

PSYCHOANALYTIC TRAINING PROGRAM

About the Program

This Adult Psychoanalytic post-grad training program is four years of classes and up to five years advanced status. Psychoanalytic education is based on a tri-part model with three interrelated processes: a personal analysis with a training analyst, theoretical and clinical course work, and supervised psychoanalytic work. This experience is broadened and conceptualized through seminars and supervised clinical work.

Psychoanalysts strive to listen to and understand their patients. This emphasis differentiates analysts from other mental health professionals who prescribe either medicine or behavior modification. Candidates for Adult Psychoanalytic Training require the maturity, integrity, and character necessary to function as a psychoanalyst.

A **patient** who chooses to pursue psychoanalysis is motivated to undertake a thoroughgoing exploration of personality traits, unconscious motivations, and patterns of relating to others in an effort to master emotional problems and impediments to psychic growth. This is an intensive treatment involving four or five sessions per week in order to allow for therapeutic regression, development and containment of intense emotional experience, and a maximally reliable relationship between patient and analyst.

Eligibility

All applicants must hold a valid, active and unrestricted professional license in Colorado to practice in their respective discipline. Applicants who hold the following degrees and post-graduate clinical training are eligible for training:

- A. Doctors of Medicine or of Osteopathic Medicine who have graduated from an accredited medical school or osteopathic school; and have completed or are near completion of a psychiatry residency program.
- B. Mental health professionals who have completed a doctoral level degree from an accredited mental health program and a minimum of 3,000 hours or two years full time mental health clinical experience post-graduation.
- C. Mental health professionals who have graduated from an accredited master's program which is generally recognized as the highest clinical degree in the field (currently a master's degree in social work, psychiatric nursing, or marriage and family counseling), and have completed at least two additional post-master's degree years of didactic and clinical training including 3,000 hours of clinical immersion, 60 post-masters hours of psychodynamic psychotherapy supervision and 60 post-masters hours of psycho-dynamically oriented coursework and clinical seminars, or a two year organized post-masters psychodynamic psychotherapy program including supervised clinical experience.
- D. Applicants who do not fully meet the above eligibility criteria may qualify through a waiver process that will require an additional waiver application and an external review from the American Association for Psychoanalytic Education.

Selection is based on an applicant's eligibility, suitability, and readiness. All applicants for clinical training must (i) have a license recognized by the jurisdiction of their institute that permits the clinical practice of psychoanalysis; or (ii) be in training in a jurisdiction in which the clinical practice of psychoanalysis is exempt from or not regulated by licensure; or (iii) with respect to institutes that are authorized by their jurisdictions to offer training leading to the licensure of graduates in the clinical practice of psychoanalysis, be eligible within that jurisdiction to provide clinical services as part of their institute training.

Waivers may be needed for those that do not meet the specific qualifications. We encourage you to speak to the Admissions Chair and apply early as the process can take a while.

Application Procedure

Applicants may download an application online. Applications must be received by January 15th of even numbered years, for classes that start in the fall of that year. Class size is limited.

After the application is submitted and reference letters are received, three interviews will be scheduled. Interviewers consider clinical experience, motivation to work closely with patients, as well as personal qualities of the applicant. The Admissions Committee and interviewers will review the application, and the applicant will be contacted regarding acceptance by mail or phone.

Program Goals

The goals of the psychoanalytic training program include

- To integrate the three processes to foster the candidate's psychological understanding and clinical effectiveness, as well as the mastery of the psychoanalytic theories and techniques
- To develop clinical skills necessary for analytic effectiveness
- To promote psychoanalytic scholarship and research

The Program

Didactic Course Work

The adult psychoanalysis training is a four-year curriculum offered from 12:00 p.m. to 5:10 p.m. on Fridays. The coursework is divided into four class periods: Development, Theory, Technique, and Case Conference. Over the four years, the candidate's knowledge in each of these areas grows progressively richer, and the opportunities for discourse deepen.

<p>The Development sequence provides the underpinnings for understanding all of the models presented in the Theory sequence and all of the psychoanalytic theories of therapeutic action. Candidates study the development of self in relation to the object from birth forward, continuing through the entire life cycle.</p>	<p>In the Theory track, psychoanalytic theory is viewed as being in a dynamic state with no single psychoanalytic "truth" prevailing. There are a number of constantly evolving models of the mind, each contributing a particular vision of the human being and the psychoanalytic situation.</p> <p>The Theory sequence seeks to prepare candidates to be highly informed and critical participants in the exciting debate that is currently reshaping psychoanalytic thinking.</p>	<p>The Technique sequence focuses on how to integrate theoretical concepts and developmental principles into a mode of working therapeutically with the patient.</p> <p>The candidate will learn how to facilitate the development and maintenance of a psychoanalytic process, which requires the development of various cognitive and empathic skills, along with an intuition as to the timing and dosage of interventions.</p>	<p>The Case Conference gives candidates and their teachers an opportunity to explore material from analytic processes in depth and to further integrate all that has been learned in the other tracks.</p> <p>Patients give permission for material to be shared in this confidential setting, with the understanding that any material by which they could be identified is carefully disguised. Each person's own clinical experience is greatly enriched by the opportunity to hear and discuss work presented by colleagues.</p>
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Supervised Psychoanalytic Work

The analysis of patients under supervision is an essential part of psychoanalytic education. The candidate will generally begin their first supervised analysis soon after seminars commence and will start a second supervised case within the next six months. Supervision begins at one hour per week for each case, but may become less frequent. The minimum frequency of patient sessions is four times per week, but one case in five times weekly analysis is suggested. Supervision during the termination phase is expected. Formal written evaluations are conducted annually. Candidates are expected to work with cases reflecting different genders as well as work with cases reflecting a diversity of identity characteristics including, sexual orientation, age, religion, race, ethnicity, culture, ability status and socioeconomic status. Supervisors evaluate the candidate's progress annually and share their observations

Personal Training Analysis

The candidate's personal analysis forms the core of the educational experience around which supervised analytic work is built. Conducted by faculty who are training analysts, the aim of this analysis is to resolve and master neurotic personality problems, free the candidate from unconscious attitudes that might interfere with psychoanalytic competence, and provide first-hand experience of unconscious forces and resistance. Trainees in psychoanalytic training are required to be in analysis with a training analyst at a minimum of four, preferably five, times a week frequency, for a period of their training which substantially overlaps with the coursework and supervised cases.

Graduation Requirements

The minimum requirements to graduate include:

- Satisfactory completion of all curriculum requirements, including didactic course work, case seminars, and analytic colloquia.
- All necessary case reports have been completed and approved by the supervisors. The supervisors have completed all of their evaluations of the candidate's work.
- Must have a minimum of three supervised analytic cases of different genders. The cases should represent a range of psychopathology usually treated by psychoanalysis and cannot all fit one diagnostic category. The frequency of patient sessions will be no less than four times per week. At least one case has terminated or is proceeding toward what appears to be a satisfactory termination. If there has been no case terminated prior to graduation it is expected that the candidate continue consultation with their supervisor until the case is terminated.
- The candidate has had a minimum of 200 hours of total supervision with at least three different supervisors.
- The candidate has demonstrated the capacity to enable an analytic process to develop satisfactorily.
- Candidates are obligated to tell their control cases of their completion of training from the Denver Institute for Psychoanalysis once they have been approved for graduation.
- Abide by the APsA's Code of Ethics.
- All fees and tuition have been paid in full.