

# One-year Transference-Focused Psychotherapy training and consultation course

Weekly online seminar

8th September 2026 - 29th June 2027

Tuesday mornings 09.00 am - 10.45 am (London time)



# What is Transference-Focused Psychotherapy?

Transference-Focused Psychotherapy (TFP) is a manualised, evidence-based form of psychodynamic psychotherapy developed specifically for people with personality disorder and severe personality difficulties. It is grounded in object relations theory and was developed by Otto Kernberg and colleagues in New York.

Although TFP can be adapted for a wide range of patients, it is particularly well suited to complex and challenging presentations, where difficulties with emotional regulation, identity, and relationships are prominent. The structured nature of TFP provides a high level of containment, clarity, and focus, supporting both patient and therapist.

TFP begins with a careful and detailed assessment, including a structural diagnosis of personality organisation. This informs a shared understanding of the patient's difficulties and provides the basis for a clear and realistic treatment plan. A central feature of TFP is the explicit negotiation of a treatment contract, which sets out the conditions necessary for therapy to succeed. This includes expectations regarding attendance, engagement, and the management of behaviours that would otherwise undermine treatment, such as self-harm, substance misuse, or severe acting-out.

The treatment involves a systematic focus on object-relational patterns as they emerge in the therapeutic relationship. The therapist attends closely to verbal and non-verbal communication, affective shifts, and transference and countertransference processes. Interventions focus on identifying and working with splitting-based defences such as projection, idealisation, devaluation, and acting-out. The therapist maintains technical neutrality in relation to internal conflicts, while taking an active and non-neutral stance in relation to behaviours that threaten the therapeutic frame or the patient's safety.

The overall aim of TFP is to support the development of a more integrated and coherent sense of self, leading to improved functioning in relationships, work, and emotional regulation.

# Course description

The course covers the TFP object relations model of personality pathology and provides a comprehensive introduction to the TFP approach, including its core principles and clinical techniques. Teaching is supported throughout by clinical case material, including video recordings of sessions that illustrate the management of common clinical situations.

Participants will be encouraged and supported to identify an appropriate supervisor during the first term and to begin assessing a patient for TFP. Supervision arrangements are the responsibility of the participant and will need to be funded by the attendee where not provided by their employing organisation.

By the end of the one-year course, participants will have a solid understanding of TFP theory and technique. The course will also be of benefit to clinicians who have previously attended TFP training and wish to consolidate their learning and develop a more thorough and integrated understanding of the model. Participants will have the option of progressing to a second-year follow-on seminar.

TFP supervision typically takes place weekly or fortnightly, either in groups of three to six participants for 60 or 90 minutes with a TFP teacher-supervisor, or in individual supervision. For accreditation purposes, each participant is expected to present clinical material to their supervisor at least monthly.

Participants who attend a minimum of 80% of sessions will receive a certificate from the TFP-UK group.

# Organisers and main teachers

Jonathan Radcliffe, psychoanalytic psychotherapist and consultant clinical psychologist, and head of Lewisham Personality Disorders Service, South London and Maudsley NHS Trust.

Laura Liard, clinical psychologist and psychotherapist in private practice, Brussels, Belgium.



Each are ISTFP accredited TFP therapists, teachers and supervisors.

**Course dates:** 8th September 2026 - 29th June 2027

**Format:** weekly online seminar

**Times:** Tuesday mornings 09.00 am - 10:45 am (London time)

**General admission :** £1600

**Course webpage:** <https://tfpintroductorycourseuk.co.uk/>

**Application:** on the website

**For more information, contact:** [Jonathan.Radcliffe@slam.nhs.uk](mailto:Jonathan.Radcliffe@slam.nhs.uk)

# Questions about the course?

Join our zoom information meetings on one of the following dates:

Wednesday 25th February at 13:30 UK time

Wednesday 29th April at 13:30 UK time

Wednesday 24th June at 13:30 UK time

Book your place by emailing us!

**Co-hosted by TFP-UK and South London and Maudsley NHS Foundation Trust**

Meets the requirements of the International Society of Transference-Focused Psychotherapy for didactic training element of accreditation.

