

# PSYCHODYNAMIC INTERPERSONAL THERAPY (PIT) INTRODUCTORY COURSE

LEVEL 1



PIT - UK

Psychodynamic Interpersonal Therapy

<https://www.pit-uk.org.uk/>



## THE COURSE

A three day course providing an introduction to the theoretical and therapeutic principles of PIT and their application in clinical practice.

### EXPERT TEACHING

The course is delivered by senior clinicians and recognised experts in PIT. PIT is an evidence-based treatment for a range of mental health problems.

### SKILLS BASED

The course will equip you with the knowledge and skills needed to practise PIT. PIT skills can be used as an adjunct to care in any clinical setting or a standalone psychotherapy.

### EXPERIENTIAL LEARNING

Extensive use of clinical simulation, including watching therapy videos, role plays and video feedback in small groups. Personal feedback will be provided to enhance learning.



## PROGRAMME

### Day 1

- Introduction to the basic components of the PIT model, and the concepts of psychodynamics.

### Day 2

- Practising core PIT skills using role plays in small groups. Using research findings to effect therapeutic change.

### Day 3

- Video recordings and feedback to help development and embed PIT clinical skills.

Registration is at 9:15 each day with teaching running from 9:30am to 4:30pm.

## Who is the course for?

Mental health professionals qualified in a core profession, or another suitably qualified professional (at the discretion of the course director).

## ELIGIBILITY CRITERIA

The training is suited to those who:

- Have no previous knowledge of PIT but would like to learn about the model and incorporate PIT skills into their clinical practice.
- Are looking to develop the knowledge and skills to practise PIT as a formal psychotherapy.
- Are looking to progress to PIT level 2 training and become a PIT therapist.



## KEY READING

- Barkham, M, Guthrie, E, Hardy, G E & Margison, F (2017). Psychodynamic Interpersonal Therapy: A Conversational Model. London: Sage
- Hobson, R F (1985) Forms of Feeling: The Heart of Psychotherapy. London: Routledge.
- The NHS Talking Therapies initiative recommends PIT as an evidence-based treatment for persistent physical symptoms.
- PIT is also a recognised model in the UCL Core Competence Framework on psychoanalytic/psychodynamic therapy.

## Course fee

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£1000 inclusive

## HOW TO APPLY AND CONTACT US

**Email: [course@pit-uk.org.uk](mailto:course@pit-uk.org.uk)**

For further information or to book a place on the course please complete the application form and send to the above email.

The course has limited places and will close to new applicants once all places have been taken.

For further information about PIT-UK please visit our website

[www.pit-uk.org.uk](http://www.pit-uk.org.uk)

## Location

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The course will be based at St. Thomas Centre, Ardwick Green North, Manchester, M12 6FZ.

What Three Words location: expert.agree.flows

