attached map)
- Do not wander the grounds or into any other Ashburn buildings
- Do not smoke or vape on the Ashburn grounds or in the building
- Follow instructions of staff in the case of an emergency.



Self-motivated Learning: It is expected that participants will have prior experience of study and essay writing and be self-motivated to undertake further investigation and reading to supplement their learning experience. Participants are provided relevant reading material for each seminar. Participants are expected to prepare for the seminars by completing the readings in advance and participating in group discussions, as the participants' life experience and professional expertise contribute to the group cohesiveness and learning opportunities. If participants have individual queries relating to their learning, these can be directed during the seminar or via the Education Administrator. However, additional tutoring or mentoring is not part of the course structure. The Ashburn library is available to participants while they study and contains a wide range of relevant reading material.

Seminar Structure

The presenter may structure the seminar to their own personal style; however, the following structure is recommended:

1. 90-minute presentation (no break), ideally consisting of:
 - 5-minute introduction (self/group)
 - 60 minutes information presentation (PowerPoint presentation is recommended with a 10-minute practical exercise or video)
 - 10-15 minutes participant questions (at the end of the seminar or interspersed through presentation)
2. Readings: two-three readings with additional readings listed for essay-writing or interest. There should be a clear link to (but not repetition of) pre-course readings in the seminar.
3. A PowerPoint presentation outlining the main presentation points provides a frame for the presentation, reduces notetaking, and increases participation. Ideally there would be less than 25 slides (a PDF copy is made available to the participants after the session).
4. A short video or practical exercise (case study, therapy tool) can be useful to demonstrate key points.

NB: Seminars will begin promptly at 7.00 pm and end by 8.30 pm. The seminar room will be open from 6.45 pm, attendees may help themselves to tea and coffee on arrival and access the library.

Feedback surveys will be provided to participants for each seminar and collated by the Education Administrator. Presenters will receive a summary report, which does not identify the respondents. A summary of the feedback provided across the module will be tabled at the Ashburn Clinic Education Services Committee meeting, to inform future planning.

Module & Series Assessments

If the participant wishes to receive a certificate of completion (as opposed to a certificate of attendance) at the end of a module, they are required to submit an essay which, when assessed, meets the required standard.

The purpose of the essay task is 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.



The participant determines the topic for the essay that relates to a discrete area within the set of ideas presented in the module. The essay is to be no more than 2,000 words (not including references) and is required to meet the specified performance indicators. For the first module undertaken, it is recommended that the participant submits a brief proposal outlining the topic and their approach. One of the assessors provides feedback and guidance as to the appropriateness of the topic and scope. The essay is due on the fourth Friday following the final module seminar. Extensions may be requested with reasons given.

The essay is assessed independently by two assessors (senior Ashburn Clinic clinicians) against the performance indicators, and a *Pass*, *Fail* or *Resubmit* assigned for each indicator. A *Pass* is required for all indicators to meet the required standard. If the essay does not meet the required standard, the participant is given one opportunity to resubmit the essay for further assessment.

Essay to Complete the Modular Series: To complete the ATPM series and fully graduate the course, an additional essay is required to be completed to a length of 3,000-5,000 words (not including references). The participant writes an essay to demonstrate their understanding of one of more themes of the theory of psychotherapy presented within one or more of the modules.

A proposal is required for approval before embarking on completing and submitting the final essay to complete the series.

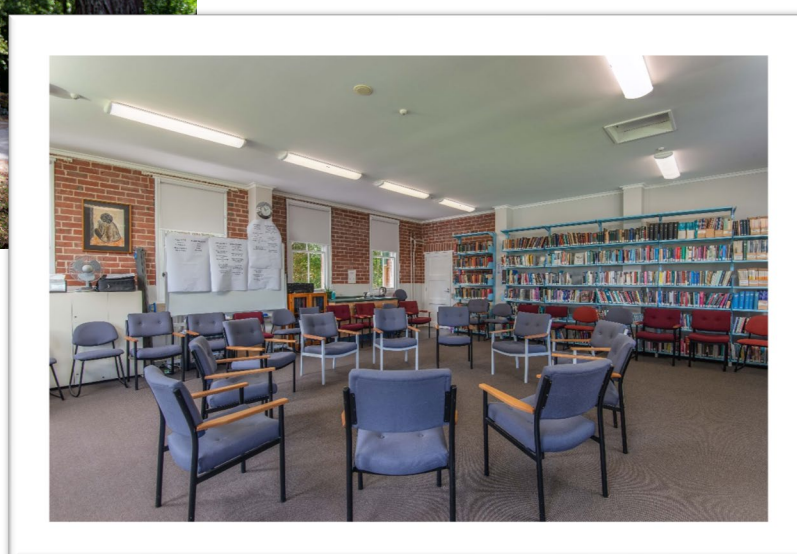
For more information, refer to the essay guide at the end of the booklet and the *Advanced Theory of Psychotherapy Module Series Handbook* in the Ashburn Clinic shared document directory that all approved participants will be given access to.

Ashburn Clinic Library Resources

For the duration of the module and period of essay preparation, ATPM participants may access the Ashburn Clinic library (located in the Medlicott Education Centre), and Psychoanalytic Electronic Publishing (pep-web) journal library. The Education Administrator will provide catalogue access details and instructions when requested.

Full Course Description

For more information, please refer to the Ashburn website (<https://www.ashburn.co.nz/education/>) or email: education@ashburn.co.nz.



Essay Guidance for Completion of a Module

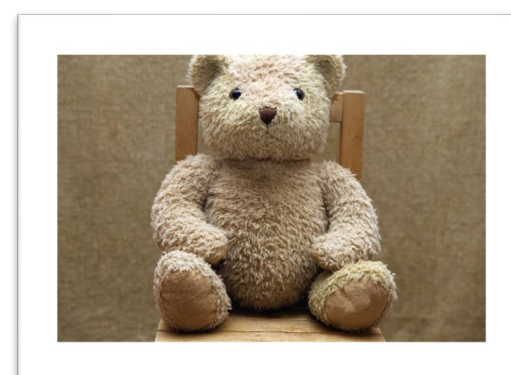
Introduction

In order to receive a certificate of completion of an ATPM module, an essay is submitted for assessment. The essay is assessed by a minimum of two ATPM assessors appointed by Ashburn Clinic. The policy and procedures relating to the essay assessment process are contained in the Advanced Theory of Psychotherapy Modular Seminar Series Handbook.

The Essay Task

The purpose of the essay is to demonstrate the module participant's understanding of the theory and its application to psychotherapy practice, taught in the module.

1. Familiarise yourself with the performance indicators, i.e. the criteria against which your essay will be assessed.
2. Identify a topic that interests you and relates to the module content.
3. Briefly research and define an area of study within the theme of the topic which relates to a seminar or seminars in a module.
4. If it is your first module and essay for the ATPM series, prepare an abstract and submit it to the Education Administrator, one week after the end of the module.
5. Write an essay in which you demonstrate a theme of psychotherapy theory presented within a module. Do not exceed 2,000 words (excluding references.)
6. Submit by the deadline (or negotiate an alternative in advance).



Performance Indicators

1. Write an essay to:
 - Demonstrate your ability to integrate the information from the seminar module and your own reading/experience.
 - Indicate the depth and variety of your personal reading and study by arguing points-of-view and providing a reference list (using the required standard referencing system i.e. APA 7).
 - Clearly focus on the aspects of the theory of psychotherapy presented in the module.
 - Indicate the difference between research and opinion. Back up your statements and conclusions with the seminar material and further reading.
2. Submit by the fourth Friday following the last seminar of the module.

Choosing an Essay Topic

1. During the module, keep in mind the essay task and identify a particular seminar topic or aspect that might interest you to explore further in the essay.
2. Having selected an area, frame up a title that reflects what you will cover in your essay, carefully limiting the size of topic to what can be addressed within 2000 words.

Topic examples include:

- Comparing different theorists' approach to a key concept or theory, e.g. Attachment Theory.
- Explaining the relationship between psychotherapy and a specific stage in life, e.g. the Third Age.
- Outlining how psychotherapy theory can be applied/relevant to working with a particular problem (e.g. addiction), cohort (e.g. children, adolescents) or model of practice (e.g. Family Therapy).
- Comparing two different stages of human development with regards to key concepts, e.g. individuation and identity.
- Outlining how a specific psychotherapy theory or theorist has influenced practice development, e.g. childcare practices in NZ.

Writing the Essay

1. When identifying an essay topic and theme, define an area of study with a clear scope and limit to what you will cover within the essay space. Your essay title should succinctly summarise the essay purpose and focus.
2. Map out the direction in which you want to go in writing the essay – it should include an introduction, body of discussion and analysis, and conclusion (refer additional guide).
3. Establish the problem, theory, or point-of-view in the introduction, then support your argument with a logical progression of ideas, with reference to relevant literature. Section or paragraph headings are a useful way of structuring and ‘sign-posting’ key points.
4. Acknowledge sources of information, ideas, and direct quotations as you use them. Link any quotes to the reference list (bibliography) at the end of essay (by number and/or footnote). The referencing standard to be used in your essay is APA (American Psychological Association) 7th Referencing Style. The APA 7 guide and common examples of references relating to different sources is accessed here: <https://apastyle.apa.org/instructional-aids/reference-examples.pdf>

A few tips:

- ✓ Select an aspect of psychotherapy that can be sufficiently explored and evidenced within 2,000 words, e.g. select a specific aspect or stage of personality development rather than the whole lifecycle.
- ✓ If a particular theorist is your focus, research the theory thoroughly (ideally having completed the “Selected Theorists” module first) and select a specific aspect to explore in the essay.
- ✓ Identify and complete additional reading on your topic beyond what is presented in the relevant seminar – ask for recommendations from the seminar presenters or Education Co-ordinator if you need help.
- ✓ Support your essay content with your own experience and viewpoint, as well as quotes from readings and recognised sources.

The Ashburn library is available to ATPM participants for the duration of their study and can be searched via the catalogue, with assistance from the Education Administrator. For more information about the series and the assessment requirements, please refer to the *Advanced Theory of Psychotherapy Module Series Handbook* on the Ashburn Clinic website.

Questions?

Get in touch! Contact the Education Administrator (03 476-2092) or education@ashburn.co.nz.

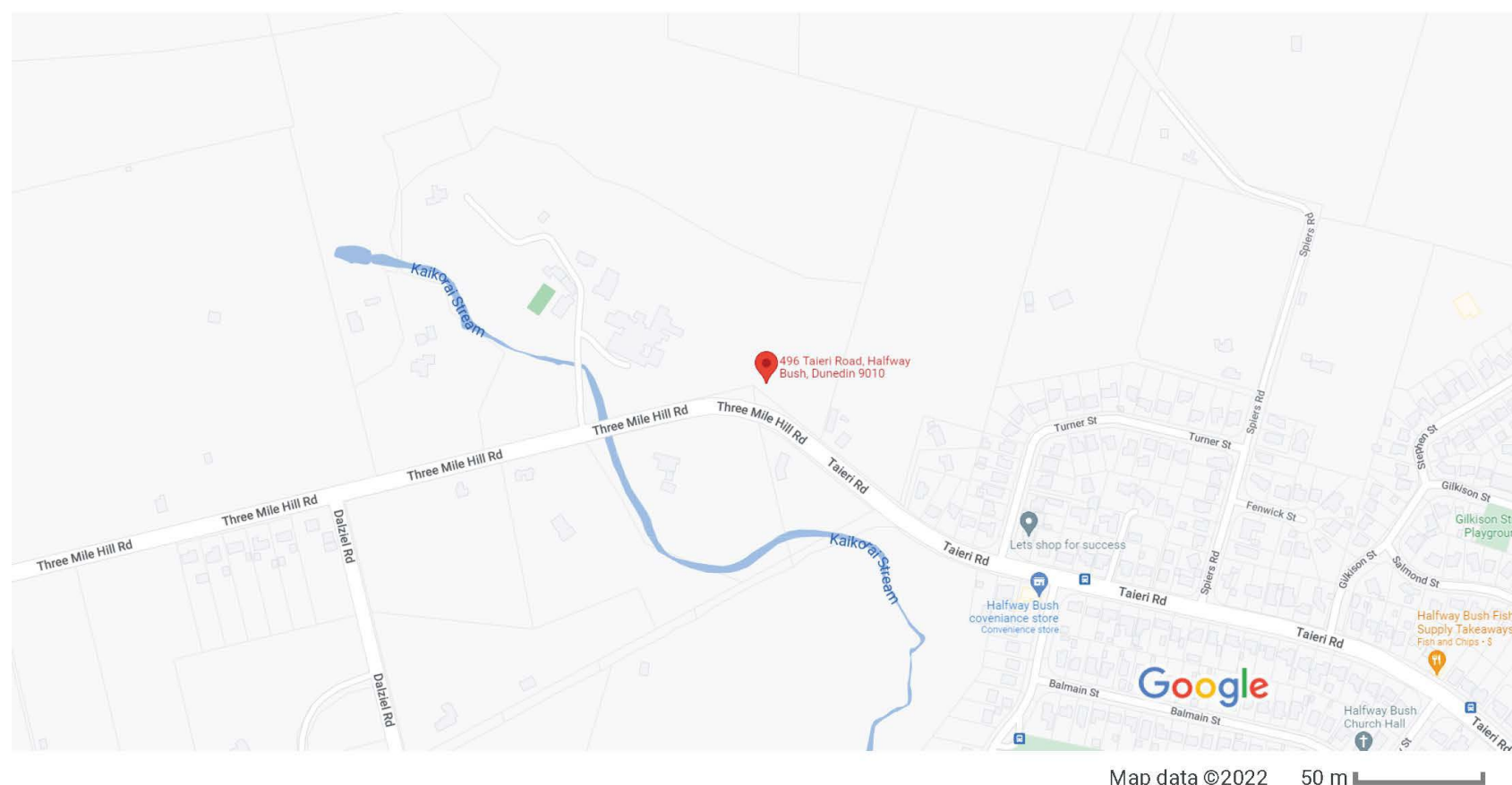
Ashburn Clinic

496 Taieri Road, Halfway Bush, Dunedin 9054

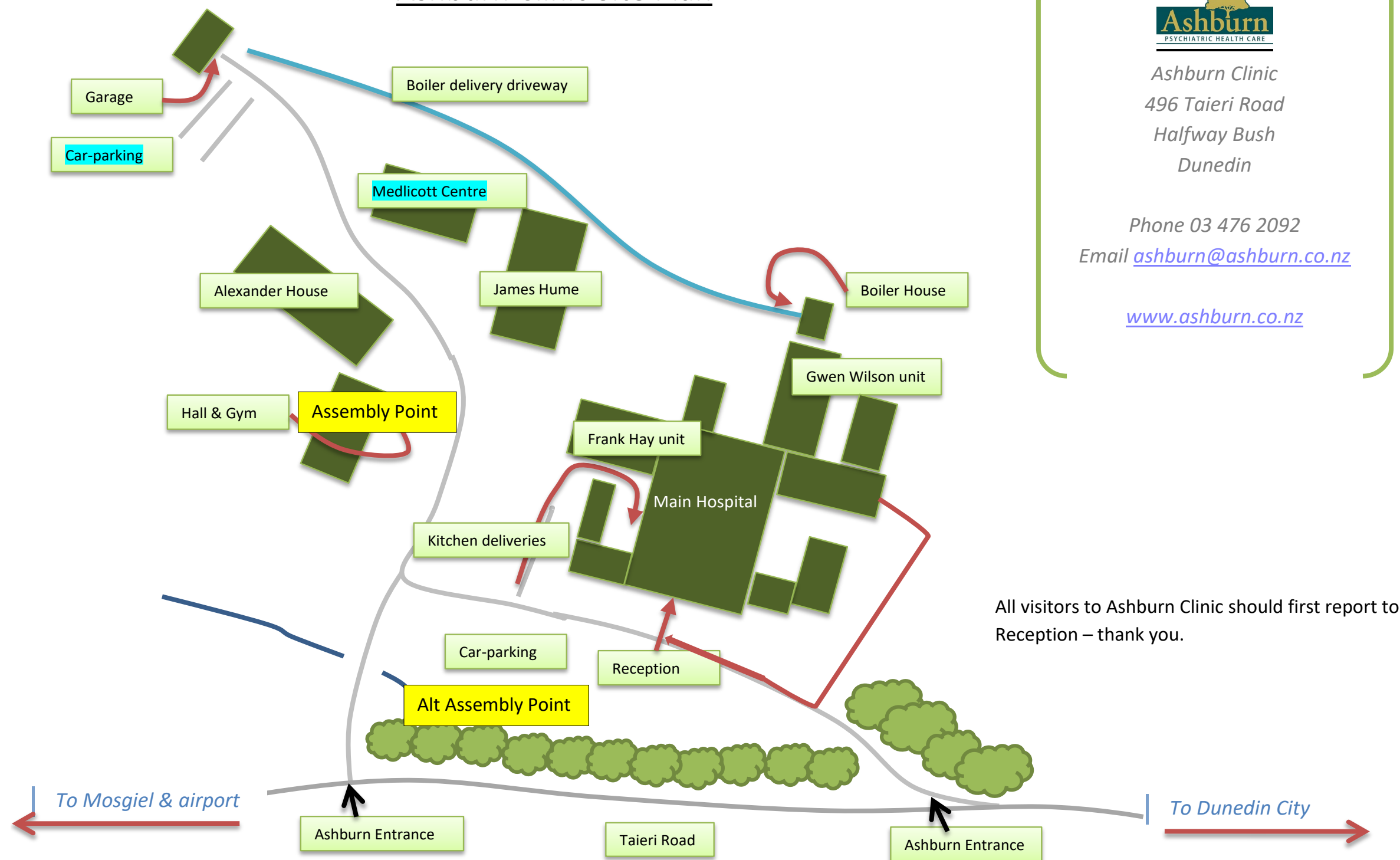
Private Bag 1916, Dunedin

Web: ashburn.co.nz

Email: ashburn@ashburn.co.nz



Ashburn Clinic Site Plan



Ashburn Clinic
496 Taieri Road
Halfway Bush
Dunedin

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www.ashburn.co.nz



APPLICATION FORM

I apply for admission to the **Advanced Theory of Psychotherapy Modular Seminar Series** at Ashburn Clinic as described in the ATPM guide and handbook, at a cost of \$800.00.

Name:**Address:****Telephone****(day/evening):****Email address:****Qualifications:****Current study or employment
(position/location):****Please give details:****ATPM Module applying for:****Attendance only or****Completed/Assessed:****Declaration:**

If accepted into the modular series, I agree to abide by the policies and procedures outlined in the ATPM guide/handbook (including the conditions of participation below) and will maintain ethical confidentiality in regard to the modules and the hospital itself.

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Signed: _____**Date:** _____

If this is your <u>first</u> application, please ensure you have attached:	Return to:
• evidence of ability to undertake tertiary-level study. • two written references supporting this application. • expected aims and outcomes.	Education Administrator Ashburn Clinic education@ashburn.co.nz

