PSYCHODYNAMIC PSYCHOTHERAPY TRAINING PROGRAM

Training Program

The Psychodynamic Psychotherapy Training Program (PTP) is a two-year, certificate-granting program designed to enhance theoretical knowledge and clinical skills in the practice of intensive psychodynamic psychotherapy. The program aims to improve clinical skills and to demonstrate the usefulness of applying contemporary psychoanalytic thinking to a wide range of clinical, teaching, and consultation situations. In addition to a comprehensive review of theory and development, students learn the technical application of these principles to a wide spectrum of disorders.

The PTP program is an intensive learning experience and requires that students devote time to readings. Students should be willing to participate actively in class discussions and be prepared to present case material in Case Conference and consultation.

Program Goals

This two-year program is designed to help further clinical understanding and skills and will provide students with the ability to:

- Apply and use a developmental, psychodynamic model in diagnosing and assessing adults for treatment.
- Establish a treatment framework that includes the development of a therapeutic alliance and engagement in a therapeutic process with patients.
- Recognize and respond empathically, effectively and ethically to patients' affective states.
- Understand meaningful verbal and non-verbal patterns.
- Work with intrapsychic themes and their impact on patients' daily lives.
- Recognize and work with transference and countertransference manifestations that impact therapeutic goals.
- Work effectively and collegially with faculty, consultants and classmates.

Eligibility

This program is open to psychiatrists, psychologists, social workers, psychiatric nurse clinicians, marriage and family therapists, and professional counselors who are licensed to practice in their field, have malpractice insurance, and have had experience in a personal psychodynamic psychotherapy.

The program is designed to provide advanced training for practitioners with a graduate degree who already have familiarity with basic psychoanalytic terminology and principles, do clinical work, and who have an aptitude for and/or interest in psychodynamic psychotherapy.

Application Procedure

An Open House is held each year for those interested in learning more about our training programs. This is an informal setting where you can speak with both faculty members and PTP graduates to gain a better understanding of what our program offers.

An application can be downloaded online and must be submitted by April 1st in even numbered years. Prospective students are encouraged to apply as soon as possible since class size is limited. Completed applications are reviewed in the order received.

Applicants will have two interviews: a personal interview with the Chair of the Adult PTP program to determine that the program and the student are a good match and a second with a faculty member to discuss the applicant's interest in the program and to hear presentation of case material. The PTP Committee makes a final decision. The number of admissions is determined by the limitations of class size, which is usually capped at ten.

Once accepted to the program, an orientation is provided a few weeks before the start of the first class to familiarize students with the program and expectations to graduate.

The Program

Didactic Coursework

Classes meet Fridays from 12:00p.m. to 5:10 p.m. for 30 weeks between September and May.

The coursework includes: a careful study of development from birth through old age; a historical and in-depth review of psychoanalytic theory; a comprehensive review of the application of contemporary psychoanalytic principles to psychotherapy technique; a clinical case conference that focuses on understanding and fostering the therapeutic process.

> **DEVELOPMENT:** This track looks at development over the entire life cycle, covering infancy, latency, adolescence and adulthood. It focuses on the development of self in relation to the object from birth forward, the earliest foundations of superego development, the development of masculinity and femininity in the pre-oedipal and oedipal years, and the development of heterosexual and homosexual object choice.

> **THEORY:** Students are introduced to the philosophy of theory making and the pioneering psychodynamic discoveries by Sigmund and Anna Freud. The major models of the mind — including the topographic, structural, object relations, self - psychological, and intersubjective — are examined.

> **TECHNIQUE:** The technique course is a systematic review of the basic principles of psychodynamic psychotherapy. The first year focuses on making a developmental diagnosis, developing a treatment plan and contract, understanding the various aspects of empathy and of the therapeutic alliance, recognizing and working with ego strengths and weaknesses, identifying and understanding how to manage defenses, learning the use and misuse of transference manifestations, becoming comfortable with countertransference experiences, and appreciating the therapeutic usefulness of transference-countertransference enactments. The second year includes more specific technical considerations, for example: working with trauma, deficit disorders, severe regressions, focused short-term therapy, indications for and implications of consultation for psychopharmacology, and the various forms of termination.

> **CASE CONFERENCE:** This course offers students an additional opportunity to apply what they learn in didactic seminars. There is a case conference during both the first and second years. An effort is made to give everyone an opportunity to present ongoing clinical material. The emphasis is on making psychodynamic formulations and developing a sense of the transference and countertransference elements. Over the course of the second year, the focus is on understanding and fostering the therapeutic process while following one or two cases extensively.

Consultation

Each student is assigned a consultant with whom to carry out their required 60 hours of individual case consultation. The required hours should be divided as evenly as possible between the two years. We encourage staying with a consultant for at least a year, after which time a student should consider changing consultants to facilitate a different learning experience.

Consultation is individualized to meet the specific learning needs of the student, with an effort made to integrate what is being learned in the coursework with the student's clinical work. Some students may wish to present only a few ongoing cases in depth, while others may wish to look at a spectrum of cases. We recommend reviewing closely at least one case for some period of time, as the final case write-up needs to be completed (with the help of the consultant) and handed in before the end of the second academic year.

Final Project

A final project that consists of case write up and presentation is required and due by the end of the second year. This paper is an opportunity to integrate the clinical, didactic and consultation learning experience into a useful written document. The paper is presented to PTP classmates, the PTP Chair and several faculty members.

Graduation Requirements

The minimum requirements to graduate include:

- All fees and tuition have been paid in full.
- Had/have a personal psychodynamic psychotherapy treatment. While a requirement for admission, the treatment may have already been completed and thus need not be concurrent with the PTP training.
- Attend all regular classes, all class evaluations, and any meetings with the PTP Chair as well as special programs announced throughout the year. Missing more than three days (10%) in any one year will be brought to the attention of the Chair. Missing more than 30% of any one class may result in the need to repeat that class and may delay graduation.
- Completion of all coursework, including the final project.
- Completion of a minimum of 60 hours with a consultant.
- Ethical treatment of patients/clients as outlined by each student's particular discipline.