

## **Becoming an Analytic Psychotherapist**

Psychotherapy trainings vary widely. Analytic psychotherapy can claim to provide the most thorough and rigorous training of all. Most analytic psychotherapists have gained an academic degree before starting their training, often to Master's or Doctoral levels. Many hold professional qualifications in a range of caring professions and have had extensive experience in other walks of life.

They are required to undergo intensive, long-term therapy or analysis (2-5 times a week) as part of their training. The training typically lasts 4-7 years and includes theoretical and clinical seminars and also weekly individual supervision of in-depth cases. There is also an emphasis on infant and child development, which offers an understanding of the origins of difficulties encountered in later life.

All members of Psychotherapy Sussex have undertaken such trainings. They have considerable experience of working with a variety of individuals and a range of difficulties. They work both intensively (2-5 times weekly) and less intensively, according to the needs of those seeking therapy.

Some senior Psychotherapy Sussex members contribute to psycho/analytic trainings, as teachers, supervisors or training therapists who meet the requirements of analytic training organisations.