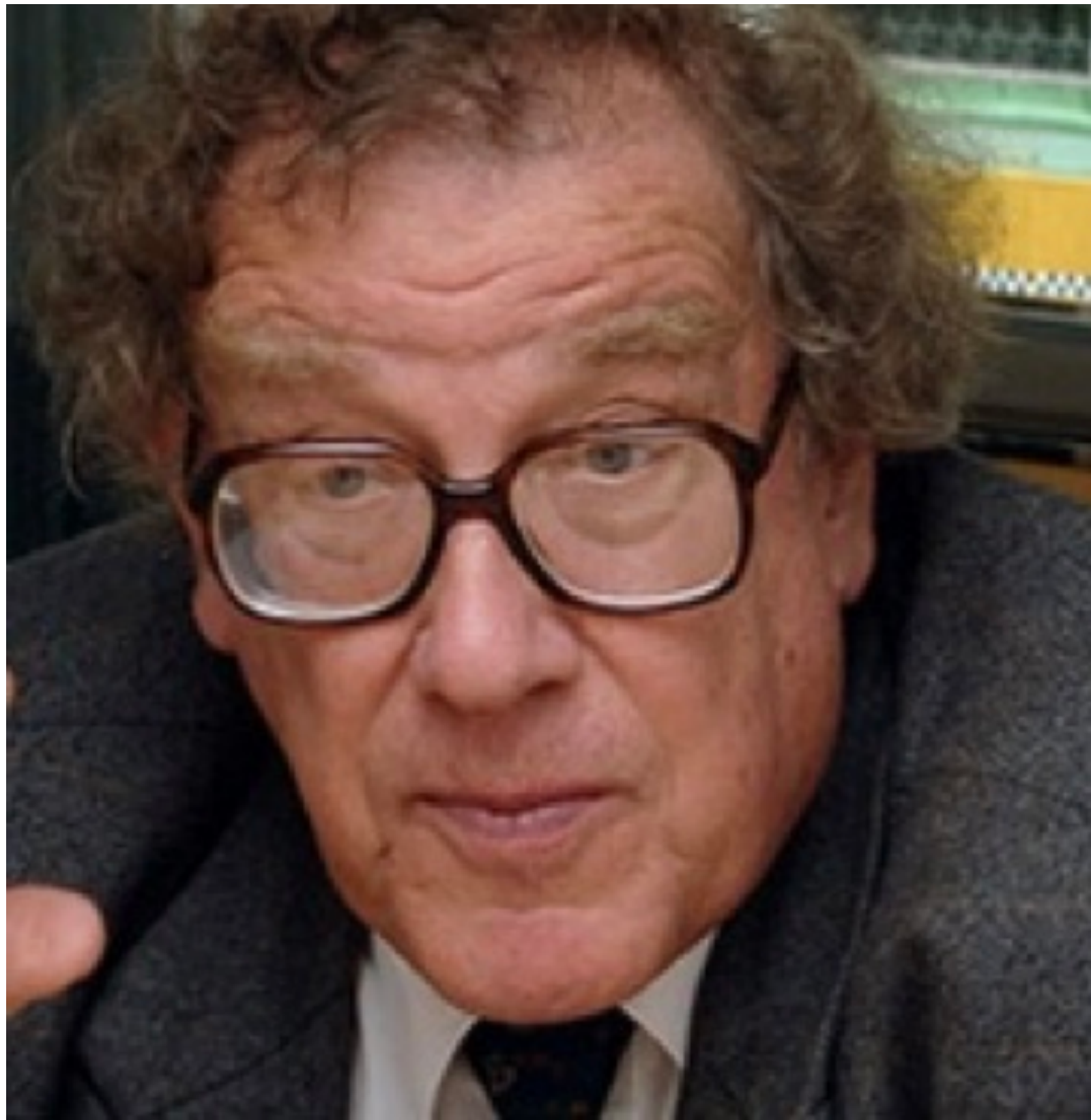


APPICIO S

Psychodynamic Thinking

A Community for Collaborative Learning



**These are the three of us who founded APPCIOS in 2010:
Anton Obholzer, Jenny Sprince, Judith Trowell.**

We'd all had many years' experience of
consulting to staff groups and
volunteers
working on the frontline
with vulnerable client groups . . .

. . . developing their reflective and
observational skills . . .

. . . and training them to work more effectively and at a deeper level in highly stressful situations that aren't consulting-room based; and with highly disturbed client groups that would never get to be seen in a consulting room by traditionally-trained psychoanalytic psychotherapists.

Many of them had been trained in old-fashioned, immersive therapeutic community settings.

Few such environments now survive.

We wanted to preserve this modality;

We wanted to give these clinicians the opportunity to use their learning elsewhere;

We wanted their expertise to receive appropriate recognition;

We wanted to give others the opportunity to acquire a similar training and expertise.

In 2011 we were accepted as a Member Institution of the BPC.

Our full members achieved accreditation as psychodynamic organisational therapists.

They had been trained through therapeutic supervision and organisation-based psychoanalytic process groups, and had not received personal psychoanalytic psychotherapy.

Over the last twelve years we have evolved appropriate programmes of training that are not necessarily based within immersive residential settings; as well as bespoke trainings that can be delivered within organisations that wish to create a therapeutic environment for vulnerable client groups.

It is impossible for us to provide individual psychoanalytic psychotherapy for all our trainees - for practical, financial and geographical reasons.

Instead they undertake psychoanalytic process groups, therapeutic supervision, organisational observation, work discussion and theory webinars - the training methodology for which we were originally accredited - as well as a variety of additional webinars.

Most of our trainees also choose to access additional individual psychoanalytic psychotherapy from a BPC-registrant - when and if they can.

We do not specify a set length of time for our training: it takes as long as it takes for members to reach the required standard for qualification.

Assessment is by portfolio.

So: what are psychodynamic organisational therapists and where do they work ?

APPCIOS's psychodynamic organisational therapists work in a variety of professional roles, within a wide spectrum of organisations that provide services for vulnerable client groups of all ages.

They apply psychoanalytic thinking to their working context, to facilitate the creation and maintenance of a therapeutic environment.

They may offer formal and informal counselling within an organisational setting - to staff and to clients. Their APPCIOS membership does not qualify them to offer individual counselling in private practice.

Our members work in many different settings:

- Schools
- Hospitals
- Children's homes
- Care homes
- Youth clubs
- Social care
- Fostering agencies
- Prisons

In each of these settings, our therapists have to deal with dynamics that reflects the issues of the client groups served by the organisation.

These dynamics are explored through individual consultation, and through organisation-based experiential group work, as well as through individual counselling and therapeutic supervision.

Our therapists are often the sole representatives of psychoanalytic thinking, in organisational settings where psychoanalysis is unfamiliar or unknown.

Many work amongst communities where psychoanalysis is regarded with suspicion or open hostility.

Some examples:

T.D.

T.D has worked in children's homes and therapeutic communities for many years. She trained with us over the course of ten years, and is now consulting to a group of residential homes for people of all ages with severe mental health problems. She also works with Placement Support, one of our partnership organisations, providing outdoor therapy to young people in care and in adoptive families, and psychodynamic consultation to the professional networks around them. She has a reputation amongst social workers for being able to engage young people with complex needs who have refused conventional therapy.

She co-facilitates our webinar 'The Psychoanalytic Understanding of Race'.

She is now undertaking our psychodynamic psychotherapy training.

D.S

D.S. has over twenty years' experience of working with traumatised young people - mainly black gang members - who are the victims and perpetrators of knife and gun crimes. She has been training with us for four years.

Through us, she receives psychoanalytic supervision, therapeutic supervision, individual psychoanalytic psychotherapy, and role consultation.

She trains youth workers, facilitates community discussion groups, and works with schools in areas of deprivation, whose staff and pupils are traumatised by gang violence.

J.C.S.

J.C.S is a psychoanalytic child psychotherapist, and a long-standing member of APPCIOS. She has received consultation from us over many years. She has used our support to train up a team of nurses, social workers and psychologists within her local NHS trust, who provide psychodynamic consultation to staff groups, charities and to police personnel working with adult survivors of Child Sexual Exploitation (CSE) in Rotherham.

APPCIOS provides organisation-based experiential groups for her team, as part of their training.

A.N.

A.N. is a senior psychoanalytic child psychotherapist, and a long-standing member of APPCIOS.

He has collaborated with an ultra-orthodox Rabbi to set up twin trainings for the Orthodox Jewish Community in Stamford Hill: one for the gentlemen and one for the ladies, as their religion does not allow them to work together.

The Rabbi has established an organisational base to house these trainings - and this is now one of our partnership organisations.

P.F. and T.W.J.

P.F. is a social worker who qualified with us as a psychodynamic organisational therapist; T.W.J. is a child psychotherapist.

Together they have set up a bespoke in-house training for a fostering agency in the West Country.

This agency is now an accredited partnership organisation. As a result of their work, the Director of this Agency is now undertaking a course at the Tavistock Centre in organisational consultancy.

A.T.

A.T. has had many years' experience as a foster parent and in the hospitality business. She undertook a degree with one of our partner organisations (Essex University's Psychoanalytic Studies Department) in Therapeutic Communication and Therapeutic Organisations (TCTO), and then continued her training with us, through a series of webinars and through therapeutic supervision and role consultancy.

After qualifying with us, she was appointed Clinical Director of a Fostering Agency in Essex.

From her position in this role she is now setting up a bespoke APPCIOS training: providing therapeutic supervision to the supervising social workers and non-BPC counsellors, facilitating experiential discussion groups and providing role consultancy to the Senior Leadership Team.

Partnership Organisations

Partnership organisations are organisations which host our bespoke accredited trainings, designed by our members with our support.

Staff members and graduates of these organisational trainings can join APPCIOS and progress towards registration with the BPC.

The partnership organisations which host our trainings are proud of their work, and of their connection with APPCIOS and the BPC. They help us to spread the word!

We currently have ten further organisations working with us, planning to embed new APPCIOS trainings.

Numbers

- We currently have ninety-three Full Members, eligible for BPC registration. Of these, only twenty-six are registered with the BPC.
- We have sixty-six Senior Associate Members, eligible for trainee membership of the BPC.
- We estimate that our partnership organisations are currently delivering trainings at various levels to around four hundred participants; and that a further estimated three hundred participants have been involved this year in shorter courses, conferences and online discussion groups.
- We have around eight hundred free account holders on our interactive website.

<https://psychodynamicthinking.info/>

Psychodynamic Thinking

A community for collaborative learning.

This site promotes learning, sharing and collaboration amongst everyone interested in understanding how human beings relate to one another - as individuals and in groups and organisations.

- We welcome everyone interested in psychodynamic thinking.
- We host live meetings that offer support during these difficult times: go [here](#) to see what's available.
- Scroll down this page to find recent comments and articles.



**What we offer our
members:**

- A low-cost portfolio training
- Free mentoring
- An interactive website with an online library
- An opportunity to study online, cheaply, and at their chosen pace
- Workshops, webinars, free discussion groups - all via Zoom

And for our full members:

- A supportive network
- An opportunity to publish articles in our online library
- Conferences, discussion groups, CPD - all via Zoom
- Support to develop accredited in-house trainings and consultations
- A top-up training in psychodynamic psychotherapy
- A psychoanalytic home

APPCIOS and the BPC:

We are very proud of our modality, and glad to have it recognised and regulated by the BPC.

The support of the BPC is essential to our work, and we are keen to encourage more of our full members to become registrants.

We would like to strengthen our relationship, and build on it further.

Areas for further exploration:

- How can we better explain and publicise our modality and the work of our members, both within the BPC and beyond it?
- How can we help to raise the BPC's profile where it is little known?
- How can we achieve a higher level of interaction between the BPC and our members; and between the BPC and our partner organisations?
- How can we identify more BPC-registered psychoanalytic psychotherapists willing to offer personal psychotherapy via Zoom to our members? Perhaps registrants could be asked to state their availability for such work through their entries on the register?

We're keen to know your thoughts . . .