



## Referral Process

There is a several step referral process if you are interested in Psychoanalysis with a Candidate at the Denver Institute:

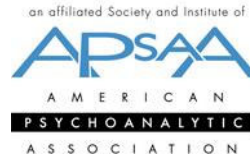
1. Please call the chair of the Psychoanalytic Referral Service, Dr. Sangeeta Patel, MD. at 720-446-9790 for a brief telephone consultation to answer any questions. Dr. Patel will have the current status of candidates' needs for training cases or other availability.
2. There is an evaluation fee for several meetings with the candidate to determine if psychoanalysis is the treatment of choice for your needs. Should it become clear during the evaluation that the person would be best served by another type of treatment, other options will be discussed.
3. Personal finances will be discussed during the evaluation to determine the fee for these meetings and psychoanalytic therapy sessions. Candidates and analysts will make every effort to negotiate an affordable fee.

Inquiries and consultations are welcome from members of the public and referring professionals.

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## Affiliations

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## Mission Statement

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Denver Institute for Psychoanalysis is organized for the purpose of providing psychoanalytic education for qualified applicants, to advance scholarship and research in the science of psychoanalysis, and to encourage application of psychoanalytic knowledge to relevant fields of study and practice.

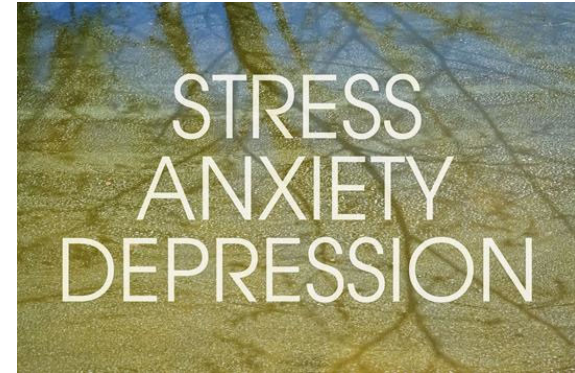
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## Contact Us

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Denver Institute for Psychoanalysis  
Mail Stop F546  
1890 N. Revere Court  
Aurora, CO, 80045  
(303) 724-2666  
Fax (303) 724-2668  
[www.DenverInstituteForPsychoanalysis.org](http://www.DenverInstituteForPsychoanalysis.org)  
[office@denverpsychoanalytic.org](mailto:office@denverpsychoanalytic.org)

# DENVER INSTITUTE PSYCHOANALYTIC REFERRAL SERVICE



## Considering Psychoanalysis?



# Psychoanalytic Referral Service

The Denver Institute for Psychoanalysis educates experienced licensed mental health professionals in the theory and practice of psychoanalysis. The Psychoanalytic Referral Service is an integral part of the Institute's educational program.

Candidates in training as well as faculty and graduate analysts in private practice will negotiate a reduction in their customary fee for people who lack the financial resources for this intensive treatment. This includes students and individuals with restricted incomes who demonstrate the interest, ability and need to commit to a four or five times a week therapy for several years. Analyses of children and adolescents are often somewhat shorter.

Psychoanalysis is a specialized and effective psychotherapy for a variety of persistent emotional disorders and problems in living. People often seek and benefit from psychoanalysis after experiences with shorter-term therapies and/or medications that have not produced significant change in their personal or relationship problems.

Psychoanalysis focuses on an in-depth examination of all aspects of the person's subjective experience and inner life. The benefits of psychoanalysis can be transformative: as the patient experiences the positive results of more flexible, adaptive and less reactive ways of thinking, feeling and behaving. Freud originally defined a treatment success as one's increased ability to work and love.

While sharing similarities with other psychotherapies, psychoanalysis is uniquely defined by its focus on:

- The influence of unconscious (outside of direct awareness) processes in the patient's thoughts, feelings and beliefs
- The defenses we use to camouflage a fuller awareness of painful experiences and conflicts within ourselves and with others.
- The significance and meaning of the patient's past and its influence on the development of personality, relationships and current life problems

## What is Psychoanalysis?

Psychoanalysis is a method of treatment that offers a way to understand ourselves, our relationships and how we conduct ourselves in the world; psychoanalytic treatment addresses the whole person—it does not just manage symptoms.

Originally called the talking cure, psychoanalysis is the foundation of all the talk therapies. The theories on which analysis is based provide a framework for understanding and helping individuals with a wide variety of difficulties to overcome obstacles and change unwanted behavior.

Psychoanalysis helps people learn how they became who they are and why they feel the things they do, paving the way towards the emotional freedom necessary to make substantive, lasting changes.

## Who Seeks Treatment

Individuals call our clinic for a variety of reasons; they may be experiencing grief, struggling with relationship issues, have concerns about eating or drinking patterns, or feeling anxiety or stress. They may be victims of abuse or trauma, children of alcoholics, or even in a life transition.

Whatever the reason, talking to someone, the right someone, is an integral part of healing.