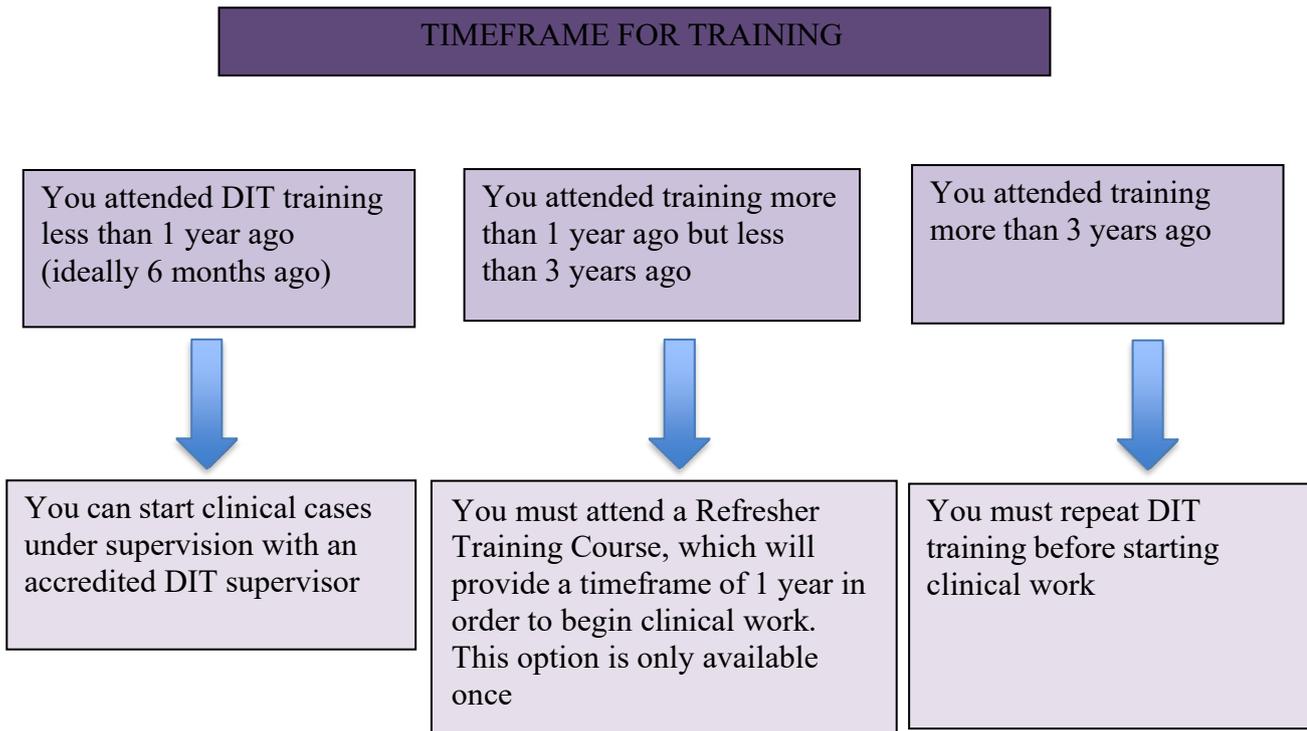


PROCEDURE FOR DIT ACCREDITATION

After completing the DIT course, there is a timeframe of one year in which to begin training cases under supervision. Most trainees will begin seeing training patients within **6 months** from attendance at the DIT training course. Where a period of more than one year has lapsed since attending a DIT training course, the trainee is required to attend a refresher training course before commencing clinical work. If more than three years has lapsed since attending a DIT training course, a full training course will need to be repeated before clinical work can commence. In special circumstances, clarification may be requested from the Anna Freud Centre [DIT@annafreud.org]. Such queries will be dealt with on a case-by-case basis.



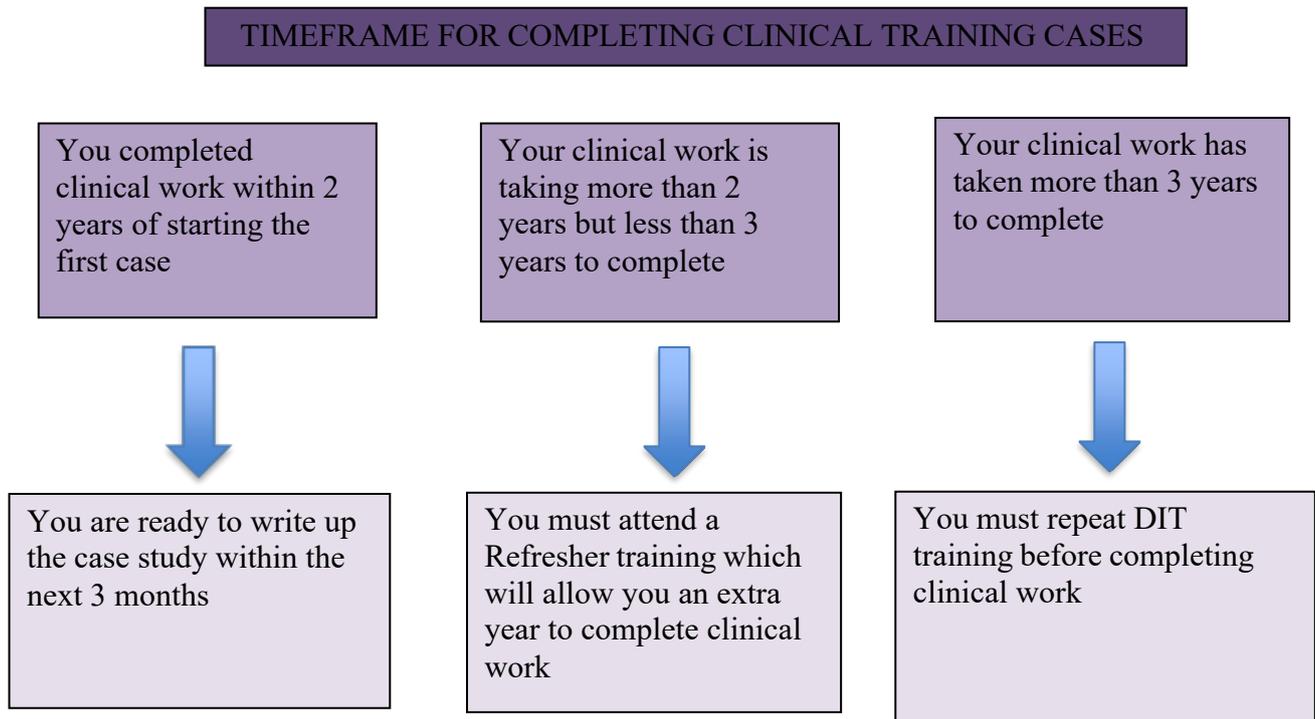
DIT accreditation is awarded by the British Psychoanalytic Council. DIT trainees wishing to obtain practitioner status must successfully complete:

- a minimum of two concurrent clinical cases under session-by-session supervision
- four recorded clinical sessions which are formally marked by an accredited supervisor
- A case study marked independently by Anna Freud Centre following successful completion of clinical work

Requirements for clinical cases:

Following the 5-day DIT training course a minimum of **two clinical cases** must be completed to the satisfaction of an accredited DIT supervisor. The recommended timeframe for completing clinical work is **within two years** of starting the first clinical training case. Where more than two years has lapsed before training cases are complete, trainees will be required to attend a Refresher Training which will provide subsequent one year period in order to complete clinical work. In the event that a period of three years or more has lapsed before completion of clinical casework, trainees will be

required to repeat DIT training upon recommendation from their supervisor that passing remaining training requirements is viable.



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 50-minute session. 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 competencies 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 an additional case(s) in order to satisfy requirements. All additional work will need to be discussed with a supervisor in the first instance and additional funding may need to be sought in order to provide an extension.

Requirements for clinical session recordings:

DIT trainees are required to record training cases for the purposes of submitting sessional recordings to their supervisor. 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.

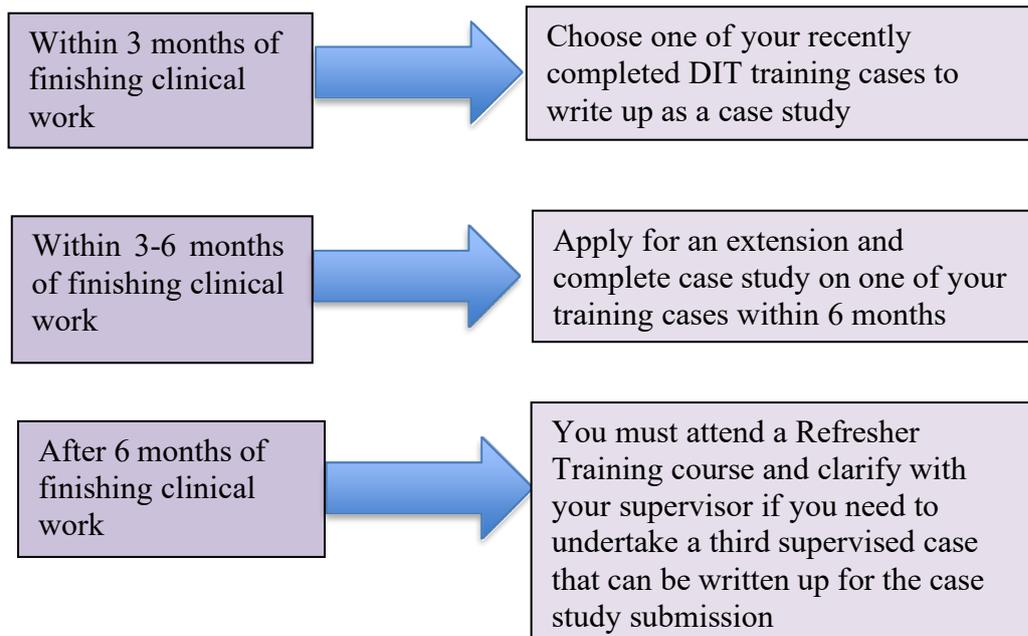
DIT trainees will need to provide **four recordings** for formal marking purposes. Usually, three recordings are submitted from the first training case, which comprises the IPAF session along with a recording from the middle and ending phase of DIT. If the recordings from the first training case meet 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 resubmissions.

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 can give the go ahead to write up the case study. We expect supervisees to submit their case study **within 3 months** of completion of supervision. With reasonable grounds, an extension can be sought from Anna Freud Centre for a further three months in order to complete the case study. If further time elapses the trainee may be required to attend a 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 mark clearly on the cover sheet their **supervisor's name** to ensure that an independent marker is allocated.

TIMEFRAME FOR COMPLETING CASE STUDY



There are some guidelines towards completing the case study provided as part of the training course. Supervisors may provide general feedback 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.

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

Awarding accreditation:

The British Psychoanalytic Council will award a certificate of accreditation. Practitioners may wish to add their name to a list of DIT practitioners on the BPC website and a fee may be incurred for this

provision. Supervisees should check the website entry and are advised to get in touch with the BPCservice directly should they wish to edit any details.

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.

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. This supervision does not count towards accreditation as a supervisor; however, it is helpful to consolidate a working understanding of the model by gaining more experience before going on to becoming a supervisor.

Beyond the first year, we advise using peer supervision of DIT work. Please contact the Anna Freud Centre or consult the BPC website to source local DIT practitioners.

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