

Programme Specification

1	Awarding body	University of London					
2	Teaching Institution	Birkbeck College					
3	Programme Title(s)	Graduate Certificate Psychodynamic Thinking					
4	Programme Code(s)	GCGPSTHG_C					
5	UCAS code	N/A					
6	Home Department	Psychosocial Studies					
7	Exit Award(s)	N/A					
8	Duration of Study (number of years)	1 year (January start)					
9	Mode of Study	FT		PT	✓	DL	
10	Level of Award (FHEQ)	6					
11	Other teaching depts or institution	N/A					
12	Professional, Statutory Regulatory Body(PSRB) details	N/A					
13	<u>QAA Benchmark Statement</u>	N/A					

14	Programme Rationale & Aims
	<p>Our Graduate Certificate in Psychodynamic Thinking will teach you the basic elements of the psychoanalytic method, increase your self-reflexive capacity and develop your understanding of psychosocial perspectives.</p> <p>It provides you with meaningful continuing professional development (CPD), developing understanding about how to apply the principles and methods of psychodynamic thinking to your life or work, especially helping roles in the caregiving professions.</p> <p>The course will also be of interest to those who wish to study the psychodynamic method and its application to group processes, especially as a way of understanding human experience and behaviour in more depth.</p> <p>You will gain a deep understanding of the (unconscious) dynamics that occur in groups and organisations through participation in an experiential group, which is an unstructured group that studies its own processes.</p> <p>You will also have the opportunity to take part in a Thinking Space group which will develop your capacity for recognising issues of inclusion and exclusion and the operation of power within group and organisational spaces.</p> <p>On this programme you will engage in personal and professional development. You will learn skills of personal self awareness and professional reflective practice. You will study individual, group and organisational process.</p>

15	Entry Criteria
	<ul style="list-style-type: none"> • First degree or equivalent professional experience • Interest in applied psychoanalytic theory • Current work in a helping capacity that can be brought to the work discussion group
16	Learning Outcomes
	<p>By the end of the programme, students will be able to:</p> <ol style="list-style-type: none"> 1. Describe and evaluate the key theoretical ideas underpinning psychodynamic thinking eg transference, countertransference, projective identification 2. Apply their understanding of the range of psychoanalytic theory and psychosocial perspectives to think critically about helping roles 3. Demonstrate a capacity for self-reflection and reflective professional practice 4. Demonstrate an understanding of the basic elements of the professional, organizational and social context of caring roles 5. Demonstrate an understanding of the dynamics, processes and emerging structures of the ongoing experiential group (as a newly created temporary institution) 6. Develop capacity for self-awareness, emotional sensibility and the management of anxiety through participation in an experiential group 7. Develop the capacity for self-reflection and understanding of group and social processes in order to understand and articulate their own contribution to the construction and maintenance of their experiential group (eg what roles do they take up in the experiential group). 8. Demonstrate an understanding of how psychosocial categories of identity and difference (race, gender etc) are constructed, experienced, negotiated and articulated in the Thinking Space group
17	Learning, teaching and assessment methods
	<p>Teaching and learning:</p> <p>Academic learning will be achieved through the study of theoretical texts, theory lectures and seminars. The lectures will guide students in the application of theory to practice.</p> <p>Self awareness will be developed through experiential exercises designed to foster self-knowledge and self-reflection, as well as through participation in an “experiential group” - an unstructured group in which students learn at first hand some of the key dynamics and processes that occur in groups and organizations. Experiential Group takes place in module 1.</p> <p>Psychosocial understandings of power and processes of inclusion and exclusion will be fostered through engagement in the Thinking Space group. Thinking Space Group takes place in module 2.</p>

	<p>Reflective professional practice will be supported through engagement in the Work Discussion group in which students take turns to present detailed observations of workplace interactions which are then interpreted by the group</p> <p>Assessment:</p> <p>Assessment is by two assignments per module.</p> <p>Module 1</p> <p>Self reflective essay: Choose one extract from your Learning Journal for this term. Explore the development of your own self-awareness in the experiential group.</p> <p>Theory essay: Choose one central psychoanalytic concept (you may need to refer to other concepts but you should aim to concentrate primarily on one theory). Explore your understanding of this concept. Trace your developing understanding of the concept over the course of this module. Interweave insights drawn from your readings with examples from your professional and personal helping roles, scenarios described in work discussion, situations occurring in the experiential group and your own personal experience. Use these examples to explain the concept and to show your deepening understanding.</p> <p>Module 2</p> <p>Self-reflective: Choose one extract from your learning journal. Explore the development of your own self-awareness and your understanding of group process in the Thinking Space group. Pay special attention to your deepening understanding of issues of difference, diversity, inclusion and exclusion.</p> <p>Theory essay (2500 words graded) Explore the theme of difference. Trace your developing understanding of the issue over the course of this module. Interweave insights drawn from your readings with examples from your professional and personal helping roles, scenarios discussed in the work discussion group, situations occurring in the Thinking Space group and your own personal experience.</p> <p>Both assignments must be passed</p> <p>A 10 % leeway in terms of word count will be provided to align the programme with the BA regulations. The marking criteria will be the same as that used on the BA programme</p>
--	---

18	<p>Programme Description</p> <p>The Graduate Certificate in Psychodynamic Thinking consists of two 30-credit Level 6 modules:</p> <p>Module One: Psychodynamic Thinking and Helping Practice</p> <p>Format:</p> <ul style="list-style-type: none"> ● Lecture and discussion ● Work Discussion ● Experiential Group
----	--

Indicative Content:

- Personal and professional development: the reflective practitioner
- The individual and the group: introduction to psychodynamics and self-reflection in the experiential group
- Observation and listening to unconscious communication: introduction to professional reflection in the work discussion group
- The unconscious
- Transference (Malan triangle of persons)
- Countertransference
- Anxiety
- Defences (Malan triangle of conflict)
- Paranoid schizoid position, splitting and projection
- Projective identification
- Core conditions and the therapeutic relationship
- Boundaries and the holding environment

Module 2 Psychosocial Understandings and Reflective Practice

In module 2 the experiential group focused on unconscious process will be replaced by the Thinking Space group which explores issues of difference and power

Format

- Lecture and discussion
- Work Discussion
- Thinking Space

Indicative content:

- The psychosocial: politics and psychoanalysis
- Group process and power: introduction to Thinking Space
- Difference and inequality (special focus on race)
- Organisational contexts: the organisation in the mind
- Assumption group behaviour and social defences against anxiety
- Containment and thinking
- Values and ethics
- Working with diverse client groups: developing an inclusive practice
- Applied psychoanalytic /psychosocial thinking in caregiving settings
- The reflective practitioner
- Endings and loss

19	Programme Structure			
Part Time programme				
Year 1				
Level	Module Code	Module Title	Credits	Status*
6	SSPA100S6	Psychodynamic Thinking and Helping Practice	30	Core
6	SSPA097S6	Psychosocial Understandings and Reflective Practice	30	Core

Status*

CORE – Module must be taken and passed by student; COMPULSORY – Module must be taken, mark can be reviewed at sub-exam board; OPTIONAL – Student can choose to take this module

20	Programme Director	Sian Macfie
21	Start Date (<i>term/year</i>)	Autumn term 2017
22	Date approved by TQEC	Summer 2016
23	Date approved by Academic Board	Summer 2016
24	Date(s) updated/amended	15 July 2022 (for January 2023)