Dynamic Interpersonal Therapy (DIT) Application Guide

Please use this guide when considering applying for a Dynamic Interpersonal Therapy course at Anna Freud.

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What is Dynamic Interpersonal Therapy (DIT)?

Dynamic Interpersonal Therapy (DIT) is a semi-structured, NHS Talking Therapies-approved brief (16 sessions) psychodynamic therapy for mood disorder. Initial studies of DIT suggest its effectiveness with individuals in primary care with symptoms of anxiety and depression. The protocol was designed on the basis of the work of the Expert Reference Group on clinical competences, which identified key components drawn from manualized psychoanalytic/dynamic therapies with an evidence base.

DIT is a specific NICE-recommended treatment for mild to moderate depression that can be offered at Step 3 as a High Intensity treatment. The DIT model draws on a systematic review of clinical competences in psychoanalytic/dynamic models of psychotherapy and represents a distillation of best practice in brief psychodynamic psychotherapy approaches.

As captured in Chapter 12 of the 2nd edition DIT textbook (2024), there is a good evidence base for the effectiveness of DIT and surveys of patients. NHS Talking Therapies leads have demonstrated strong demand for DIT to improve therapy uptake, completion and recovery rates through increased patient choice, as well as improved staff retention through opportunities for professional development and greater work satisfaction.

According to a research study carried out on the first 20-day DIT cohort of 2019-2020, which analysed 62 cases with full data sets from 26 clinicians, **90% of the patient outcomes showed "reliable improvement" with 69% showing "reliable recovery" (Khalastchy et al. 2024).**[1]

Testimonials

"There aren't many courses where I feel it will have improved many areas of my life, but this has. I look at clients with a new depth, which I was hoping for before starting, and I feel I can see them more holistically. I also walk away with a more informed sense of self and a better understanding of others, which benefits every area of my personal life." – Gemma, 2024 cohort

"The delivery of the training itself was of the highest quality. The course leader was absolutely fantastic, calm, safe and thoughtful" – John, 2023 cohort

[1] Khalastchy, Jennifer; Abrahams, Deborah; Saunders, Rob; Fonagy, Peter; (2024) *Evaluating the 20-day Dynamic Interpersonal Therapy (DIT) training programme: a mixed methods investigation to identify characteristics associated with successful outcomes of DIT*. **Psychoanalytic Psychotherapy**, 38 (2) pp. 95-120.

"In the training cases and external cases I have seen firsthand the impact DIT can have on clients. I feel it is a powerful model that can be easily explained and understood by the client and can support the client to make significant changes in their life. I feel I have found a model that I can use as a therapist that aligns with me and that gives me confidence in my abilities to help clients." – Caroline, 2023 cohort

"DIT training […] has been a transformative journey that has reignited my passion for therapy and deepened my understanding of myself and the therapeutic process." – Chris, 2023 cohort

For further details on DIT at Anna Freud please visit our website – here: https://www.annafreud.org/training/health-and-social-care/dynamic-interpersonal-therapy/. Go to each of the training programme webpages to see upcoming dates for the programmes.

Our FAQ can be found here: https://www.annafreud.org/training/health-and-social-care/dynamic-interpersonal-therapy/dynamic-interpersonal-therapy-faqs/#:~:text=20-day%20DIT%20training%20is%20an%20extended%20DIT%20training,in%20order%20to%20practice%20as%20a%20psychoanalytic%2Fpsychodynamic%20practitioner.

20-Day DIT Training Programme

What is the 20-Day DIT Training Programme?

The 20-Day DIT training is offered to clinicians working in NHS Talking Therapies who have at least two years of clinical experience, who do not meet the psychodynamic competences required for the 5-Day DIT Programme. Within the 20 teaching days and close clinical supervision of three complete cases, trainees will be taught the required competences to deliver DIT effectively. This course is an extended version of the 5-day Dynamic Interpersonal Therapy (DIT) course and is based on the approved extended national curriculum for DIT training.

The course is kite marked by the British Psychoanalytic Council.

The training consists of:

- Pre-course reading, preparation and MCQ-assessment
- 20 live teaching days delivered on Zoom or in-person
    - There are some hybrid parallel teaching days offered, where trainees from the two 20-Day DIT cohorts in a year will be able to either join online or in-person.
- Supervision of a minimum of 3 training clinical cases (trainees will be allocated a supervisor and will have remote supervision individually or in small groups).

Cost of 20-Day DIT

The course costs **£9950 per person.**

Applicants from NHS Talking Therapies services may qualify for a fully funded place on this training. Applicants should contact their service lead or DIT@annafreud.org to find out whether their service has been allocated any funded places by the NHS.

If an applicant wishes to self-fund this training and is based in the UK, they should please contact DIT@annafreud.org to discuss this option.

Please see below for how to apply for the training.

Expectations for the course

1. Prospective trainees must complete, and pass, a pre-course test ahead of the training, as well as completing pre-course readings.
2. There are 20 days of training. We expect trainees to attend at least one session in-person at the Anna Freud office in Kings Cross, unless a trainee has a substantial reason why they cannot do this.
    - There is occasional reading associated with these teaching days that will amount to 2 hours additional work with each teaching day.
3. We expect trainees to attend all training sessions. In order to pass the course, trainees may only miss a maximum of 2 training sessions, and they may only miss training sessions where there are extenuating circumstances, as set out in the handbook.
4. Attending supervision
    - Trainees will attend 30 minutes to 1.5 hours of supervision in a week with an allocated DIT supervisor.
    - If in a supervision group, the time allocation increases to 1 to 1.5 hours as clinicians are expected to participate in everyone's clinical presentations, which forms part of the learning experience.
    - In addition to this, we encourage supervisees to watch back their recorded sessions and self-rate their clinical work using the DIT competence framework. This takes up to an hour each week. We also ask supervisees to write a short process note of their clinical work which takes half an hour per week.
    - Once the supervised work begins (typically in the last third of the first term's teaching), trainees will be required to see a minimum of three DIT patients and attend weekly supervision for half an hour per person. It usually takes up to 18 months to complete seeing all three cases and submitting the case logs.
5. Trainees must complete **2 of their 3 training cases in-person**, only one case can be seen remotely. Seeing patients in-person allows a full experience of acquiring DIT psychodynamic competences.
    - On average, we estimate that with each clinical case, there is an additional **4 hours work per week**. We ask trainees to discuss this with their service lead so that allowances can be made to accommodate this regular increase in workload. Writing up of the case logs can be supported through study leave days. Clinicians may be expected to absorb some of this time commitment themselves.
    - The goodbye letter in DIT can take up to two hours to prepare.
    - At the end of each case, the clinical work has to be written up as a case log which is then evaluated. There is also a final reflective essay. Each piece of written work can take several hours to write and prepare.

Further information about the 20-Day DIT Training Programme, including expected timeframes for completion can be found on the 20-Day DIT webpage: Dynamic Interpersonal Therapy (DIT) 20-Day Training Programme | Anna Freud.

Eligibility & How to apply

Interested applicants should firstly visit the 20-Day DIT course webpage to check their suitability.

Applicants should email DIT@annafreud.org with all their supporting documentation in a single email.

The supporting materials are:

- The provided 20-Day application document including: statements of support to indicate why the trainee has been put forward for this training and the service's ability to support their training having consulted the course requirements set out in this document (Expectations for the course):
    - a statement of support from the applicant's line manager; and
    - a statement of support from the applicant's clinical supervisor.
- Proof of diploma level qualification in counselling (not necessarily psychodynamic) or a psychology doctorate degree (clinical, counselling, health or forensic).
- Current, full BPC, BACP, UKCP, HCPC or BABCP registration.
- At least two years' employment in an NHS or voluntary institution (or private capacity) working in a therapeutic capacity with adults with mental health problems (written confirmation required).
- A copy of their CV.

5-Day DIT Training Programme

What is the 5-Day DIT Training Programme?

The 5-Day DIT training is intended as a CPD course to hone the skills of already established psychodynamic practitioners to enable them to deliver an effective brief psychodynamic intervention of DIT for the treatment of depression and anxiety.

The course is kite marked by the British Psychoanalytic Council.

For further details on the course please visit our website - here: https://www.annafreud.org/training/courses/dynamic-interpersonal-therapy-dit-5-day/.

Cost of 5-Day DIT

The course costs **£4,650 per person** for training, supervision, case study and rating of recordings with the following breakdown:

- £1,500 for 5-day training (including the role play)
- £2400 for 16 hours of supervision (two cases) at £150 per hour
- £600 for four recording assessments at £150 per hour
- £150 for case study marking

Applicants from NHS Talking Therapies services may qualify for a fully funded place on this training. Applicants should contact their service lead or DIT@annafreud.org to find out whether their service has been allocated any funded places by the NHS.

If an applicant wishes to self-fund this training, they should please contact DIT@annafreud.org to discuss this option.

Expectations for the course

1. In order to become a DIT practitioner trainees are required to
    - Attend 4 days of training online (Days 1-4) and pass the role play (on Day 5),
    - Successfully complete supervision, and,
    - Write and pass a case study
2. Trainees must complete at least 1 of their 2 training cases in-person.

Further information about timeframes for completion of the 5-Day DIT Training Programme can be found on the 5-Day DIT webpage: Dynamic Interpersonal Therapy (DIT) 5-day | Anna Freud.

Eligibility & How to apply

Applicants from NHS Talking Therapies services may qualify for a fully funded place on this training. Applicants should contact their service lead or DIT@annafreud.org to find out whether their service has been allocated any funded places by the NHS.

Interested applicants should firstly visit the 5-Day DIT course webpage to check their suitability.

Applicants should email DIT@annafreud.org with all of the supporting evidence documentation in a single email.

Supporting evidence:

- A minimum of a 1 year course of study (this could be completed through different courses over time) that has exposed the applicant to the fundamentals of psychoanalytic theory as specified in the Psychodynamic Competences framework (certificates and course description required).
- A minimum of 150hrs of supervised **psychodynamic** work (reference from a qualified psychodynamic or psychoanalytic supervisor is required).
- At least one year of weekly personal **psychodynamic** psychotherapy/counselling (written confirmation required from a qualified and recognised psychodynamic or psychoanalytic clinician).
- At least two years' employment in an NHS or voluntary institution (or private capacity) working in a therapeutic capacity with adults with mental health problems (written confirmation required).
- Ongoing HCPC, BPC, UKCP or BACP professional registration (copy of the registration required).
- A copy of the applicant's CV.

DIT Supervisor

What is the DIT Supervisor Training Programme?

Experienced Dynamic Interpersonal Therapy (DIT) practitioners have a unique opportunity with Anna Freud to enhance their professional development by becoming a qualified DIT supervisor.

Candidates receive specialist teaching and supervision in both individual and group DIT supervision, providing the requisite knowledge and skills needed to facilitate supervision of DIT trainees and qualified DIT practitioners. Successful completion of the supervision course will result in being awarded a certificate by Anna Freud and become a recognised DIT supervisor.

Qualified DIT supervisors will have access to ongoing CPD supervisor events and will join a network of DIT supervisors in providing a high standard of supervisory practice to a growing global community of DIT clinicians. There is a requirement for all DIT supervisors to attend at least one CPD event in supervision through the year to maintain their qualifications. This can be achieved in numerous ways, for example by attending a CPD supervisor course at Anna Freud, or shadowing one of the DIT training days.

Becoming a supervisor requires a good working knowledge of the DIT approach and we recommend that applicants allow at least a year after qualifying as a DIT practitioner to consolidate their knowledge of the DIT model. Applicants must have at least one year's general supervision experience in high intensity NHS Talking Therapies work (or equivalent for those not working in an NHS primary care setting) that demonstrates their ability to apply generic and specific supervision competences.

For further details on the course please visit our website – here:
https://www.annafreud.org/training/health-and-social-care/dynamic-interpersonal-therapy/becoming-a-dynamic-interpersonal-therapy-supervisor/.

Cost of DIT Supervisor training

The course costs **£4,650.** This includes supervision on two extra cases with assessed recordings, consultations of supervision, and up to three CPD supervision workshops.

Applicants from NHS Talking Therapies services may qualify for a fully funded place on this training. Applicants should contact their service lead or DIT@annafreud.org to find out whether their service has been allocated any funded places by the NHS.

If an applicant wishes to self-fund this training, they should please contact DIT@annafreud.org to discuss this option.

Expectations for the course

3. In order to become a DIT supervisor, trainees are required to:
    - Complete 2 further training cases, both of which should be seen in-person, in supervision with an approved DIT supervisor, allocated by Anna Freud. This clinical work should demonstrate a high level of proficiency in the model to proceed to the next step of DIT Supervisor training.
    - Supervise at least 2 trainees, at least 1 of whom is going through DIT accreditation process.
    - During the first six months of working as a DIT supervisor-in-training, trainees should arrange a minimum of **six hourly consultations** of their supervision work with their agreed DIT supervisor.
    - Attend up to 3 DIT Supervisor workshop days, depending on their psychodynamic supervision experience.

Eligibility & How to apply

Applicants from NHS Talking Therapies services may qualify for a fully funded place on this training. Applicants should contact their service lead or DIT@annafreud.org to find out whether their service has been allocated any funded places by the NHS.

Interested applicants should firstly visit the DIT Supervisor course webpage to check their suitability.

Applicants should email DIT@annafreud.org using the designated application form, providing all of the supporting evidence documentation in a single email. This includes:

a) an application statement setting out their experience in DIT and their reasons for applying to the supervisor level training;

b) a statement of support from an accredited DIT supervisor who has experience of their clinical work towards qualifying as a DIT therapist; and

c) a statement of support from their line manager who is familiar with their supervision experience.