



Anna Freud

Procedure for 5-Day DIT Accreditation

Overview

DIT trainees wishing to obtain practitioner status must successfully complete:

1. A minimum of two consecutive clinical cases (at least one of which has been seen in-person) under session-by-session supervision with an accredited DIT supervisor;
2. A minimum of four recorded clinical sessions which are formally marked by an accredited supervisor;
3. A case study marked independently by Anna Freud following successful completion of clinical work.

Once you have successfully completed the DIT training and passed your case study, you are issued with a certificate from Anna Freud, and are eligible to apply to join the British Psychoanalytic Council (BPC) kite-marked register of DIT practitioners.

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What is the timeline for completing 5-Day DIT?

Expected timeline (see flowchart 1)

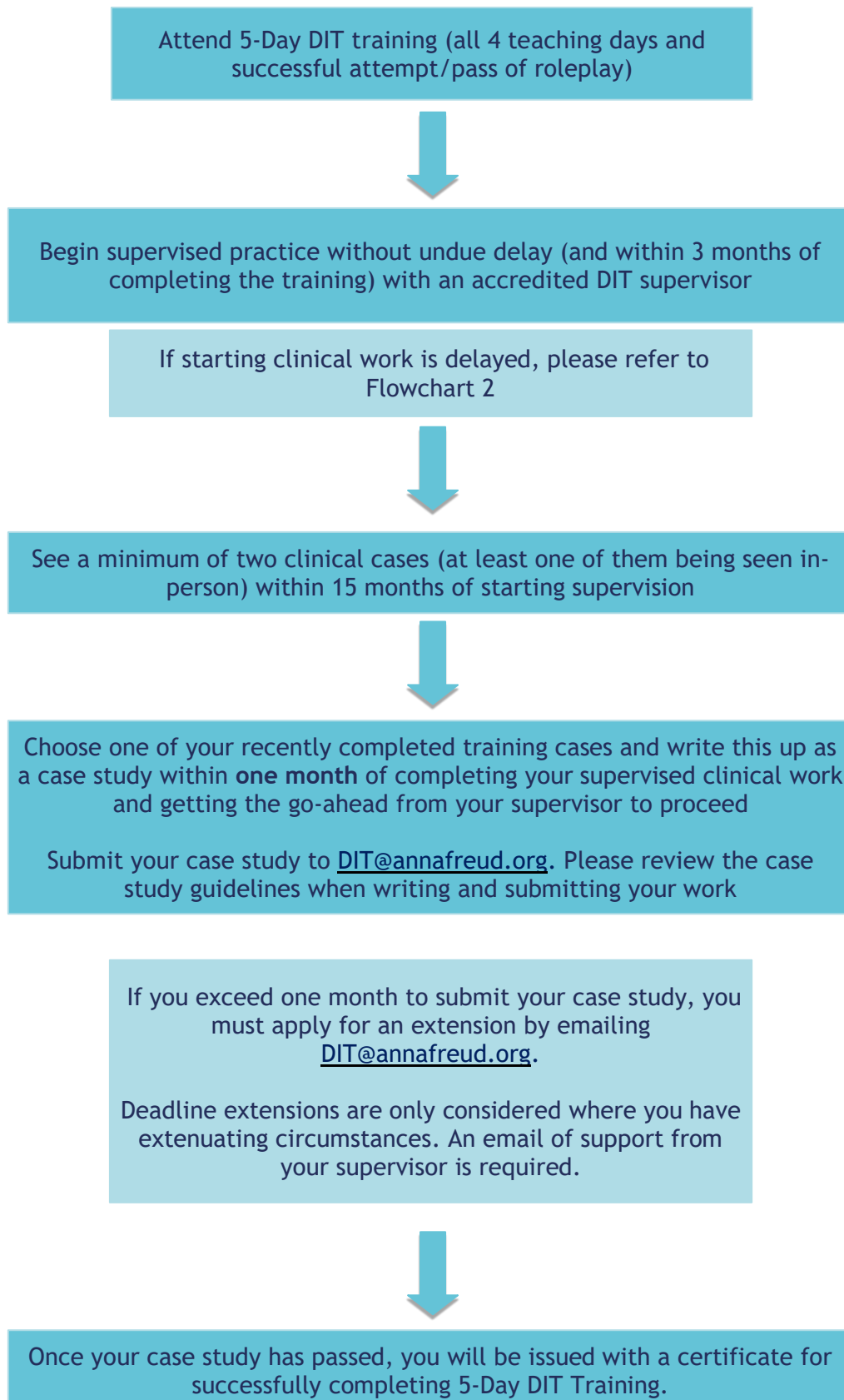
Trainees should begin seeing training patients within **3 months** of attending the 5-Day DIT training course. Following the course, there is a timeframe of **15 months** in which to complete your two training cases under supervision. You then have a further **1 month** to submit your case study. If there are exceptional circumstances, trainees can sometimes apply to the Anna Freud (DIT@annafreud.org) for an **extension** on their case study submission with the support of their supervisor. Such queries will be dealt with on a case-by-case basis.

Delays (see flowchart 2)

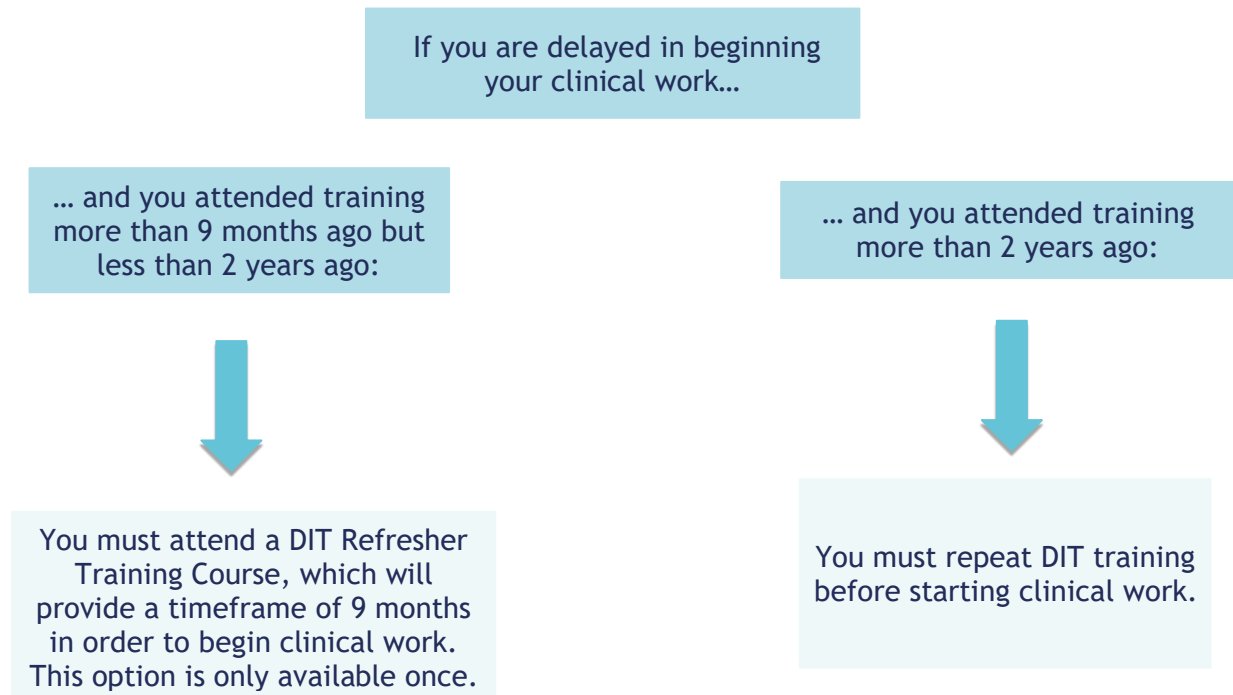
Where a period of more than 9 months has lapsed since attending the 5-Day DIT training course, and you have not begun your clinical work, the trainee is required to attend a refresher training course before commencing clinical work.

If you have not begun your clinical work, and more than two years has lapsed since attending the 5-Day DIT training course, a full training course will need to be repeated before clinical work can commence.

Flow chart 1 - Timeline for completing 5-Day DIT Training (expected timeframe for completion)



Flow chart 2 - Delays in completing 5-Day DIT Training



Seeing your training cases

Cases are required to be completed consecutively rather than having any overlap so that there is time to focus on relevant DIT competencies and consolidate learning from one case to the next. Clinical sessions are accompanied by session-by-session supervision with 30 minutes supervision provided for each DIT session offered. This amounts to **16 hours of supervision** (8 hours per case) for two clinical cases of 16 sessions duration each.

Where the supervisor identifies some difficulty on the part of the trainee to meet the required DIT competences and/or where it has not been possible to complete a clinical case, there may be a requirement to submit additional recordings and/or source additional case(s) to satisfy those requirements. All additional work will need to be discussed with a supervisor in the first instance and additional funding may need to be sought.

Requirements for clinical session recordings

DIT trainees are required to record training cases for the purposes of evaluation of their competence in DIT. The trainee has a responsibility to ensure correct permissions are sought in relation information governance for managing recorded clinical material and this needs agreement with the supervisor before clinical work commences. Audio-visual recordings are the preferred way of submitting your clinical work for evaluation.

DIT trainees will need to provide **four recordings** for formal marking purposes by their supervisor. Usually, three recordings are submitted from the first training case, which comprises the IPAF session along with random recordings requested by the supervisor from the middle and ending phase of DIT. If the recordings from the first training case meet the requirements to proceed, then a fourth recording will be required from the second training case. Where trainees have failed to demonstrate DIT competencies to the supervisor's satisfaction additional recordings may need to be submitted to fulfil requirements. This decision will be made in discussion with a supervisor who can provide feedback on any areas of concern and guidance to prepare for additional submissions. There will be an additional fee incurred for further submissions.

Requirements for the case study

Once supervisees have completed a minimum of two concurrent clinical cases to the supervisor's satisfaction, including formal marking of four sessional recordings, the supervisor will give the go-ahead to write up the case study.

There are some pointers towards completing the case study available in the member's area of the website (this area is available to you after you commence the DIT training). Supervisors may provide general guidance about how to approach writing a case study, including possible theoretical sources that would support the

work. However, supervisors have no involvement in the writing or proofreading of the case study as this is an independent assignment.

We expect supervisees to submit their case study **within 1 month** of completion of supervision. **With reasonable grounds, an extension of the submission deadline can be sought from Anna Freud.**

If further time elapses, the trainee may be required to attend a DIT refresher training and/or in some cases may need to undertake a further supervised clinical case which will be written up for the case study submission. Supervisees should clearly indicate their **supervisor's name** on the cover sheet of the case study to ensure that an independent marker is allocated.

When the case study has been marked, a copy of the marking schedule will be sent to both supervisee and the supervisor by way of feedback.

Where minor or major modifications to the case study are required, these need to be completed and returned to the Anna Freud within a one month period. Please refer to the 5-Day DIT Case Study Submission and Marking Guidelines document on the Member webpage (made available to you after you commence the DIT training) for further information about the 5-Day DIT case study.

Maintaining accreditation

At the end of the supervision period, a supervisee will be able to see DIT patients with weekly supervision from an accredited supervisor until they are registered DIT practitioners and have passed the case study.

Once the case study is passed, there is a CPD requirement to have **one hour of DIT supervision for every 12 hours of DIT therapy work for the first year** of work as a DIT practitioner. This equates to an hour of supervision a month if you have a caseload of approximately three DIT patients. It is helpful to consolidate a working understanding of the model by gaining more experience before considering going on to becoming a supervisor. Please note that this post-qualification supervision does not count towards accreditation as a DIT supervisor.

Beyond the first year, peer supervision of DIT work is acceptable, however, you may also find it beneficial to continue supervision with an accredited DIT supervisor. Please contact Anna Freud or consult the BPC website to source local DIT practitioners for peer supervision.

To maintain DIT practitioner status, there is a requirement to see at least **one patient a year** and attend **one CPD DIT event**.