

# INSIGHT

## Psychodynamic Psychotherapy Registrar Program

Adjunct Professor Robert Schweitzer

A two-year small group learning course, offered in person or online.

- Connect with experienced psychodynamically oriented clinicians
- Build and establish a safe and supportive professional peer group
- Accrue your AHPRA board required CPD and Group Supervision hours

### Would you like to specialise in psychodynamic psychotherapy as part of your Registrar Program?

The Psychodynamic Psychotherapy Registrar Program, now in its second year, has been specifically designed for Psychology Registrars who wish to develop a solid foundation in and ability to formulate and practice effectively from a relational psychodynamic perspective, whilst also meeting their AHPRA requirements for practice endorsement.

The two-year program will introduce you to evidenced-based relational psychodynamic modalities of thinking and practice highlighting the ways in which early developmental experiences predispose, precipitate and perpetuate many psychological and psychiatric difficulties along with how to address these therapeutically.

The course provides a comprehensive & immersive learning experience, equipping you with essential skills & knowledge to seamlessly integrate psychodynamic principles into your practice and at the same time, to encourage the development of your professional identity as a relational psychodynamic practitioner by providing a community of practice.

The Program is limited to 8 Registrars to ensure a small group learning approach that is intimate, private, safe, collaborative and interactive.

### Learning Goals

Develop a comprehensive understanding of psychodynamic principles.

Cultivate the ability to establish and maintain effective therapeutic relationships.

Gain competence in psychodynamic assessment techniques and case formulation.

Acquire practical skills in applying psychodynamic interventions.

Enhance self-reflective practice and insight to facilitate client self-awareness and personal growth.

### Program Facilitators



**Robert Schweitzer** - Course Convener

Robert is an Adjunct Professor of Psychology at Queensland University of Technology, where he established the postgraduate program in clinical psychology with a strong psychodynamic focus. He maintains an active psychodynamic psychotherapy practice and supervises registrars. Robert has previously chaired the Queensland Psychology Board of Australia and published extensively in the areas of psychotherapy research, including transcultural psychology, and treatment trials with serious mental illness. His current practice focusses upon clinical supervision and long term psychodynamic psychotherapy.

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### Dr. Rebecca Bargaenquast

Rebecca is a clinical psychologist and psychodynamic psychotherapist who runs a private practice in Brisbane. As part of her practice she offers psychological assessment and treatment for people experiencing a range of emotional and relational difficulties. She also provides clinical supervision to psychologists and other health professionals. Rebecca has a special interest in long-term, in-depth psychotherapy, the treatment of complex mental health difficulties, and therapy for perinatal mental health issues and parent-infant attachment issues.

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### Sigrid O'Callaghan

Sigrid is a clinical psychologist, psychodynamic psychotherapist and a Board-approved supervisor with the Psychology Board of Australia. Sigrid is a teaching staff member with the Brisbane Centre of Psychoanalytic Studies and member of the teaching faculty with the Queensland Psychoanalytic Psychotherapy Association. She has been working in private practice since 2007. Prior to private practice, Sigrid worked in various rehabilitation and community health settings (Berlin, Sydney, Brisbane) with a wide range of people (children, adolescents, adults) presenting with complex mental health issues. Her roles encompassed the treatment of psychological difficulties as well as coordinating clinical programs and supervision for staff. She worked as an external supervisor for the Queensland University of Technology, Post Graduate Program for clinical psychology between 2007- 2020.

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*The RELATE program has been tremendously beneficial to me as a new clinician working in a regional area in private practice. The option to engage with the program online has allowed me to have access to an area of psychological practice that otherwise would have been out of reach.*

*Meeting as a group and thinking together about our work as therapists has developed my skills, insight, and knowledge in the way that would not have been possible if I was working alone. Members of the group work in different settings, which has enabled me to see the principles from multiple angles and the ways in which it can be applied to different patients in various treatment contexts.*

Lauren Colvin, Registrar, 2024



## Program Structure

The program spans two years, each comprising four 8-week modules. Each module consists of eight 2-hour seminars that integrate theory with applied clinical practice through assigned readings, case presentations, and interactive discussions.

### First Year: Foundational Concepts

- Term 1: Foundations of Psychodynamic Psychotherapy
- Term 2: Techniques and Interventions in Short-Term Psychodynamic Psychotherapy
- Term 3: Conceptualisation and Formulation in Psychodynamic Psychotherapy
- Term 4: Theories and Schools Informing Practice

### Second Year: Advanced Relational Psychodynamic Competencies

The second year focuses on specific relational psychodynamic competencies and treatment approaches for various patient presentations, including serious mental illness, psychosis, personality vulnerabilities, depression and trauma.

- Term 1: Early Relational Trauma and Borderline States of Mind
- Term 2: Understanding Shame and Treating Narcissistic Presentations
- Term 3: The Recovery of Self in Psychosis
- Term 4: Integration and Developing One's Voice as a Psychodynamic Psychotherapist

This structure provides a comprehensive, progressive learning experience, moving from foundational knowledge to advanced, specialized applications of psychodynamic psychotherapy.

## Program Fees

Registration: \$1800/term

## Further Information

For further information about the course, contact Robert Schweitzer [rdschweitzer@outlook.com](mailto:rdschweitzer@outlook.com) / 0421 816 133

Website: <https://psychregistrar.com.au/>

To register, go to: <https://psychregistrar.com.au/>