

# **MASTER OF CHILD PSYCHOTHERAPY STUDIES**

[monash.edu/medicine/  
scs/psychiatry](http://monash.edu/medicine/scs/psychiatry)

ARE YOU WORKING IN CHILD AND FAMILY SERVICES, MENTAL HEALTH, EDUCATION OR WELFARE?

MASTER OF MENTAL HEALTH SCIENCE / MASTER OF CHILD PSYCHOTHERAPY STUDIES

This qualification is highly regarded by students for providing exceptional professional development relevant to their practice with children and families. The course has a long history of developing outstanding graduates and is greatly respected within the mental health and child and family services sectors. By specialising in child psychotherapy, you will develop deeper insights into psychoanalytic developmental theories and practice. You will be building your capacity to help infants, children, adolescents and their families with emotional and behavioural difficulties.

This Master of Child Psychotherapy Studies is located within a suite of degrees represented by this Master of Mental Health Science program. This three year part-time online course provides advanced training and upskilling taught by accomplished academics and clinicians within the Department of Psychiatry at Monash University. Assessment is by coursework and includes assignments, observations and a face-to-face weekend workshop each semester.

Completing all units in this pathway fulfils the academic component of the Child Psychoanalytic Psychotherapists Association of Australia (CPPAA)\* clinical training as described on their website. It also fulfils part of the criteria for professionals to be eligible for membership of the Child Psychoanalytic Psychotherapists Association of Australia. This will be of interest to students who wish to apply to the CPPAA for clinical training alongside this Master qualification.

\*Formerly known as the Victorian Child Psychotherapists Association (VCPA)

YEAR 1 (24 cpts) Discipline Skills (Core)			
CPS5001 - Core CORE PSYCHOANALYTIC AND DEVELOPMENTAL THEORIES I	CPS5002 - Core NORMAL DEVELOPMENTAL OBSERVATION	CPS5003 - Core PSYCHOANALYTIC AND DEVELOPMENTAL THEORIES II	CPS5004 - Core PSYCHODYNAMIC ASSESSMENT OF CHILDREN AND ADOLESCENTS
Unit Coordinator: Emma Toone	Unit Coordinator: Dr Jennifer Re	Unit Coodinator: Carolyn Coburn	Unit Coordinator: Therese Raulin
<b>This unit:</b> <ul style="list-style-type: none"><li>Introduces the basics of fundamental theories (Sigmund Freud, Anna Freud and John Bowlby) relevant to understanding the subjective world and developmental work of children.</li><li>Concepts are critically examined in contemporary contexts through readings, film clips and case examples.</li><li>You explore how these theories may be applied to your work with children and families.</li></ul>	<b>This unit:</b> <ul style="list-style-type: none"><li>Explores Developmental Observation principles and practice, and its relevance to clinical and consultative work with children and adolescents.</li><li>You will look into the links between observation and the developmental theories, and also inquire into how current research in infancy, neuroscience and attachment extend these insights.</li><li>You undertake prescribed observations of infants and young children in their naturalistic settings.</li></ul>	<b>This unit:</b> <ul style="list-style-type: none"><li>Introduces select theories (Melanie Klein and Donald Winnicott) relevant to understanding the psychological development of children and adolescents – for both healthy development and the development of psychopathology.</li><li>The concepts are critically evaluated through readings, audio-visual resources, and case examples.</li><li>You explore their contemporary relevance and how these theories may be applied to your work with children and families.</li></ul>	<b>This unit:</b> <ul style="list-style-type: none"><li>Introduces the conceptual framework, methodology and guidelines for the psycho-dynamic assessment of psychological disturbance in children and adolescents.</li><li>Explores interviewing and observational methods with children and adolescents that enable psychological data to be collected and understood.</li><li>Demonstrates and provides structure to the complex task of integrating information from several different sources to provide a psychodynamic diagnostic assessment of the individual including the nature and degree of disturbance presented, and the extent to which this interferes with the child's normal development and functioning.</li></ul>

YEAR 2 (24 cpts) Discipline Skills (Core)			
CPS5005 - Core PRINCIPLES OF CHILD PSYCHOTHERAPY	CPS5006 - Core PRINCIPLES OF ADOLESCENT PSYCHOTHERAPY	CPS5007 - Core PRINCIPLES OF SHORT TERM THERAPY	CPS5008 - Core PRINCIPLES OF WORKING WITH PARENTS
Unit Coordinator: Alexis Aytekin	Unit Coordinator: Jill Pullen	Unit Coordinator: Sarah Anderson	Unit Coordinator: Nada Lane
<b>This unit:</b> <ul style="list-style-type: none"><li>Will outline the principles of Child Psychotherapy from a developmental and psychoanalytic perspective.</li><li>It will address the context and boundaries of therapy and explore ways the child communicates in therapy.</li><li>Core elements of contemporary technique will be considered, including transference and countertransference, the importance of the relationship between child and psychotherapist and its therapeutic implications.</li><li>You will also look into the process of observing, hearing and interpreting in psychotherapy, and termination issues such as the structure, significance and dynamics of this process.</li></ul>	<b>This unit:</b> <ul style="list-style-type: none"><li>Will consider adolescent developmental tasks and associated problems and disturbances from a psychodynamic framework.</li><li>You will inquire into the general and phase specific principles and issues in psychotherapy with adolescents and reflect upon the challenges arising for both the professional and adolescent.</li><li>These areas will be explored through readings, audio-visual resources and case examples.</li><li>You will investigate issues associated with working with an adolescent in the workplace, and undertake a prescribed observation of adolescents in their naturalistic settings.</li></ul>	<b>This unit:</b> <ul style="list-style-type: none"><li>Provides students with an understanding of the history and development of the practice of short-term psychodynamic psychotherapy.</li><li>Students will explore how the theoretical principles and practices of short-term therapy can be applied to work with parents and infants, children, adolescents and families.</li><li>Students will analyse case studies in the readings and their own work experiences to explore the practice issues.</li></ul>	<b>This unit:</b> <ul style="list-style-type: none"><li>Will examine an understanding of the role of parents in their child's development and different ways of working with parents from a psychodynamic and developmental perspective. Consideration will be made of the following ways of working with parents and the similarities and difference in the models: parent therapy; parent and child work combined; short-term and crisis work with parents; parent counselling; parent education; marital therapy/counselling; individual therapy/counselling.</li></ul>

YEAR 3
Coursework pathway (24cpts) SRH5001 - CORE (6cpts) RESEARCH METHODS FOR HEALTH
SRH5032 - Core (6cpts) APPLIED RESEARCH FOR HEALTH PRACTITIONERS
MHS5100 - CORE (6cpts) CONTEMPORARY ISSUES AND CONTROVERSIES IN MENTAL HEALTH SCIENCE CHILD PSYCHOTHERAPY STUDIES CAPSTONE
ELECTIVE - (6CPTS) <i>See Handbook</i>
<i>OR</i>
Research pathway (24cpts) MAP5000 - (12cpts) RESEARCH IN ADVANCED HEALTH PROFESSIONAL PRACTICE
MAP5010 - (12cpts) ADVANCED HEALTH PRACTICE RESEARCH PROJECT

## TESTAMONIALS

“Studying the Child Psychotherapy Stream of the Master of Mental Health Science at Monash University has been extremely rewarding. The grounding that the course provides in psychoanalytic and developmental theory and technique has contributed greatly to my clinical practice; I have learnt to think and practice in new ways. I have particularly valued being taught by practicing child psychoanalytic psychotherapists. The course has inspired me to undertake clinical training in child psychoanalytic psychotherapy.”

Cassandra

“The Master of Mental Health, Child Psychotherapy stream has provided me with an excellent theoretical foundation into psychoanalytic and developmental theory and practice. The content of the various units cover both classical psychoanalytic and contemporary theory, allowing for the development of a greater depth of knowledge and understanding.

The online nature of the course has made study manageable and flexible. The weekend workshops allow an opportunity to meet staff and other students and the content is always relevant and engaging. The teaching and administrative staff are personable and always responsive to enquiries”

Lucianne

---

## FURTHER INFORMATION

<https://handbook.monash.edu/current/courses/M6022>

[monash.edu/study/courses/find-a-course/2021/  
mental-health-science-m6022](https://monash.edu/study/courses/find-a-course/2021/mental-health-science-m6022)

**Dr Phyllis Chua** (Course Convenor)

**Dr Jennifer Re** (Child Psychotherapy Stream Coordinator)

**Andrea Peres** (Course Administrator)

Department of Psychiatry,  
School of Clinical Sciences at Monash Health

### Contact details

[mmhs.psych@monash.edu](mailto:mmhs.psych@monash.edu)

or

[jennifer.re@monash.edu](mailto:jennifer.re@monash.edu)

