



Parent-Infant Therapist Diploma

Handbook
January 2021 – July 2022

The Oxford Parent-Infant Project

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oxpip.org.uk

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The OXPIP Ethos

The Oxford Parent-Infant Project is a charity that tackles some of society's most challenging issues by helping parents and their babies to form strong and loving relationships.

OXPIP is a service specialising in the emotional needs of parents and babies from conception and throughout the first two years of life. Our therapists are drawn from a variety of clinical backgrounds and have specialist knowledge, training and understanding of infant mental health, adult mental health, and attachment theory. The aim of therapy is to support parents who are experiencing difficulties in preparing for or being with their baby and to facilitate parent-infant relationships; in some cases, this will include working with other carers within the family as well.

OXPIP offers intensive therapeutic help to parents and their babies in Oxfordshire. We support families by working with parent(s) and infant together, to think about how unresolved issues from the past might impact on the parent-infant relationship, build on the positive, to boost parental confidence, and help the parents be led by the needs of the baby. We know from the evidence that OXPIP's approach can, and does, help.

The work requires flexibility. It is based on psychoanalytic principles and theory, but draws on a range of other theoretical and therapeutic modalities including attachment theory, psychoanalytic group theory, neuroscience, mentalisation, Watch, Wait and Wonder, and Video Interaction Guidance.

OXPIP has a number of satellite and outreach projects that are located across Oxfordshire, to provide easy and accessible services to the families with whom we work. OXPIP provides both free and sliding scale open access services as well as specialist work with families at risk. We are supported by charitable trusts.

In addition to the clinical work, OXPIP provides consultation, workshops and training to a wide range of professionals on the importance of early attachment and infant mental health. OXPIP works with other service providers locally and nationally to promote the importance of very early intervention within policy and practice.

Safeguarding children and vulnerable adults is central to OXPIP's work.

Pre-requisites

The programme is suitable for professionals who have a recognised professional clinical registration in any of the following: psychotherapy, psychodynamic counselling, psychology or arts therapies (such as UKCP, BCP, ACP, BPS, or BACP).

Applicants are expected to have a sound understanding of infant and adult mental health, attachment theory and a minimum of one year's experience of baby observation within a psychoanalytic framework, or be prepared to undertake an observation alongside their training, at the discretion of the training committee.

Applicants need to have previous experience of psychodynamic/psychoanalytic personal therapy.

Please see Course Entry Criteria overleaf.

Course Entry Criteria

Requirements	Essential / Desirable	Method of Assessments
Qualifications		
Psychotherapeutic, counselling or other relevant professional qualification	Essential	Application
Membership of relevant professional body	Essential	Application
Experience		
Own psychoanalytic/psychodynamic personal therapy	Essential	Application/interview
Understanding of infant and adult mental health, attachment, and child development	Essential	Application/Interview
Infant Observation	Essential (can be undertaken during the course, at the discretion of the training committee)	Application/Interview
Knowledge and understanding of safeguarding children	Essential	Application/Interview
Clinical experience of working with individuals/couples	Essential	Application/Interview
Experience of working clinically with families	Desirable	Application/Interview
2 years post qualification experience	Desirable	Application/interview
Clinical work in parent-infant mental health field	Desirable	Application/Interview
Skills		
Psychoanalytic/Psychodynamic Therapy/Counselling	Essential	Application/Interview
Sufficient level of literacy to be able to write at diploma level	Essential	Application
Competent IT skills	Essential	Application/Interview
Consultation and Training for health professionals	Desirable	Application/Interview
Able to facilitate a therapeutic group for parents and babies	Desirable	Application/Interview
Other		
Able to work as part of a team	Essential	Application/Interview
Able to work flexibly and creatively	Essential	Application/Interview

The Parent-Infant Therapist Diploma

The Parent-Infant Therapist Diploma Programme is designed to help trainees to:

- develop their skills as parent–infant therapists
- engage parents and infants
- assess and choose the appropriate form of intervention and develop a clear framework for their work
- assess and evaluate the work together with the client
- reflect on their clinical practice in supervision verbally and through full process notes for each clinical session

Trainees will be expected to:

- participate in training days over an 18-month period (see timetable in Appendix 1, subject to change)
- carry out clinical work for 15 months between April 2021 and July 2022
- present clinical work as details process notes in individual supervision
- attend individual tutorials, once a term (4 in total)
- keep a reflective journal throughout the course, to be submitted termly to their Tutor as part of the ongoing assessment process
- write a final paper which demonstrates their clinical work and an understanding of underlying psychoanalytic theory

Trainees should also gain experience, where appropriate, of liaising with other health and/or early-years professionals in their placement or work setting.

Learning Outcomes

At the end of 18 months with OXPIP, Parent-Infant Therapist trainees will be expected to meet a range of learning outcomes in relation to their practice of and theoretical understanding of parent-infant psychotherapy. These will be made available at the commencement of the course.

Accreditation

This training has been accredited by APPCIOS (The Association for Psychodynamic Practice and Counselling in Organisational Settings), which is a member organisation of the British Psychoanalytic Council.

Trainee Commitments

Time Commitment

The taught course runs for 15 months, starting in January 2021. See timetable in Appendix 1. This is followed by a 6-month period for completing the final paper.

Trainees also need to allow additional time for the placement, reviews, individual supervision, admin, reading and independent learning.

Location

The majority of the teaching days will be primarily delivered via Zoom. For any face-to-face sessions, these will take place at the OXPIP Office, Suite J, The Kidlington Centre, Oxford, OX5 2DL - within easy reach of Oxford Parkway railway station. Please see our website for details: oxpip.org.uk/contact-us

Teaching and Learning Methods

Trainees will be learning through experience, theoretical teaching and guided independent learning. They are expected to attend and actively participate in the full range of: individual supervision, teaching seminars, short courses, OXPIP lectures and group process sessions. In order to be eligible for the diploma award, trainees must attend at least 80% of the training days. They will also be expected to read and present material from the reading list and additional papers, both for seminars and ongoing personal development.

Training Days

The training days will follow a similar structure each time, with teaching sessions in the morning and group supervision and group process in the afternoon. See timetable in Appendix 1.

We strongly recommend that you refer to the reading list to do some pre-course reading – please see the reading list at the back of this handbook.

Modules

Below is a draft list of modules that will be studied on the course:

- **Module 1 - Introduction to Parent-Infant Psychotherapy:**
e.g. Attachment Theory, Assessing Parent-Infant Relationships, Ghosts in the Nursery
- **Module 2 - Practice of Parent-Infant Therapy:**
e.g. Preparation for Clinical Placement, Working with Fathers and Couples, Reflection in Action and on Action, Watch, Wait and Wonder, Ending Therapy
- **Module 3 - Transition to Parenthood:**
e.g. Development of Sense of Self, Reflective Function Incl Mind Mindedness
- **Module 4 - Psychoanalytic concepts and thinking:**
e.g. Defences, Ambivalence and Hostility, Transference and Countertransference, Projective Identification, Organisational Dynamics

Clinical Work

Trainees are expected to undertake a minimum of 90 face-to face clinical hours with parents and infants over a period of 15 months, starting week beginning 19th April 2021. For any locally based trainee there may be opportunities to carry out this work as a placement with OXPIP. All clinical notes will be stored and submitted in line with OXPIP's policies and protocols. Those further afield will need to set up a placement in a suitable setting, which may be their own work setting, in consultation with the Head of Training. The trainee is responsible for networking and finding an appropriate placement, which must be confirmed prior to starting the course. Permission and consent from other agencies must be obtained. Trainees must familiarise themselves with either OXPIP clinical protocols or the protocols of their work or placement setting.

OXPIP Lectures 2021

The course fee includes free places for trainees at the OXPIP lectures. Attendance at these is optional but encouraged for professional development. Details of these can be found on our website:

oxpip.org.uk/lectures

Requirements

On application, trainees are required to provide two relevant contacts for references.

Once successful at interview, trainees are required to provide evidence of the following to OXPIP before beginning clinical work:

Safeguarding training: Advanced – if trainees need to update their training then evidence of a future course booking is sufficient

Enhanced DBS certificate – if trainees require a new DBS certificate, an additional fee will be required to cover the cost of the certificate and administration

Any queries about this can be discussed with the Operations Manager.

Professional Liaison

Trainees will be expected to:

- liaise with and provide consultation to professional colleagues in their work or placement as appropriate and as agreed with the supervisor and/or tutor
- ensure the safeguarding of children and vulnerable adults
- raise awareness of parent-infant mental health
- be proactive in building relationships with potential referrers to ensure they receive a sufficient number of appropriate referrals

Supervision

1 hour of individual supervision in parent-infant psychotherapy will be provided weekly throughout the course of the clinical placement.

Personal Therapy

Trainees are required to be in personal psychoanalytic/psychodynamic psychotherapy for a minimum of 1-2 times a week, throughout the training, to be agreed with the Head of Training.

OXPIP Internal Liaison

In addition to personal contact with their personal tutor and supervisor, trainees will also liaise with:

- Head of Training
- Operations Manager
- CEO, Clinical Director

Assessment

Assessment is an on-going part of the learning process, which is done formally through joint reflection with the supervisor and tutor. Trainees will be encouraged to learn and develop through recognising the strengths in their practice and identifying working points or challenges. Trainees will be required to keep a reflective learning journal from the start of the training in an electronic form, which will be shared with their tutor on a termly basis. The reflective journal should be approximately 2000 words per term, and must be submitted to the tutor one week prior to their tutorial at the end of each term. Individual progress is assessed formally at mid-placement and final review.

The Final Paper

The assessment will also include writing of a final paper (5000-6000 words) based on one clinical case study of a parent-infant dyad and relevant literature. Once the clinical work has been completed to the required standard, the trainee will be invited to write their clinical paper. The deadline for submission is 6 months after this.

Independent Learning

The Parent-Infant Therapist Diploma programme is stimulating and demanding. It is recommended that trainees reserve sufficient time for independent learning, reflection, reading and writing. OXPIP aims to support trainees in their development. Progress and challenges should be raised in supervision and/or with the tutor in the first instance so that issues can be explored.

Certification

At the end of the clinical placement, each trainee will meet with the Head of Training and their OXPIP Supervisor for their final review. Based on this discussion, drawing on all aspects of the experience of the trainee's work and development, the Head of Training will recommend to the Parent-Infant Therapy Training Committee one of the following outcomes:

- The trainee has met the criteria for both the clinical work and sufficient attendance of teaching days (minimum 80%), and will therefore be invited to write their clinical paper. Once the final paper has been passed, the trainee will be awarded their Parent-Infant Therapist Diploma
- The trainee has not yet met OXPIP's requirements within the timescale of the course. If appropriate, they might be offered an extension that will be agreed with the Head of Training.
- The trainee has not met OXPIP's requirements within the timescale of the course and their work does not meet the necessary criteria, they will not be eligible to write an essay with a view to receiving a diploma. This decision will be made in discussion with the trainee. Should this situation arise, a certificate of attendance will be considered

Course Fees

The cost of the course is £5,500 in total for the 18 months. By accepting an offer of a place on the training, trainees are committed to completing payment for the whole course which is due before the course begins.

There may be an option to pay in instalments, subject to agreement with the Operations Manager. Where exceptional circumstances arise, this will be evaluated at the discretion of the training committee.

The course fees are non-refundable.

Application Fees

In addition to the course fees, in order for the application to be processed, we charge a £50 non-refundable application fee which is required to be paid upon submission of a completed application form. We will be unable to proceed with the application until payment has been received.

If the trainee is successful and invited for an interview, they will be required to pay an interview processing fee of £75.

Other additional costs

If after mid-placement and final reviews any additional training or support is required, there may be additional costs.

Trainees will be offered a total of 40 hours of supervision and 5 individual 1 hour tutorials. If more are required, this will be at an additional cost of £80 per hour.

Feedback on a draft final paper, as well as the marking of the final paper by two markers, is included in the course fee. However, if the trainee does not pass the essay first time and chooses to re-submit the paper, they will be required to pay a fee to cover the costs of re-marking and administration.

Payment Details

Any payments should ideally be sent via BACS or alternatively via cheque.

Our details are as follows:

Account /Payee Name: The Oxford Parent Infant Project

Bank Name: The Co-operative Bank

Sort Code: 08-92-99

Account Number: 65234507

Reference: Please quote "Trainee Name/PIT" as the reference

These costings are true at the time of publication.

Key Texts

A full reading list will be provided at the start of the training.

Baradon, T. (Ed) et al. (2016). The Practice of Psychoanalytic Parent-Infant Psychotherapy: Claiming the Baby 2nd Edition Routledge: London

Daws, D. and de Rementeria, A. (2015). Finding a Way with Your Baby. Routledge
Free Association Books

Fraiburg, S., Adelson, E. and Shapiro, V. (1975). 'Ghosts in the Nursery: A Psychoanalytic Approach to The Problem Of Impaired Infant-Mother Relationships.' Journal of the American Academy of Child Psychiatry 14: 387 – 422, or in S Fraiberg (Ed) Selected writings of Selma Fraiberg, 100-136 Ohio State University Press.

Gerhardt, S. (2015). Why love matters: How Affection Shapes A Baby's Brain 2nd Edition
Routledge: London

Music, G. (2017). Nurturing Natures: Attachment and Children's Emotional, Sociocultural and Brain Development. 2nd Edition Psychology Press

Raphael-Leff, J. (2018). Parent-Infant Psychodynamics: Wild Things, Mirrors and Ghosts. Routledge: London

Stern, D. (1995) The Motherhood Constellation. Routledge: London