

### Offering a one-year extensive introduction to the theoretical framework of the Conversational Model with the option to complete Years 2 & 3

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Applications are currently being accepted for training in the Conversational Model commencing in March 2021. This is an online training course.

The Conversational Model is a psychodynamic psychotherapy based on the work over many years by Prof Russell Meares and Dr Robert Hobson, incorporating developmental psychology, cognitive theory and attachment theory. It is a relational model, emphasising how early developmental relational trauma shapes many severe adult psychiatric problems and how to deal with this in short, medium and long-term therapy. The Model has been developed for a range of chronic psychiatric syndromes that are difficult to treat, particularly borderline personality disorder, dissociative disorders, other personality disorders, treatment resistant depression and somatic disorders.

It is an evidence-based treatment, with positive randomised controlled trials for the treatment of depression, deliberate self-harm, complex somatic disorders and borderline personality disorder. More importantly, the Conversational Model principles are practical and down-to-earth, and can be used even in emergency situations and one-off mental health assessments.

Our **one-year extensive introduction course** will focus on the short version of the Model. Practitioners will be able to integrate this into their clinical work. **All suitable candidates will then be given the opportunity to extend this first year to another two years of in-depth training** in psychodynamic work in the Conversational Model.

The training will be offered part-time with all seminars conducted interactive on-line in real time on Tuesday evenings (Sydney time). Supervision will be offered locally where possible, or on-line. Course fees cover:

- 28 weeks of Lectures and 28 weeks of Supervisions and on-line attendance at up to 4 Saturday morning seminars hosted by ANZAP.
- Providing Covid-19 restrictions allow, attendance at a weekend live-in student intensive in Sydney on 26-28 February 2021, (arrive Friday by 2 pm, finish lunch time Sunday). Fees cover cost of accommodation on Friday & Saturday night and all catering during the course of the weekend.
- A full day of group supervision in Sydney on Thursday, 14 October 2021.
- Attendance at ANZAP's pre-conference workshops in Sydney (2 workshops) on Friday 15 October 2021. Students have the option to remain in Sydney for ANZAP's annual conference over the weekend on 16 & 17 October. A generous discount is offered to ANZAP students who register.

**Fees (payable monthly on the 15<sup>th</sup> from February to November):**

Year 1 – AUD\$6,900 for Australian based students (incl GST)

Year 1 – AUD\$6,270 for New Zealand based students (no GST payable)

\*Years 2&3 – AUD\$10,900 for Australian based students (incl GST)

\*Years 2&3 – AUD\$9,900 for New Zealand based students (no GST payable)

\*Includes 28 weeks of both individual and group supervision

Link to online Application form: [ANZAP Online Application Form - 2021 Training](#)

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