



PROFILE

The British Association of Psychotherapists (BAP) History and Development

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In the history of the BAP three important trends emerge: an emphasis on high standards of training, the provision of a clinical service, and very strong links with both the Institute of Psychoanalysis and the Society of Analytical Psychology.

The Association began in the 1940s in Oxford, where a group of young academics had begun holding discussions about psychoanalysis and analytical psychology. They met in one another's homes and discussed the works of Sigmund Freud, Melanie Klein and Carl Jung. The group included all the founder members of the BAP — Pen Balogh, Jim Haynes, Patricia and Paul De Berker. In 1950 it was joined in

London by Ilse Seglow and Alicia Rooker.

The group decided that, as a way of unifying psychotherapy, they wished to become more organised, to be multidisciplinary and to include both Freudian and Jungian perspectives in their theoretical discussion. This became the first training to offer both theoretical orientations. One wonders if their debates were influenced by the 'controversial' discussions taking place at that time at the Institute of Psychoanalysis between Anna Freud and Melanie Klein.

In 1951, with the support of Edward Clover, the group formed itself into the Association of Psychotherapists and Paul De

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Berker became its first chairman. It expanded to include social workers, psychologists and doctors. In 1954 a Jungian group under the leadership of Marianne Jacoby was formed within the Association.

In the late 1950s the first three-year training began. It was held in the evenings — still the case — and most applicants then as now, were non-medical. From the beginning the Association was encouraged by many analysts who analysed and supervised the candidates.

A clinical service was offered to any member of the public experiencing psychological difficulties. The first clinical service, in 1952, operated from St Anne's Church Hall in Soho. It was provided free for those in need; others paid half a crown. Later it moved to Hampstead and the home of Pen Balogh, then to Islington, and finally to Montague Mansions in Baker Street. The members gave the clinic their services free.

Later the Association changed its name to the British Association of Psychotherapists, becoming a limited company and a registered charity. In the mid-1960s people who had trained elsewhere joined the BAP and conflicts began to emerge between new and old members, centering on theoretical and training issues. These conflicts led to splits which drove some members into forming their own organisations — now known as AGIP and the LCP.

At present the Association consists of three Sections, the Psychoanalytic, Jungian Analytic, and Child and Adolescent. Each offers its own training and for Child section members the Association offers in addition a Modified Adult Psychoanalytic training. The clinical service

continues to provide an assessment service for people requiring treatment. It is organised on a regional basis. Low cost treatment is still offered through our low fee scheme.

The trainings are now separate, each having their own training committee, but they have certain common factors: all students must have personal therapy a minimum of three times a week; training patients must be seen three times weekly; and the work with each patient must be supervised weekly by a separate supervising therapist.

Students also attend clinical seminars to discuss their work in small groups with another supervising therapist. A candidate is only allowed to qualify after the training therapist and the supervising therapists have submitted their reports to the training committee. If these reports are favourable the candidates submit a clinical paper and if this is considered satisfactory the candidate is allowed to 'read in' and is granted associate member status. After another period of study under the direction of the postgraduate committee one can become a full member.

To belong to BAP is to be part of an organisation rich in diversity, vigorous theoretically, clinically and ethically. The Association looks after its members extremely well. The clinical services help one to build up one's practice and one is intellectually stimulated by the papers presented at the scientific meetings, annual conference and at the Freudian and Jungian Forums. As a member of BAP one belongs to a professional home which demands, occasionally upbraids but always encourages and supports.