



igap

The Independent  
Group of Analytical  
Psychologists



# Programme of Preparation for becoming an Analyst

## **PROGRAMME OF PREPARATION FOR BECOMING AN ANALYST**

The Independent Group of Analytical Psychologists offers a programme which prepares carefully selected candidates to become Jungian Analysts (Analytical Psychologists). Those who successfully complete the programme become members of IGAP and of the International Association for Analytical Psychology. The IGAP Programme of Preparation is accredited by the UK Council for Psychotherapy (UKCP) for the purposes of registration.

The programme aims to teach and facilitate study of the theory and practice of the psychology of C.G. Jung. Special attention is given to Jung's Collected Works. Based on an intensive experience of individual analysis, it emphasises the reality of archetypal and collective contents and processes of the unconscious psyche, as well as personal and interpersonal dynamics.

IGAP acknowledges that individuation means that each Jungian Analyst will develop personal values and an individual style of practice, within a strict code of professional and ethical standards.

Acceptance onto the Programme of Preparation is not a guarantee of final qualification. At any stage of its process IGAP reserves the right, in its absolute discretion, to refuse any Candidate permission to proceed to the next stage and to ask him/her to leave the programme. This applies irrespective of whether or not the formal requirements have been met.

Candidates must agree to be bound by the IGAP Code of Ethics which they will be required to sign when they join the Programme of Preparation.

**2011**

## **PROGRAMME OF PREPARATION**

Personal analysis is fundamental to the programme and Candidates continue in analysis throughout its duration. They develop a working knowledge of the concepts of analytical psychology through reading and attendance at lectures, seminars, and case discussion groups. Written work indicates theoretical grasp of these concepts, and presentation of cases shows ability to apply them in a clinical context. The process of preparation of each Candidate is continually assessed by examination and in regular interaction with members of a Review Committee.

The Programme of Preparation will take at least four years to complete.

## **ADMISSIONS POLICY**

The Independent Group of Analytical Psychologists is committed to a policy of non-discrimination on the basis of nationality, race, gender, sexual orientation, social class, political or religious persuasion.

### **Existing Practices**

Applicants with an ongoing counselling or psychotherapeutic practice will only be accepted if they are accredited members of the British Association of Counsellors and Psychotherapists, or members of an organisation within the UKCP which has a Code of Ethics, or an equivalent professional body. Proof of both professional membership and insurance cover must be provided.

### **Clinical Experience**

A set period of clinical observation and work in a psychiatric setting is mandatory during Candidacy. Candidates with medical or therapeutic experience may be evaluated for full or partial exemption.

# APPLICATION TO THE PROGRAMME OF PREPARATION

## Prerequisites

Applicants must:

- 1 Ordinarily, be at least thirty years of age.
- 2 Have a university degree or equivalent.
- 3 Have worked in analysis for at least 150 hours with a member of the IAAP.
- 4 Have been in analysis for the six months prior to application.
- 5 Have read some of Jung's own writings.

Emphasis will be placed on the applicant's work and life experience. We recommend attendance at the IGAP Studies Programme for at least one year prior to application.

## Selection

Application forms are available from the IGAP secretary who will also provide relevant information and details of the timetable for the selection process. Completed forms and the necessary documentation should be returned to the secretary.

The number of applicants IGAP can accept is constrained by the number of training places available and it varies from year to year. We are not always able to offer an interview to everyone who meets the basic criteria. Each applicant invited for interview will be assessed by an interviewing panel made up of three IGAP analysts and one external analyst who has membership of IAAP. After considering the reports from interviewing panels, the membership of IGAP makes a decision on each application. If an applicant is admitted to the Programme of Preparation, the three IGAP members of the interviewing panel will constitute his/her personal Review Committee. They will provide support and guidance through the Programme.

IGAP does not, except in exceptional circumstances, consider more than two applications from any individual.

## Personal Analysis

Personal analysis is essential for the duration of the training. A minimum of 500 hours from the commencement of candidacy with a senior IGAP analyst is required. Candidates are expected to be in analysis at least once a week throughout. Some periods of greater frequency are recommended, to allow an experience of appropriate intensity and depth for the Programme of Preparation. It is recommended that experience is sought with both a male and female analyst.

## **STAGES OF PREPARATION**

The Programme of Preparation is divided into two stages. The pace at which a Candidate moves from one stage to the next is an individual matter which is discussed and agreed by his/her Review Committee. Movement through the programme is ratified at a meeting of IGAP.

### **Candidacy**

Upon selection, the applicant becomes a Candidate. The period of Candidacy lasts for at least two years. Candidates are expected to avail themselves of IGAP's extensive Studies Programme in preparation for Advanced Candidacy. They must complete a period of clinical experience.

Readiness for the next stage of the programme is evaluated by the Candidate's Review Committee and through a series of oral and written examinations on the following subjects:

#### **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 the period of Advanced Candidacy, the following are required:

- 1 Working with cases under supervision.

Advanced candidates will see at least three cases, which should include a male and a female analysand. 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 include shorter cases. The long case report (which covers 150 hours with an analysand) will be examined as part of the final assessment. All cases must be written up and submitted. Additional case material may be requested by supervisors and/or Review Committees. All cases must be supervised by an analyst from the IGAP list of supervisors. Supervision with both male and female supervisors is recommended. Frequency of supervision is one hour to three hours of casework.

- 2 Attendance at the ongoing case colloquia throughout Advanced Candidacy as well as a minimum of 20 further sessions of specialised case colloquia.
- 3 A thesis, between 15,000 and 20,000 words.
- 4 A written paper on Alchemy and its relevance to Jungian psychology (Maximum 3000 words).
- 5 An oral examination on Individuation and its Symbols.
- 6 Presentation of a case report to the membership of IGAP.

These examinations will assess both professional competence and personal development. The ability to deal with symbolic material will be emphasized.

When the two stages of preparation have been completed and the Final Assessment Panel is satisfied that the standards of IGAP and of the International Association for Analytical Psychotherapy have been met, the Advanced Candidate will be presented for election to membership of IGAP.

# CURRICULUM

## Studies Programme

IGAP's Studies Programme starts each autumn and runs over three terms.

Subjects include:

- History of ideas pertaining to the unconscious
- Theory of archetypes
- Theory of 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
- Anthropology
- Process of Individuation
- Dream and picture interpretation

Relevant reading, workshops, papers and other projects are at the discretion of the seminar leaders.

## **LEAVE OF ABSENCE**

Under certain circumstances, a leave of absence may be granted if approved by the candidate's Review Committee.

## **POLICY OF PROGRAMME OF PREPARATION**

Requirements for the Programme of Preparation may be changed from time to time. Candidates usually continue under the requirements that were in force when they entered the programme, although they may opt to update. This brochure outlines minimum requirements. Review Committees may ask for additional work and/or experience.

## **PROFESSIONAL CONDUCT**

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.

A Candidate/Advanced Candidate may be asked to leave the programme on ethical grounds at any stage. Any consequent appeal may be made to the Ethics Committee of IGAP.

Candidates may not present themselves publicly as Jungian analysts during their preparation.

## **FEES**

Candidates are responsible for all fees to personal analysts, supervisors, thesis advisers, meetings with Review Committee members and for examinations. There are also termly fees for both the Programme of Preparation and the Studies Programme. A list of fees is available from the IGAP office.

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