



Training in Disability Psychotherapy

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Frankish Training Amsterdam 2009

What is Disability Psychotherapy?

- The use of psychotherapy ideas and concepts to understand the emotional lives of people with a disability.
- Focus Winnicott, Bowlby, Mahler, Frankish, Sinason, Freud and Klein.
- Establishing stage of emotional development and working to enhance.
- Core issues difference, abandonment, rejection, trauma.
- Used individually, support systems and organisations.

History of Training Development

- Historically approach thought not appropriate for people with learning disabilities.
- Institute of Psychotherapy and Disability formed in 2001.
- Royal College of Psychiatry report in 2003.
- First 4 year training in Disability Psychotherapy launched in 2007.
- Frankish Training established in 2009.

Training Now Available

- Level 1 - Introduction Course – 10 hours
- Level 2 – Emotional Development: Theory and Observation (NVQ 2 equivalent)
- Level 5 – 1 year P/T Certificate (Managers)
- Level 6 – 2 year P/T Advanced Certificate
- Level 7 – 4 year P/T Post Graduate Diploma – (Masters Level)

Level 2: Emotional Development - Theory and Observation

- To develop staff's ability to provide emotionally nurturing environments and support emotional development.
- 100 hours, recommended 3-6 months.
- Lectures and handbooks developed to deconstruct concepts.
- Course work based on personal reflection, knowledge and practical Mahler observations.
- Pilot – extremely useful for range of professionals as well as staff.

Training Features

- Unique trainings
- Internet based to maximise accessibility
- Level 5, 6 and 7 face to face this year – part internet based from 2010.
- Validated by IPD
- Accredited by Counselling and Psychotherapy Central Awarding Body
- Currently working towards validation with University of East London.

Personal Reflections from Diploma

- Extremely passionate about approach.
- Shifts in 'difficult to help'/'revolving door clients'.
- Stands alone or powerful addition to other approaches – previous missing aspect.
- Staff much more able to understand and utilise – based on own experiences.
- Increase in emotional and creative capacity.

Conclusions

- Disability Psychotherapy training established.
- Frankish Training extremely passionate about facilitating and increasing availability of approach for staff and clients.
- Aim to get approach embedded within and informing service provision.
- Approach is applicable across all areas and severity of disability.

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