

INSIGHT

Theory and Practice of Psychodynamic
Psychotherapy a one-year Comprehensive
Training Program



INSIGHT©

Psychodynamic Psychotherapy
Training Program
Adj Professor
Robert Schweitzer

Small online group learning
for mental health practitioners
including:

- Psychologists
- Medical practitioners
- Social workers



MORE INFORMATION

Tel: 07 3342 1838



www.iipt.com.au



training@iipt.com.au



The program provides a systematic
introduction to the theory and practice
of psychodynamic-informed
therapeutic practice.



Theory and Practice of Psychodynamic Psychotherapy

About the Program:

Drawing on over two decades of clinical psychology teaching experience, this one-year course is tailored for experienced practitioners seeking to deepen their understanding of contemporary psychodynamic psychotherapy and address a broader range of emotional components of interpersonal and clinical presentations.

Structure:

- 4 terms of 8 weeks each
- 2-hour weekly classes.
(online or in-person)
- Focus on case presentations and theory

Core Concepts:

- Enhancing insight through immersion in theory and understanding unconscious processes
- Exploring therapeutic relationship dynamics
- Evidence-based techniques for common mental disorders

Curriculum Highlights:

- Historical and philosophical context of psychodynamic theory
- Essential clinical techniques
- Applications to various mental health conditions
- Theoretical study and experiential case discussions
- Optional supervised practice

Outcome:

Equip yourself with the knowledge, skills, and self-reflective abilities to effectively integrate contemporary psychodynamic principles into your clinical practice.



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Theory and Practice of Psychodynamic Psychotherapy for
Mental Health Practitioners

Course Objectives

1. Explore modern psychodynamic theory foundations
2. Develop relational-psychodynamic therapy skills
3. Enhance psychodynamic assessment and formulation
4. Improve management of unconscious processes
5. Apply principles to diverse clinical cases
6. Increase self-awareness through case discussions
7. Address ethics from a relational perspective

Evidence-Based Practice

Includes:

- Interpersonal Difficulties
- Depression & Anxiety
- Impact of Early Adversity
- Developmental Issues

Psychodynamic Sensibility

- Curiosity
- Complexity
- Relational
- Human Subjectivity

Certificate of Attainment

Meets PD requirements through a Certificate of Attainment.



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Course Structure

Our program offers a progressive approach to psychodynamic psychotherapy, covering:

- Foundational knowledge
- Clinical skills development
- Specific issues in practice
- Advanced contemporary techniques

Building on your expertise, this course strengthens your ability to assess, formulate, and treat drawing upon a psychodynamic sensibility.



Small Group Learning

Format:

- Small groups (max 8)
- Four 8-week terms
- 2-hour sessions: theory and case discussions

Features:

- Group supervision
- Theory integrated with case studies
- Collaborative and experiential learning

Certification:

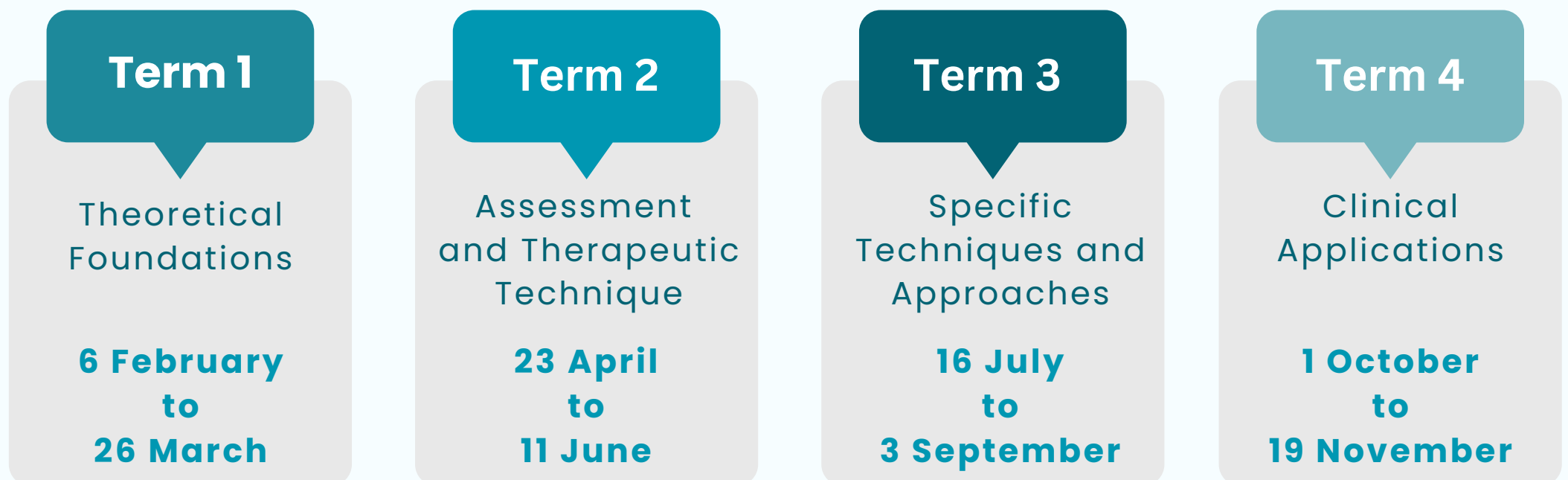
- Submit reflections to earn a Certificate of Attainment, meeting AHPRA's Active PD criteria.



Potential Benefits of the Program

- Expert mentoring through group case presentations
- Supportive community of like-minded clinicians
- Fulfills professional development requirements
- Practical, evidence-based therapeutic skills
- Personal growth through self-reflection
- Enhanced understanding of countertransference
- Improved therapeutic relationships

Timeline 2025



**Saving
\$800
Per Term**

**Early Bird Fee Ends 20.12.24
\$1,450 Per Term**

**Regular Fee
\$1,600 Per Term**

Program Facilitators

Robert Schweitzer – Course Convener



Robert is an Adjunct Professor of Psychology at Queensland University of Technology, where he established the postgraduate program in clinical psychology with a strong psychodynamic focus. He maintains an active psychodynamic psychotherapy practice and supervises registrars. Robert has previously chaired the Queensland Psychology Board of Australia and published extensively in the areas of psychotherapy research, including transcultural psychology, and treatment trials with serious mental illness. His current practice focusses upon clinical supervision and long term psychodynamic psychotherapy.

www.psychregistrar.com.au

Dr. Rebecca Bargaquast

Rebecca is a clinical psychologist and psychodynamic psychotherapist who runs a private practice in Brisbane. As part of her practice she offers psychological assessment and treatment for people experiencing a range of emotional and relational difficulties. She also provides clinical supervision to psychologists and other health professionals. Rebecca has a special interest in long-term, in-depth psychotherapy, the treatment of complex mental health difficulties, and therapy for perinatal mental health issues and parent-infant attachment issues.



Dr Michael Edwards



Michael is a practising senior consultant psychiatrist. He has three decades of experience in all aspects of clinical psychiatry. His PhD and subsequent work have focused on theoretical aspects of psychoanalysis and Continental Philosophy, and the dialogue between them. His contribution to the course aims to deepen clinician self-reflective capacity through a study of the often unacknowledged epistemological and ontological foundations of psychodynamic practice, as well as inviting us to “critique” our privileged positions as therapists. His current clinical work focuses on acute mental health problems and substance use issues. He is an accredited supervisor in basic and advanced psychotherapy training for psychiatry registrars. Michael will provide guest seminars

Aaron Neaves

Aaron is a Clinical Psychologist and the Director of May Health, a private mental health company in South Australia. He chairs the South Australian section of the Psychoanalytically Oriented Psychologists Interest Group of the Australian Psychological Society. Aaron's practice is dedicated to psychodynamic psychotherapy, addressing a variety of conditions. He studies and supervises in the field, emphasising a collaborative learning atmosphere. As a co-host of 'Clinically Thinking', Aaron discusses broad topics in clinical psychology. Through the INSIGHT program, he hopes to facilitate the learning of the theory and practice of psychodynamic psychotherapy with fellow professionals.

